Version 7.3 | June 2026

Athlete Catgorisation 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.

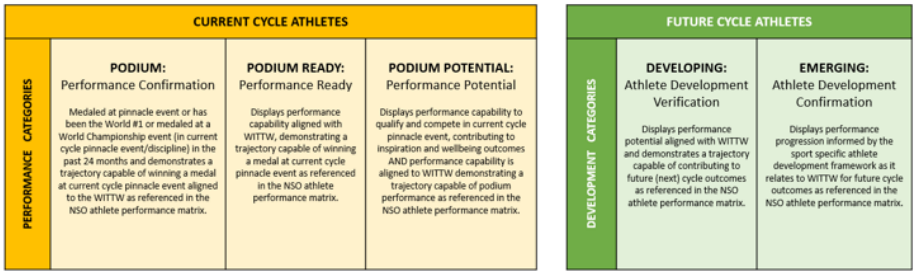
- Extenuating circumstances for downward movement of categorisation may be considered on a case-by-case basis at the discretion of the Director of Pathways and Executive General Manager – Performance, for submission to the ASC (refer clause 3.2).

Table 1 - ASC National Performance Pathway Categorisation Framework

National Athlete Categorisation Framework (NACF)

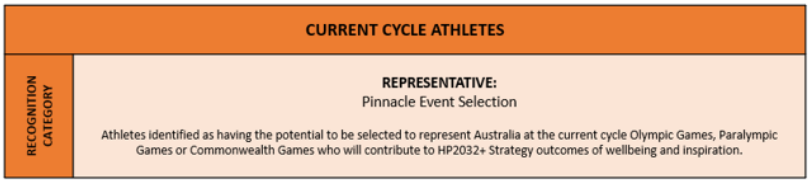
The National Athlete Categorisation Framework (NACF) provides a generic guide for NSOs to establish sport specific criteria to categorise individual athletes at differing stages of the performance pathway. Generally, athletes will be identified as:

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 Emerging or Developing 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 Emerging and Developing 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

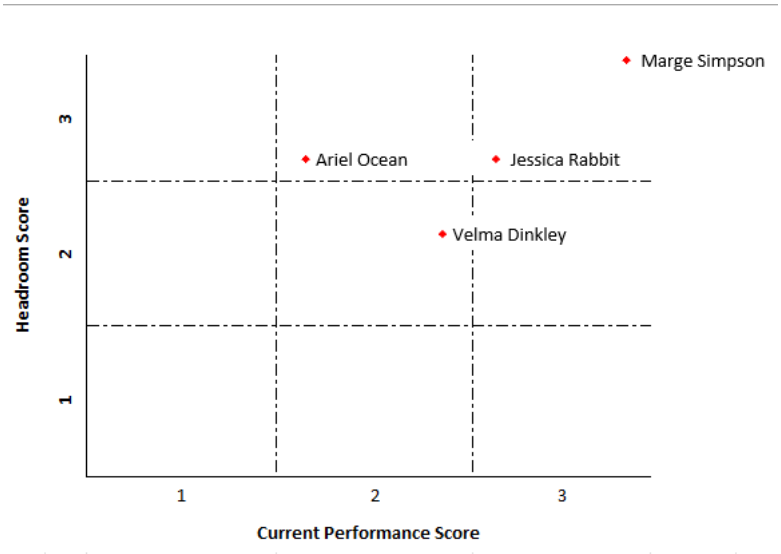
3. A technical expert and observer/s may be present on every panel.

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 7-days prior to the Panel meeting if the extenuating circumstances are approved to be considered by the Panel.

