Version 7 | August 2025

Athlete Categorisation Standards and Process

Olympic Cycling Disciplines

AUSCYCLING

Athlete Categorisation Standards and Process

Olympic Cycling Disciplines

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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 National Athlete Categorisation Framework is designed

All Australian NSO's use the ASC National Performance Pathway Categorisation table (over page) to define a Sport Specific Framework. At AusCycling, we categorise athletes through five stages, from Emerging to on route to Olympic, Paralympic, Commonwealth Games and World Championship podium performances. The AusCycling "What it takes to win" (WITTW) guidelines, and AusCycling Athlete Roadmaps (ADF) are considered in the establishment of standards across all disciplines within this framework.

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

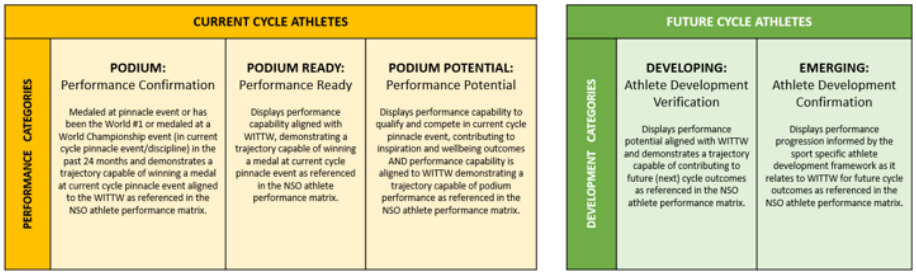
- Extenuating circumstances for downward movement of categorisation may be considered on a case-by-case basis at the discretion of the Director of Pathways and Executive General Manager – Performance, for submission to the ASC (refer clause 3.2).

Table 1 - ASC National Performance Pathway Categorisation Framework

National Athlete Categorisation Framework (NACF)

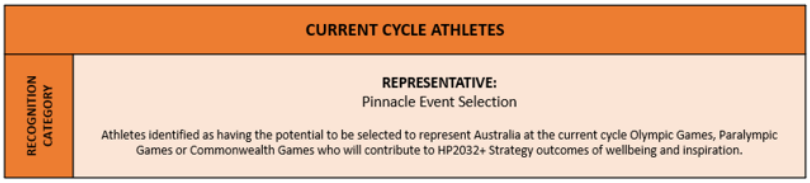
The National Athlete Categorisation Framework (NACF) provides a generic guide for NSOs to establish sport specific criteria to categorise individual athletes at differing stages of the performance pathway. Generally, athletes will be identified as:

Performance Pathway Athletes



** Meeting the criteria of the NACF and being identified through an NSO Athlete Categorisation Performance Matrix does not guarantee access to services or support from the NIN. The use of these tools enables the prioritisation of support to the right athletes at the right time. As a general guide, resource and service prioritisation will be given to Podium, Podium Ready, Podium Potential, Developing and Emerging athletes respectively.*

Other Recognised Athletes



** Some sports may choose to recognise athletes in a Representative category. The NIN will target and prioritise Podium, Podium Ready, Podium Potential, Developing and Emerging athletes respectively. Any support from the NIN will be dependent on available resources and agreement with NSO's, after having targeted the Performance Pathway athletes identified in the NACF.*

Building on this framework, the AusCycling Performance Team has designed its own cycling specific processes and standards related to Olympic events, for Action and Acceleration (Track Sprint, BMX Freestyle, BMX Race), Endurance (Track Endurance, MTB XCO, Road), and Para-cycling (Road and Track) disciplines; including graduation steps from one category to another, which are within the cycling specific appendices of this document.

NSO's also have the option to recognise athletes who have been identified as having the potential to be selected to represent Australia for the current cycle Pinnacle Event as Representative Athletes. The AusCycling Categorisation Panel, using its discretion, may identify athletes for Representative categorisation who contribute to Podium or Podium Ready performances, particularly in, but not restricted to, team events. (Refer Appendix 7)

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 competition performances first, and objective approved additional factors identified for consideration second. The **performance time period** considered by the panel is:
    - For Podium level categorisation, results from the previous 24 months may be considered.
    - All other categorisation levels: results from the previous 12 months may be considered.
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 Games including the past two Olympic cycles.
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 supporting 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 benchmark event per specific age category.
7. The physiological standards are based on the required progressions as identified in our athlete roadmaps tracking Emerging to Podium.
8. In an Olympic year, the Benchmark Event will be referred to as the Pinnacle event. By exception, an alternative Benchmark Event (i.e. World Championships) may be considered in a Pinnacle event year for approval, however performances at the alternative Benchmark Event will be compared to those at the Pinnacle event.
9. Commonwealth Games results in Olympic events may be considered in the year a Commonwealth Games is approved as a Benchmark Event by the ASC.
10. If an athlete is in a team event (Track) for a Benchmark Event and they compete in a preliminary heat, but not the final, they will receive the same categorisation outcome as those athletes who competed in the final.
11. If an athlete is a travelling reserve in a team event (Track) for a Benchmark Event and does not compete in any team event rounds, their categorisation will be subject to meeting the identified criteria in the framework (Refer Appendices 5 and 6)

