

OFFICIAL



**AUSCYCLING**

# **Athlete Categorisation and Standards Process**

Version 5.0 | February 2024



# Athlete Categorisation Standards and Process

Version 5 | February 2024

## 1. Purpose

Athlete Categorisation is used to identify, track, and prioritise athletes at each stage of the Performance Pathway, developing a pipeline of athletes to support Australian Cycling Teams in consistently winning medals at major international events: namely Olympic, Paralympic, World Championships and Commonwealth Games. The AusCycling athlete categorisation and standard process is aligned with the Australian Sports Commission (ASC) National Athlete Categorisation Framework (NACF). The ASC has reviewed and approved this process.

### 1.1 How categorisation is implemented

AusCycling Performance has implemented a NACF driven by the ASC. Categorisation is the process by which National Sport Organisations (NSO's) identify, track, and prioritise athletes in Olympic and Paralympic disciplines.

At AusCycling Performance, categorisation is based on two sport specific measures:

1. Sport specific evidence-based metrics to assess the athlete's current performance combined with a combination of objective and subjective assessments of the athlete's headroom\*
2. Performance trends are included in the assessment for athletes considered for Podium Ready and Podium categories

When we combine these two factors, it provides an indication of the potential and podium trajectory each athlete is on. Our talent identification and development systems work in unison with the AusCycling Performance Strategy.

*\*Headroom refers to the support, resources, and education that an athlete has had access to which has contributed to their development to date; and their potential to improve performances in the future.*

### 1.2 How the Categorisation Framework is designed

All Australian NSO's use the ASC National Performance Pathway Categorisation table (over page) to define a Sport Specific Framework. We categorise athletes through five stages, from Emerging to Podium, on route to Olympic, Paralympic, Commonwealth Games and World Championship podium performances.

The athlete journey is viewed as progressing upwards, with the only allowance for downward movement being between Podium and Podium Ready categorisation.

- Exceptional circumstances for downward movement of categorisation may be considered on a case-by-case basis at the discretion of the Director of Pathways and Executive General Manager – Performance, for submission to the ASC (refer clause 3.2).

**Table 1 - ASC National Performance Pathway Categorisation Framework**

Description & Criteria	
National Performance Pathway Categorisation	<b>Podium</b>
	<b>Olympic/Paralympic Pathway</b> – Athletes have won a medal at an Olympic/Paralympic Games, World Championships or agreed event in the previous 24 months AND must be assessed against the sport-specific matrix as being capable to win a medal at the next Olympic/Paralympic Games.
	<b>Commonwealth Games Pathway (CG-only sports)</b> – Athletes have won a medal at the Commonwealth Games, World Championships or agreed event in the previous 24 months AND must be assessed against the sport-specific matrix as being capable to win a medal at the next Commonwealth Games.
	<b>Podium Ready</b>
	<b>Olympic/Paralympic Pathway</b> – Athletes have placed 4-8th at the most recent Olympic/Paralympic Games/World Championships OR by exception an agreed equivalent alternative (ie an objective, data verified performance or World Ranking) AND must be assessed against the sport-specific matrix as being capable to progress to <b>PODIUM</b> level, targeting a medal at the next Olympic /Paralympic Games.
<b>Commonwealth Games Pathway (CG-only sports)</b> – Athletes have placed 4-8th at the most recent Commonwealth Games, World Championships or agreed event AND must be assessed against the sport-specific matrix as being capable to progress to <b>PODIUM</b> level, targeting a medal at the next Commonwealth Games.	
<b>Podium Potential</b>	
Athletes will have achieved agreed performance benchmarks which, alongside international competition performances, reliably indicate their future potential for podium success. Athletes must be assessed against the sport-specific matrix as being capable to progress to at least <b>PODIUM READY</b> level within the agreed sport-specific matrix timeframes.	
<b>Developing</b>	
Athletes have progressed through a reliable national talent confirmation phase and placed within a dedicated national development program. Athletes must be assessed against the sport-specific matrix as being capable to progress to at least <b>PODIUM POTENTIAL</b> level within the agreed sport-specific matrix timeframes.	
<b>Emerging</b>	
Athletes have been identified by an NSO via a valid and reliable talent identification profiling method (agreed in advance and with future podium potential characteristics identified) and are going through a set, time-limited talent confirmation period.	

Building on this framework, the AusCycling Performance Team has designed its own cycling specific processes and standards for Action and Acceleration disciplines, and for Endurance disciplines; including graduation steps from one category to another, which are within the cycling specific appendices of this document.

### 1.3 How is the Categorisation Framework reviewed and updated?

The Framework Performance Standards (refer Appendices) are reviewed on an annual basis for each discipline. The review is the responsibility of the Director of Pathways who will consult with the National Head Coaches of Endurance and/or Acceleration and Action; a discipline specific representative from the HPN; and a representative from the ASC.

## 2. What do we include in our cycling specific Athlete Categorisation process?

### 2.1 Current Performance

1. Current performance is measured based on race results first, and objective physiological test scores second.
2. For each cycling discipline, National Categorisation Standards are published and can be found in the appendices of this document. For most standards, a minimum and a preferred score is listed.
3. The scores for timed events are calculated and set based on retrospective data of athletes that have won medals at World Championships and/or Olympic/Paralympic Games in the past 10 years.
4. The percentage time behind the winner of all these athletes at every age starting at U19 and upwards has been analysed to create the time standards.

5. The lowest ranking result achieved by any of those medalists at any given age has been used as the minimum standard and the average percentage behind the winner at any age has been used as the preferred time.
6. This provides an evidence base behind how far behind an athlete can be at a given age and still make it to Podium as an elite at the World Championships or Olympic/Paralympic Games. This notion will henceforth be referred to as maintaining a “bridgeable gap”. The percentages remain stable but the actual times for the standards are recalculated annually based on the winning time at the World Championships per specific age category.
7. The physiological standards are based on the required progressions as measured by working backwards from athletes that have made it to Podium.
8. Commonwealth Games results in Olympic/Paralympic events may be considered in the year a Commonwealth Games is approved as a Benchmark Event by the ASC.

## 2.2 Headroom

Athlete headroom refers to the estimated and realistic room for performance improvement which includes:

1. 5-years to Top 5.
2. Age and experience related factors.
3. Training and race factors.
4. Technological factors.
5. Service provision factors.

The Athlete Categorisation Panel will consider the following headroom factors in the categorisation process:

1. 5-years to Top 5
  - a. There is very strong evidence that medal winning (at World Championships) athletes make it to top five in the world within 5-years out of U19 or entry to the sport.
  - b. We structure our categorisation in such a way that athletes have a 5-year time horizon to progress post U19 to Podium Ready category (just outside the medals).
  - c. Emerging categorisation primarily relates to U19 athletes. For this reason, athletes in the U19 category will not be categorised at Podium Potential.
  - d. Developing is primarily viewed as a 2-year window from when an athlete moves up from Emerging.
  - e. Podium Potential is primarily viewed as a 3-year window from when an athlete moves up from Developing.
  - f. Road racing is the only cycling sport for which this rule does not hold up and is therefore exempt from the 5-years to Top 5 rule.
2. Age and experience factors include adjustments based on age differences within the same age category which includes the following:
  - a. Relative Age Effects:
    - i. Athletes born earlier in the year have been found to have an unfair advantage. This effect has been found to be more impactful in younger populations and as such will receive enhanced consideration in the Emerging and Developing categories.
    - ii. Going forward we will normalize performances to the 31<sup>st</sup> of December to be as fair as possible in assessing headroom.
  - b. Cycling experience is considered in the headroom discussion.