The athlete and/or coach must include with their submission substantiating evidence such as:

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

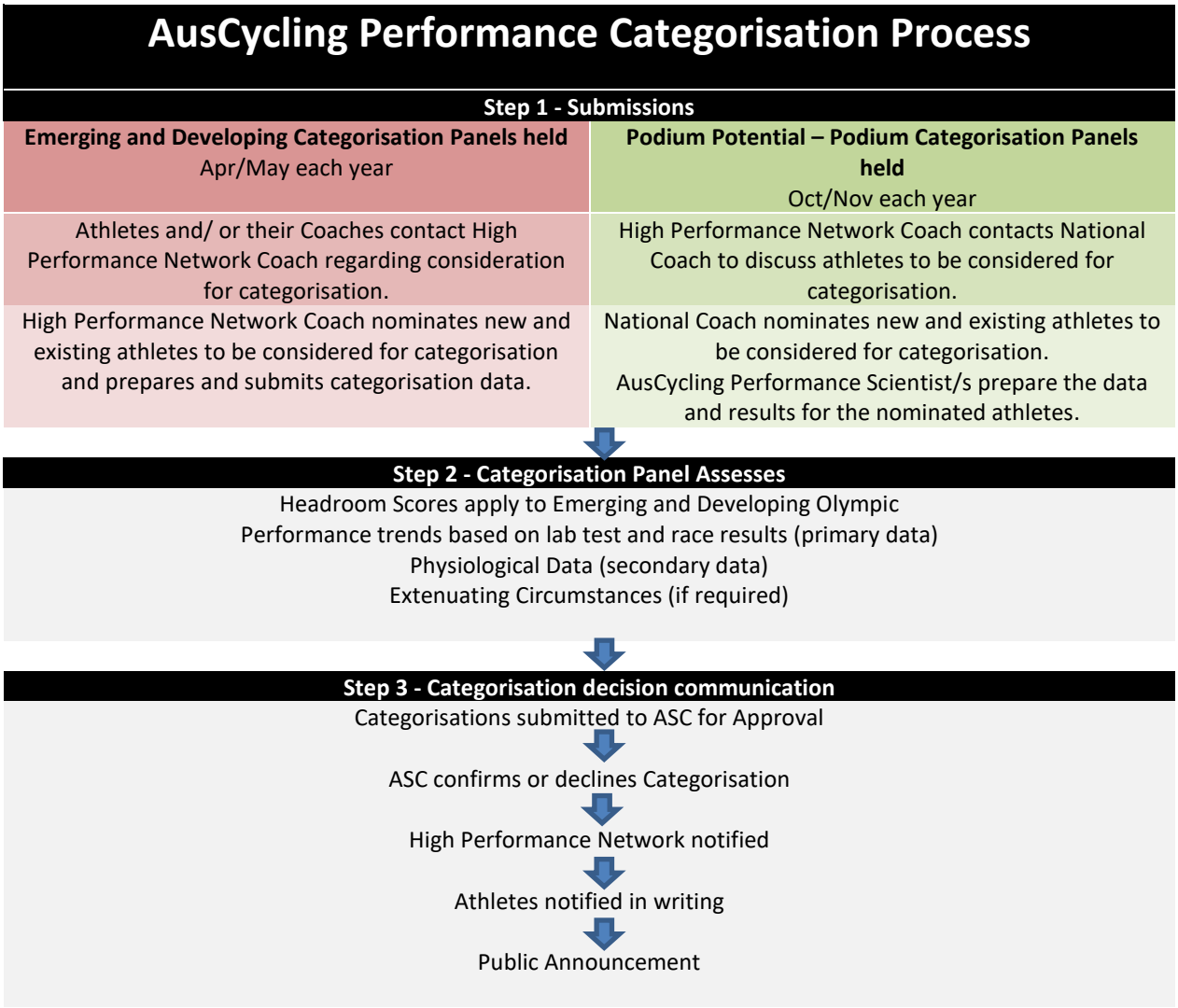
3. **Testing**. Categorised Endurance athletes and those seeking categorisation, are expected to do lab testing as per the *AusCycling Physiology Endurance Testing Guidelines* [available at https://auscycling.org.au/about/high-performance/categorisation] against the standards listed in the cycling specific frameworks detailed in the Appendices of this document. Categorised BMX Freestyle athletes will be expected to do field testing and performance trials under the guidance of AusCycling Performance Team Staff.