2.2 Headroom

Athlete headroom refers to the estimated and realistic "room for improvement" potentially achievable by an athlete through means such as additional training, service provision, developmental trends, experience etc. Factors taken into consideration include:

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 generally viewed as a 2-year window from when an athlete moves up from Emerging.
    e. Podium Potential is generally viewed as a 3-year window from when an athlete moves up from Developing.
    f. **Exclusions:** Road Racing, Track Sprint, are cycling sports for which this rule does not hold up and an exemption may be applied to these disciplines at the discretion of the panel.

2. Age and experience factors include adjustments based on age differences within the same age category (U19 Year-1, U19 Year-2) which includes the following:

    a. 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 athletes performance and behaviours in the daily training and competition environments.

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.
    d. Access to aerodynamic measurement and expertise.

5. The types of specialist support the athlete has had to access to, including:
    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 (https://auscycling.org.au/about/high-performance/categorisation).
    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 Membership

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 Members	National Discipline Coach or Coaches, AusCycling
Observer (Optional)	Non-voting Member	Athlete Transition and Lifestyle Manager, AusCycling
Observer (Optional)	Non-voting Member	High Performance Network Coach
Observer	Non-voting Members	Australian Sports Commission

Emerging – Developing Panel Membership

Chair (Panel Member)	Voting Member	Director of Pathways, AusCycling
Panel Member	Voting Member/s	High Performance Network Head Coach AND EITHER National Discipline Coach OR Technical Director, AusCycling
Panel Member	Voting Member	High Performance Network Coach
Observer	Non-voting Members	Australian Sports Commission

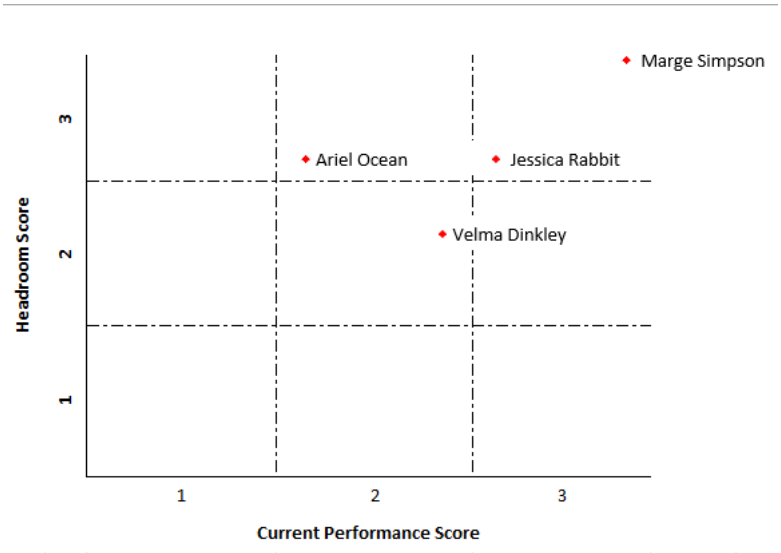
3. A technical expert and observer/s may be present on every panel.

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 score 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

Extenuating circumstances means an inability to compete, attend training camps or perform at an optimum level arising from:

a. Medical conditions, injury or illness;
b. Classification changes;
c. Availability of Pilots and/or Stokers (must provide evidence of person, availability, and performance level);
d. Agreed dual sport commitments;
e. Travel delays;
f. Equipment failure;
g. Bereavement or personal misfortune;
h. A direction from the Head Coach Endurance or Head Coach Action and Acceleration that the athlete does not compete at or attend one or more training camps or events to ensure optimal management of the athlete's overall competition load, where such direction is approved by the Director of Pathways; and/or
i. Any other factors reasonably considered by the Director of Pathways to constitute extenuating circumstances

All extenuating circumstances correspondence must be submitted to the Director of Pathways by the athlete and/or coach in writing 14-days prior to the panel meeting. The Director of Pathways will notify the athlete and/or coach within 48-hours if the extenuating circumstances are approved to be considered by the Categorisation Panel.

The athlete and/or coach must then submit to the Director of Pathways 7-days prior to the categorisation panel meeting:

- An Individual Athlete Performance Plan; and/or
- Return to Sport Plan; and/or
- Supporting medical documentation from a suitably qualified sports doctor or medical practitioner that substantiates the request (mandatory for Medical conditions, injury or illness).

A decision in each case of advised, possible extenuating circumstances may be made by the Director of Pathways on an individual basis. The Director of Pathways is not obliged to consider any notification by an athlete under this clause 3.2. There is no appeal against any decision made in respect of extenuating circumstances.

