

WAIS Cycling Athlete  
Selection Guidelines, Criteria and  
Process



WESTERN AUSTRALIAN INSTITUTE *of* SPORT

## 1. BACKGROUND

1.1. The WAIS Cycling Program performs a key role in the AusCycling national performance pathway, preparing identified (Emerging to Podium Potential) athletes in Olympic / Paralympic disciplines for national and international success in line with the program structure in Western Australia. The goals of WAIS Scholarship programs are to:

1.1.1. Progress nationally identified riders to AusCycling national training centres and UCI ProTeams (or equivalent);

1.1.2. Maximise WA representation on the Australian team at the Olympic, Paralympic and Commonwealth Games or Senior World Championships; and

1.1.3. Maximise the WA contribution to Australian podium performances.

## 2. APPLICATION

2.1. This Policy applies to current, former and prospective athletes in relation to their selection and deselection from the WAIS Cycling program.

## 3. TERMS USED

In this Policy:

**Athlete** means current, former and prospective athletes in relation to their selection and deselection from the WAIS Cycling program;

**Eligible Athlete** means an Athlete who is eligible under clause 4 of the WAIS Athlete Categorisation, Selection and Deselection Policy;

**Selection** means selection for a scholarship in the WAIS Cycling program; and

**WAIS** means The Western Australian Institute of Sport Incorporated.

## 4. ATHLETE CATEGORIES

4.1. The Athletes will be classified into the categories in the table set out in Appendix 1.

## 5. NOMINATION

5.1. In addition to the criteria set out in clause 4 of the WAIS Athlete Categorisation, Selection and Deselection Policy, to qualify for nomination for Selection, an Eligible Athlete must:

a) be eligible to qualify for the Australian team at the Olympic, Paralympic, Commonwealth Games or Senior World Championships; and

b) have successfully competed in AusCycling and/or Union Cycliste International (UCI) sanctioned events.

## 6. SCHOLARSHIP YEAR

6.1. WAIS Cycling sport program scholarships generally commence on 1 June and end on 31 May.

6.2. The selection panel may, at its absolute discretion, recommend a scholarship for part of the scholarship year in 6.1 or for some other period if:

a) the Athlete is relocating from interstate and is nationally categorised; or

b) for any other sufficient reason.

6.3. Where the selection panel exercises its discretion under 6.2, it must provide its reasons for doing so to the CEO.

## 7. SCHOLARSHIP TYPE

7.1. Eligible Athletes may be selected for one of the following scholarships:

a) WAIS Cycling Sport Program Scholarship

The scholarship holder is coached by a WAIS employed Cycling coach and can access performance services, travel and medical assistance in line with the athlete's categorisation and the WAIS athlete benefits policy.

b) WAIS Individual Athlete Support (IAS) Cycling Scholarship

The scholarship holder does not train in a WAIS Sport Program Daily Training Environment with a WAIS Cycling coach. They are offered Cycling coach fee relief, performance services, travel and medical assistance in line with the athlete's categorisation and the WAIS athlete benefits policy.

## 8. SELECTION AND DESELECTION PANEL

8.1. Recommendations to the WAIS Chief Executive Officer in relation to selection and deselection under this Policy will be made by a selection panel made up of:

a) the WAIS Performance Team Director - Pathway as Chair; and

b) the AusCycling Director of Pathways (Emerging & Developing - or proxy), and AusCycling Executive General Manager Performance (Podium - or proxy).

## 9. DESELECTION

9.1. An Athlete may be nominated for deselection by:

a) themselves for any reason;

b) their coach, if in the coach's opinion, the Athlete's performance, conduct, commitment and/or potential to achieve the program's objectives are not meeting the applicable general and individual targets; or

c) WAIS, if in its opinion, the Athlete has engaged in conduct that breaches the Athlete Terms & Conditions and/or WAIS' policies and procedures.