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	
Category	**Elite category**		**Elite category**	
Podium	Medal result at BME in previous 24-months AND deemed capable of medaling at the next Olympic Games		Medal result at BME in previous 24-months and deemed capable of medaling at the next Olympic Games	
Podium Ready	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)		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	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)		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*	The panel will take into consideration the following performances in the last 12-months:			
Developing*	International: Top 32 at World Championships OR Top 32 at 2 (+) World Cups OR Top 5 at 2 (+) at any event listed below. 1. Oceania Championships 2. National Championships 3. UCI HC or C1 Whilst <21 years of age AND has demonstrated progression across the last 12 months in: • Skill development (trick difficulty and execution)-meeting Skills Level 6 or higher. • Physical testing benchmarks - Level 3 standard or higher.		International: Top 18 at World Championships OR Top 12 at 2 (+) World Cups OR Top 3 at 2 (+) at any event listed below 1. Oceania Championships 2. National Championships 3. UCI HC or C1 Whilst <21 years of age AND has demonstrated progression across the last 12 months in: • Skill development (trick difficulty and execution)-meeting Skills Level 4 or higher. • Physical testing benchmarks - Level 3 standard or higher.	
Category	**Amateur category**	**Elite category**	**Amateur category**	**Elite category**
Emerging*	The panel will take into consideration the following performances from the last 12-months:			
	Top 3 either 1. National Championships 2. Oceania Championships while <19 years old	Top 6 at 2 (+) events listed below 1. Oceania Championships 2. National Championships 3. UCI HC / C1 while <19 years old	Win at either 1. National Championships 2. Oceania Championships while <17 years old	Top 4 at 2 (+) of the events listed below 1. Oceania Championships 2. National Championships 3. UCI HC / C1 while <19 years old
	Consideration will also be given to demonstrated progression across: • Skill development (trick difficulty and execution)-meeting Skills Level 5 or higher. • Competition performance (results and score trajectory) • Physical testing benchmarks - Level 2 standard or higher. • High performance behaviors including engaging with coaches, attendance at planned sessions, completion of testing and monitoring		Consideration will also be given to demonstrated progression across: • Skill development (trick difficulty and execution)-meeting Skills Level 3 or higher. • Competition performance (results and score trajectory) • Physical testing benchmarks - Level 2 standard or higher. • High performance behaviors including engaging with coaches, attendance at planned sessions, completion of testing and monitoring	

*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 (Larger/ FISE size courses will be more favorably considered)
d. Performances and scores in ALL runs of an event
e. Level of tricks performed and composition of all runs of an event.

BMX FREESTYLE PHYSICAL STANDARDS

The following standards provide a simplified overview of the suggested skill and physical standards aligned to Emerging and Developing athlete categorisation within BMX Freestyle.

DEVELOPING ATHLETE STANDARDS

	Female Developing	Male Developing
Suggested Skill Level	Level 4+	Level 6+
Example Skills / Tricks	Backflip, whip air, 360 combos, spin combos, transfers, advanced combo tricks, full 60s runs	720, advanced whip/bar combos, front flip variations, flair variations, advanced spin & flip combos, full 60s runs using all features
Movement Competency	Required	Required
Landing Competency	50cm DL + SL landing competency	50cm DL + SL landing competency
Upper Body Falling Competency	Level 3–4	Level 4–5
CMJ Peak Power	~35-40 w/kg	~45-50 w/kg
Squat 3RM	~0.8-0.9xBW	~1.0-1.2x BW
Deadlift 3RM	~1.2-1.4xBW	~1.4-1.6x BW
Bench Press 3RM	~0.6xBW	~0.8-1x BW
Aerobic power (3min)	2.0-2.5wpkg	2.5-3wpkg
Peak Anaerobic Power (3sec)	~12–13 w/kg	~13–15 w/kg

EMERGING ATHLETE STANDARDS

	Female Emerging	Male Emerging
Suggested Skill Level	Level 3+	Level 5+
Example Skills / Tricks	Jump all features, spine, air 8ft+, barspin, hand combos, no foot/can combos, Superman, 360 over box, combo tricks on multiple features, full 60s runs	Can hit all UCI features, transfers, double hand/foot tricks, whip variations, oppo tricks, 540, barrel roll, flair, spin combos with whips/bars, flip combos, full 60s runs
Movement Competency	Required	Required
Landing Competency	40cm DL + SL landing competency	40cm DL + SL landing competency
Upper Body Falling Competency	Level 2–3	Level 4–5
CMJ Peak Power	~30-35w/kg	~40-45 w/kg
Squat 3RM	~0.7x BW	~0.8-1.0xBW
Deadlift 3RM	~1xBW	~1.2xBW
Bench Press 3RM	Push up x 15	Push up 30% plate on back 6RM
Aerobic power (3min)	2.0wpkg	2-2.5wpkg
Peak Anaerobic Power	~8-10w/kg	~10-12 w/kg

Note: Standards are intended as a practical guide and should be considered alongside competition performance, progression trajectory, execution quality and athlete behaviours.