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 NACF 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.**

3.4 Athlete Transition

AusCycling has developed principles and processes for recognising athletes who are identified as contributing to
the performance outcomes of the sport at the next pinnacle event where one of the following may apply:

a) An athlete is recovering from a major injury or illness;
b) An athlete is taking time away from competition;
c) An athlete is transitioning into a sport from another;
d) An athlete is pregnant; or
e) An athlete is retiring from sport, or their categorisation is not continuing.

Refer to *AusCycling dAIS and Transition Support Guidelines* located at:
https://auscycling.org.au/about/high-performance/categorisation

4. Expectations of categorised athletes

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, Road, Track Endurance) and their coaches must use the national performance tracking platform, Training Peaks. It will be a requirement of Categorisation for athletes and their coaches to use this platform as part of a national monitoring and training prescription system.

2. **Monitoring Sprint.** It is recommended that categorised athletes in the track sprint discipline and their coaches, use the national performance tracking platform, Training Peaks as well as the monitoring dashboard and processing software provided by AusCycling.

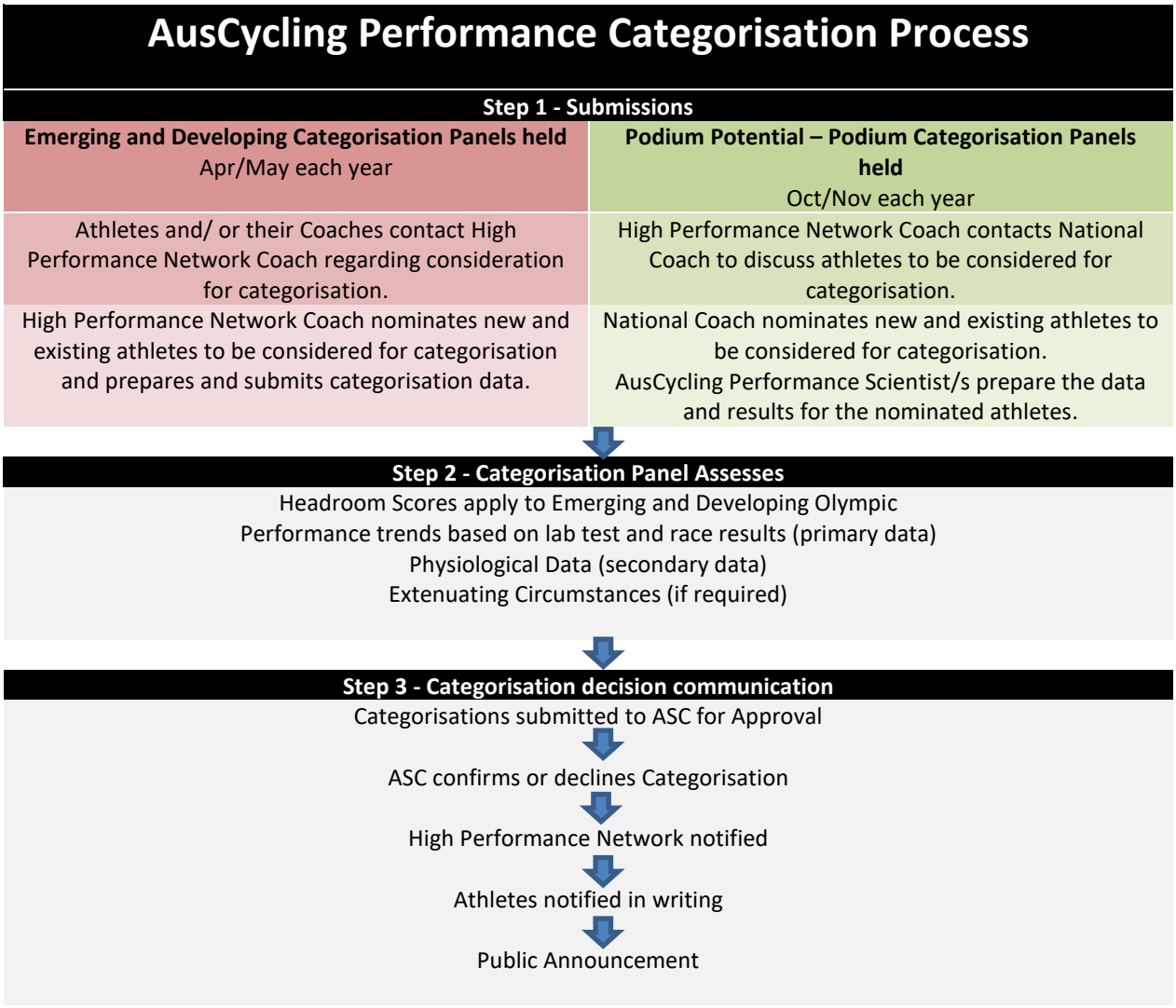
3. **Testing**. Categorised athletes and those seeking categorisation, are expected to do lab testing as per the *AusCycling Physiology Endurance Testing Guidelines* [available at https://auscycling.org.au/about/high-performance/categorisation] against the standards listed in the cycling specific frameworks 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	
Coaches	Advocating on behalf of athletes / providing information that aligns with the categorisation criteria	Submit application via datasheet
Panel Members	Assessors and Selectors	Assessing applications Granting and dismissing categorisation applications Transitions (AW&E)
AusCycling	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