## 10. ATHLETE SUCCESS FACTORS

10.1. The selection panel under section 8 will assess nominated Athletes for selection or deselection against the following criteria:

a) national sporting organisation criteria - [AusCycling Athlete Categorisation and Standards Process](#);

b) past competition performance;

c) health, fitness and injury status;

d) potential to progress performance to senior international standards and/or factors identified in the Individual Athlete Performance Plan;

e) any individual targets contained in an applicable performance plan;

f) the athlete's attitude and conduct in accordance with expectations set out in the Athlete Terms & Conditions, the Athlete Code of Conduct and behaviours exemplifying the guiding principles of elite athlete conduct as per the WAIS Athlete Performance Management Policy; and

10.2. Satisfaction of the criteria above does not automatically guarantee that the Athlete's nomination will be successful.

## 11. NOTIFICATION OF OUTCOME

- 11.1. The selection panel will provide their recommendation to the CEO as to whether each nominated Athlete should be selected or deselected (as applicable).
- 11.2. The CEO will notify the Athlete, in writing, of the outcome of their nomination for selection or deselection.

## 12. APPEAL

- 12.1. An Athlete may lodge an appeal against the outcome of their nomination for selection or deselection by written application to the CEO.
- 12.2. An appeal under this clause must be lodged within 7 days of the date of the written notification under clause 11.2.
- 12.3. The Athlete's written application for an appeal must include details of the reasons why the Athlete disagrees with the outcome of their nomination for selection or deselection and any supporting documentation.
- 12.4. The CEO will appoint the decision maker for the appeal. The appeal may be decided by either the CEO or a WAIS Performance Team Director not involved in the decision being appealed.
- 12.5. The person appointed to decide the appeal under 12.4 will advise the Athlete of the outcome of their appeal in writing.
- 12.6. The person appointed to decide the appeal under 12.4 may, at his or her absolute discretion:
- confirm or change the outcome of the selection or deselection decision; or
  - remit the matter back to the selection panel for reconsideration with any specific directions he or she thinks necessary.
- 12.7. To avoid doubt, any failure of the selection panel to comply with the procedure set out in this Policy will not, in and of itself, mean that the outcome of the selection or deselection decision should be changed.

## 13. CHANGES TO THIS POLICY

- 13.1. WAIS may review this Policy periodically and reserves the right to adjust, remove or amend this Policy at its discretion at any time.

## 14. REVIEW AND REVISION

This policy, and all related appendices, will be reviewed as it is deemed appropriate.

Policy review will be undertaken by the WAIS Performance Team Director Pathway and any revisions approved by the Performance Planning and Management Group (PPMG).

### Revision History

Date	Version	Reviewed by	Changes made
18 November 2024		PTD – Pathway	Policy updated

Printed copies of this document may not be up to date. Ensure you have the latest version before using this document.

## APPENDIX 1

\*Athlete results must be in Olympic or Paralympic disciplines / events.

Podium Pathway Category	Description	National Representation Category	Description
<b>Podium</b>	Athlete who has won a medal at an Olympic /Paralympic Games, World Championships or agreed BME in the previous 24 months and is considered capable to win a medal at the next Olympic/Paralympic Games.	<b>International</b>	Athlete who does not satisfy any of the <b>Podium Pathway</b> category criteria but has earned selection for the national senior team or squad preparing for the NSOs benchmark event.
<b>Podium Ready</b>	Athlete who has placed 4-8th at the most recent Olympic/Paralympic Games, World Championships or agreed BME. Athlete must be considered capable of progressing to PODIUM categorisation and targeting a medal at the next Olympic/Paralympic Games.		
<b>Podium Potential</b>	Athlete has achieved AusCycling performance benchmarks which, alongside international competition performances, reliably indicate their future potential for podium success. Athlete must be considered capable of progressing to at least PODIUM READY categorisation within the next three years.		
<b>Developing</b>	Athlete has progressed through a reliable talent confirmation phase and placed within a dedicated national development program. Athlete must be considered capable of progressing to at least PODIUM POTENTIAL level within the next two years.		
<b>Emerging</b>	Athlete has been identified by AusCycling via a valid and reliable TID profiling method and are going through a set, time-limited talent confirmation period. Athlete must be considered capable of progressing to DEVELOPING categorisation within the next three years.		

## APPENDIX 2

[AusCycling Athlete Categorisation](#) Athlete results must be in Olympic or Paralympic disciplines / events. BME refers to UCI Elite World Championships, Olympic or Paralympic Games.

