



Cross Country



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

World Police and Fire Games Federation (WPFGF)

7944 Convoy Court, San Diego, CA 92111 USA

Tele: (858) 571-9919; Email: 4info@cpaf.org

World Masters Athletics

6-8, Quai Antoine 1er

98000 Monaco

info@world-masters-athletics.org

EVENTS

INDIVIDUAL: 10 K. (6.2 miles)

AND

INDIVIDUAL: 5 K. (3.1 miles)

Age as of Date: First day of Competition

Entry Deadline: 2/28/2027

Competitors may only run one (1) Individual event.

Competitors must run in the Age Group as determined by their age as of the first Day of Competition

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

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

Men's "Clydesdale" & Women's "Athena" divisions Individual event:

Men – 220 lbs (99.79 Kg) & over Women - 165 lbs (74.84 Kg) & over

18-39 18 - 34

40 and over 35 and over



TEAM: 6.2 miles (10,000 meters) - Only; no Team event offered in the 5 K event.

Men	Women
18 +	18 +
30 +	30 +
40 +	40 +
50 +	50 +
60 +	60 +

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 score of the best 3 times determines Team score. If a placing team has 4 team members, the fourth team member may only receive a medal if he/she starts the race.

In order to run on a Team, Competitor must also enter the Individual event. Competitors in both events are scored by the result of one race.

Active-duty competitors from police and fire agencies may combine to form a team regardless of agency size **WITHIN THEIR COUNTRY OF EMPLOYMENT**. Retired competitors may combine to form a team in any manner they wish including across country lines with other eligible competitors regardless of police or fire agency.

EQUIPMENT

Items needed by sport coordinator:

Chalk & line marker (or other approved marking device)

Starter's pistol and ammo.

Safety pins to match the number of entries

Front Numbered bibs and Sufficient Back numbers to match the Age Division of the entries

Water and/or Gatorade-type drinks & cups; fruit & high energy foods at Finish Line.
A large Map of the Course indicating distance markers and showing 1K and 1-mile increments and noting the half-way point.

Maps to race area.

Finish chute.

GENERAL SPORT RULES for Cross Country

Starting time: The weather will play a large role in the starting time. The recommended starting time is 0700 hours but can be adjusted to fit the



circumstances. Once a starting time has been established, it shall not be changed except to adjust it later in case of hazardous conditions.

Lead/follow vehicle: a lead vehicle/bike should be used as a guide for the lead runner. There should also be a tail vehicle to indicate the last runner.

Transportation: Depending on the distance to the site, transportation for the competitors may be beneficial.

AWARDING OF MEDALS TO ATHLETES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** wear their Athlete's Credential. If the athlete does not wear their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report for verification of participation. This will determine and verify which event the athlete was entered into.