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



6. Amendments to Categorisation and Performance Standards

AusCycling may amend the secondary and physiological standards of this Categorisation and Performance Standards Process to represent current performance levels. Amendments generally take place after the finalisation of Benchmark Events. For Podium levels, Benchmark Events will be communicated on the AusCycling Categorisation website by the end of Q1 each year.

Amendments will be communicated:

- on the AusCycling Categorisation website [https://auscycling.org.au/about/high-performance/categorisation]
- By email to:
  i. all current categorised athletes
  ii. AusCycling Performance and Pathway Staff
  iii. AusCycling Development Academy Leads
  iv. AusCycling State Operations Managers
  v. High Performance Network Coaches

Appendix 1: BMX Freestyle

	Male		Female	
	Amateur category	**Elite category**	**Amateur category**	**Elite category**
Podium	N/A	Medal result at BME in previous 24-months AND deemed capable of medaling at the next Olympic Games	N/A	Medal result at BME in previous 24-months and deemed capable of medaling at the next Olympic Games
Podium Ready	N/A	Has completed ONE of the following in last 12 months: 4th - 8th @ BME) or agreed equivalent OR (2 (+) 4th- 8th @ World Cup Events AND deemed capable to progress to PODIUM level, targeting a medal at the next Olympic Games)	N/A	Has completed ONE of the following in last 12 months: 4th - 8th @ BME or agreed equivalent OR (2 (+) 4th- 8th @ World Cup Events AND deemed capable to progress to PODIUM level, targeting a medal at the next Olympic Games)
Podium Potential	N/A	Has completed ONE of the following in the last 12 months: 9-18th at BME OR 2 (+) 9-18th at World Cup events in the last 12-months (Elite)	N/A	Has completed ONE of the following in the last 12 months: 9-12th at BME OR 2 (+) 9-12th at World Cup events in the last 12-months (Elite)
Developing*	N/A	The panel will take into consideration the following results, scores and scoring gap in the last 12-months: International: Top 32 at World Championships OR Top 32 at 2 (+) World Cups OR Domestic: Top 6 at 2 (+) at any event listed below. 1. Oceanias 2. UCI HC 3. Nationals 4. UCI C1 Whilst <21 years of age	N/A	The panel will take into consideration the following results, scores and scoring gap in the last 12-months: International: Top 18 at World Championships OR Top 18 at 2 (+) World Cups OR Domestic: Top 3 at 2 (+) at any event listed below. 1. Oceanias 2. UCI HC 3. Nationals 4. UCI C1 Whilst <21 years of age
Emerging*	The panel will take into consideration results, scores and scoring gap for Top 3 results at National Championships while <19 years old	The panel will take into consideration the following results, scores and scoring gap from the last 12-months: Top 10 at 2 (+) domestic events listed below 1. Oceanias 2. UCI HC 3. Nationals 4. UCI C1 while <19 years old	The panel will take into consideration results, scores and scoring gap for Top 2 results at National Championships while <15 years old	The panel will take into consideration the following results, scores and scoring gap from the last 12-months: Top 4 at 2 (+) domestic events listed below 1. Oceanias 2. UCI HC 3. Nationals 4. UCI C1 while <19 years old

*For BMX Freestyle competition performances, the following will be considered:

a. Results at AusCycling or UCI sanctioned competitions in the performance period
b. The standard of the competition
c. The standard of the course
d. Performances and scores in ALL runs of an event
e. Level of tricks performed and composition of 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.			
Podium	Medal result at BME in previous 24-months AND deemed capable of medaling at the next Olympic Games	**MALE**		**FEMALE**	
		Gate	**Lap**	**Gate**	**Lap**
		2.307s	***33.781s***	***2.448s***	***37.086s***
Podium Ready	Has completed ONE of the following in last 12 months: 4th - 8th @ BME) OR (2 (+) 4th- 8th @ World Cup events (Elite) AND are deemed capable to progress to PODIUM level, targeting a medal at the next Olympic Games)	% = 1.2 Min. = 2.335	% =1.8 Min. = 34.389	% = 1.9 Min. = 2.495	% = 3.4 Min. = 38.347
Podium Potential	Has completed ONE of the following in last 12 months: 9^{th} -16^{th} @ BME (Elite) 2 (+) 9^{th} – 16^{th} @ Elite World Cup events Podium @ U23 World Championships 2 (+) Podium @ U23 World Cup events	% = 1.8 Min. = 2.349	% = 2.6 Min. = 34.659	% = 3.1 Min. = 2.524	% = 5.5 Min. = 39.126
Developing	Competition or trials at Sleeman's on 8m ramp in the last 12-months	% = 2.3 Min. = 2.360	% = 3.6 Min. = 34.997	% = 3.6 Min. = 2.537	% = 7.5 Min. =39.868
Emerging	Competition or trials at Sleeman's on 8m ramp in the last 12-months	% = 3.3 Min. = 2.384	% = 5.6 Min. = 35.673	% = 4.1 Min. = 2.549	% = 8.0 Min. = 40.052

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 Physiological capabilities.