- i. We consider the duration of which the athlete has been involved in both:
    - a. Cycling training in general.
    - b. The specific cycling discipline for which the categorisation submission has been made.
3. Training and race factors include:
  - a. The total accumulated race days for the year.
  - b. The level of racing the athlete has participated in.
  - c. The overall training volume that the athlete has been exposed to.
  - d. Subjective assessment of psychological traits such as coachability and hunger.
4. Technological factors that can have a large impact on performance in cycling disciplines are:
  - a. Type of bike.
  - b. Type of wheels that the athlete used whilst racing.
  - c. Types of clothing and related technology.
5. The types of specialist support the athlete has had to access to:
  - a. Coaching.
  - b. Strength and conditioning coaching.
  - c. Nutritionist services.
  - d. Mental performance coaches.
  - e. Exercise physiologists.
  - f. Physiotherapists.

### **3. Categorisation submission process**

1. Athlete categorisations must be submitted to AusCycling Performance by a High-Performance Network (HPN) Coach (State Institute) or the AusCycling National Coach using the approved AusCycling Performance categorisation data submission sheet.
  - a. Athletes (or their coaches) who are not part of a High-Performance Network or National program must contact their State Institute Coach to enquire about their categorisation eligibility and the application process.
  - b. For timed events, submissions will only be accepted by the HPN Coach if the athlete has met the performance standards for their discipline, as referenced in the discipline specific Appendices.
  - c. Before contacting a HPN Coach, athletes and coaches are to refer to the performance standards provided in the Appendices of this document. HPN coaches will only consider nominating athletes for categorisation who can clearly demonstrate the performance standards have been met.

#### **3.1 Athlete Categorisation Panel Role**

1. The Athlete Categorisation Panel will be chaired by the Director of Pathways or the Executive General Manager - Performance, or by an alternative person nominated by Director of Pathways
2. The Panel will consist of the following members:

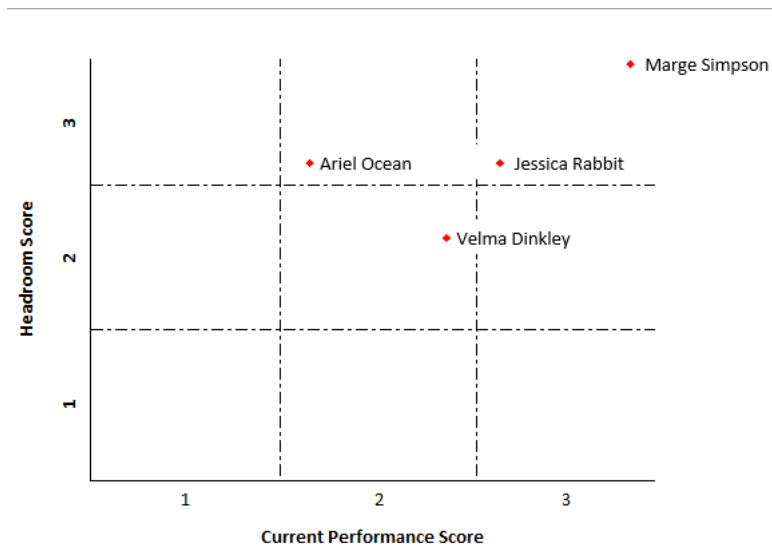
**Podium Potential – Podium Panels**

Chair (Panel Member)	Voting Member	Director of Pathways, AusCycling
Panel Member	Voting Member	Executive General Manager – Performance, AusCycling
Panel Member	Voting Member/s	National Head Coach and/or Technical Director and/or National Sports Director, AusCycling
Technical Expert	Non-voting Member	National Discipline Coach or Coaches, AusCycling
Observer	Non-voting Member	Athlete Wellbeing and Engagement Lead, AusCycling
Observer	Non-voting Member	High Performance Network Coach
Observer	Non-voting Member	ASC and/or Paralympics Australia
Observer	Non-voting Member	Para Classifier (Para-cycling Panels only)

**Emerging - Developing**

Chair (Panel Member)	Voting Member	Director of Pathways, AusCycling
Panel Member	Voting Member/s	National Discipline Coach or Coaches or Technical Director, AusCycling (excluding BMX Race and XCO Panels)
Panel Member	Voting Member	Academy Coach, AusCycling (BMX Race Panel only)
Panel Member	Voting Member	AusCycling Pathways Manager
Panel Member	Voting Member	High Performance Network Coach
Technical Expert	Non-voting Member	Independent Expert (BMX Race and XCO Panels only)
Observer	Non-voting Member	ASC and/or Paralympics Australia

3. A technical expert and observer/s may be present on every panel.
4. Voting Panel Members (for each discipline) are responsible for considering athletes for categorisation in accordance with these categorisation standards. For Emerging and Developing athletes only, Panel Members will independently rank athletes in line with the Categorisation Matrix at Table 2.
5. Voting Panel Members will consider and vote on athlete categorisation in good faith, without bias and otherwise in accordance with these categorisation standards. If the Panel cannot agree, the Chair (and/or representative) will have the final categorisation decision.
6. Based on the assessment, and at the discretion of the Categorisation Panel, available spots might be deliberately left open where there is consensus that there aren't enough athletes deemed to have shown the potential for future medal performances at Benchmark Events (BME).

**Table 2. Categorisation Matrix (Emerging and Developing only)**

### 3.2 Extenuating Circumstances

The panel will also consider individual circumstances that may have impacted the athlete's potential to progress and perform, and this may include but is not limited to:

1. health related items (Doctor's certificate must be provided to Director of Pathways)
2. personal / family and/or education circumstances
3. general circumstances that impact performance, development and/or testing opportunities
4. transition from another sport, including documentation of appropriate planning for the transition process

Extenuating circumstances must be submitted by the athlete and/or coach in writing to the Panel Chair 7-days prior to the panel meeting. The panel also withholds the right to consider athletes that did not meet the standards for categorisation should there be a sound rationale to do so.

### 3.3 Appeals

The Athlete Categorisation and Standards process identifies, tracks, and prioritises athletes at each stage of the Performance Journey. Athlete Categorisation will be used to determine an athlete's dASC level as well as to inform planning and to prioritise support.

Categorisation does not contribute to and cannot be used for AusCycling's athlete selection or nomination processes for National Team representation.

All decisions made by the AusCycling Athlete Categorisation Panel are final. No appeals process is available.

## 4. Expectations of athletes seeking categorisation

There are several key processes that need to be upheld for categorisation to take place or be maintained:

1. **Monitoring Endurance.** Categorised athletes in endurance-based disciplines (MTB, Paralympic, Road, Track Endurance) and their coaches must use the national performance tracking platform, Training Peaks. It will be a requirement of Categorisation to use this platform as part of a national monitoring and training prescription system.
2. **Monitoring Sprint.** Categorised athletes in the track sprint discipline and their coaches, must use the national performance tracking platform, Training Peaks. It will be a requirement of Categorisation to use this platform as part of a national monitoring and training prescription system.
3. **Testing.** Categorised athletes and those seeking categorisation, are expected to do testing against the items listed in the cycling specific frameworks detailed in the Appendices of this document.