BMX FREESTYLE SKILL DEVELOPMENT MATRIX

Level 1*	☐ Drop in 4 foot ☐ Bunny hop ☐ Air ☐ Box Jump (Small) ☐ Tail tap/disaster/rock to fakie	☐ 1 hand/X-up ☐ Helmet Grab/Seat Grab/Tire Grab ☐ 1 foot/no foot ☐ Can Can/Nac Nac ☐ 180	☐ 270 ☐ Alley oop air ☐ Oppo air ☐ 3-5 trick in a sequence
Level 2*	☐ Drop in 6ft + ☐ Hip/Small Transfer ☐ Spine ☐ Box Jump (Large) ☐ Foot Jam	☐ Tbog/Tire Grab ☐ 360 ☐ Table ☐ Tuck no hander ☐ Turn down	☐ Any 1 combination of L1 trick (2 tricks in one) ☐ 30 second run
Level 3*	☐ Jump all features ☐ Can jump a 6ft + spine ☐ Can air 8+ foot (with height) ☐ Can trick box, air and spine ☐ Bar spin	☐ Any 3 combo tricks of above tricks or previous ☐ Hand combination ☐ No foot/can/foot combination ☐ Superman ☐ 360 over box	☐ Combos on 3 different features ☐ 45 second run with at least 6 tricks
Level 4*	☐ Jump all large outdoor features ☐ Transfers outdoor small to medium ☐ Nothing/Sui ☐ Bar combo ☐ Superman variation/foot trick variations	☐ Tail whip/whip air ☐ Look back/turndown/invert ☐ 360 combo ☐ Backflip ☐ Any 5 combinations	☐ Spin combos ☐ 60 second run tricking most features and using full course
Level 5*	☐ Can hit all UCI standard features and sizes ☐ Transfers outdoor 9medium) ☐ Double hand tricks/foot tricks ☐ Whip air/whip variation down, switch etc ☐ Oppo trick ☐ 540 air	☐ 360 combo/360 variation i.e. oppo ☐ Barrel roll ☐ Flair ☐ Spin combos with whips or multiple bars and combos	☐ Flip combos ☐ 60 second run scoring in average range, tricking all features and using full course
Level 6*	☐ Can hit all UCI features and sizes during run ☐ Transfers medium to large ☐ Multiple bars and bar variations ☐ Advanced bike grab combinations (e.g. Super seat indie/indie combo etc)	☐ Multiple whips and whip variations (oppo/down etc) ☐ Whip and bar combos / 3 trick combos ☐ 720 ☐ 540 combinations/variations (oppo/alley oop) ☐ Front flip/flip variation/flip combination	☐ Flair variation (i.e. oppo, alley oop, flair combo) ☐ Advanced spin combo (i.e. 540 bar, 360 whip bars, 360 multiple combos) ☐ Advanced flip combos (i.e. flair/flip combos or spin combos)
Level 7*	☐ ADV transfers ☐ Max use of course in run ☐ Excellent execution throughout run ☐ Multiple bar combinations/variations within a combo trick ☐ Advanced combo grab variations	☐ Multiple whip combinations / variations within a combo trick ☐ 360 flip / 540 flair ☐ Flip front / back with multiple combos ☐ Flair variations with combo ☐ Advanced spin variations with combinations (i.e. oppo, 360 ad combos e.g. truck whip)	☐ Advanced combos with 4+ level tricks ☐ Advanced combos with 3 or 4 tricks within ☐ 60s runs scoring in above average range
Level 8*	☐ Original transfers ☐ Excellent execution / landings ☐ Bike flip variation ☐ Multiple bike trick combos within a flip or spin trick ☐ Bike flip or advanced combo grab variations	☐ 720 combination / variation ☐ 360 flip variation / combination ☐ 1080 ☐ Cash roll ☐ 540 flair / 900 ☐ Double flair / double flair variation	☐ Advanced flip/spin/flip advanced combos ☐ Double flip / double flip variation / combination

*Must hit 70% of list or more in the level to move up a level. A trick is deemed completed when performed on an international standard course feature.

