AUSCYCLING

Athlete Categorisation and Standards Process

Version 6.0 | DECEMBER 2024

AUSCYCLING

Athlete Categorisation Standards and Process

Version 6 | December 2024

1. Purpose

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

1.1 How categorisation is implemented

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

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

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

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

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

1.2 How the Categorisation Framework is designed

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

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

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

Table 1 - ASC National Performance Pathway Categorisation Framework

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

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

1.3 How is the Categorisation Framework reviewed and updated?

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

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

2.1 Current Performance

1. Current performance is measured based on race results first, and objective physiological test scores second. The **performance time period** considered by the panel is:
   - Podium: 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/Paralympic Games in the past 10 years.
4. The percentage time behind the winner of all these athletes at every age starting at U19 and upwards

has been analysed to create the time standards.

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

2.2 Headroom

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

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

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

1. 5-years to Top 5

    a. There is very strong evidence that medal winning (at World Championships) athletes make it to top five in the world within 5-years out of U19 or entry to the sport.
    b. We structure our categorisation in such a way that athletes have a 5-year time horizon to progress post U19 to Podium Ready category (just outside the medals).
    c. Emerging categorisation primarily relates to U19 athletes. For this reason, athletes in the U19 category will not be categorised at Podium Potential.
    d. Developing is primarily viewed as a 2-year window from when an athlete moves up from Emerging.
    e. Podium Potential is primarily viewed as a 3-year window from when an athlete moves up from Developing.
    f. **Exclusions:** Road Racing and 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 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.

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

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
Observer (Optional)	Non-voting Members	Paralympics Australia
Observer (Optional)	Non-voting Member	Para Classifier (Para-cycling Panels only)

Emerging - Developing

Chair (Panel Member)	Voting Member	Director of Pathways, AusCycling
Panel Member	Voting Member/s	Development Academy Manager AND National Discipline Coach OR Technical Director, AusCycling
Panel Member	Voting Member	High Performance Network Coach
Technical Expert	Non-voting member	Development Academy Discipline Lead
Observer	Non-voting Members	Australian Sports Commission

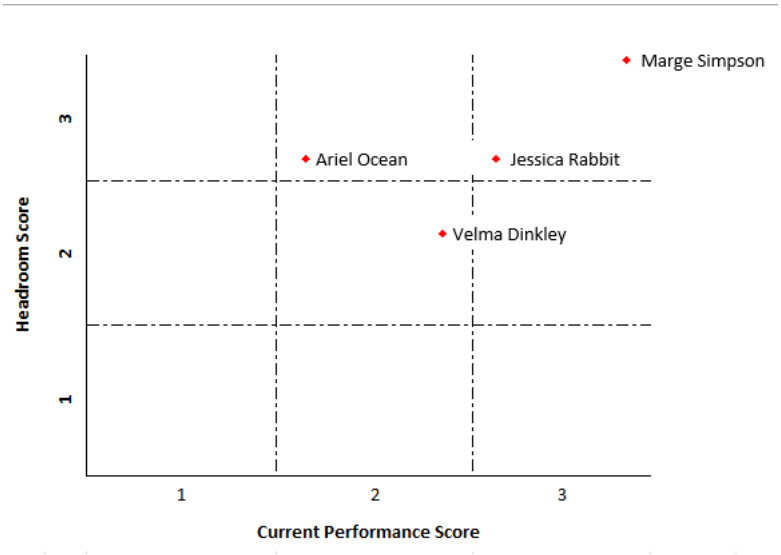
3. A technical expert and observer/s may be present on every panel.

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

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

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

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

3.3 Appeals

The Athlete Categorisation and Standards process identifies, tracks, and prioritises athletes at each stage of the Performance Journey. Athlete Categorisation will be used to determine an athlete's 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.**

4. Expectations of athletes seeking categorisation

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

1. **Monitoring Endurance**. Categorised athletes in endurance-based disciplines (MTB, Paralympic, Road, Track Endurance) and their coaches must use the national performance tracking platform, Training Peaks. It will be a requirement of Categorisation for athletes and their coaches to use this platform as part of a national monitoring and training prescription system.

