RACES
The below guidance applies to the following races:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>British Para Triathlon Championships, Bedford</td>
<td>19 April</td>
</tr>
<tr>
<td>Llanelli Multisport Festival</td>
<td>9 May</td>
</tr>
<tr>
<td>British Paratriathlon Championships, Eton Dorney</td>
<td>25 May</td>
</tr>
<tr>
<td>Parc Bryn Bach</td>
<td>18 July</td>
</tr>
</tbody>
</table>

SP = sprint, SS = super sprint

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.

CLASSIFICATION
- Only athletes with a valid classification will be eligible for prizes/points.
- An athlete’s category will be confirmed by the Paratriathlon Team.
- Athletes that have not received a classification, or with other disabilities are able to compete but 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)

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.
- Guides must not have competed in an ITU elite event in the past 12 months for the VI athlete to be eligible for points/prizes. Guides that have competed in an ITU 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:

<table>
<thead>
<tr>
<th>Event</th>
<th>PTWC1 Men</th>
<th>PTWC2 Men</th>
<th>PTWC1 Women</th>
<th>PTWC2 Women</th>
<th>PTVI1 Men</th>
<th>PTVI2/3 Men</th>
<th>PTVI1 Women</th>
<th>PTVI2/3 Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprint Triathlon</td>
<td>0:00</td>
<td>+3:08</td>
<td>0:00</td>
<td>+4:04</td>
<td>0:00</td>
<td>+3:21</td>
<td>0:00</td>
<td>+3:48</td>
</tr>
<tr>
<td>Super Sprint Triathlon</td>
<td>0:00</td>
<td>+1:34</td>
<td>0:00</td>
<td>+2:02</td>
<td>0:00</td>
<td>+1:41</td>
<td>0:00</td>
<td>+1:54</td>
</tr>
<tr>
<td>Sprint Duathlon</td>
<td>0:00</td>
<td>+2:51</td>
<td>0:00</td>
<td>+3:42</td>
<td>0:00</td>
<td>+3:04</td>
<td>0:00</td>
<td>+3:29</td>
</tr>
</tbody>
</table>

UNIFORM
- All uniform regulations as set out in British Triathlon Competition Rules 2.8 apply.
- Athletes are asked to wear trisuits that meet ITU Competition Rules and Guidelines Regarding Authorised Identification.
- Should a competitor however represent Great Britain in an ITU event then full ITU Competition Rules and Guidelines Regarding Authorised Identification will apply.

EQUIPMENT
- All equipment rules as set out in British Triathlon Competition Rules section 17 apply.