<table>
<tr><th>Athlete Category</th><th>Men and Women XCO Competition Performances</th><th>Physiological Capabilities</th></tr>
<tr><td>PODIUM</td><td>Medal result at BME in previous 24-months AND deemed capable of medaling at the next Olympic Games</td><td rowspan="3">Athletes should demonstrate the following Physiological capabilities when fully peaked to perform.

Power & Physique

<table><tr><th>Measure</th><th>Men
Min/Pref</th><th>Women
Min/Pref</th></tr><tr><td>Threshold Power (W/ W.kg^{-1})</td><td>>400/6.0</td><td>>275/5.5</td></tr><tr><td>Work Capacity (kJ)</td><td>>22.0</td><td>>20.0</td></tr><tr><td>5 sec Peak Power (W/ W.kg^{-1})</td><td>>1150/18</td><td>>900/16</td></tr><tr><td>Age (y)</td><td>23-34</td><td>23-34</td></tr></table></td></tr>
<tr><td>PODIUM READY</td><td>Has completed 1 of the following in last 12 months:

4th- 8th @ BME

Exceptions
2 (+) Elite World Cup Top 5 OR
Top 8 Elite World Cup Overall Standings AND are deemed capable to progress to PODIUM level, targeting a medal at the next Olympic Games</td></tr>
<tr><td>PODIUM POTENTIAL</td><td>Has completed 1 of the following in last 12 months:

9th - 15th @ BME
Top 15 Elite World Cup Overall Standings
Top 15 in an Elite World Cup
Top 10 U23 World Championships
2 (+) Top 10 U23 World Cup % of time behind winner* (World Cup or World Championships 106-110%)</td></tr>
<tr><td>DEVELOPING</td><td>The panel will take into consideration standout results, in the context of time behind winner (refer Table 1 next page) and depth of competition and nature of course, for the following events:

UCI events, top 10 in U23 World Cups, top 5 in HC or C1 events; and/or

1st U23 Oceania Championships
1st U23 National Championships
1st x 2 National Series events</td><td>Athletes should demonstrate the following Physiological capabilities when fully peaked to perform.

Power & Physique

<table><tr><th>Measure</th><th>Men
Min/Pref</th><th>Women
Min/Pref</th></tr><tr><td>Threshold Power (W/ W.kg^{-1})</td><td>>350/5.5</td><td>>260/5.0</td></tr><tr><td>Work Capacity (kJ)</td><td>>21.0</td><td>>18.0</td></tr><tr><td>5 sec Peak Power (W/ W.kg^{-1})</td><td>>1100/18</td><td>>850/15</td></tr></table></td></tr>
<tr><td>EMERGING</td><td>Athletes should demonstrate potential for elite Podium performance within 6-8 years.

The panel will take into consideration standout results, in the context of time behind winner (refer Table 1 next page) and depth of competition, and nature of course, for the following events:

Standout results at UCI U19 events;
Top 10 in UCI Junior Series (European) event and/or:

1st U19 Oceania Championships
Top 3 U19 National Championships</td><td>Athletes should demonstrate the following Physiological capabilities when full peaked to perform.

Power & Physique

<table><tr><th>Measure</th><th>Men
Min/Pref</th><th>Women
Min/Pref</th></tr><tr><td>Threshold Power (W/ W.kg^{-1})</td><td>>330/5.0</td><td>>240/4.5</td></tr><tr><td>Work Capacity (kJ)</td><td>>20.0</td><td>>16.0</td></tr><tr><td>5 sec Peak Power (W/ W.kg^{-1})</td><td>>1050/17</td><td>>800/13</td></tr></table></td></tr>
</table>

*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

Table 1 - Average speed results World Championships (comparative reference for Emerging and Developing athletes)

The speed of the winning Elite Men is set as 100%, with speeds for winners in other categories expressed as a percentage of this baseline. This percentage-based comparison provides a consistent measure across different course conditions (e.g., wet/dry, hilly/flat). However, notable exceptions, such as Tom Pidcock's exceptional U23 result in 2020, can occur and will be considered.