2. **Monitoring Sprint.** Categorised athletes in the track sprint discipline and their coaches, must use the national performance tracking platform, Training Peaks. It will be a requirement of Categorisation to use this platform as part of a national monitoring and training prescription system.

3. **Testing**. Categorised athletes and those seeking categorisation, are expected to do lab testing as per the *AusCycling Physiology Endurance Testing Guidelines* against the standards listed in the cycling specific frameworks detailed in the Appendices of this document.

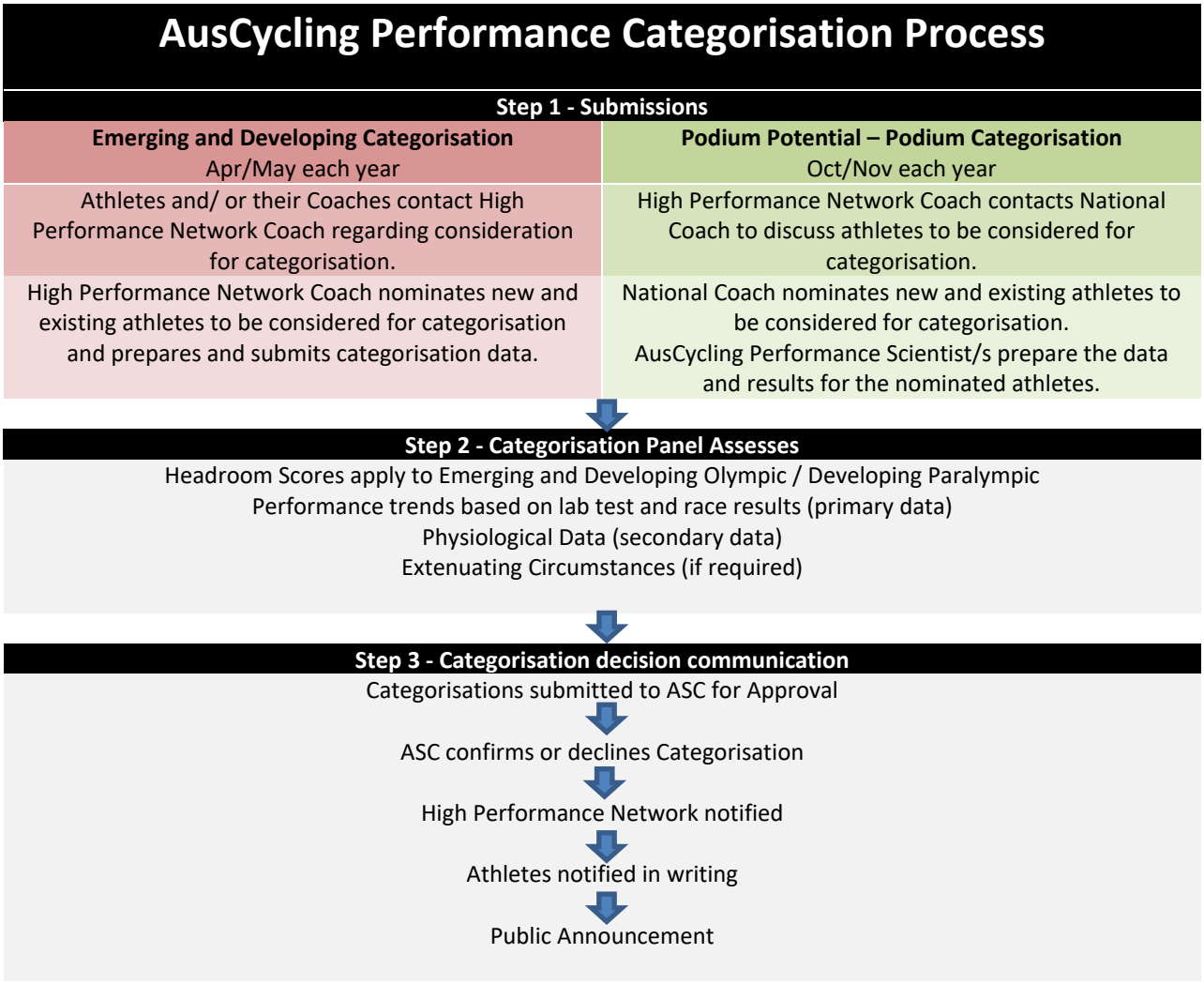
Athletes seeking consideration for categorisation for their first time need to provide evidence of performances in line with the cycling specific frameworks detailed in the Appendices of this document, to a State Institute Coach for their review. The State Institute Coach will then determine if lab testing will be provided to the athlete.

