

Triathlon

Triathlon, which made its Paralympic debut at the Rio 2016 Games, features three events (a swim-bike-run) in succession. The athletes are continuously engaged and compete for the fastest overall course completion time. The timed transitions between the three races also play an important part in the competition.

Rules:

International Triathlon Union Competition Rules apply.

While the competition rules are generally the same as for regular triathlon, the athletes in Paralympic triathlon are permitted to modify their prostheses and other equipment according to the type and degree of impairment.

Physically impaired athletes in the PTWC class compete using a hand-cycle, which is pedalled by hand, and participate in the running event using a racing wheelchair. Visually impaired athletes in the PTVI class race with a guide, who is a qualified companion of the same sex and nationality as the athlete.

Classification:

Physically and visually impaired athletes are eligible for the Tokyo 2020 Paralympic Games and classified according to the type and degree of impairment. They compete for medals in four gender-specific classes.

Column:

Pay attention to the teamwork to assist the athlete!

Athletes are unable to complete the race on their own due to their physical or visual impairment. While triathlon is an individual competition, watch out for the teamwork with the staff members who are there to assist the athletes. A visually impaired athlete races with a guide who acts as their eyes. An athlete competing in a wheelchair requires a personal handler who assists them when using a hand-cycle or a racing wheelchair. Artisan skills are also essential in improving wetsuits and assistance devices such as prosthetic legs to ensure their ease of wearing and removal.

Trivia:

During the running segment, the guide must not be more than 0.5 meters ahead of the athlete. Failure to comply is a rule violation.

Venue:

At the Tokyo 2020 Paralympic Games, triathlon will be held at Odaiba Marine Park.