



2025 USA Paratriathlon Military Standards

The importance of having true sprint distance triathlons (750m swim, 20k bike, and a 5k run) being the gold standard in determining someone's competitive eligibility is vitally important in determining who top talent are in paratriathlon. The sprint distance is the Paralympic distance and the one being contested at all international competitions as well as the Paralympic Games. Additionally, having access for our military veterans to achieve race results is also a vitally **important so expanding the number of opportunities and reduce barriers to races is an** important next step in our programs evolution.

These are the events in which athletes can strive to achieve the military standard:

- Any World Triathlon or Americas Triathlon sprint distance triathlon in the 2025 calendar year
 - The list of events can be found at www.triathlon.org
- Any USA Triathlon sanctioned sprint triathlon in the 2025 calendar year
 - Athletes must ensure that the race is a true sprint distance event – 750m swim, 20k bike, and a 5k run. No exceptions will be made to these distances.
 - The list of events can be found at www.usatriathlon.org

The chart below shows the finishing time an athlete needs to complete at the events above, to achieve the qualifying standard. For the qualifying standard, this calculation is 30% behind the average of the 2022/2023/2024 World Triathlon World Champion finishing time. ***If an event is shortened to a duathlon, then the race is void as a qualifier.***

Additionally, an athlete who achieves a spot on the USAT National A, B, or C Teams has also achieved the military standard. The criteria for these teams can be found at www.usaparatriathlon.org.

Sport Class	Average World Championship Finishing Time	Qualifying Standard
Male PTWC	0:58:31	1:16:04
Male PTS2	1:07:56	1:28:19
Male PTS3	1:08:35	1:29:09
Male PTS4	0:59:55	1:17:53
Male PTS5	0:58:03	1:15:27
Male PTVI	0:58:35	1:16:09
Female PTWC	1:08:57	1:29:39
Female PTS2	1:17:43	1:41:02
Female PTS3	1:16:53	1:39:57
Female PTS4	1:13:36	1:35:41
Female PTS5	1:05:31	1:25:10
Female PTVI	1:07:06	1:27:13