5. Roles, responsibilities, and timelines

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

Roles	Responsiblities	
Coaches	Advocating on behalf of athletes / providing information	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 this Categorisation and Performance Standards Process from time to time. Amendments will be communicated on the AusCycling Categorisation website [https://auscycling.org.au/about/high-performance/categorisation].

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	4th-8th at most recent BME or agreed equivalent AND are deemed capable to progress to PODIUM level, targeting a medal at the next Olympic Games	N/A	4th-8th at most recent BME or agreed equivalent AND are deemed capable to progress to PODIUM level, targeting a medal at the next Olympic Games
Podium Potential	N/A	9-18th at World Championships OR 2 (+) 9-18th at World Cup events (Elite)	N/A	9-12th at World Championships OR 2 (+) 9-12th at World Cup events (Elite)
Developing*	N/A	The panel will take into consideration results, scores and scoring gap: International: Top 32 at World Championships OR Top 32 at 2 (+) World Cups OR Domestic: Top 6 at 2 (+) at any (global) domestic event. 1. Oceanias 2. UCI HC 3. Nationals 4. UCI C1 Whilst <21 years of age	N/A	The panel will take into consideration results, scores and scoring gap: International: Top 18 at World Championships OR Top 18 at 2 (+) World Cups OR Domestic: Top 3 at 2 (+) at any (global) domestic event. 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 results, scores and scoring gap: 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 results, scores and scoring gap: 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 1 of the following in last 12 months: 4th - 8th @ BME **Exceptions** 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 1 of the following in last 12 months: 9^{th} -16^{th} @ BME 2 (+) 9^{th} – 16^{th} @ Elite World Cup events Top 8 @ U23 World Championships 2 (+) Top 8 @ 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		% = 2.3 Min. = 2.360	% = 3.6 Min. = 34.997	% = 3.6 Min. = 2.537	% = 7.5 Min. =39.868
Emerging		% = 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>>900/6</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 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 Standings
World Cup Elite Top 15
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: Paralympic Disciplines

Para Male and Female Sprint Cycling

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

Categorisation Level	Performance Times		
PODIUM	Medal result at BME in previous 24-months AND deemed capable of a medal result at the next Paralympic Games. The following performance times are example estimates of the Podium standard (Track times environmentally corrected). Athletes achieving two (2) performance times outside of the BME in the previous 12-months may be considered at the discretion of the panel.		
	Classification	**Men 1km (s)**	**Women 1km or 500m (s)**
	B	1:01.3	1:08.6
	C5	1:03.9	37.4
	C4	1:04.7	38.1
	C3	1:05.3	37.8
	C2	1:09.1	40.9
	C1	1:11.0	41.1
PODIUM READY	4th-6th at most recent AIS approved BME AND are deemed capable to progress to PODIUM level, targeting a medal at the next Paralympic Games (Track times environmentally corrected) Other secondary factors that **may be** taken into consideration by the Panel are 4th to 6th placings at two (2) or more UCI international events with equivalent to/or faster times as identified below AND are deemed capable to progress to PODIUM level, targeting a medal at the next Paralympic Games (Track times environmentally corrected)		
	Classification	**Men 1km (s)**	**Women 1km or 500m (s)**
	B	1:02.0	1:10.6
	C5	1:04.4	38.2
	C4	1:05.3	38.7
	C3	1:07.0	39.7
	C2	1:11.2	42.1
	C1	1:13.1	43.1
PODIUM POTENTIAL	Consideration against the following performance times in two (2) UCI international events (environmentally corrected).		
	Classification	**Men 1km (s)**	**Women 1km or 500m (s)**
	B	1:04.5	1:12.2
	C5	1:08.3	39.7
	C4	1:11.3	41.2
	C3	1:12.6	43.9
	C2	1:17.3	47.0
	C1	1:20.7	46.2
DEVELOPING	Athletes who achieve Podium Potential standards at an AusCycling recognised competition, may be categorised at Developing at the discretion of the Panel.		

