# CCNC Wave 1 and 2 Olympic Distance
# Ranking Special Request Process

This document defines the procedure for assigning the Olympic wave 1 and wave 2 athletes into two appropriately competitive waves. It is designed to be **transparent, repeatable, and data-driven** while remaining practical to implement within operational timelines.

## Special Request Process

This is step 4 in the ranking process and is not applicable to all athletes. The purpose is not to override the ranking process, but to accommodate athletes whose demonstrated ability is not fully reflected in available results and/or rankings, since they may not have had the opportunity to race and have exceptional abilities that are verifiable.

**Reference:** 5 reserved discretionary slots, are awarded to athletes (male and female) in both seeded wave 1, and wave 2, who did not earn a seeded slot via step #1, and/or #3 in the ranking process. The number of special request seeded slots selected under this criterion may not completely fill the 75 athlete seeded waves. In which case, the rankings will be used to fill any open seeded slots. See below for the criteria. **listed in order of significance,** that will be used in the Special Request process and are included on the Special Request forms (male and female). It is highly recommended to submit data related to as many of the criteria below:

1. **Athlete Identifier Form - All athletes must complete the athlete identifier form.** This form is used to identify all collegiate club athletes and their associated club/school. It provides critical information that is needed as part of the entire athlete ranking process. Athletes will not be able to participate in the Special Request process unless they complete this form.
2. **CCNC Multisport Performance Benchmarks (Swim, Bike and Run TTs) -** Athletes are to submit **TTs for the swim, bike and run,** outlined in the Special Request form. **The TTs will take precedence over the other performance criteria below, so these results will be reviewed first and will have much more weight than the DL race or Conference Championship race results noted below.** All TTs must be completed from August 1st until the last Conference Championship race is contested in March of any given season, in order for athletes to participate in the Special Request process.
    i) Swim – 500 yards or 400 meters
    ii) Bike – FTP* These standards are based on field results not lab results so factors such as wind, elevation, and air density are integrated into the standards, so they need to be accounted for during your analysis.
    iii) Run – 5k

    *Follow the link to an Excel Spreadsheet on Google Drive for two **alternative methods** to determine FTP (W/kg), that do not require the use of a power devise or smart trainer. The calculations in the Excel spreadsheet are quite involved, and include an online Aerodynamics Calculator, but are necessary since these calculations are normally accounted for when using a power devise. **Note: Download this Excel Spreadsheet to your computer before entering data. If you enter data directly into the spreadsheet, while in the Google Drive, the data will be visible to all who access the spreadsheet.**

    The results of these TTs will be compared against the standardized table below, which are are related specifically to expected performances based on historical data, for the seeded waves 1 and wave 2 and supplementary benchmark standards. Each discipline (swim-bike-run) is assigned a point value, 1–4, athletes must achieve the **minimum "threshold points"** (8 or 4) shown below, to be eligible for consideration in the respective seeded wave, and the points can be earned at different levels of each discipline. Examples:
    Male - 500 yd swim 5:15 (4pts), FTP 3.6 (2pts) and 5k run 16:50 (2 pts) = 8 points
    Female - 400 meter swim 5:50 (2pts), FTP 3.25 (3pts) and 5k run 21:00 (1 pts) = 6 points.

| Male | Performance Level / Points | Swim 500 yard OR | Swim 400 M | Bike FTP (W/Kg) | Run 5k | Total Point Value | Threshold Points to be considered for a wave 1 slot | Threshold Points to be considered for a wave 2 slot |
|---|---|---|---|---|---|---|---|---|
| | **Level 4 ->** | at or under 5:20 | at or under 4:40 | 3.9 and over | at or under 16:00 | 12 | | |
| | **Level 3 ->** | 5:21 - 5:50 | 4:41-5:06 | 3.7 - 3.89 | 16:01-16:45 | 9 | | |
| | **Level 2 ->** | 5:51-6:30 | 5:07-5:42 | 3.4 - 3.69 | 16:46-17:30 | 6 | | |
| | **Level 1 ->** | 6:31-7:10 | 5:43-6:16 | 3.0 - 3.39 | 17:31-18:45 | 3 | **8** | **4** |