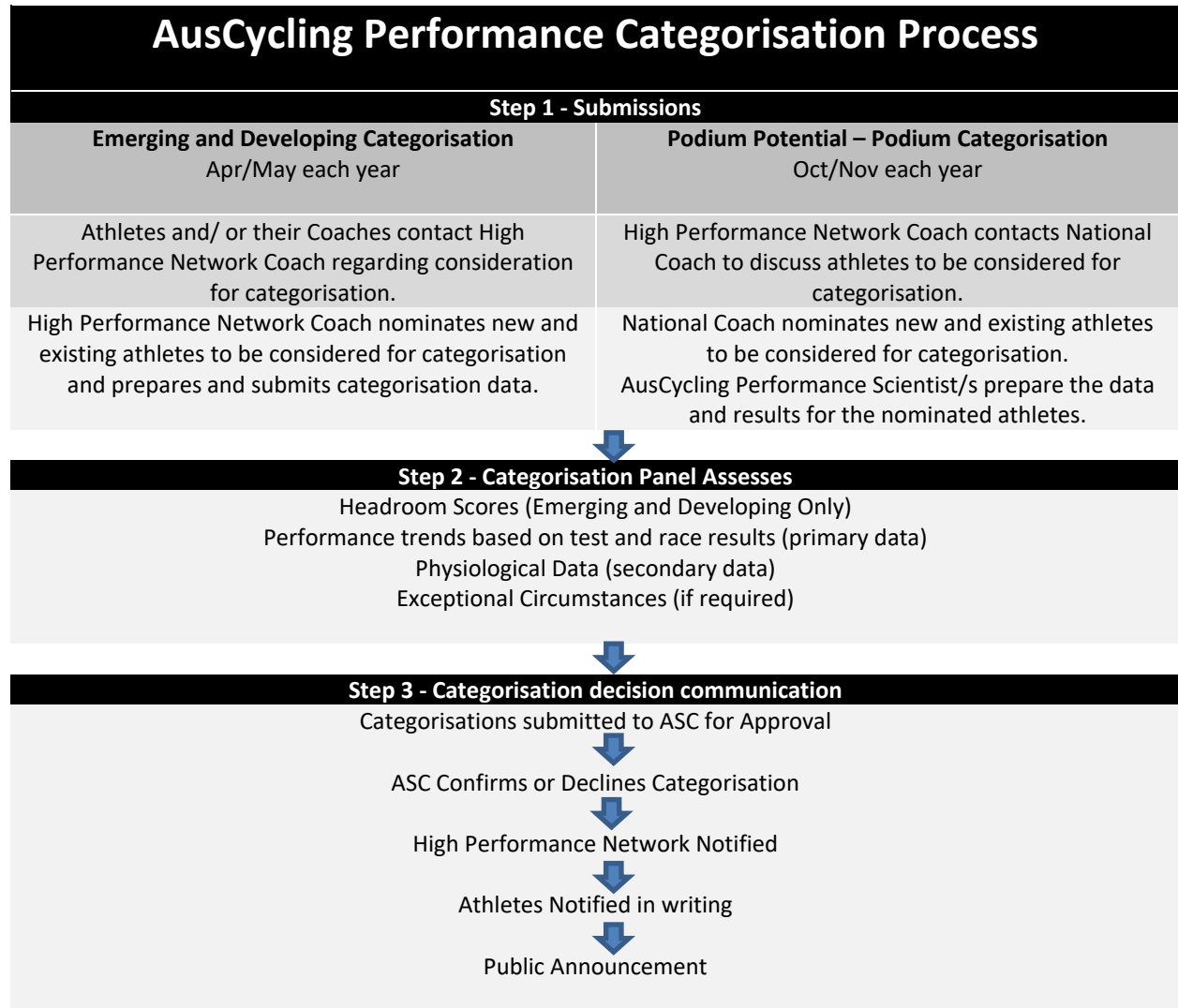


## 5. Roles, responsibilities, and timelines

The timing roles and responsibilities for those involved in the categorisation process are outlined in the table below.

Roles		Responsibilities	BMX R	BMX F	MTB	Para	Road	Track End	Track Sprint
<b>Coaches</b>	Advocating on behalf of athletes / providing information	Submit application via Datasheet							
<b>Panel Members</b>	Assessors and Selectors	Assessing applications  Granting and dismissing categorisation applications  Transitions (AW&E)	Director of Pathways (Chair)  EGM – Performance  Head Coach Acceleration and Action  AusCycling Pathway Manager -  National Coach – BMX Race (Technical Expert)  HPN Rep (Observer)  Athlete Wellbeing and Engagement Lead (Observer)  ASC Rep (Observer)  <b>Emerging and Developing</b>  Director of Pathways (Chair)  National Coach – BMX Race  Academy Coach  AusCycling Pathway Manager  HPN Rep  Independent Expert (Technical Expert)  ASC Rep (Observer)	Director of Pathways (Chair)  EGM – Performance  Head Coach Acceleration and Action  AusCycling Pathway Manager  Technical Director –BMX F (Technical Expert)  HPN Rep (Observer)  Athlete Wellbeing and Engagement Lead (Observer)  ASC Rep (Observer)  <b>Emerging and Developing</b>  Director of Pathways (Chair)  Technical Director – BMX F  BMX FS Pathway Coach  HPN Rep  AusCycling Pathway Manager F  ASC Rep (Observer)	Director of Pathways(Chair)  EGM – Performance  Head Coach Endurance  AusCycling Pathway Manager  HPN MTB Rep (Observer)  Athlete Wellbeing and Engagement Lead (Observer)  ASC Rep (Observer)  <b>Emerging and Developing</b>  Director of Pathways (Chair)  AusCycling Pathway Manager  HPN Rep  Independent Expert (Technical Expert)  ASC Rep (Observer)	Director of Pathways (Chair)  EGM – Performance  Head Coach Endurance  Technical Director - ParaCycling  National Para Coaches (Technical Experts)  Athlete Wellbeing and Engagement Lead (Observer)  HPN Rep (Observer)  ASC Rep (Observer)  HPN Rep (Observer)  PA Rep (Observer)  Para Classifier (Observer)	Director of Pathways(Chair)  EGM – Performance  National Sports Director (Road)  Head Coach Endurance  Athlete Wellbeing and Engagement Lead (Observer)  HPN Rep (Observer)  ASC Rep (Observer)  <b>Emerging and Developing</b>  Director of Pathways (Chair)  National Junior Road Coach  HPN Rep  AusCycling Pathway Manager  ASC Rep (Observer)	Director of Pathways(Chair)  EGM – Performance  Head Coach Endurance  National Track Endurance Coaches (Technical Experts)  Athlete Wellbeing and Engagement Lead (Observer)  HPN Rep (Observer)  ASC Rep (Observer)  <b>Emerging and Developing</b>  Director of Pathways (Chair)  National Coaches  HPN Rep  AusCycling Pathway Manager  ASC Rep (Observer)	Director of Pathways(Chair)  EGM – Performance  Head Coach Acceleration and Action  National Track Sprint Coaches (Technical Experts)  Athlete Wellbeing and Engagement Lead (Observer)  HPN Rep (Observer)  ASC Rep (Observer)  <b>Emerging and Developing</b>  Director of Pathways (Chair)  National Coach  HPN Rep  AusCycling Pathway Manager  ASC Rep (Observer)
<b>AusCycling</b>	Govern the sport, inclusive of High - Performance Programs which include categorised athletes	Set and publish categorisation process  Appoint Panel members  Communicate with the ASC  Communicate with Athletes, Coaches and SIS/SAS	Director of Pathways	Director of Pathways	Director of Pathways	Director of Pathways	Director of Pathways	Director of Pathways	Director of Pathways

In summary, the below flowchart depicts the sequence of events in the categorisation process:



## 6. Amendments to Categorisation and Performance Standards

AusCycling may amend this Categorisation and Performance Standards Process from time to time. Amendments will be communicated on the AusCycling Categorisation website [[AusCycling | The Performance Pathway - Categorisation](#)].

