

RACES

The below guidance applies to the following races:

British Paraduathlon Championships (SS) – Oulton Park	24 March
Llanelli Multisport Festival (S)	11 May
WTPS Swansea (SS)	22 June
British Paratriathlon Championships, Eton Dorney (S)	13 July
British Triathlon Grand Final Sunderland (SS)	14-15 September

GUIDES

- VI athletes with a same-sex guide are eligible for points/prizes. VI athletes with a different-gender guide can compete but are ineligible for points/prizes.
- A PTVI athlete may complete the race with different guides for different sections, or may complete the run without a guide; if they do so they will not be eligible for points/prizes.
- Guides must not have competed in a World Triathlon elite event in the past 12 months for the VI athlete to be eligible for points/prizes. Guides that have competed in a World Triathlon elite event in the past 12 months will not be eligible for VI athletes gaining points/prizes.

PERSONAL HANDLERS

- 1 handler is allowed per PTWC athlete.
- A handler may be allowed for PTS2-5 categories where granted through the classification process.
- Swim hat colour will indicate preference for assistance at the swim exit.
- A pre-transition area will be present at all events, and handlers will be allowed access as per British Triathlon Competition Rules.

WETSUITS

- British Triathlon Competition Rules section 17 pertaining to water temperature and wetsuit use will be enforced. The final decision on whether wetsuits are mandatory, optional or forbidden will be made on the day by the Technical Officials and communicated to all athletes.

INTERVAL START TIMES

The following interval start times or time compensations will be used:

	PTWC1 Men	PTWC2 Men	PTWC1 Women	PTWC2 Women	PTVI1 Men	PTVI2/3 Men	PTVI1 Women	PTVI2/3 Women
Sprint Triathlon	0:00	+3:00	0:00	+3:38	0:00	+2:41	0:00	+3:10
Super Sprint Triathlon	0:00	+1:30	0:00	+1:49	0:00	+1:20	0:00	+1:35
Sprint Duathlon	0:00	+2:40	0:00	+3:13	0:00	+2:28	0:00	+2:55
Super Sprint Duathlon	0:00	+1:20	0:00	+1:36	0:00	+1:14	0:00	+1:28

ATHLETE RESPONSIBILITY

Competitors are reminded that it is their responsibility to know the rules of the race they are taking part in, and this extends to ensuring that bike setup conforms to the rules. Compliance with the bike setup rules should be checked well in advance of competition, and not left to the day of the race. Check out the rules [here](#).

CLASSIFICATION

- Only athletes with a valid classification will be eligible for prizes/points.
- An athlete's category will be confirmed by the British Triathlon Classification team.
- Athletes that have not received a classification, or with other disabilities, are able to compete but are not eligible for prizes/points.
- Scoring categories are:
 - PTWC (wheelchair users)
 - PTS2 (severe impairment)
 - PTS3 (significant impairment)
 - PTS4 (moderate impairment)
 - PTS5 (mild impairment)
 - PTVI (visual impairment)

UNIFORM

- All uniform regulations as set out in British Triathlon Competition Rules 2.8 apply.
- Athletes are asked to wear trisuits that meet World Triathlon Competition Rules and Guidelines Regarding Authorised Identification (name on suit) where possible.
- New athletes may wear any trisuit so long as it is fit for purpose, covering the torso and not impacting nudity rules.
- Where athletes represent Great Britain in World Triathlon events then full World Triathlon Competition Rules and Guidelines Regarding Authorised Identification will apply.

EQUIPMENT

- All equipment rules as set out in British Triathlon Competition Rules section 17 apply.
- Non-classified athletes may compete on equipment suitable for their impairment as long as it is safe and in a good state or repair. Athletes will be asked to register the type of equipment they will use in advance of the event.