Year	2024	2023	2022	2021	2020	2019	Average	Average %
	%	%	%	%	%	%	%	Outlier removed
Elite Men	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%	100.00%	
Elite Women	83.53%	85.96%	84.76%	83.23%	83.25%	84.48%	84.34%	
U23 Men	97.34%	97.99%	98.62%	98.99%	101.50%	94.02%	98.23%	98.54%
U23 Women	81.75%	81.97%	81.53%	85.27%	81.74%	82.33%	82.57%	81.90%
U19 Men	93.91%	92.25%	92.37%	95.17%	83.42%	93.37%	91.32%	92.66%
U19 Women	75.84%	78.25%	77.84%	79.97%	68.19%	78.43%	76.54%	78.62%

Appendix 4: Road

Competition Performances will be given precedence over Physiological capabilities.

<table>
<tr><th>Athlete Category</th><th>Competition Performances</th><th>Physiological Capabilities</th></tr>
<tr><td>PODIUM</td><td>Medal result at most recent approved BME in previous 24-months AND deemed capable of a medal result at the next Olympic Games.</td><td rowspan="3">Athletes should demonstrate the following physiological capabilities (depending on a rider's specialty: climber, sprinter, time trialist) when fully peaked to perform.

Power & Physique

<table>
<tr><th>Measure</th><th>Men
Min</th><th>Women
Min</th></tr>
<tr><td>Threshold Power (W/ W.kg^{-1})</td><td>>420 / 5.8</td><td>>300/ 5.3</td></tr>
<tr><td>Work Capacity (kJ)</td><td>>24.0</td><td>>20.0</td></tr>
<tr><td>5 sec Peak Power (W)</td><td>>1300</td><td>>950</td></tr>
<tr><td>Age (y)</td><td>23-34</td><td>23</td></tr>
</table>
</td></tr>
<tr><td>PODIUM READY</td><td>Has completed 1 of the following in last 12 months AND are deemed capable to progress to PODIUM level, targeting a medal at the next Olympic Games.

4th- 8th @ Elite World Championships
4th - 8th @ Olympics

Exception
Top 5 @ Elite World Tour 1 day event AND are deemed capable to progress to PODIUM level, targeting a medal at the next Olympic Games</td></tr>
<tr><td>PODIUM POTENTIAL</td><td>Has completed 1 of the following in last 12 months:

9th -15th @ Elite World Championships
9th -15th @ Olympics
6th-10th Elite World Tour 1 day event
Top 5 @ U23 World Championships

*Discretion for TT results within Tours (minimum 10 km F/15 km M in line with Worlds selections)</td></tr>
<tr><td>DEVELOPING</td><td>The panel will take into consideration standout results, including depth of field and race distances for the following events:

Men and Women:
UCI events; 1st in 1.1/2.1 or higher; AND/OR 1 of the following in last 12 months:

1st U23 Oceania Championships
1st National U23 Championships
1st x 2 stages in Pro-Velo League (PVL) Tours (criteriums not included)
1st in PVL one-day event</td><td>Athletes should demonstrate the following physiological capabilities (depending on a rider's specialty: climber, sprinter, time trialist) when fully peaked to perform.

Power & Physique

<table>
<tr><th>Measure</th><th>Men
Min/Pref</th><th>Women
Min/Pref</th></tr>
<tr><td>Threshold Power (W/ W.kg^{-1})</td><td>>380 / 5.3</td><td>>260 / 4.5</td></tr>
<tr><td>Work Capacity (kJ)</td><td>>22.0</td><td>>18.0</td></tr>
<tr><td>5 sec Peak Power (W)</td><td>>1200</td><td>>900</td></tr>
</table>
</td></tr>
<tr><td>EMERGING</td><td>Athletes demonstrate potential for elite Podium performance within 6-8 years.

The panel will take into consideration the following standout results within the last 12 months, including time behind winner, depth of competition, and race distances, for the following events:

Men and Women:
UCI U19 events; top 10 in NC or 1.1/2.1 or higher; and/or

1st U19 Oceania Championships
Top 3 U19 National Championships</td><td>Athletes should demonstrate the following physiological capabilities (depending on the rider's specialty: climber, sprinter, time trialist) when fully peaked to perform.

Power & Physique

<table>
<tr><th>Measure</th><th>Men</th><th>Women</th></tr>
<tr><td>Threshold Power (W/ W.kg^{-1})</td><td>>360 / 5.0</td><td>>240 / 4.0</td></tr>
<tr><td>Work Capacity (kJ)</td><td>>20.0</td><td>>15.0</td></tr>
<tr><td>5 sec Peak Power (W)</td><td>>1100</td><td>>850</td></tr>
</table>
</td></tr>
</table>

Appendix 5: Track Endurance (Olympic Events)

All timed performances must be normalised using the *Trial (Able and Para) Recording and Environmental Standardisation Protocol [Version June 2025]*, available at: https://www.auscycling.org.au/australian-cycling-team/page/selection.

Competition Performances will be given precedence over Physiological Capabilities.