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, Technical and Tactical skill level.	**Performance standards** to be taken into consideration but not ranked as highly as competition results. Percentages are applied against track record times on the day of competition at World Cups and World Championships or against benchmark record times for Sleeman SX shown below.			
		SLEEMEN BENCHMARKS			
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. = 2.335s	% =1.8 Min. = 34.389s	% = 1.9 Min. = 2.495s	% = 3.4 Min. = 38.347s
Podium Potential	Has completed ONE of the following in last 12 months: 9th -16th @ BME (Elite) 2 (+) 9th – 16th @ Elite World Cup events Podium @ U23 World Championships 2 (+) Podium @ U23 World Cup events	% = 1.8 Min. = 2.349s	% = 2.6 Min. = 34.659s	% = 3.1 Min. = 2.524s	% = 5.5 Min. = 39.126s
Developing	Has completed ONE of the following in last 12 months: Top 8 @ U23 World Championships 2 (+) Top 8 @ U23 World Cup events Podium @ U23 Oceania Championships while <22 years old Podium @ U23 National Championships while < 22 years old	% = 2.3 Min. = 2.360s	% = 3.6 Min. = 34.997s	% = 3.6 Min. = 2.537s	% = 7.5 Min. =39.868s
Emerging	Has completed 1 of the following in last 12 months: **Men** Top 8 @ Junior World Championships Podium @ Junior Oceania Championships Podium @Junior National Championships while <19 years old Demonstrated Level 4 competency in BMX Racing Skills Matrix at the above listed competitions **Women** Top 8 @ Junior World Championships Top 2 @ Junior Oceania Championships Top 2 @Junior National Championships while <19 years old Demonstrated Level 4 competency in BMX Racing Skills Matrix at the above listed competitions	% = 3.3 Min. = 2.384s	% = 5.6 Min. = 35.673s	% = 4.1 Min. = 2.549s	% = 8.0 Min. = 40.052s

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.

Consideration will be given in the following areas:

- Times achieved in competition at World Cups and World Championships. In this circumstance, the track record time referenced for calculations will be the fastest time set on that day of competition by gender and the percentage difference from that record will be compared against the Performance Standards shown above. -
- For Emerging categorisation, Athletes must demonstrate a minimum of Level 4 BMX Racing skills competency, as assessed by AusCycling coaches in line with the BMX Racing Categorisation Skills Matrix

