



2025 U.S. Paralympics Cycling Standards

The goals of the 2025 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 sport classes, men and women.
- To help U.S. Paralympics Cycling high performance staff identify athletes who are top performers within the program and demonstrate future medal potential at the Paralympic Games.

Track and Road standards for 2025 are built based upon results from international events between 2023 and 2024.

TRACK Standards

The 2025 track standards were developed using individual time trial results from the following competitions (unless otherwise noted):

- 2023 UCI Para-cycling Track World Championships – Glasgow, GBR
- 2024 UCI Para-cycling Track World Championships – Rio de Janeiro, BRA
- 2024 Paralympic Games – Paris, FRA
- Standards were calculated for each of the 12 Para-cycling track classes (6 men's and 6 women's), as outlined below:
- Individual Pursuit:
 - MB Classification: The total first-place qualifying times from all three events were combined by class, averaged, and then adjusted by 105.0% to establish the standard.
 - WB Classification: The total first-place qualifying times from all three events were combined by class, averaged, and then adjusted by 105.0% to establish the standard, then to account for the new distance being 4K the final 1K split of each winning ride from all three events was averaged then adjusted to 105%, and added to the 3K average.
- 1-Kilometer Time Trial:
 - Men's C1-5 Classifications: The total first-place qualifying times from all three events were combined by class, averaged, and then adjusted by 105.0%.
 - Women's C1-5 Classifications: The standard was developed by applying a proportional percentage derived from men's kilo split data to the women's 500m data.
 - First, the women's 500m standard was determined by averaging first-place qualifying times from Glasgow 2023, Rio 2024, and Paris 2024.
 - Second, the proportional percentage was calculated by comparing the last 500m versus the first 500m of men's kilo time trials, using average podium splits from Glasgow 2023 and Rio 2024 (lap splits for the Paris 2024 Games were not available, so Paris data was not included)
 - Finally, that percentage was applied to project the final 500m split of the women's kilo, which was added to the women's 500m standard to estimate a final estimated 1-kilometer time.
 - The final time was multiplied by 105.0% to create the standard.

- Mass Start Test:
 - Men and Women C1-5 Scratch & Elimination: Standards were developed using average lap splits (excluding the start lap) from the first 2K of all first-place riders per sport class, in their Individual Pursuit qualifying rounds at the following events:
 - Glasgow 2023 Track World Championships
 - Rio 2024 Track World Championships
 - Paris 2024 Paralympic Games
 - The lap split was multiplied by 8 to estimate a 2K time, then adjusted to 110% for the 2K portion of the test.
 - For the 500m portion, the average lap split was multiplied by 2 and adjusted to 103%.

ROAD Standards

The 2025 road standards are built using individual time trial results from the following competitions:

- 2023:
 - UCI Para-cycling Road World Cup 1 (Maniago, ITA)
 - UCI Para-cycling Road World Cup 2 (Ostend, BEL)
 - UCI Para-cycling Road World Cup 3 (Huntsville, AL, USA)
 - UCI Para-cycling Road World Championships (Glasgow, Scotland, UK)
 - 2024
 - Paralympic Games (Paris, FRA)
- Standards are calculated for each of the 26 Para-cycling road classes (13 men's classes and 13 women's classes), as follows:
 - Total time combined from all five results, per class

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 Total distance combined from all five results, per class, which creates a distance-weighted per-kilometer standard.
 - Results used from each event are 3rd place time trial times – or – 115.0% of the first-place time, whichever is faster.
 - In cases where there is no 3rd place result, a result was created using a 115.0% calculation of the first-place time.



2025 TRACK Standards

Sport Class / Event	National Standard	Talent Pool Std (105%)	Emerging Std (115%)
MB 4-Kilometer Pursuit	4:10.23	4:22.74	4:35.22
MC1 1-Kilometer Time Trial	1:14.00	1:17.70	1:21.40
MC2 1-Kilometer Time Trial	1:11.97	1:15.57	1:19.17
MC3 1-Kilometer Time Trial	1:08.76	1:12.20	1:15.64
MC4 1-Kilometer Time Trial	1:06.20	1:09.51	1:12.82
MC5 1-Kilometer Time Trial	1:06.46	1:09.78	1:13.10
MB 1-Kilometer Time Trial	1:02.19	1:05.30	1:08.41
MC1 Mass Start	2:36.44/36.63	2:44.29/38.46	2:52.11/40.29
MC2 Mass Start	2:25.00/34.18	2:32.25/35.89	2:39.50/37.60
MC3 Mass Start	2:21.06/33.02	2:28.11/34.67	2:35.17/36.32
MC4 Mass Start	2:19.92/32.75	2:26.92/34.39	2:33.91/36.03
MC5 Mass Start	2:18.78/32.49	2:25.72/34.11	2:32.66/35.74
WB 4-Kilometer Pursuit	4:41.00	4:55.05	5:09.10
WC1 1-Kilometer Time Trial	1:22.20	1:26.31	1:30.42
WC2 1-Kilometer Time Trial	1:14.87	1:18.61	1:22.36
WC3 1-Kilometer Time Trial	1:15.57	1:19.35	1:23.13
WC4 1-Kilometer Time Trial	1:12.05	1:15.65	1:19.26
WC5 1-Kilometer Time Trial	1:11.73	1:14.42	1:17.97
WB 1-Kilometer Time Trial	1:10.70	1:14.24	1:17.77
WC1 Mass Start	3:03.22/42.89	3:12.38/45.03	3:21.54/47.18
WC2 Mass Start	2:45.97/38.85	2:54.27/40.79	3:02.57/42.74
WC3 Mass Start	2:45.44/38.73	2:53.71/40.67	3:01.98/42.60
WC4 Mass Start	2:35.94/36.50	2:43.74/38.33	2:51.53/40.15
WC5 Mass Start	2:34.88/36.26	2:42.62/38.07	2:50.37/39.89

Track standards are represented as **total event time**, per sport class



2025 ROAD Standards

Sport Class	National Standard	Talent Pool Std (105%)	Emerging Std (115%)
MC1	01:29.46	01:33.93	01:42.88
MC2	01:22.09	01:26.19	01:34.40
MC3	01:21.24	01:25.30	01:33.42
MC4	01:19.49	01:23.46	01:31.41
MC5	01:15.92	01:19.72	01:27.31
MH1	02:21.33	02:28.39	02:42.52
MH2	01:43.17	01:48.32	01:58.64
MH3	01:33.35	01:38.02	01:47.35
MH4	01:26.16	01:30.47	01:39.09
MH5	01:28.95	01:33.40	01:42.29
MT1	01:49.50	01:54.97	02:05.92
MT2	01:40.99	01:46.04	01:56.14
MB	01:11.61	01:15.19	01:22.35
WC1	01:49.85	01:55.34	02:06.32
WC2	01:38.05	01:42.95	01:52.75
WC3	01:33.52	01:38.20	01:47.55
WC4	01:30.45	01:34.97	01:44.01
WC5	01:28.39	01:32.81	01:41.65
WH1	04:17.10	04:29.96	04:55.67
WH2	02:20.43	02:27.45	02:41.49
WH3	01:47.68	01:53.06	02:03.83
WH4	01:49.91	01:55.40	02:06.39
WH5	01:50.39	01:55.91	02:06.95
WT1	02:27.72	02:35.10	02:49.87
WT2	01:59.57	02:05.55	02:17.50
WB	01:21.53	01:25.60	01:33.76

Road standards are represented as **time per kilometer**, per sport class.