<table>
<tr><th>Athlete Category</th><th>Competition Performances</th><th>Physiological Capabilities</th></tr>
<tr><td>PODIUM</td><td>Medal result at BME in previous 24-months AND deemed capable of a medal result at the next Olympic Games.</td><td>Athletes should demonstrate the following Physiological characteristics when fully peaked to perform.

Power & Physique
Measure | Men | Women
Threshold Power (W) | >425 | >290
Work Capacity (kJ) | >28.5 | >24.0
Threshold Power (W.kg$^{0.32}$) | >95 | >75
5 sec Peak Power (W) | >1500 | >1100
Sprint Power Reserve (W) | >1000 | >750</td></tr>
<tr><td>PODIUM READY</td><td>Has completed 1 of the following in last 12 months:

4$_{th}$ – 8$_{th}$ performances at most recent approved BME OR
by exception, 2 or more podium performances at current Nation Cup Rounds comparing performance levels to most recent approved BME, and consideration of Podium level physiological capabilities

To be Podium Ready athletes must also be deemed capable to progress to PODIUM level targeting a medal at the next Olympic Games.</td><td>Athletes should demonstrate the following Physiological characteristics when fully peaked to perform.

Power & Physique
Measure | Men | Women
Threshold Power (W) | >400 | >280
Work Capacity (kJ) | >28.0 | >22.0
Threshold Power (W.kg$^{0.32}$) | >95 | >75
5 sec Peak Power (W) | >1400 | >1000
Sprint Power Reserve (W) | >950 | >700</td></tr>
<tr><td>PODIUM POTENTIAL</td><td>Consistent top six results at UCI Category and/or Nation Cup Rounds in the last 12 months. Significant contributing role in a Team Pursuit (TP) with the following performance times (Env. Corr.). For TP, consideration to be given to position in team (i.e., starter).

Track Endurance Event Times
Measure | Men Min/pref | Women Min/pref
TP | <3:55/3:53 | <4:15
IP | <4:21/4:19 | <4:47/4:45*
Kilo | <1:03 | <1:10

*In the absence of any 4km competition results for Elite women, these times are a guide for consideration.</td><td>Athletes should demonstrate the following Physiological capabilities when fully peaked to perform.

Power & Physique
Measure | Men | Women
Threshold Power (W) | >380 | >270
Work Capacity (kJ) | >26.0 | >20.0
Threshold Power (W.kg$^{0.32}$) | >93 | >70
5 sec Peak Power (W) | >1300 | >950
Sprint Power Reserve (W) | >900 | >650</td></tr>
<tr><td>DEVELOPING</td><td>Results in the last 12 months at Elite UCI Category, Oceania Championships and/or National Championships 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).

Track Endurance Event Times
Measure | Men Min/pref | Women Min/pref
TP | <4:02/3:59 | <4:31/4:28
IP | <4:26/4:22
<3:19/3:17 | <4:52/4.50
Kilo | <1:06 | -</td><td>Athletes should demonstrate the following Physiological capabilities when fully peaked to perform.

Power & Physique
Measure | Men | Women
Threshold Power (W) | >360 | >260
Work Capacity (kJ) | >24.0 | >18.0
Threshold Power (W.kg$^{0.32}$) | >90 | >65
5 sec Peak Power (W) | >1200 | >900
Sprint Power Reserve (W) | >850 | >600</td></tr>
</table>

<table>
<tr><th>Athlete Category</th><th>Competition Performances</th><th>Physiological Capabilities</th></tr>
<tr>
<td>EMERGING</td>
<td>Results in the last 12 months at most recent Oceania Championships and/or National Championships that demonstrate a potential for Podium performance within 8 years. Meets or exceeds the following corrected performance times.

Track Endurance Event Times
<table>
<tr><th>Measure</th><th>Men
Min/pref</th><th>Women
Min/pref</th></tr>
<tr><td>U19 IP yr1</td><td>3:22/3:20</td><td>3:44/3:42*</td></tr>
<tr><td>U19 IP yr2</td><td>3:20/3:16</td><td>3:41/3:39*</td></tr>
</table>
*In the absence of any 3km competition results for U19 women, these times are a guide for consideration.</td>
<td>Athletes should demonstrate the following Physiological capabilities when fully peaked to perform.

