

INCORPORATING MULTISPORT INTO YOUR ORGANIZATION OFFERINGS

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DARE2TRI – WHY TRI?

- Inclusive and community-based
- Diverse participants - all together
- Battle same elements at the same time
- Challenge of three sports

INCLUSIVE ADAPTIVE SPORTS

- Programming that offers access AND visibility
- Our athletes participate in **high-profile, mainstream** races
- Create powerful moments of inclusion
 - Athletes with disabilities race side by side with non-disabled athletes
 - Recognition from thousands of spectators
- This not only boosts confidence for the athlete but also educates the public and normalizes disability in sport

MULTISPORT

YOU HAVE OPTIONS!

- Coaching individual athletes
- Webinar/Paratri/Multisport 101 Session
- Single Sport (swim/bike/run & push)
- Several hour/half day – Multisport Clinic
- Full Day Camp
- Weekend long camp

HISTORY OF PARATRIATHLON

- Governed by World Triathlon
- 2010: IPC announced Paratriathlon debut at Rio 2016
- 2016: Rio (4 USA medals, 2 Gold, 1 Silver, 1 Bronze)
- 2021: Tokyo (5 USA medals, 3 Gold, 2 Silver)
- 2024: Paris (8 USA medals, 3 Gold, 3 Silver, 2 Bronze)
- 2028: LA

USAT PARATRIATHLON RACE DIVISIONS

Sprint distance: 750m swim, 20km bike, 5km run

- **Championship Paratriathlon**
 - Paratriathletes who follow USAT and World Triathlon Competition Rules
 - Classified in a Sport Class (PTWC, PTS2-5, PTVI)
- **Adaptive Triathlon Division 1 (ATD1)**
 - Athletes with a disability who use non-championship equipment, modified rules, or are not classified

USAT PARATRIATHLON RACE DIVISIONS

PARATRIATHLON CLASSIFICATIONS:

CATEGORY	ACRONYM	IMPAIRMENT LEVEL	REQUIREMENTS
Wheelchair	PTWC1	Most impaired wheelchair users	Must use handcycle on the bike course and a racing wheelchair on the run
	PTWC2	Least impaired wheelchair users	
Ambulatory	PTS2	Severe impairments	In both bike and run, athletes may use approved prosthesis or other supportive devices
	PTS3	Significant impairments	
	PTS4	Moderate impairments	
	PTS5	Mild impairments	
Visually Impaired	PTVI1	From totally blind with no light perception to some light perception	One guide is mandatory throughout the competition. Must ride a tandem during the bike segment. All PTV1 athletes must wear blackout goggles throughout the entire competition
	PTVI2	Severe partially sighted	
	PTVI3	Less severe partially sighted	

USAT PARATRIATHLON RACE DIVISIONS

ADAPTIVE TRIATHLON DIVISION 1:

DIVISION	DESCRIPTION
ATD1 Ambulatory	Athletes who can walk who may not be classifiable and/or require equipment adaptations and/or special accommodation.
ATD1 Wheelchair	Athletes who use a handcycle and racing chair who may not be classifiable and/or require equipment adaptations and/or special accommodation.
ATD1 Visually Impaired	Visually impaired athletes who may not be classifiable and/or require equipment adaptations and/or special accommodation.

OTHER ADAPTIVE TRIATHLON DIVISIONS

- ATD2 – Neuro-Diverse
 - Athletes who require adaptations to compete (Down’s Syndrome, autism, etc.)
- ATD3
 - Physical impairments that do not fall under typical paratriathlon categories (can include TBI, hearing impairment, etc.)
- ATD4 – Duo Racing
 - Athlete is propelled by a co-athlete as a team
- ATTMI (Adaptive Triathlon Temporary Mobility Injury)
 - Significant and temporary injury that requires accommodations for participation

RACING OPPORTUNITIES

- USAT Paratriathlon National Qualifier Series
 - 8-Race Series for Paratriathletes and ATD1
- USAT Paratriathlon Nationals
 - August 9th, Milwaukee
 - Paratriathlon and ATD1
- Move United Hartford Nationals
 - Grand Rapids, MI
 - July 14, 2026
 - Paratriathlon and Swim-Run races available
 - No classification required
- USAT Youth and Junior Nationals
 - August 2nd, West Chester, Ohio
 - No qualification or classification required
- USAT “Paratriathlon Friendly” local/regional races
- Age-Grouper in local/regional races
 - Call RD ahead to discuss accessibility*

USAT PARATRIATHLON NATIONAL QUALIFIER SERIES

■ **2026 Races**

- **St. Anthony's Triathlon** - April 26, 2026, St. Petersburg, FL
- **Lago Mar Triathlon** -- May 17, 2026 – Texas City, TX
- **Treasure Valley Triathlon** – June 6, 2026 – Boise, ID
- **Leon's Triathlon** -- June 7, 2026 -- Hammond, IN
- **Pleasant Prairie Triathlon** – June 28, 2026 – Pleasant Prairie, WI
- **Long Beach Legacy Triathlon** – July 19, 2026 – Long Beach, CA
- **New Jersey Triathlon**– July 19, 2026– West Windsor Township, NJ
- **USAT Paratriathlon Nationals** – August 9, 2026 – Milwaukee, Wisconsin

MULTISPORT RACE FORMATS

- Combination of swim, bike and run
- [Examples of multisport](#)
- Offering multisport options at your event
- Encourage participation (i.e. “choose your own adventure!”, adaptive relay teams, mixed relay, etc.)



INCORPORATING INTO YOUR PROGRAMS

- Your current offerings:
 - Swimming, cycling, track, road racing, trail running, stationary run/wheelchair pushing, etc.
- Host locations
 - Pool, open water, bike trail/path, high school facility, sports center, etc.
- Different styles of multisport events
 - Be creative with your current offerings, current facilities, and current athlete participation/interest.



UPCOMING EVENTS

- **Injured Military Camp – Hammond, IN June 4 - 7, 2026**
 - Leon's Triathlon
 - Military Championships
 - USAT Level II Para Coaching Certification
 - USAT National Qualifier Series Race
- **Train2Race – Pleasant Prairie, WI June 25 - 28, 2026**
 - Pleasant Prairie Tri
 - USAT National Qualifier Series Race
- **Train2Race – Long Beach, CA July 16 - 19, 2026**
 - Legacy Tri
 - USAT National Qualifier Series Race
- **Kids Camp – Chicago, IL July 22 & 23, 2026**
 - Dare2tri Tri It Triathlon
- **Learn2Tri – Pleasant Prairie, WI July 30 - Aug 2, 2026**
 - Dare2tri Tri It Triathlon

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