



# USA Paratriathlon Frequently Asked Questions

- 1. I am new to the sport of paratriathlon, who can I contact for more information?**
  - First, watch the [Introduction to Paratriathlon video](#). Second, fill out the [Introductory Paratriathlete Questionnaire](#) & email [paratriathlon@usatriathlon.org](mailto:paratriathlon@usatriathlon.org) if you have any questions
- 2. What is the typical paratriathlon distance?**
  - The Standard Paralympic event is the Sprint-Distance, which includes a 750m swim, 20km bike, and 5km run. Additionally, Race Directors and events may offer distances ranging from super sprint all the way to long course (IRONMAN)
- 3. What kind of equipment do I need to get involved in Paratriathlon?**
  - General equipment for all classes: swim goggles, bike helmet, running shoes, race belt, bicycle
  - Specific to PTWC: A racing wheelchair for the run and a handcycle for the cycling portion. You can always use wetsuit bottoms at any race temp as well.
  - Specific to PTVI: A tandem bicycle and a race guide
  - Specific to PTS2-5: You may need a running and biking prosthetic or crutches
- 4. What are the USA Triathlon Divisions within Paratriathlon?**
  - Paratriathlon: Those athletes wishing to race within the USA Paratriathlon rules and can classify into the paratriathlon sport classes
  - PC Open: Those athletes wishing to race in the PC Open rules and do not necessarily need to classify in or use the same equipment as you would in standard paratriathlon rules
  - Challenged Teams: Those athletes who are unable to compete in a paratriathlon on their own and will compete with a race buddy who will push or pull them through the race
- 5. How do I become a member of USA Paratriathlon?**
  - An annual membership is \$50 while a youth membership is \$10. More information about membership and the benefits that come with it can be found by visiting [membership services](#).
- 6. Where can I find information on Paratriathlon Classification?**
  - Visit our [Paratriathlon Classifications page](#) for detailed information
- 7. How do I compete in World Triathlon events?**
  - For a list of races as well as the associated selection criteria, please visit [World Triathlon](#).

- 8. How do I compete if I am not currently classified or just looking to race locally and enjoy the sport?**
- To compete, simply sign up for a local race, and you are in! All [USA Triathlon sanctioned events](#) have undergone an event application review and are capable of accommodating all USA Triathlon Paratriathlon Categories.
- 9. Do you have to qualify to compete at the U.S. Paratriathlon National Championships?**
- Yes, a qualification result is needed if you are looking to compete in a National Championship. We also offer a PC Open wave at [Paratriathlon National Championships](#) for those who do not classify into one of the sport classes or do not have a qualification result. All you need to do is sign up!
- 10. Where do I find information about paratriathlon for my child/a youth participant?**
- You can find information about youth participation by visiting [youth triathlon](#) or visiting the [Junior and U23 team page](#).

**Contact Us:** [paratriathlon@usatriathlon.org](mailto:paratriathlon@usatriathlon.org)

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