



2024 U.S. Paralympics Cycling Standards

The goals of the 2024 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 medal potential at the Paralympic Games.

Track and Road standards for 2024 are built based upon results from the World Championships between 2021-2023.

TRACK Standards

- The 2024 track standards are built based on individual sport class results from the following competitions:
 - o 2022 UCI Para-cycling Track World Championships (St-Quentin en Yvelines, FRA)
 - o 2023 UCI Para-cycling Track World Championships (Glasgow Scotland, UK)
 - o *Note: Para-cycling Track World Championships were not conducted in 2021*
- Track standards are calculated based on the first-place time, per sport class x 103% in each event.
- Track standards are represented as **total event time**, per sport class.

ROAD Standards

- The 2024 road standards are built based on individual time trial results from the following competitions:
 - o 2021 UCI Para-cycling Road World Championships (Cascais, POR)
 - o 2023 UCI Para-cycling Road World Championships (Glasgow Scotland, UK)
 - o *Note: The results from the 2022 Para-cycling Road World Championships were not included due to the extreme terrain at the event.*
- Road standards are calculated based on the 1st-place time in the time trial from each World Championships, per sport class x 103%
- Beginning in 2024, road standards are calculated using a distance-weighted method, as follows:
 - o Total time combined, per class, from both World Championships time trials
÷ Total distance combined, per class, from all three World Championships time trials
x 103%
- Road standards are represented as **time per kilometer**, per sport class.



2024 TRACK Standards

Sport Class / Event	National Standard	Talent Pool Std (105%)	Emerging Std (115%)
MC1 1 Kilometer TT	01:14.83	01:18.57	01:26.05
MC2 1 Kilometer TT	01:11.30	01:14.87	01:22.00
MC3 1 Kilometer TT	01:08.14	01:11.55	01:18.36
MC4 1 Kilometer TT	01:05.90	01:09.19	01:15.78
MC5 1 Kilometer TT	01:05.73	01:09.02	01:15.59
MB 1 Kilometer TT	01:01.91	01:05.00	01:11.19
WC1 500 meter TT	45.49	47.76	52.31
WC2 500 meter TT	39.65	41.63	45.59
WC3 500 meter TT	40.28	42.28	46.31
WC4 500 meter TT	36.88	38.73	42.42
WC5 500 meter TT	38.16	40.07	43.88
WB 1 Kilometer TT	01:09.89	01:13.39	01:20.38
3 Km Pursuit			
MC1 3 Km Pursuit	03:52.57	04:04.19	04:27.45
MC2 3 Km Pursuit	03:34.74	03:45.48	04:06.95
MC3 3 Km Pursuit	03:26.05	03:36.35	03:56.96
MC4 4 Km Pursuit	04:38.49	04:52.41	05:20.26
MC5 4 Km Pursuit	04:31.91	04:45.50	05:12.69
MB 4 Km Pursuit	04:08.66	04:21.10	04:45.96
WC1 3 Km Pursuit	04:35.49	04:49.26	05:16.81
WC2 3 Km Pursuit	04:04.33	04:16.55	04:40.98
WC3 3 Km Pursuit	04:03.14	04:15.29	04:39.61
WC4 3 Km Pursuit	03:49.09	04:00.54	04:23.45
WC5 3 Km Pursuit	03:43.55	03:54.72	04:17.08
WB 3 Km Pursuit	03:28.79	03:39.23	04:00.11

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



2024 ROAD Standards

Sport Class	National Standard	Talent Pool Std (105%)	Emerging Std (115%)
MC1	01:30.69	01:35.22	01:44.29
MC2	01:25.45	01:29.72	01:38.26
MC3	01:26.82	01:31.16	01:39.84
MC4	01:20.92	01:24.97	01:33.06
MC5	01:18.40	01:22.32	01:30.16
MH1	02:16.29	02:23.10	02:36.73
MH2	01:40.38	01:45.40	01:55.43
MH3	01:33.94	01:38.63	01:48.03
MH4	01:27.64	01:32.02	01:40.79
MH5	01:28.42	01:32.84	01:41.68
MT1	01:52.86	01:58.51	02:09.79
MT2	01:44.45	01:49.68	02:00.12
MB	01:14.01	01:17.71	01:25.11
WC1*	01:39.88	01:44.88	01:54.87
WC2	01:42.60	01:47.73	01:57.99
WC3	01:36.80	01:41.64	01:51.33
WC4	01:35.81	01:40.60	01:50.18
WC5	01:27.49	01:31.87	01:40.62
WH1	03:46.62	03:57.95	04:20.61
WH2	02:25.65	02:32.54	02:47.07
WH3	01:47.19	01:52.55	02:03.27
WH4	01:48.48	01:53.90	02:04.75
WH5	01:47.63	01:52.69	02:03.43
WT1	02:24.56	02:31.78	02:46.24
WT2	02:00.37	02:06.38	02:18.42
WB	01:25.78	01:30.07	01:38.64

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

**only one data point (2023) used to create standard due to limited participation in sport class*

Frequently Asked Questions (FAQ)

Why has the system changed ?

U.S. Paralympics Cycling analyzed our standards structure during Q4 of 2023 in order to:

- Address disparate standards across sport classes
- To streamline the standards across track and road
- To find a method of measuring U.S. athlete performances and potential against the best in the World

Why are only World Championship events being used ?

- The UCI World Championships represent the pinnacle of the sport from a participation standpoint and are attended by the highest number of world class athletes across sport classes

Why are standards based on 1st place ?

- The World Champion in each sport class represents the Gold standard and is a consistent data point for U.S. Paralympics Cycling to measure athlete performances against, regardless of sport class.

Why are the 2021 Track World Championships and 2022 Road World Championships excluded as results used to build the standards ?

- There were no UCI Para-cycling Track World Championships held in 2021
- The 2022 UCI Para-cycling Road World Championships – held in Baie Comeau, Canada – included courses with extreme terrain, disproportionately affecting times for some sport classes

What is Distance Weighting ?

- For some sport classes, the distance ridden at different events is inconsistent. This new method to calculate the standard – combining the total time for all results and dividing by the total distance for all results – accounts for the inconsistent distances and delivers a more accurate per-kilometer average time.

Why is 103% added to the calculations ?

- The additional 3% added to the standards represents a more accessible goal for athletes who wish to demonstrate potential for the podium.

What are Talent Pool and Emerging Standards ?a

- The Talent Pool standard represents 105% of the national standard and is sometimes used as a measure to invite new and developing athletes to selected program activities. In some cases, the Talent Pool standard is also used as a minimum standard at selection races in order for athletes to become eligible for selection to the Team USA roster.
- The Emerging standard is used by U.S. Paralympics Cycling as an identifier for new athletes and helps identify athletes who may be invited to participate in talent identification activities. The Emerging standard is also used as the VMAA standard (for more information on the VMAA program, please visit: <https://department.va.gov/veteran-sports/training-allowance/>)