Power & Physique
<table>
<tr><th>Measure</th><th>Men</th><th>Women</th></tr>
<tr><td>Threshold Power (W)</td><td>>350</td><td>>240</td></tr>
<tr><td>Work Capacity (kJ)</td><td>>23</td><td>>15.0</td></tr>
<tr><td>Threshold Power (W.kg$^{0.32}$)</td><td>>85</td><td>>60</td></tr>
<tr><td>5 sec Peak Power (W)</td><td>>1100</td><td>>850</td></tr>
<tr><td>Sprint Power Reserve (W)</td><td>>800</td><td>>550</td></tr>
</table></td>
</tr>
</table>

Appendix 6: Track Sprint (Olympic Events)

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

<table>
<tr><th>Athlete Category</th><th>Competition Performances</th></tr>
<tr><td>PODIUM</td><td>Medal result at recent approved BME in previous 24-months AND deemed capable of a medal result at the next Olympic Games.</td></tr>
<tr><td>PODIUM READY</td><td>Has completed 1 of the following in last 12 months:

4th – 8th performances at most recent approved BME
OR
by exception, 2 or more podium performances at current Nation Cup Rounds comparing performance levels to most recent approved BME, and consideration of Podium level physiological capabilities

To be PR athletes must also be deemed capable to progress to PODIUM level targeting a medal at the next Olympic Games.</td></tr>
<tr><td>PODIUM POTENTIAL</td><td>Has completed one of the following in the last 12 months:

Top 16 result in individual events at the most recent approved BME, OR by exception, attainment of 2 of the following performance standards (Env. corr):
- Top 10 individual result in a UCI Nations Cup
- Top four finish in team events at most recent approved BME or UCI Nations Cup
- Consistent top four finishes in individual events (Sprint/Keirin) at the most recent Oceania Championships.

Track Sprint Event Times (sec)
<table>
<tr><th>Year^</th><th>Event</th><th>Men</th><th>Gears</th><th>Women</th><th>Gears</th></tr>
<tr><td>Yr. 6</td><td>200TT (sec)*</td><td><9.81</td><td></td><td><10.84</td><td></td></tr>
<tr><td></td><td>S125 (Gate)</td><td><10.71</td><td>= / >92”</td><td><11.68</td><td>= / >92"</td></tr>
<tr><td></td><td>S250 (Gate)</td><td><17.45</td><td>= / >92”</td><td><19.30</td><td>= / >92”</td></tr>
<tr><td></td><td>S125 (Blue)</td><td><11.10</td><td>> 110"</td><td><12.05</td><td>> 106"</td></tr>
</table>
*For 200TT range of gears used must be identified with each performance time submitted</td></tr>
<tr><td>DEVELOPING</td><td>Has completed one of the following in the last 12 months:
Consistent results at Oceania Championships and/or National Championships that demonstrate a potential for PODIUM performance within 5 years.

Athlete must demonstrate ability through attainment of at least 2 performance standards, e.g 200TT & S250.

Track Sprint Event Times (sec)
<table>
<tr><th>Year^</th><th>Event</th><th>Men</th><th>Gears</th><th>Women</th><th>Gears</th></tr>
<tr><td>Yr. 3 - 5</td><td>200TT (sec)*</td><td>9.81 - <10.21</td><td></td><td>10.9 - <11.30</td><td></td></tr>
<tr><td></td><td>S125</td><td>10.71 - <11.15</td><td>= / >92"</td><td>11.6 - <12.35</td><td>= / >92"</td></tr>
<tr><td></td><td>S250 (Gate)</td><td>17.46 - <18.35</td><td>= / >92”</td><td>19.31 - <19.9</td><td>= / >92”</td></tr>
</table>
*For 200TT range of gears used must be identified with each performance time submitted</td></tr>
<tr><td>EMERGING</td><td>Track Sprint Event Times (sec)

Athlete must demonstrate, in the last 12 months, ability through attainment of at least 2 performance standards, e.g 200TT & S250.
<table>
<tr><th>Year^</th><th>Event</th><th>Men</th><th>Gears</th><th>Women</th><th>Gears</th></tr>
<tr><td>Yr. 1 - 2</td><td>200TT (sec)*</td><td>10.21 – <11.3</td><td></td><td>11.31 - <11.94</td><td></td></tr>
<tr><td></td><td>S125 (Gate)</td><td>11.15 – <11.55</td><td>= / >90"</td><td>12.35 - <13.05</td><td>= / >90"</td></tr>
<tr><td></td><td>S250 (Gate)</td><td>18.36 - <19.15</td><td>= / >90”</td><td>19.91 - <21.5</td><td>= / >90”</td></tr>
</table>
* For 200TT range of gears used must be identified with each performance time submitted</td></tr>
</table>

**Year – evidence suggests the pathway consists of a 6-year journey from final year U19 to Podium (world medalist) in Track Sprint, demonstrated through consistent results and positive performance progression.*

Appendix 7: Representative Category

Athlete Category	Competition Performances
REPRESENTATIVE	The category of Representative may be given to an elite athlete who contributes to a Podium or Podium Ready performance at the most recent approved benchmark event in Olympic cycling sports OR achieves an inspirational performance at an international competition in Olympic cycling sport. Athletes who are categorised as Representative are not eligible to access dAIS funding. (Sports = Track, Road, Mountain Bike XCO, BMX Race, BMX Freestyle

Version Control

Date	Version Number	Update
08/2025	7.0	Standards approved by AIS.
30/10/2025	7.1	Minor Amendment to BMX Freestyle Podium Ready standard. Error identified – Exception standard changed from BME to World Cup.