Para Male Endurance Cycling

The purpose of this document is to aid in athlete categorisation.
It is a guide only. Athlete headroom will be considered for Podium Potential and Developing.
Competition Performances will be given precedence over Physiological Capabilities.

PODIUM

Medal result at BME in previous 24-months AND deemed capable of a medal result at the next Paralympic Games..
The following performance times are estimates of this standard. (Track times environmentally corrected).

Classification	ROAD Av Distance (Km)	ROAD Flat Course Av Speed (km/h)	TRACK Distance (km)	TRACK IP Time (s)	MMP240 (W/kg^0.32)
B	28	51.1	4	4:07.3	100
C5	25	46.5	4	4:28.3	115
C4	25	45.5	4	4:33.7	89
C3	25	43.5	3	3:26.4	96
C2	20	43.0	3	3:35.5	92
C1	20	40.0	3	3:49.6	82
H5	19	39.5			
H4	18	41.5			
H3	18	37.6			
H2	17	35.7			
H1	14	26.0			
T2	15	39.1			
T1	12	34.4			

Physiological Capabilities: It is likely that podium and podium ready performances would be associated with the following physical standards.

PODIUM READY

4th-6th at most recent BME, AND are deemed capable to progress to PODIUM level, targeting a medal at the next Paralympic Games.

Other secondary factors that may be taken into consideration by the Panel are 4th to 6th placings at two (2) or more UCI international competitions equivalent to/or faster times (Track times environmentally corrected) as identified below, AND are deemed capable to progress to PODIUM level, targeting a medal at the next Paralympic Games

Classification	ROAD Av Distance (Km)	ROAD Flat Course Av Speed (km/h)	TRACK Distance (km)	TRACK IP Time (s)	MMP240 (W/kg^0.32)
B	28	49.5	4	4:15.7	100
C5	25	45.0	4	4:31.4	115
C4	25	44.3	4	4:38.8	89
C3	20	44.3	3	3:29.9	96
C2	20	41.7	3	3:40.2	92
C1	20	37.4	3	3:52.4	82
H5	18	38.1			
H4	18	40.0			
H3	18	37.2			
H2	15	31.4			
H1	15	23.7			
T2	15	35.5			
T1	12	30.7			

Physiological Capabilities: It is likely that podium and podium ready performances would be associated with the following physical standards.

Para Male Endurance Cycling

The purpose of this document is to aid in athlete categorisation.
It is a guide only. Athlete headroom will be considered for Podium Potential and Developing.
Competition Performances will be given precedence over Physiological Capabilities.

Categorisation Level	Performance Times					Physiological Capabilities
PODIUM POTENTIAL	Consideration against the following performance times in two (2) UCI international events (Track times environmentally corrected).					Consideration against the following physical standards.
	ROAD			TRACK		
	Classification	**Av Distance (Km)**	**Flat Course Av Speed (km/h)**	**Distance (km)**	**IP Time (s)**	**MMP240 (W/kg^0.32)**
	B	28	45.7	4	4:21.2	86
	C5	25	43.7	4	4:48.5	94
	C4	25	40.67	4	4:57.4	77
	C3	25	40.22	3	3:44.8	83
	C2	20	38.8	3	3:54	78
	C1	20	37.1	3	4:07.2	71
	H5	19	38.8			
	H4	18	38.8			
	H3	18	37.1			
	H2	17	32.3			
	H1	14	23.6			
	T2	15	32.4			
	T1	12	28.1			
DEVELOPING	Athletes who achieve Podium Potential standards at an AusCycling recognised competition, may be categorised at Developing at the discretion of the Panel.					