## Appendix 1: BMX Freestyle

	Male		Female	
	Amateur category	Elite category	Amateur category	Elite category
<b>Podium</b>	N/A	Medal result at BME (UCI Elite World Championships or Olympic Games) in previous 24-months	N/A	Medal result at BME (UCI Elite World Championships or Olympic Games) in previous 24-months
<b>Podium Ready</b>	N/A	4th-8th at most recent BME	N/A	4th-8th at most recent BME
<b>Podium Potential</b>	N/A	Top 4 at most recent National Championships with a run that would be in top 50% at avg World Cup	N/A	Top 4 at most recent National Championships - with a run that would be in top 50% at avg World Cup
<b>Developing</b>	N/A	Top 6 at most recent National Championships while < 21 years old	N/A	Top 2 at most recent National championships while < 21 years old
<b>Emerging</b>	Top 3 at most recent National Championships while < 19 years old	Top 10 at most recent National Championships while < 19 years old	Top 3 at most recent National Championships while <18 years old	Top 2 at most recent National Championships while <19 years old

For BMX Freestyle competition performances as per the following will be considered:

- a. Results at sanctioned competitions in the performance period
- b. The standard of the competition
- c. The standard of the course
- d. Performance in ALL runs of an event

## Appendix 2: BMX Race

Athlete Category	Competition Performances The panel will take into consideration standout competition results, including time behind winner, level, and depth of competition.	Physical / Physiological – Sleemans Physical/Physiological data to be taken into consideration but not ranked as highly as competition results.			
		MALE		FEMALE	
Podium	Medal result at BME (UCI Elite World Championships or Olympic Games) in previous 24-months	Gate	Lap	Gate	Lap
				<b>2.307s</b>	<b>33.781s</b>
Podium Ready	Has completed 1 of the following in last 12 months: 4th- 8th @ World Championships (Elite) 4th - 8th @ Olympics 2 (+) 4th- 8th @ World Cup events (Elite)	% = 2.0 Min. = 2.354	% = 3.0 Min. = 34.795	% = 3.0 Min. = 2.354	% = 4.5 Min. = 38.755
Podium Potential	Has completed 1 of the following in last 12 months: 9 <sup>th</sup> -16 <sup>th</sup> @ Elite World Championships 9 <sup>th</sup> - 16 <sup>th</sup> @ Olympics 2 (+) 9 <sup>th</sup> – 16 <sup>th</sup> @ Elite World Cup events Top 8 @ U23 World Championships 2 (+) Top 8 @ U23 World Cup events	% = 2.5 Min. = 2.365	% = 4.0 Min. = 35.133	% = 4.0 Min. = 2.546	% = 6.0 Min. = 39.312
Developing		% = 3.0 Min. = 2.377	% = 5.0 Min. = 35.471	% = 4.5 Min. = 2.559	% = 8.0 Min. = 40.053
Emerging		% = 4.0 Min. = 2.400	% = 7.0 Min. = 36.146	% = 5.0 Min. = 2.571	% = 9.0 Min. = 40.424

### Calculated bridgeable gap of Athletes -BMX R

The percentages shown in the BMX Race Appendices are based on data from international performances and time progressions of Podium level athletes, with the percentages above providing a solid progression funnel and indicating the progression required to maintain a bridgeable gap to future podium performances.

## Appendix 3: Mountain Bike XCO

[Competition Performances will be given precedence over Physical/Physiological data.](#)

Athlete Category	Competition Performances	Physical/Physiological*															
<b>PODIUM</b>	Medal result at BME (UCI Elite World Championships or Olympic Games) in previous 24-months	<p>Athletes should demonstrate the following Physical/Physiological characteristics when fully peaked to perform.</p> <p style="text-align: center;"><b>Power &amp; Physique</b></p> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men Min/Pref</th> <th>Women Min/Pref</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W/ W.kg<sup>-1</sup>)</td> <td>&gt;400 / 6.0</td> <td>&gt;275 / 5.5</td> </tr> <tr> <td>Work Capacity (kJ)</td> <td>&gt;22.0.0</td> <td>&gt;20.0.0</td> </tr> <tr> <td>5 sec Peak Power (W/ W.kg<sup>-1</sup>)</td> <td>&gt;1150 / 18</td> <td>&gt;900 / 16</td> </tr> <tr> <td>Age (y)</td> <td>23-34</td> <td>23-34</td> </tr> </tbody> </table>	Measure	Men Min/Pref	Women Min/Pref	Threshold Power (W/ W.kg <sup>-1</sup> )	>400 / 6.0	>275 / 5.5	Work Capacity (kJ)	>22.0.0	>20.0.0	5 sec Peak Power (W/ W.kg <sup>-1</sup> )	>1150 / 18	>900 / 16	Age (y)	23-34	23-34
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5 sec Peak Power (W/ W.kg <sup>-1</sup> )	>1150 / 18	>900 / 16															
Age (y)	23-34	23-34															
<b>PODIUM READY</b>	Has completed 1 of the following in last 12 months:  4th- 8th @ Elite World Championships 4th - 8th @ Olympics 2 (+) Elite World Cup Top 5 Top 8 Elite WC Standings																
<b>PODIUM POTENTIAL</b>	Has completed 1 of the following in last 12 months:  9th - 15th @ Elite World Championships 9th - 15th @ Olympics Top 15 Elite WC Standings World Cup Elite Top 15 Top 10 U23 World Championships 2 (+) Top 10 U23 World Cup* % from winner (WC or World Championships 106-110%)																
<b>DEVELOPING</b>	<p>The panel will take into consideration standout results, including time behind winner and depth of competition, for the following events:</p> <p><b>Men and Women:</b> UCI events, top 10 in U23 World Cups, top 5 in HC or C1 events; and/or</p> <p><b>Men:</b> 1st U23 Oceania Championships, National U23 Championships and/or National Series events.</p> <p><b>Women:</b> 1st U23 Oceania Championships, National U23 Championships and/or National Series events.</p>	<p>Athletes should demonstrate the following Physical/Physiological characteristics when fully peaked to perform.</p> <p style="text-align: center;"><b>Power &amp; Physique</b></p> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men Min/Pref</th> <th>Women Min/Pref</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W/ W.kg<sup>-1</sup>)</td> <td>&gt;350 / 5.5</td> <td>&gt;260 / 5.0</td> </tr> <tr> <td>Work Capacity (kJ)</td> <td>&gt;21.0</td> <td>&gt;18.0</td> </tr> <tr> <td>5 sec Peak Power (W/ W.kg<sup>-1</sup>)</td> <td>&gt;1100 / 18</td> <td>&gt;850 / 15</td> </tr> </tbody> </table>	Measure	Men Min/Pref	Women Min/Pref	Threshold Power (W/ W.kg <sup>-1</sup> )	>350 / 5.5	>260 / 5.0	Work Capacity (kJ)	>21.0	>18.0	5 sec Peak Power (W/ W.kg <sup>-1</sup> )	>1100 / 18	>850 / 15			
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5 sec Peak Power (W/ W.kg <sup>-1</sup> )	>1100 / 18	>850 / 15															
<b>EMERGING</b>	<p>Athletes should demonstrate potential for elite Podium performance within 6-8 years.</p> <p>The panel will take into consideration the following standout results, including time behind winner and depth of competition, for the following events:</p> <p><b>Men and Women:</b> Standout results at UCI U19 events; top 10 in UCI Junior Series (European) event and/or:</p> <p><b>Men:</b> Top 3 U19 Oceania Championships and/or U19 National Championships</p> <p><b>Women:</b> Top 3 U19 Oceania Championships and/or U19 National Championships</p>	<p>Athletes should demonstrate the following Physical/Physiological characteristics when full peaked to perform.</p> <p style="text-align: center;"><b>Power &amp; Physique</b></p> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men Min/Pref</th> <th>Women Min/Pref</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W/ W.kg<sup>-1</sup>)</td> <td>&gt;330 / 5.0</td> <td>&gt;240 / 4.5</td> </tr> <tr> <td>Work Capacity (kJ)</td> <td>&gt;20.0</td> <td>&gt;16.0</td> </tr> <tr> <td>5 sec Peak Power (W/ W.kg<sup>-1</sup>)</td> <td>&gt;1050 / 17</td> <td>&gt;800 / 13</td> </tr> </tbody> </table>	Measure	Men Min/Pref	Women Min/Pref	Threshold Power (W/ W.kg <sup>-1</sup> )	>330 / 5.0	>240 / 4.5	Work Capacity (kJ)	>20.0	>16.0	5 sec Peak Power (W/ W.kg <sup>-1</sup> )	>1050 / 17	>800 / 13			
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\* The AusCycling Physiological Endurance Testing Guidelines

