

# USPFC MARATHON (HALF & FULL)-2025

## **GUIDING BODIES**

United States Police and Fire Championships (USPFC)  
7944 Convoy Court, San Diego CA 92111  
Tele. (858) 571-9919; E-mail: 4info@cpaf.org

U.S.A. Track & Field, One RCA Dome, Suite 140, Indianapolis, IN 46225  
Tele: 317.261.0500 FAX: 317.261.0513 website: [www.usatf.org](http://www.usatf.org)

**Entry Deadline: May 1, 2025**

## **EVENTS**

**INDIVIDUAL:** Men and Women: 13.1 Miles

**INDIVIDUAL:** Men and Women: 26.2 Miles

Men's and Women's Individual events will be offered in the following age categories:

18-29	45-49	65-69
30-34	50-54	70-74
35-39	55-59	75-79
40-44	60-64	80+

Men's and Women's Weight events will be offered in the following age categories:

**Men** (225 lbs. and above): 18-39, 40+

**Women** (165 lbs. and above): 18-34, 35+

**Half Marathon Team (Up to 4 people):**

Men & Women:

18-29  
30-39  
40-49  
50-59  
60+

**Marathon Team (Up to 4 people):**

Men & Women:

18-29  
30-39  
40-49  
50+

A team consists of a maximum of 4 runners (best 3 scores to count). At least 3 Team members must complete the course for the Team to be eligible for medals. The aggregate

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score of the best three times determines the Team score. If a placing Team has 4 team members, the fourth team member may only receive a medal if they complete the race.

To run on a Team, competitors must also enter the Individual event. Competitors in both events are scored by the result of one race.

## **EQUIPMENT**

Tables for water stops

Chairs

Paper cups

Water and "Gatorade"

Starting pistol and ammunition

Numbers for competitors / safety pins

Follow car or bicycle

Communication system; portable radios

P.A. System for Announcer

Fruit, high energy foods and ample water for all competitors must be at the finish line.

## **Maps of Course:**

To be sent to competitors prior to competition. (Maps should indicate location of all water stops.) At check-in, a large map of the course indicating mile markers showing the 1, 3, 6 mile and half-way point can be extremely helpful.

Finish line equipment (if not contracted): The finish chute shall be at least 30 feet long and well-marked with flags.

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## **GENERAL SPORT RULES**

All competitors will be issued a front Bib number and an age group number for their back.

**Lead Follow Vehicle:** If a vehicle cannot be utilized, bicycles may be used for this purpose.

**Starting Time:** The weather will play a large part in establishing a starting time. The recommended starting time is 0700 hours but can be adjusted to fit the circumstances. Once a time has been established, it shall not be changed except to adjust it later in case of hazardous conditions.

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## **AWARDS**

A maximum of 136 sets (1st through 3rd place) of medals will be required for this event. 68 sets for Half Marathon; 68 sets for Marathon. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

### **ATTENTION COORDINATORS**

**THE USPFC GENERAL RULES APPLY TO ALL SPORTS.  
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS, ON FORMS PROVIDED, MUST BE FORWARDED  
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE  
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

***PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.***