

Para-Triathlon Information Sheet

About the Sport

Para-triathlon made its first appearance at the Paralympic Games at the 2016 Rio Paralympic Games.

Para-triathlon is a multidisciplinary endurance sport that challenges athletes to a continuous race over three disciplines: 750m of swimming, followed by 20km of cycling and 5km of running. Competition classifications are based on types of impairment. Depending on the athletes classification, an athlete may use a handcycle and wheelchair; a tandem bike and sighted guide, or standard equipment. Some athletes may require the use of leg or arm prostheses, however adaptive equipment is not permitted during the swim.

Who can compete?

Para-Triathlon is open to athletes with a physical or vision impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Loss of limbs	Partial or complete absence of bones or joints due to amputation or deficiency from birth	Arm: complete loss of one hand OR shortened arm of similar length Leg: complete loss of one foot or shortened leg of similar length.
Muscle weakness/ Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition	Loss of strength in at least one hip, knee, ankle, shoulder, elbow, wrist or hand.
Co-ordination impairments - Hypertonia, Ataxia, Athetosis	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in at least one arm or leg
Restricted joint movement/ Impaired passive range	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Joint movement restrictions in at least one hip, knee, ankle, shoulder, knee or ankle.

Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	Visual acuity loss in both eyes (how far they can see) with best corrected vision. Vision is less than or equal to 6/60 (log MAR 1.00); or Visual field restriction in both eyes (how wide they can see) of less than 40 degrees diameter with best corrected vision.
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Para-Triathlon Sport Classes

Sport Classes	Examples (Guide Only)
PTWC1	Athletes have an impairment in their legs and torso. Athletes use a recumbent handcycle on the bike course and a racing wheelchair on the run segment. Athletes may have one or two handlers to support them in the transition phases
PTWC2	Athletes have an impairment in their legs only. must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment. Athletes may have one or two handlers to support them in the transition phases
PTS2	Athletes with limb loss or deficiency in one or both legs above knee or moderate movement difficulties across the whole body. Athlete's ability to transmit power evenly is affected. In both bike and run segments, the athlete may use approved prosthesis or other sup devices which will slow them down during the transition.
PTS3	Athletes with significant impairments. In both bike and run segments, the athlete may use approved prosthesis or other devices which will slow them down during the transition.
PTS4	Athletes with a moderate impairment in one arm or one leg. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices and is likely to have an imbalance and asymmetry. Those with two good arms often gain an advantage in the swim leg but lose the advantage when on the bike and run, or while putting on a prosthetic in transition.
PTS5	Athletes with a mild impairment in the arms or legs. These athletes have the most power, coordination and balance of all para-triathletes. In the bike segment, the athlete uses a conventional bike and may have approved adaptations or prosthetics. In the run segment, athletes may use approved prosthetic or other supportive devices.
PTVI1	Athletes who are blind. Athletes are tethered during the swim and run. Athletes use a tandem bicycle for the ride. A guide is mandatory for the event.

PTVI2	Athletes who have very low vision in both eyes either in how far they can see (visual acuity <2/60; LogMAR 1.5-2.6 inclusive) or how wide they can see (visual field <10 degrees diameter). Athletes are tethered during the swim and run. Athletes use a tandem bicycle for the ride. A guide is mandatory for the event.
PTVI3	Athletes who have low vision in both eyes, but more vision than PTVI3 swimmers. Vision is affected either in how far they can see (visual acuity <6/60; LogMAR 1-1.4 inclusive) or how wide they can see (visual field < 40 degrees diameter). Athletes are tethered during the swim and run. Athletes use a tandem bicycle for the ride. A guide is mandatory for the event.
Not Eligible (NE)	Athlete does not meet the minimum criteria for the Para-sport classes, but may still be able to compete. Contact Triathlon Australia for more information.

Find out more

To get involved or for more information contact:

Triathlon Australia

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P: 02 8488 6200

Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport. Not all classes have events at the Paralympic Games.