### **Calculated bridgeable gap of Athletes - XCO**

Based on race result data at deep field XCO world cups and world championships from the UCI (2010-2020), time behind the winner at any age for all that have won at least one world cup has been analysed and converted to a percentage (winning time being 100%). The largest gap at a given age has been used as the minimum % behind the winner, and the average has been used as the preferred time behind the winner. Athletes seeking categorisation at Podium Potential or above will have to meet the minimum standard at either:

- a) World Championships in their respective age category or
- b) Two European World cup events in their respective age category

## Appendix 4: Paralympic Disciplines

<b>Para Male and Female Sprint Cycling</b>			
<p>The purpose of this document is to aid in athlete categorisation. It is a guide only. Athlete headroom will also be considered. <a href="#">Competition Performances will be given precedence over Physical/Physiological data.</a></p>			
<b>Categorisation Level</b>	<b>Performance Times</b>		
<b>PODIUM</b>	Podium performances at the Paralympics or UCI Elite World Championships within the previous 24 months. The following performance times are estimates of this standard		
	<b>Classification</b>	<b>Men 1km (s)</b>	<b>Women 1km or 500m (s)</b>
	B	1:01.3	1:08.7
	C5	1:04.2	37.4
	C4	1:05.8	39.0
	C3	1:06.5	37.8
	C2	1:10.8	40.9
	C1	1:11.1	41.1
<b>PODIUM READY</b>	4th-6th performances at the Paralympics or UCI Elite World Championships within the previous 12 months OR the performance of equivalent or faster time (environmentally corrected) as follows		
	<b>Classification</b>	<b>Men 1km (s)</b>	<b>Women 1km or 500m (s)</b>
	B	1:02.0	1:11.6
	C5	1:05.0	38.2
	C4	1:07.2	40.0
	C3	1:07.0	39.7
	C2	1:11.3	42.9
	C1	1:11.7	43.1
<b>PODIUM POTENTIAL</b>	Consideration against the following performance times (environmentally corrected)		
	<b>Classification</b>	<b>Men 1km (s)</b>	<b>Women 1km or 500m (s)</b>
	B	1:04.5	1:12.2
	C5	1:08.3	39.7
	C4	1:11.3	41.2
	C3	1:12.6	43.9
	C2	1:17.3	47.0
	C1	1:20.7	46.2

## Para Male Endurance Cycling

The purpose of this document is to aid in athlete categorisation.  
It is a guide only. Athlete headroom will also be considered.

[Competition Performances will be given precedence over Physical/Physiological data.](#)

Categorisation Level	Performance Times					Physical Capabilities
<b>PODIUM</b>	Podium performances at the Paralympics or UCI Elite World Championships within the previous 24 months. The following performance times are estimates of this standard. (Track times environmentally corrected).					It is likely that podium and podium ready performances would be associated with the following physical standards.
	<b>ROAD</b>			<b>TRACK</b>		
	<b>Classification</b>	<b>Av Distance (Km)</b>	<b>Flat Course Av Speed (km/h)</b>	<b>Distance (km)</b>	<b>IP Time (s)</b>	<b>MMP240 (W/kg<sup>0.32</sup>)</b>
	B	28	51.1	4	4:07.3	100
	C5	25	46.5	4	4:28.8	115
	C4	25	45.5	4	4:35.7	89
	C3	25	43.5	3	3:27.6	96
	C2	20	43.0	3	3:35.5	92
	C1	20	40.0	3	3:50.1	82
	H5	19	39.5			
	H4	18	41.5			
	H3	18	37.6			
	H2	17	35.7			
	H1	14	26.0			
	T2	15	39.1			
T1	12	34.4				
<b>PODIUM READY</b>	4 <sup>th</sup> to 6 <sup>th</sup> performances at the Paralympics or UCI Elite World Championships within the previous 12 months. The following performance times are estimates of this standard. (Track times environmentally corrected).					It is likely that podium and podium ready performances would be associated with the following physical standards.
	<b>ROAD</b>			<b>TRACK</b>		
	<b>Classification</b>	<b>Av Distance (Km)</b>	<b>Flat Course Av Speed (km/h)</b>	<b>Distance (km)</b>	<b>IP Time (s)</b>	<b>MMP240 (W/kg<sup>0.32</sup>)</b>
	B	28	49.5	4	4:10.9	100
	C5	25	45.0	4	4:34.2	115
	C4	25	44.3	4	4:38.8	89
	C3	20	44.3	3	3:33.7	96
	C2	20	41.7	3	3:41.9	92
	C1	20	37.4	3	3:52.8	82
	H5	18	38.1			
	H4	18	40.0			
	H3	18	37.2			
	H2	15	31.4			
	H1	15	23.7			
	T2	15	35.5			
T1	12	30.7				



## Para Male Endurance Cycling

The purpose of this document is to aid in athlete categorisation.

It is a guide only. Athlete headroom will also be considered.

[Competition Performances will be given precedence over Physical/Physiological data.](#)

Categorisation Level	Performance Times				Physical Capabilities	
<b>PODIUM POTENTIAL</b>	Consideration against the following performances. (Track times environmentally corrected).				Consideration against the following physical standards.	
	<b>ROAD</b>			<b>TRACK</b>		
	<b>Classification</b>	<b>Av Distance (Km)</b>	<b>Flat Course Av Speed (km/h)</b>	<b>Distance (km)</b>	<b>IP Time (s)</b>	<b>MMP240 (W/kg<sup>0.32</sup>)</b>
	B	28	(45.7)	4	(4:23.6)	86
	C5	25	(43.7)	4	(4:46.2)	94
	C4	25	(40.67)	4	(5:01.4)	77
	C3	25	(40.22)	3	(3:43.7)	83
	C2	20	(38.8)	3	(3:52)	78
	C1	20	37.1	3	4:04.7	71
	H5	19	(38.8)			
	H4	18	(38.8)			
	H3	18	(37.1)			
	H2	17	32.3			
	H1	14	23.6			
T2	15	32.4				
T1	12	28.1				

Para Female Endurance Cycling						
<p>The purpose of this document is to aid in athlete categorisation.                      It is a guide only. Athlete headroom will also be considered.  <a href="#">Competition Performances will be given precedence over Physical/Physiological data.</a></p>						
Categorisation Level	Performance Times				Physical Capabilities	
<b>PODIUM</b>	Podium performances at the Paralympics or UCI Elite World Championships within the previous 24 months. The following performance times are estimates of this standard. (Track times environmentally corrected).					It is likely that podium and podium ready performances would be associated with the following physical standards.
	ROAD			TRACK		
	Classification	Av Distance (Km)	Flat Course Av Speed (km/h)	Distance (km)	IP Time (s)	MMP240 (W/kg <sup>0.32</sup> )
	B	25	43.1	3	3:29.2	81
	C5	20	41.1	3	3:43.8	83
	C4	20	39.8	3	3:49.0	80
	C3	18	39.0	3	3:58.4	72
	C2	18	37.0	3	3:58.4	60
	C1	18	35.6	3	3:58.4	54
	H5	17	38.3			
	H4	17	38.3			
	H3	17	32.6			
	H2	15	27.9			
	H1	15	20.0			
T2	15	30.5				
T1	12	26.3				
<b>PODIUM READY</b>	4 <sup>th</sup> to 6 <sup>th</sup> performances at the Paralympics or UCI Elite World Championships within the previous 12 months. The following performance times are estimates of this standard. (Track times environmentally corrected).					It is likely that podium and podium ready performances would be associated with the following physical standards.
	ROAD			TRACK		
	Classification	Av Distance (Km)	Flat Course Av Speed (km/h)	Distance (km)	IP Time (s)	MMP240 (W/kg <sup>0.32</sup> )
	B	25	40.6	3	3:35.2	81
	C5	20	38.7	3	3:52.2	83
	C4	20	37.7	3	3:57.0	80
	C3	18	37.8	3	4:03.4	72
	C2	18	36.4	3	4:03.4	60
	C1	18	34.9	3	4:03.4	54
	H5	17	37.5			
	H4	17	37.5			
	H3	17	31.0			
	H2	15	26.6			
	H1	15	19.0			
T2	15	29.2				
T1	12	24.6				