* Each "point value" (4, 3, 2, 1) is assigned to each discipline within a given row. Example: A point value of 4 is assigned to the swim, bike and run TTs, for the #4 row. A point value of 3 is assigned to the swim, bike and run TTs, for the #3 row, etc.

| Female | Performance Level / Points | Swim 500 yard OR | Swim 400 M | Bike FTP (W/Kg) | Run 5k | Total Point Value | Threshold Points to be considered for a wave 1 slot | Threshold Points to be considered for a wave 2 slot |
|---|---|---|---|---|---|---|---|---|
| | **Level 4 ->** | at or under 6:00 | at or under 5:15 | 3.4 and over | at or under 18:00 | 12 | | |
| | **Level 3 ->** | 6:01-6:30 | 5:16-5:42 | 3.20 - 3.39 | 18:01-19:15 | 9 | | |
| | **Level 2 ->** | 6:31-7:10 | 5:43-6:16 | 2.90 - 3.19 | 19:16-20:45 | 6 | | |
| | **Level 1 ->** | 7:11-7:50 | 6:17-6:50 | 2.60 - 2.89 | 20:46-22:30 | 3 | **8** | **4** |

* Each "point value" (4, 3, 2, 1) is assigned to each discipline within a given row. Example: A point value of 4 is assigned to the swim, bike and run TTs, for the #4 row. A point value of 3 is assigned to the swim, bike and run TTs, for the #3 row, etc.

All TTs must be **verifiable** via **two** of the following methods:

1. Photo of Training Platforms Screen shot (Strava, TrainingPeaks, etc)
2. Photo of signed affirmation statement from Coach or team lead.
3. Photo verification - actual time from timing devise and the bike used for the TT

3. **DL race results from previous CCNC –** Complete the **DL race at the previous CCNC.** These results will be taken into consideration for a wave slot. All athletes must place inside the top 25, for a wave 1 slot consideration and top 40, for a wave 2 slot consideration, from the previous CCNC DL race. **It is highly recommended they also submit TTs for the swim, bike and run outlined in the Special Request form** and are welcome to submit **current conference championship race (Olympic race)**, if available.
4. **Conference Championship results for current season -** Under this criteria, athletes must have completed their current conference championship race (Olympic race and finish ahead of at least two athletes who placed:
   - Top 75 at the previous CCNC (Wave 1 consideration)
   - Top 150 at the previous CCNC (Wave 2 consideration)

   Athletes must provide a link to the conference race results and reference the other athlete's name(s), and place from the current conference championships and previous CCNC. **It is highly recommended they also submit TTs for the swim, bike and run outlined in the Special Request form** and are welcome to submit DL race results, if available, from the previous CCNC. All these results will be taken into consideration for a wave slot.
5. If none of this information is provided, and an athlete would still like to be considered for a wave 1 or 2 slot, they must submit verifiable data/information of the extraordinary and extenuating circumstances behind the missing information, and why they deserve a wave 1 and/or 2 slot at the current national championships, Olympic race.

**Special Requests form**

All Special Request form submissions will be made via a Google form document (male and female) starting inside a 60 day window of the current CCNC. Any athlete who is competing at nationals who is not already ranked inside the top 140 (not 150 since 10 slots are reserved for Special request athletes) and wishes to get considered for a wave 1 or 2 slot, can submit this from.

**Reminder: It is highly recommended that all athletes submitting this form complete the TTs listed above and in the form, since those results take precedence over the other criteria.** It is also highly recommended to submit data related to as many of the criteria as possible. **The deadline for submitting the Google Special Request form is at least 10 days prior to the CCNC Olympic race for the current season. Specific deadline dates will be emailed to all CC reps and coaches in February of the current season.**