BMX RACING SKILLS MATRIX

Skill	Level 1	Level 2	Level 3	Level 4	Level 5
Pumping	• Correct crank position • Correct body position, timing and use of body weight • Knowing when to stop pedalling • Can weave through cones while pumping down a rhythm straight • Flat pedals competency	• Correct body position and timing on jump incline and decline • Use of whole body (arms, legs, torso) • Ability to maintain speed in a rhythm straight without pedalling • Wheels do not leave the ground	• Ability to increase speed through a rhythm section without pedalling • Pumping steeper jumps at speed • Pre lifting for rollers or tabletops • Clip pedal competent (13)	• Pre lifting for bigger jumps • Ability to reach race speeds when executing pump laps • Able to jump and manual multiple jumps when executing a pump lap	• Ability to hold race speed on SX tracks with minimal pedalling
Manualing	• Knowledge of how-to manual • Correct pedal position & body position • Can manual on flat ground • Can manual on tabletops	• Converting manualing to step-ups and smaller doubles • Correct timing of back wheel on execution • Correct body movement, balance and timing	• Consistently manualing various sized doubles and step-ups over 2 straights • Can maintain speed when manualing on a rhythm straight • Ability to gain speed while manualing • Manualing in races • Manualing while changing race lines • Clip pedal competent (13)	• Performing a range of manual techniques efficiently • Ability to manual at high speeds on all straights • Manualing confidently and efficiently at national races	• Confident in manualing with limited track time on SX tracks • Execute a range of manual techniques under pressure at international events
Jumping	• Knowledge of how to jump • Learning pedal and body position • Learning to Bunny-hop on flat ground • Can jump on to tabletops • Flat pedals when starting out for efficient technique and safety	• Jumping tabletops and smaller step-ups • Correct timing when executing a jump • Jumping smaller doubles • Continue to use flat pedals to ensure efficient technique	• Confident and consistently jumping various sized step-ups and doubles • Judging correct speed for jump size • Jumping without losing speed • Jumping while changing race lines • Jumping in state level races • Clip pedal competent	• Confident jumping in a pack • Adapts to jumping in the wind • Able to jump at low and high speeds • Ability to execute Pro straights (male) • Able to jump multiple jumps in a rhythm section while holding speed • Jumping from an 8m hill • Jumping confidently at national level races	• Confident in jumping with limited track time on SX tracks • Confident jumping in a pack off an SX hill • Execute jumping at international events • Confident jumping on SX tracks in all weather conditions
Gate Start	• Basic understanding of a BMX start gate and process • Can position themselves onto the gate safely • Can balance without assistance • Can ride away from the gate safely after it drops	• Controlled balance and body positioning • Consistent set up and preparation • Understanding timing and reaction • Incorporating upper body • Continue the use of flat pedals for efficiency	• Executing a consistent & competent gate start during training and state level races • Ability to adapt to different hill sizes • Incorporating body weight movement efficiently on execution • Clip pedal competent (13)	• Consistently performing an efficient gate start under pressure at national level races • Ability to carry the front wheel for two cranks when executing a gate start • Confidentially performing a gate start off an 8m hill • Ability to adapt to different hill sizes and surfaces • Ability to adjust to gate speeds	• Technically sound gate start • Can meet national standard hill times • Executing a gate start efficiently in Semi and finals at International events
Cornering	• Correct pedal position • Correct body position • Execute cornering in cone drills on non-slip surfaces • Execute cornering on BMX race and pump tracks	• Correct pedal position in berms • Understands various passing lines in berms • Correct body positioning for contact	• Executing passing lines at state level races • Maintaining corner speed during a race • Ability to identify correct race lines • Confident with body contact in training • Clip pedal competent	• Strong understanding of race lines and corner positioning at national level races • Hold position and can pass under pressure • Leans into body contact in racing • Maintains race speed in turns	• Maintaining corner speed at international and SX events • Mentally strong under pressure with line selection in a corner • Strong positional awareness in turns • Confident with body contact
Race Tactics	• Learning the basics rules of BMX racing • Positional awareness • Braking to adjust speed over jumps	• Learning multiple race lines in coaching sessions • Executing race lines in coaching/training sessions • Introduction to group training efforts and body contact • Applying race tactics at club level races	• Executing tactical race lines during state level races • Ability to identify passing options • Gaining confidence with body contact • Clip pedal competent (13)	• Ability to set and execute race plans at national level races • Strong understanding of race lines and track positioning • Ability to identify when to pass and executing the pass • Ability to defend a position • Aggressive riding under pressure • Comfortable with body contact	• Strong race tactics at international events • Mentally strong under pressure within a race • Identify key passing areas and execute them at international events

Appendix 3: Mountain Bike XCO

Competition Performances will be given precedence over Physiological capabilities.