Para Female Endurance Cycling						
<p>The purpose of this document is to aid in athlete categorisation.                      It is a guide only. Athlete headroom will also be considered.  <a href="#">Competition Performances will be given precedence over Physical/Physiological data.</a></p>						
Categorisation Level	Performance Times				Physical Capabilities	
<b>PODIUM POTENTIAL</b>	Consideration against the following performances. (Track times environmentally corrected).				Consideration against the following physical standards.	
	ROAD			TRACK		MMP240 (W/kg <sup>0.32</sup> )
	Classification	Av Distance (Km)	Flat Course Av Speed (km/h)	Distance (km)	IP Time (s)	
	B	25	38.9	3	3:41.3	76
	C5	20	36.7	3	4:03.7	77
	C4	20	34.5 (35.6)	3	4:07.8	74
	C3	18	34.2 (35.1)	3	4:23.3 (4:20)	63
	C2	18	33.0	3	4:23.3	51
	C1	18	27.8	3	4:23.3	46
	H5	17	29.9			
	H4	17	30.0			
	H3	17	31.2			
	H2	15	19.9			
	H1	15	12.4			
T2	15	28.5				
T1	12	23.0				

## Appendix 5: Road

[Competition Performances will be given precedence over Physical/Physiological performances.](#)

Athlete Category	Competition Performances	Physical/Physiological																	
<b>PODIUM</b>	Medal result at BME (UCI Elite World Championships or Olympic Games) in previous 24-months	<p>Athletes should demonstrate the following Physical/Physiological characteristics (depending on a rider's specialty: climber, sprinter, time trialist) when fully peaked to perform.</p> <p style="text-align: center;"><b>Power &amp; Physique</b></p> <table border="1"> <thead> <tr> <th rowspan="2">Measure</th> <th>Men</th> <th>Women</th> </tr> <tr> <th>Min</th> <th>Min</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W/ W.kg<sup>-1</sup>)</td> <td>&gt;400 / 5.8</td> <td>&gt;270/ 5.0</td> </tr> <tr> <td>Work Capacity (kJ)&gt;22.0</td> <td>&gt;20.0</td> <td></td> </tr> <tr> <td>5 sec Peak Power (W)</td> <td>&gt;1150</td> <td>&gt;900</td> </tr> <tr> <td>Age (y)</td> <td>23-34</td> <td>23-34</td> </tr> </tbody> </table>	Measure	Men	Women	Min	Min	Threshold Power (W/ W.kg <sup>-1</sup> )	>400 / 5.8	>270/ 5.0	Work Capacity (kJ)>22.0	>20.0		5 sec Peak Power (W)	>1150	>900	Age (y)	23-34	23-34
Measure	Men			Women															
	Min		Min																
Threshold Power (W/ W.kg <sup>-1</sup> )	>400 / 5.8	>270/ 5.0																	
Work Capacity (kJ)>22.0	>20.0																		
5 sec Peak Power (W)	>1150	>900																	
Age (y)	23-34	23-34																	
<b>PODIUM READY</b>	<p>Has completed 1 of the following in last 12 months:</p> <p>4th- 8th @ Elite World Championships</p> <p>4th - 8th @ Olympics</p> <p>Top 5 @ Elite World Tour 1 day event</p>																		
<b>PODIUM POTENTIAL</b>	<p>Has completed 1 of the following in last 12 months AND hasn't exceeded 6 years since first World Tour event:</p> <p>9th -15th @ Elite World Championships</p> <p>9th -15th @ Olympics</p> <p>6th-10th Elite World Tour 1 day event</p> <p>Top 5 @ U23 World Championships</p> <p>*Discretion for TT results within Tours (minimum 10 km F/15 km M in line with Worlds selections)</p>																		
<b>DEVELOPING</b>	<p>The panel will take into consideration standout results, including depth of competition, for the following events:</p> <p><b>Men and Women:</b> UCI events; winning in 1.1/2.1 or higher; and/or</p> <p><b>Men:</b> 1<sup>st</sup> Elite Oceania Championships, or National U23 Championships, NRS events.</p> <p><b>Women:</b> 1<sup>st</sup> Elite Oceania Championships or National U23 Championships, NRS events.</p>	<p>Athletes should demonstrate the following Physical/Physiological characteristics (depending on a rider's specialty: climber, sprinter, time trialist) when fully peaked to perform.</p> <p style="text-align: center;"><b>Power &amp; Physique</b></p> <table border="1"> <thead> <tr> <th rowspan="2">Measure</th> <th>Men</th> <th>Women</th> </tr> <tr> <th>Min/Pref</th> <th>Min/Pref</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W/ W.kg<sup>-1</sup>)</td> <td>&gt;350 / 5.3</td> <td>&gt;260 / 4.5</td> </tr> <tr> <td>Work Capacity (kJ)</td> <td>&gt;21.00</td> <td>&gt;18.0</td> </tr> <tr> <td>5 sec Peak Power (W)</td> <td>&gt;1100</td> <td>&gt;850</td> </tr> </tbody> </table>	Measure	Men	Women	Min/Pref	Min/Pref	Threshold Power (W/ W.kg <sup>-1</sup> )	>350 / 5.3	>260 / 4.5	Work Capacity (kJ)	>21.00	>18.0	5 sec Peak Power (W)	>1100	>850			
Measure	Men	Women																	
	Min/Pref	Min/Pref																	
Threshold Power (W/ W.kg <sup>-1</sup> )	>350 / 5.3	>260 / 4.5																	
Work Capacity (kJ)	>21.00	>18.0																	
5 sec Peak Power (W)	>1100	>850																	
<b>EMERGING</b>	<p>Athletes demonstrate potential for elite Podium performance within 6-8 years.</p> <p>The panel will take into consideration the following standout results, including time behind winner and depth of competition, for the following events:</p> <p><b>Men and Women:</b> UCI U19 events; top 10 in NC or 1.1/2.1 or higher*, ; and/or</p> <p><b>Men:</b> Top 3 U19 Oceania Championships or U19 National Championships*</p> <p><b>Women:</b> Top 3 U19 Oceania Championships, and/or Top 3 U19 National Elite Championships*</p> <p><i>*The panel will use its discretion when considering time behind winner for 2<sup>nd</sup> and 3<sup>rd</sup> place</i></p>	<p>Athletes should demonstrate the following Physical/Physiological characteristics (depending on the rider's specialty: climber, sprinter, time trialist) when fully peaked to perform.</p> <p style="text-align: center;"><b>Power &amp; Physique</b></p> <table border="1"> <thead> <tr> <th rowspan="2">Measure</th> <th>Men</th> <th>Women</th> </tr> <tr> <th>Min</th> <th>Min</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W/ W.kg<sup>-1</sup>)</td> <td>&gt;330 / 4.8</td> <td>&gt;240 / 4.3</td> </tr> <tr> <td>Work Capacity (kJ)</td> <td>&gt;20.0</td> <td>&gt;16.0</td> </tr> <tr> <td>5 sec Peak Power (W)</td> <td>&gt;1050</td> <td>&gt;800</td> </tr> </tbody> </table>	Measure	Men	Women	Min	Min	Threshold Power (W/ W.kg <sup>-1</sup> )	>330 / 4.8	>240 / 4.3	Work Capacity (kJ)	>20.0	>16.0	5 sec Peak Power (W)	>1050	>800			
Measure	Men	Women																	
	Min	Min																	
Threshold Power (W/ W.kg <sup>-1</sup> )	>330 / 4.8	>240 / 4.3																	
Work Capacity (kJ)	>20.0	>16.0																	
5 sec Peak Power (W)	>1050	>800																	

## Appendix 6: Track Endurance

All timed performances must be normalised using the *Trial Recording and Environmental Standardisation Protocol*, available at: <https://www.auscycling.org.au/australian-cycling-team/page/selection>.

