

IT'S UPSTATE NEW YORK. WHEN IN DOUBT, BRING A WETSUIT!



USA TRIATHLON WETSUIT DECISION TREE

Standard USAT Sanctioned Age Group Triathlon

PROVIDED BY ROCHESTER AREA TRIATHLETES AND FIRST KNIGHT RACING

START



WHAT'S THE OFFICIAL RACE
DAY WATER TEMPERATURE?

60.6°F & LOWER

WETSUIT
MANDATORY



All athletes **MUST** wear
an approved wetsuit.

ELIGIBLE FOR:

- ✓ Age group awards
- ✓ Rankings
- ✓ Qualification

60.6°F – 78.0°F

WETSUIT
LEGAL



Wetsuits are legal and
optional.

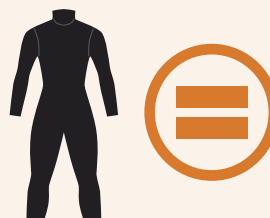
ELIGIBLE FOR:

- ✓ Age group awards
- ✓ Rankings
- ✓ Qualification

78.1°F – 83.9°F

WETSUIT
OPTIONAL

NON-COMPETITIVE



Wetsuits are optional,
but athletes will generally
start in a separate wave or
after non-wetsuit athletes.
Results may be listed
separately.

NOT ELIGIBLE FOR:

- ✗ Age group awards
- ✗ Rankings
- ✗ Qualification

84.0°F & HIGHER

WETSUITS
PROHIBITED



Wetsuit use is **NOT**
allowed.

NOT ELIGIBLE FOR:

- ✗ Age group awards
- ✗ Rankings
- ✗ Qualification



NATIONAL CHAMPIONSHIP EXCEPTION

At USA Triathlon National Championships and World Triathlon qualifying age group races:

- Wetsuits are **PROHIBITED** at 76.2°F and above.
- Wetsuits are **MANDATORY** at 60.6°F and below.
- Wetsuits are **LEGAL AND OPTIONAL** Between 60.6°F and 76.1°F.



IMPORTANT NOTES

- Race directors and officials use the **OFFICIAL RACE MORNING WATER TEMPERATURE** measurement, not an athlete's watch or unofficial shoreline reading.
- Always consult the event's athlete guide – championship, elite, youth, aquathlon or locally modified safety procedures may differ.
- Refer to the current USA Triathlon Multisport Competition Rules (updated January 1, 2026)