Athlete Category	Men and Women XCO Competition Performances	Physiological Capabilities
PODIUM	Medal result at BME in previous 24-months AND deemed capable of medaling at the next Olympic Games	Athletes should demonstrate the following Physiological capabilities when fully peaked to perform. **Measure** — **Men** — **Women** MMP 15 s (w/kg) — 13.4 — 12.1 MMP 3 min (w/kg)_ — 6.8 — 6.1 MMP 12 min (w/kg) — 6.2 — 5.4 FTP (w/kg) — 5.7 — 5.1
PODIUM READY	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	Athletes should demonstrate the following Physiological capabilities when fully peaked to perform. **Measure** — **Men** — **Women** MMP 15 s (w/kg) — 12.9 — 11.7 MMP 3 min (w/kg)_ — 6.6 — 5.9 MMP 12 min (w/kg) — 5.9 — 5.2 FTP (w/kg) — 5.5 — 4.9
PODIUM POTENTIAL	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 minimum 106-110% of time behind winner	Athletes should demonstrate the following Physiological capabilities when fully peaked to perform. **Measure** — **Men** — **Women** MMP 15 s (w/kg) — 12.5 — 11.2 MMP 3 min (w/kg)_ — 6.4 — 5.8 MMP 12 min (w/kg) — 5.8 — 5.1 FTP (w/kg) — 5.2 — 4.7
DEVELOPING	The panel will take into consideration standout results, in the context of time behind winner 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	Athletes should demonstrate the following Physiological capabilities when fully peaked to perform. **Measure** — **Men** — **Women** MMP 15 s (w/kg) — 11.7 — 10.5 MMP 3 min (w/kg)_ — 6.1 — 5.5 MMP 12 min (w/kg) — 5.6 — 4.9 FTP (w/kg) — 5.0 — 4.5
EMERGING	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 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: Top 3 U19 Oceania Championships 1st U19 National Championships	Athletes should demonstrate the following Physiological capabilities when full peaked to perform. **Measure** — **Men** — **Women** MMP 15 s (w/kg) — 10.9 — 9.8 MMP 3 min (w/kg)_ — 5.7 — 5.1 MMP 12 min (w/kg) — 4.9 — 4.3 FTP (w/kg) — 4.7 — 4.2

Table 1 - Average speed results World Championships (comparative performance reference).

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>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><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</th><th>Women
Min</th></tr><tr><td>Threshold Power (W/ W.kg^{-1})</td><td>>400 / 5.5</td><td>>280/ 5.0</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>23-34</td></tr></table></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><td></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
<table>
<tr><th>Measure</th><th>Men</th><th>Women</th></tr>
<tr><td>Threshold Power (W)</td><td>>425</td><td>>290</td></tr>
<tr><td>Work Capacity (kJ)</td><td>>28.5</td><td>>24.0</td></tr>
<tr><td>Threshold Power (W.kg$^{0.32}$)</td><td>>95</td><td>>75</td></tr>
<tr><td>5 sec Peak Power (W)</td><td>>1500</td><td>>1100</td></tr>
<tr><td>Sprint Power Reserve (W)</td><td>>1000</td><td>>750</td></tr>
</table></td></tr>
<tr><td>PODIUM READY</td><td>Has completed the following in last 12 months:

4$_{th}$ – 8$_{th}$ performances at most recent approved BME AND record an IP time (env. corrected) of:
<table>
<tr><th>Measure</th><th>Men
Min/pref</th><th>Women
Min/pref</th></tr>
<tr><td>IP</td><td><4:10/4:08</td><td><4:37.5/4:35*</td></tr>
</table>
AND
To be Podium Ready athletes must also be deemed capable to progress to PODIUM level targeting a medal at the next Olympic Games.

OR

By exception, 2 or more podium performances at current World Cup Rounds comparing performance levels to most recent BME, and consideration of Podium level physiological capabilities, including Podium Ready IP time.</td><td>Athletes should demonstrate the following Physiological characteristics 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>>400</td><td>>280</td></tr>
<tr><td>Work Capacity (kJ)</td><td>>28.0</td><td>>22.0</td></tr>
<tr><td>Threshold Power (W.kg$^{0.32}$)</td><td>>95</td><td>>75</td></tr>
<tr><td>5 sec Peak Power (W)</td><td>>1400</td><td>>1000</td></tr>
<tr><td>Sprint Power Reserve (W)</td><td>>950</td><td>>700</td></tr>
</table></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
<table>
<tr><th>Measure</th><th>Men
Min/pref</th><th>Women
Min/pref</th></tr>
<tr><td>TP</td><td><3:55/3:53</td><td><4:15</td></tr>
<tr><td>IP</td><td><4:17.5/4:15</td><td><4:42.5/4:40*</td></tr>
<tr><td>Kilo</td><td><1:03</td><td><1:10</td></tr>
</table></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>>380</td><td>>270</td></tr>
<tr><td>Work Capacity (kJ)</td><td>>26.0</td><td>>20.0</td></tr>
<tr><td>Threshold Power (W.kg$^{0.32}$)</td><td>>93</td><td>>70</td></tr>
<tr><td>5 sec Peak Power (W)</td><td>>1300</td><td>>950</td></tr>
<tr><td>Sprint Power Reserve (W)</td><td>>900</td><td>>650</td></tr>
</table></td></tr>
</table>