[Competition Performances will be given precedence over Physical/Physiological data.](#)

Athlete Category	Competition Performances	Physical/Physiological																																				
<b>PODIUM</b>	Medal result at BME (UCI Elite World Championships or Olympic Games) in previous 24-months	Athletes should demonstrate the following Physical/Physiological characteristics when fully peaked to perform.																																				
<b>PODIUM READY</b>	4 <sup>th</sup> – 8 <sup>th</sup> performances at the most recent Olympics and/or UCI Elite World Championship competition in Olympic events OR by exception, agreed equivalent alternatives (evidence of 2 or more consistent performances) AND demonstrates progression towards PODIUM level performance times.	<b>Power &amp; Physique</b> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W)</td> <td>&gt;400</td> <td>&gt;280</td> </tr> <tr> <td>Work Capacity (kJ)</td> <td>&gt;28</td> <td>&gt;22</td> </tr> <tr> <td>Threshold Power (W.kg<sup>0.32</sup>)</td> <td>&gt;98</td> <td>&gt;74</td> </tr> <tr> <td>5 sec Peak Power (W)</td> <td>&gt;1600</td> <td>&gt;1100</td> </tr> <tr> <td>Sprint Power Reserve (W)</td> <td>&gt;1000</td> <td>&gt;650</td> </tr> </tbody> </table>	Measure	Men	Women	Threshold Power (W)	>400	>280	Work Capacity (kJ)	>28	>22	Threshold Power (W.kg <sup>0.32</sup> )	>98	>74	5 sec Peak Power (W)	>1600	>1100	Sprint Power Reserve (W)	>1000	>650																		
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5 sec Peak Power (W)	>1600	>1100																																				
Sprint Power Reserve (W)	>1000	>650																																				
<b>PODIUM POTENTIAL</b>	<p>Consistent top ten results at most recent UCI Category and Nations Cup Olympic Events. Significant contributing role in a Team Pursuit with the following performance times (Env. Corr.). For TP, consideration to be given to position in team (i.e., starter).</p> <p><b>Track Endurance Event Times</b></p> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men</th> <th>Women</th> </tr> <tr> <th></th> <th>Min/pref</th> <th>Min/pref</th> </tr> </thead> <tbody> <tr> <td>TP</td> <td>&lt;3:55/3:53</td> <td>&lt;4:22/4:19</td> </tr> <tr> <td>IP</td> <td>&lt;4:21/4:19</td> <td>&lt;3:37/3:35</td> </tr> <tr> <td>Kilo</td> <td>&lt;1:03</td> <td>&lt;1:10</td> </tr> </tbody> </table>	Measure	Men	Women		Min/pref	Min/pref	TP	<3:55/3:53	<4:22/4:19	IP	<4:21/4:19	<3:37/3:35	Kilo	<1:03	<1:10	<p>Athletes should demonstrate the following Physiological characteristics when fully peaked to perform.</p> <p><b>Power &amp; Physique</b></p> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W)</td> <td>&gt;375</td> <td>&gt;270</td> </tr> <tr> <td>Work Capacity (kJ)</td> <td>&gt;27</td> <td>&gt;22</td> </tr> <tr> <td>Threshold Power (W.kg<sup>0.32</sup>)</td> <td>&gt;94</td> <td>&gt;71</td> </tr> <tr> <td>5 sec Peak Power (W)</td> <td>&gt;1500</td> <td>&gt;1050</td> </tr> <tr> <td>Sprint Power Reserve (W)</td> <td>&gt;960</td> <td>&gt;640</td> </tr> </tbody> </table>	Measure	Men	Women	Threshold Power (W)	>375	>270	Work Capacity (kJ)	>27	>22	Threshold Power (W.kg <sup>0.32</sup> )	>94	>71	5 sec Peak Power (W)	>1500	>1050	Sprint Power Reserve (W)	>960	>640			
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<b>DEVELOPING</b>	<p>Results at most recent Elite UCI Category, Oceania Championships and/or National Championships in Olympic events that demonstrate a potential for elite Podium performance within 6 years. Significant contributing role in a Team Pursuit with the following performance times (Env. Corr.). For TP, consideration to be given to position in team (i.e., starter).</p> <p><b>Track Endurance Event Times</b></p> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men</th> <th>Women</th> </tr> <tr> <th></th> <th>Min/pref</th> <th>Min/pref</th> </tr> </thead> <tbody> <tr> <td>TP</td> <td>&lt;4:02/3:59</td> <td>&lt;4:31/4:28</td> </tr> <tr> <td>IP</td> <td>&lt;4:26/4:22</td> <td>&lt;3:42/3:40</td> </tr> <tr> <td></td> <td>&lt;3:19/3:17</td> <td>&lt;2:25/2:23</td> </tr> <tr> <td>Kilo</td> <td>&lt;1:06</td> <td>-</td> </tr> </tbody> </table>	Measure	Men	Women		Min/pref	Min/pref	TP	<4:02/3:59	<4:31/4:28	IP	<4:26/4:22	<3:42/3:40		<3:19/3:17	<2:25/2:23	Kilo	<1:06	-	<p>Athletes should demonstrate the following Physiological characteristics when fully peaked to perform.</p> <p><b>Power &amp; Physique</b></p> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W)</td> <td>&gt;350</td> <td>&gt;260</td> </tr> <tr> <td>Work Capacity (kJ)</td> <td>&gt;27</td> <td>&gt;22</td> </tr> <tr> <td>Threshold Power (W.kg<sup>0.32</sup>)</td> <td>&gt;88</td> <td>&gt;68</td> </tr> <tr> <td>5 sec Peak Power (W)</td> <td>&gt;1500</td> <td>&gt;1000</td> </tr> <tr> <td>Sprint Power Reserve (W)</td> <td>&gt;950</td> <td>&gt;620</td> </tr> </tbody> </table>	Measure	Men	Women	Threshold Power (W)	>350	>260	Work Capacity (kJ)	>27	>22	Threshold Power (W.kg <sup>0.32</sup> )	>88	>68	5 sec Peak Power (W)	>1500	>1000	Sprint Power Reserve (W)	>950	>620
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<b>EMERGING</b>	<p>Consistent results at most recent Oceania Championships and/or National Championships in Olympic events that demonstrate a potential for Podium performance within 8 years. Meets or exceed the following corrected performance times.</p> <p><b>Track Endurance Event Times</b></p> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men</th> <th>Women</th> </tr> <tr> <th></th> <th>Min/pref</th> <th>Min/pref</th> </tr> </thead> <tbody> <tr> <td>U19 IP yr1</td> <td>3:22/3:20</td> <td>2:28/2:26</td> </tr> <tr> <td>U19 IP yr2</td> <td>3:20/3:16</td> <td>2:26/2:24</td> </tr> </tbody> </table>	Measure	Men	Women		Min/pref	Min/pref	U19 IP yr1	3:22/3:20	2:28/2:26	U19 IP yr2	3:20/3:16	2:26/2:24	<p>Athletes should demonstrate the following Physiological characteristics when fully peaked to perform.</p> <p><b>Power &amp; Physique</b></p> <table border="1"> <thead> <tr> <th>Measure</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>Threshold Power (W)</td> <td>&gt;330</td> <td>&gt;240</td> </tr> <tr> <td>Work Capacity (kJ)</td> <td>&gt;21</td> <td>&gt;18</td> </tr> <tr> <td>Threshold Power (W.kg<sup>0.32</sup>)</td> <td>&gt;85</td> <td>&gt;63</td> </tr> <tr> <td>5 sec Peak Power (W)</td> <td>&gt;1300</td> <td>&gt;1000</td> </tr> <tr> <td>Sprint Power Reserve (W)</td> <td>&gt;800</td> <td>&gt;600</td> </tr> </tbody> </table>	Measure	Men	Women	Threshold Power (W)	>330	>240	Work Capacity (kJ)	>21	>18	Threshold Power (W.kg <sup>0.32</sup> )	>85	>63	5 sec Peak Power (W)	>1300	>1000	Sprint Power Reserve (W)	>800	>600						
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## Appendix 7: Track Sprint

