



2023 TRACK & ROAD STANDARDS

The goals of the 2023 U.S. Paralympics Cycling Standards are:

- To provide a system of measuring athlete performances at domestic and international competitions, that can be applied evenly and fairly across all classifications, men and women.
- To help U.S. Paralympics Cycling high performance staff identify athletes who are top performers within the program and demonstrate medal potential at the Paralympic Games.

ROAD STANDARDS

The 2023 road standards are built based on time trial results from World Cup and World Championships competition between 2021 and 2022. Some results **were not included** in the results based on the following criteria:

- Competitions where athletes across different classes raced on different courses, or on different days with significantly disparate conditions.
- Competitions where the course terrain was extreme.

The standards are calculated based on an average of the top 2 time trial placings, per classification.

In the following cases, only 1st-placed times were used:

- Races with only one rider in a classification
- Races in which the time gap between 1st and 2nd place was greater than 6%

Competitions used to create the 2022 road standards are:

- 2021 UCI World Cup, Ostend, Belgium
- 2021 UCI World Championships, Cascais, Portugal
- 2022 UCI World Cup, Ostend, Belgium
- 2022 UCI World Cup, Quebec City, Quebec
- 2022 UCI World Championships, Baie Comeau, Canada

TRACK STANDARDS

The 2023 track standards are built based individual event results from international Para-cycling Track Competitions in 2021 and 2022. Results were used from the following competitions:

- 2020 Paralympic Games (2021), Tokyo Japan
- 2022 UCI Para-cycling Track World Championships, France

The standards are calculated based on the winner's time, per classification x 104%, in each event.

*Track standards represented as **total event time**, per class.*



U.S Paralympics Cycling: 2023 Road Standards – MEN

	2023 National Standard (100%)	2023 Talent Pool Standard (105%)	2023 Emerging Standard (115%)
MH1	02:20.09	02:27.09	02:41.10
MH2	01:43.30	01:48.47	01:58.80
MH3	01:35.00	01:39.75	01:49.25
MH4	01:27.46	01:31.83	01:40.57
MH5	01:29.18	01:33.64	01:42.56
MC1	01:29.51	01:33.99	01:42.94
MC2	01:23.57	01:27.75	01:36.11
MC3	01:23.59	01:27.77	01:36.13
MC4	01:21.85	01:25.94	01:34.12
MC5	01:17.25	01:21.12	01:28.84
MT1	01:57.06	02:02.91	02:14.61
MT2	01:44.24	01:49.46	01:59.88
MB	01:13.51	01:17.18	01:24.53

All road standards are represented as a "pace per kilometer."

U.S Paralympics Cycling: 2023 Road Standards – WOMEN

	2023 National Standard (100%)	2023 Talent Pool Standard (105%)	2023 Emerging Standard (115%)
WH1	03:51.43	04:03.00	04:26.14
WH2	02:15.00	02:21.75	02:35.25
WH3	01:48.69	01:54.12	02:04.99
WH4	01:49.15	01:54.61	02:05.52
WH5	01:45.04	01:50.29	02:00.79
WC1	01:46.03	01:51.33	02:01.93
WC2	01:40.72	01:45.76	01:55.83
WC3	01:33.54	01:38.22	01:47.57
WC4	01:33.21	01:37.87	01:47.19
WC5	01:28.11	01:32.52	01:41.33
WT1	02:21.33	02:28.40	02:42.53
WT2	02:01.25	02:07.31	02:19.44
WB	01:24.67	01:28.90	01:37.37

All road standards are represented as a "pace per kilometer."



U.S Paralympics Cycling: 2023 Track Standards – MEN

	2023 National Standard (100%)	2023 Talent Pool Standard (105%)	2023 Emerging Standard (115%)
MC1 1 Kilometer TT	01:15.06	01:18.81	01:26.31
MC2 1 Kilometer TT	01:12.75	01:16.39	01:23.67
MC3 1 Kilometer TT	01:10.28	01:13.79	01:20.82
MC4 1 Kilometer TT	01:08.16	01:11.56	01:18.38
MC5 1 Kilometer TT	01:06.94	01:10.29	01:16.98
MB 1 Kilometer TT	01:02.22	01:05.33	01:11.56
MC1 3 Kilometer Pursuit	03:52.40	04:04.02	04:27.26
MC2 3 Kilometer Pursuit	03:40.28	03:51.29	04:13.32
MC3 3 Kilometer Pursuit	03:30.56	03:41.09	04:02.15
MC4 4 Kilometer Pursuit	04:44.96	04:59.21	05:27.70
MC5 4 Kilometer Pursuit	04:30.92	04:44.47	05:11.56
MB 4 Kilometer Pursuit	04:12.13	04:24.74	04:49.95

All track standards are listed "per event" (total race time)

U.S Paralympics Cycling: 2023 Track Standards – WOMEN

	2023 National Standard (100%)	2023 Talent Pool Standard (105%)	2023 Emerging Standard (115%)
WC1 500 meter TT	45.63	47.92	52.48
WC2 500 meter TT	42.41	44.53	48.77
WC3 500 meter TT	41.32	43.39	47.52
WC4 500 meter TT	37.67	39.55	43.32
WC5 500 meter TT	38.22	40.13	43.96
WB 1 Kilometer TT	01:09.43	01:12.90	01:19.85
WC1 3 Kilometer Pursuit	04:45.36	04:59.62	05:28.16
WC2 3 Kilometer Pursuit	04:18.65	04:31.58	04:57.45
WC3 3 Kilometer Pursuit	04:05.72	04:18.00	04:42.57
WC4 3 Kilometer Pursuit	03:55.45	04:07.23	04:30.77
WC5 3 Kilometer Pursuit	03:44.74	03:55.98	04:18.45
WB 3 Kilometer Pursuit	03:31.67	03:42.25	04:03.42

All track standards are listed "per event" (total race time)