<table>
<tr><th>Athlete Category</th><th>Competition Performances</th><th>Physiological Capabilities</th></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
<table><tr><th>Measure</th><th>Men
Min/pref</th><th>Women
Min/pref</th></tr><tr><td>TP</td><td><4:02/3:59</td><td><4:31/4:28</td></tr><tr><td>IP</td><td><4:22.5/4:20</td><td><4:47.5/4.45</td></tr><tr><td>Kilo</td><td><1:06</td><td>-</td></tr></table>For Omnium, consideration to be given to the following results:

Top 2 at National Championships, OR
Top 3 at both National Championships and Oceania Championships</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>>360</td><td>>260</td></tr><tr><td>Work Capacity (kJ)</td><td>>24.0</td><td>>18.0</td></tr><tr><td>Threshold Power (W.kg$^{0.32}$)</td><td>>90</td><td>>65</td></tr><tr><td>5 sec Peak Power (W)</td><td>>1200</td><td>>900</td></tr><tr><td>Sprint Power Reserve (W)</td><td>>850</td><td>>600</td></tr></table></td></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 yr2</td><td>3:17.5/3:15</td><td>3:37.5/3:35*</td></tr><tr><td>U19 IP yr1</td><td>3:20/3:17.5</td><td>3:40/3:37.5*</td></tr></table>For Omnium, consideration to be given to the following results:

Top 2 at U19 National Championships, OR
Top 3 at both U19 National Championships and U19 Oceania Championships</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	**Core Definition (AusCycling Interpretation)** Will apply to athletes who: 1. Demonstrates a performance trajectory aligned with WITTW standards, indicating the capability to be selected for competition at the LA2028 Olympic/Paralympic Games; or 2. In the past 24 months, has represented Australia at identified benchmark events in an event/discipline included at the LA2028 Olympic/Paralympic Games, indicating capability to play a performance-critical role in achieving a medal outcome or securing quota qualification. Permissible Application Scenarios Representative may be considered in the following limited circumstances: Team Role at a Pinnacle Event (Most Applicable to Road) An athlete who: • Is integral to a team strategy at a pinnacle event • Is unlikely to contend for an individual medal • But materially increases medal probability for a protected athlete (i.e. . teammate prioritised for achieving an individual medal) Example context: • Olympic Road Race domestique performing a defined team function. Quota Contribution An athlete who: • Contributes materially to securing quota places for Australia • May not ultimately be a medal contender • Plays a strategic role in qualification campaigns This must be demonstrably linked to Olympic/Paralympic qualification strategy. Representative carries: • No dAIS funding • AusCycling support relative to the athlete's potential role • State Institute support on a case-by-case basis at the State Institute

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.
24/11/2025	7.2	Update to BMX Race including competitions standards for Emerging & Developing. Update to Track Endurance (IP standards (rationale attached) and addition of Omnium competition standards). Slight variation to process for submitting extenuating conditions
4 June 2026	7.3	Section 4. 4. Expectations of categorised athletes: monitoring and testing expectations for BMX Freestyle athletes added.= Appendix 1 – BMX Freestyle: Emerging and Developing standards updated, and BMX Freestyle Skill Development Matrix added Appendix 2 – BMX Race: Emerging standards update and BMX Race Skills Matrix added Appendix 3 – XCO: Podium Potential, Developing and Emerging competition standards updated. Physiological capabilities updated across all categorsation levels. Calculated Bridgeable Gap of Athletes supporting information removed. Appendix 7 – Representative: Definition of Representative updated; standards added to improve clarity [Approved by AIS 17 June 2026]