Para Female Endurance Cycling

The purpose of this document is to aid in athlete categorisation.
It is a guide only. Athlete headroom will be considered for Developing.
Competition Performances will be given precedence over Physiological Capabilities.

Categorisation Level	Performance Times					Physiological Capabilities
PODIUM	Medal result at BME in previous 24-months AND deemed capable of a medal result at the next Paralympic Games. The following performance times are estimates of this standard. (Track times environmentally corrected).					It is likely that podium and podium ready performances would be associated with the following physical standards.
	ROAD			TRACK		
	Classification	**Av Distance (Km)**	**Flat Course Av Speed (km/h)**	**Distance (km)**	**IP Time (s)**	**MMP240 (W/kg^0.32)**
	B	25	43.1	3	3:26.1	81
	C5	20	41.1	3	3:43.8	83
	C4	20	39.8	3	3:49.0	80
	C3	18	39.0	3	3:58.4	72
	C2	18	37.0	3	3:58.4	60
	C1	18	35.6	3	3:58.4	54
	H5	17	38.3			
	H4	17	38.3			
	H3	17	32.6			
	H2	15	27.9			
	H1	15	20.0			
	T2	15	30.5			
	T1	12	26.3			
PODIUM READY	4th-6th at most recent AIS approved BME, AND are deemed capable to progress to PODIUM level, targeting a medal at the next Paralympic Games Other secondary factors that may be taken into considerations by the Panel are 4th to 6th placings at two (2) or more UCI international competitions equivalent to/or faster times (Track times environmentally corrected) as identified below, AND are deemed capable to progress to PODIUM level, targeting a medal at the next Paralympic Games					It is likely that podium and podium ready performances would be associated with the following physical standards.
	ROAD			TRACK		
	Classification	**Av Distance (Km)**	**Flat Course Av Speed (km/h)**	**Distance (km)**	**IP Time (s)**	**MMP240 (W/kg^0.32)**
	B	25	40.6	3	3:30.4	81
	C5	20	38.7	3	3:51.5	83
	C4	20	37.7	3	3:56.0	80
	C3	18	37.8	3	4:04.0	72
	C2	18	36.4	3	4:04.0	60
	C1	18	34.9	3	4:04.0	54
	H5	17	37.5			
	H4	17	37.5			
	H3	17	31.0			
	H2	15	26.6			
	H1	15	19.0			
	T2	15	29.2			
	T1	12	24.6			

Para Female Endurance Cycling

The purpose of this document is to aid in athlete categorisation.
It is a guide only. Athlete headroom will be considered for Developing.
Competition Performances will be given precedence over Physiological Capabilities.

Categorisation Level	Performance Times					Physiological Capabilities
PODIUM POTENTIAL	Consideration against the following performance times in two (2) UCI international events (Track times environmentally corrected).					Consideration against the following physiological standards.
	ROAD			TRACK		
	Classification	Av Distance (Km)	Flat Course Av Speed (km/h)	Distance (km)	IP Time (s)	MMP240 (W/kg^0.32)
	B	25	38.9	3	3:41.3	76
	C5	20	36.7	3	4:01.4	77
	C4	20	(35.6	3	4:05.5	74
	C3	18	35.1	3	4:23.3	63
	C2	18	33.0	3	4:23.3	51
	C1	18	27.8	3	4:23.3	46
	H5	17	29.9			
	H4	17	30.0			
	H3	17	31.2			
	H2	15	19.9			
	H1	15	12.4			
	T2	15	28.5			
	T1	12	23.0			
DEVELOPING	Athletes who achieve Podium Potential standards at an AusCycling recognised competition, may be categorised at Developing at the discretion of the Panel					