All timed performances must be normalised using the *Trial Recording and Environmental Standardisation Protocol*, available at: <https://www.auscycling.org.au/australian-cycling-team/page/selection>

Athlete Category	Competition Performances																																																		
<b>PODIUM</b>	<p>Medal result at BME (UCI Elite World Championships or Olympic Games) in previous 24-months, with the following performance times (Env. Corr.):</p> <p><b>Track Sprint Event Times (sec)</b></p> <table border="1"> <thead> <tr> <th>Event</th> <th>Men</th> <th>Gears*</th> <th>Women</th> <th>Gears*</th> </tr> </thead> <tbody> <tr> <td>200TT (sec)</td> <td>&lt;9.7</td> <td></td> <td>&lt;10.55</td> <td></td> </tr> <tr> <td>S250 (Gate)</td> <td>&lt;17.20</td> <td>Q4 &lt;3.25</td> <td>&lt;10.8</td> <td>Q4 &lt;3.65</td> </tr> <tr> <td>S125 (Blue)</td> <td>&lt;10.80</td> <td>&gt;108"</td> <td>&lt;11.60</td> <td>&gt;102"</td> </tr> <tr> <td>S125 (P3)</td> <td>&lt;10.90</td> <td>&gt;112"</td> <td>&lt;11709</td> <td>&gt;104"</td> </tr> <tr> <td>Team Sprint</td> <td>&lt;42.00</td> <td></td> <td>&lt;46.50</td> <td></td> </tr> </tbody> </table>	Event	Men	Gears*	Women	Gears*	200TT (sec)	<9.7		<10.55		S250 (Gate)	<17.20	Q4 <3.25	<10.8	Q4 <3.65	S125 (Blue)	<10.80	>108"	<11.60	>102"	S125 (P3)	<10.90	>112"	<11709	>104"	Team Sprint	<42.00		<46.50																					
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<b>PODIUM READY</b>	<p>4<sup>th</sup> – 8<sup>th</sup> performances at the most recent Olympics and/or UCI Elite World Championship competition in Olympic events and demonstrates progression towards PODIUM level performance times.</p>																																																		
<b>PODIUM POTENTIAL</b>	<p>Consistent top four results at most recent Oceania Championships and/or UCI Nations Cup level (or greater) in Olympic events, with the following performance times (Env. Corr.):</p> <p><b>Track Sprint Event Times (sec)</b></p> <table border="1"> <thead> <tr> <th>Event</th> <th>Men</th> <th>Gears*</th> <th>Women</th> <th>Gears*</th> </tr> </thead> <tbody> <tr> <td>Yr. 3 200TT (sec)</td> <td>&lt;9.7</td> <td>112"-125"</td> <td>&lt;10.75</td> <td>110"-120"</td> </tr> <tr> <td>S125 (Gate)</td> <td>&lt;10.70</td> <td>&gt;98"</td> <td>&lt;11.6</td> <td>&gt;94"</td> </tr> <tr> <td>S125 (Blue)</td> <td>&lt;10.90</td> <td>&gt;106"</td> <td>&lt;11.9</td> <td>&gt;100"</td> </tr> </tbody> </table> <p>* Preferred range of gears</p>	Event	Men	Gears*	Women	Gears*	Yr. 3 200TT (sec)	<9.7	112"-125"	<10.75	110"-120"	S125 (Gate)	<10.70	>98"	<11.6	>94"	S125 (Blue)	<10.90	>106"	<11.9	>100"																														
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<b>DEVELOPING</b>	<p>Consistent results at most recent Oceania Championships and/or National Championships that demonstrate a potential for PODIUM performance within 5 years in Olympic events.</p> <p><b>Track Sprint Event Times (sec)</b></p> <table border="1"> <thead> <tr> <th>Event</th> <th>Men</th> <th>Gears*</th> <th>Women</th> <th>Gears*</th> </tr> </thead> <tbody> <tr> <td>Yr. 3 200TT (sec)</td> <td>&lt;9.8</td> <td>112"-125"</td> <td>&lt;10.9</td> <td>110"-120"</td> </tr> <tr> <td>S125 (Gate)</td> <td>&lt;10.80</td> <td>&gt;98"</td> <td>&lt;11.6</td> <td>&gt;94"</td> </tr> <tr> <td>S125 (Blue)</td> <td>&lt;11.10</td> <td>&gt;106"</td> <td>&lt;11.9</td> <td>&gt;100"</td> </tr> <tr> <td>Yr. 2 200TT (sec)</td> <td>&lt;10.1</td> <td>100"-108"</td> <td>&lt;11.1</td> <td>100"-108"</td> </tr> <tr> <td>S125 (Gate)</td> <td>&lt;10.90</td> <td>&gt;96"</td> <td>&lt;11.8</td> <td>&gt;92"</td> </tr> <tr> <td>S125 (Blue)</td> <td>&lt;11.2</td> <td>&gt;104"</td> <td>&lt;12.0</td> <td>&gt;98"</td> </tr> <tr> <td>Yr. 1 200TT (sec)</td> <td>&lt;10.4</td> <td>94"-98"</td> <td>&lt;11.4</td> <td>94"-98"</td> </tr> <tr> <td>S125 (Gate)</td> <td>&lt;10.9</td> <td>&gt;94"</td> <td>&lt;12.1</td> <td>&gt;92"</td> </tr> <tr> <td>S125 (Blue)</td> <td>&lt;11.3</td> <td>&gt;102"</td> <td>&lt;12.2</td> <td>&gt;96"</td> </tr> </tbody> </table> <p>* Preferred range of gears</p>	Event	Men	Gears*	Women	Gears*	Yr. 3 200TT (sec)	<9.8	112"-125"	<10.9	110"-120"	S125 (Gate)	<10.80	>98"	<11.6	>94"	S125 (Blue)	<11.10	>106"	<11.9	>100"	Yr. 2 200TT (sec)	<10.1	100"-108"	<11.1	100"-108"	S125 (Gate)	<10.90	>96"	<11.8	>92"	S125 (Blue)	<11.2	>104"	<12.0	>98"	Yr. 1 200TT (sec)	<10.4	94"-98"	<11.4	94"-98"	S125 (Gate)	<10.9	>94"	<12.1	>92"	S125 (Blue)	<11.3	>102"	<12.2	>96"
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