Appendix 5: 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 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>>400 / 5.8</td><td>>270/ 5.0</td></tr><tr><td>Work Capacity (kJ)</td><td>>22.0</td><td>>20.0</td></tr><tr><td>5 sec Peak Power (W)</td><td>>1150</td><td>>900</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 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>>350 / 5.3</td><td>>260 / 4.5</td></tr><tr><td>Work Capacity (kJ)</td><td>>21.00</td><td>>18.0</td></tr><tr><td>5 sec Peak Power (W)</td><td>>1100</td><td>>850</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, 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>>330 / 4.8</td><td>>240 / 4.3</td></tr><tr><td>Work Capacity (kJ)</td><td>>20.0</td><td>>16.0</td></tr><tr><td>5 sec Peak Power (W)</td><td>>1050</td><td>>800</td></tr></table></td></tr>
</table>

Appendix 6: Track Endurance (Olympic Events)

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

Competition Performances will be given precedence over 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 Paralympic Games.</td><td rowspan="2">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 | >22
Threshold Power (W.kg$^{0.32}$) | >98 | >74
5 sec Peak Power (W) | >1600 | >1100
Sprint Power Reserve (W) | >1000 | >650</td></tr>
<tr><td>PODIUM READY</td><td>4th – 8th performances at most recent BME AND deemed capable to progress to PODIUM level targeting a medal at the next Olympic Games OR by exception, for agreed equivalent alternatives compared to AIS approved BME (evidence of 2 or more podium performances at current Nation Cup Rounds) and/or consideration of Podium level physiological capabilities</td></tr>
<tr><td>PODIUM POTENTIAL</td><td>Consistent top six results at most recent UCI Category and/or Nations Cup Rounds. 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) | >375 | >270
Work Capacity (kJ) | >27 | >22
Threshold Power (W.kg$^{0.32}$) | >94 | >71
5 sec Peak Power (W) | >1500 | >1050
Sprint Power Reserve (W) | >960 | >640</td></tr>
<tr><td>DEVELOPING</td><td>Results at most recent 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) | >350 | >260
Work Capacity (kJ) | >27 | >22
Threshold Power (W.kg$^{0.32}$) | >88 | >68
5 sec Peak Power (W) | >1500 | >1000
Sprint Power Reserve (W) | >950 | >620</td></tr>
<tr><td>EMERGING</td><td>Consistent results at most recent Oceania Championships and/or National Championships that demonstrate a potential forPodium performance within 8 years. Meets or exceeds the following corrected performance times.

Track Endurance Event Times
Measure | Men Min/pref | Women Min/pref
U19 IP yr1 | 3:22/3:20 | 3:44/3:42*
U19 IP yr2 | 3:20/3:16 | 3:41/3:39*

*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
Measure | Men | Women
Threshold Power (W) | >330 | >240
Work Capacity (kJ) | >21 | >18
Threshold Power (W.kg$^{0.32}$) | >85 | >63
5 sec Peak Power (W) | >1300 | >1000
Sprint Power Reserve (W) | >800 | >600</td></tr>
</table>

Appendix 7: Track Sprint (Olympic Events)

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

<table>
<tr><th>Athlete Category</th><th>Competition Performances</th></tr>
<tr><td>PODIUM</td><td>Medal result at AIS 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>4th – 8th performances at most recent AIS approved BME AND athlete is deemed capable to progress to PODIUM level, targeting a medal at the next Olympic Games.

Secondary factors, by exception, for agreed equivalent alternatives compared to most recent BME (evidence of 2 or more podium performances at current Nation Cup Rounds)</td></tr>
<tr><td>PODIUM POTENTIAL</td><td>Top 16 result in individual events at the BME, and/or top 10 individual result in a UCI Nations Cup and/or a top four finish in team events at BME or UCI Nations Cup. Consistent top four finishes in individual events (Sprint/Keirin) at the most recent Oceania Championships. Priority is on competition results and or attainment of at least two performance standards by exception (Env. Corr).

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>Consistent results at the most recent 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 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.*