TRACK ENDURANCE			
CATEGORY	COMPETITION PERFORMANCE		
Podium Potential	Consistent Top 10 results at most recent UCI and World Cup events. Significant contributing role in a Team Pursuit with the following performance times:		
	Track Endurance Event Times		
		Male (min/pref)	Female (min/pref)
	TP	<3:55/3:53	<4:22/4:19
	IP	<4:21/4:19	<3:37/3:35
	Kilo	<1:03	<1:10
Note: consideration to be given to position in team (ie. starter)			
Developing	Results at most recent Elite UCI Category, Oceania Championships and/or National Championships that demonstrate a potential for elite podium performance within six years. Significant contributing role in a Team Pursuit with the following performance times.		
	Track Endurance Event Times		
		Male (min/pref)	Female (min/pref)
	TP	<4:02/3:59	<4:31/4:28
	IP	<4:26/4:22	<3:42/3:40
		<3:19/3:17	<2:25/2:23
	Kilo	<1:06	-
Note: consideration to be given to position in team (ie. starter)			
Emerging	Consistent results at Oceania Championships and/or National Championships that demonstrate potential for podium performance within eight years. Meets or exceed the following performance times:		
	Measure	Male (min/pref)	Female (min/pref)
	U17 IP yr1	2:22/2:20	2:38/2:36
	U17 IP yr2	2:20/2:16	2:36/2:32
	U19 IP yr1	3:22/3:20	2:28/2:26
	U19 IP yr2	3:20/3:16	2:26/2:24

ROAD	
CATEGORY	COMPETITION PERFORMANCE
Podium Potential	<p>Has completed 1 of the following in the last 12 months AND hasn't exceeded 6 years since first World tour event:</p> <ul style="list-style-type: none"> <li>9<sup>th</sup>-15<sup>th</sup> @ Elite World Championships</li> <li>9<sup>th</sup>-15<sup>th</sup> @ Olympics</li> <li>6<sup>th</sup>-10<sup>th</sup> Elite World Tour 1 day event</li> <li>Top 5 @ U23 World Championships</li> </ul> <p>Discretion for TT results within Tours (minimum 10km F/15km M in line with Worlds selection)</p>
Developing	<p>Men and Women, standout results at UCI events; winning in 1.1/2.1 or higher and may include:</p> <ul style="list-style-type: none"> <li>Men: 1st elite Oceania Champs or National U23 Champs, NRS events</li> <li>Women: 1st elite Oceania Champs or Top 12 National Elite Champs, NRS events</li> </ul>
Emerging	<p>Athletes demonstrate potential for elite podium performance within 6-8 years.</p> <p>Men and Women, standout results at UCI U19 events; Top 10 in NC or 1.1/2.1 or higher, taking into consideration time behind winner and may include:</p> <ul style="list-style-type: none"> <li>Top 3 U19 Oceania Championships</li> <li>Top 3 U19 National Championships</li> </ul>

PARA MALE ENDURANCE CYCLING																																																																												
CATEGORY	COMPETITION PERFORMANCE																																																																											
Podium	<p>Medal result at the Paralympics or UCI Elite World Championships within the previous 24 months. The following performance times* are estimates of this standard.</p> <table border="1"> <thead> <tr> <th colspan="3">ROAD</th> <th colspan="2">TRACK</th> </tr> <tr> <th></th> <th>Avg dist (km)</th> <th>Flat course avg speed (km/h)</th> <th>Distance (km)</th> <th>IP time (m)</th> </tr> </thead> <tbody> <tr> <td>B</td> <td>28</td> <td>51.1</td> <td>4</td> <td>4:07.3</td> </tr> <tr> <td>C5</td> <td>25</td> <td>46.5</td> <td>4</td> <td>4:28.8</td> </tr> <tr> <td>C4</td> <td>25</td> <td>45.5</td> <td>4</td> <td>4:35.7</td> </tr> <tr> <td>C3</td> <td>25</td> <td>43.5</td> <td>3</td> <td>3:27.6</td> </tr> <tr> <td>C2</td> <td>20</td> <td>43.0</td> <td>3</td> <td>3:35.5</td> </tr> <tr> <td>C1</td> <td>20</td> <td>40.0</td> <td>3</td> <td>3:50.1</td> </tr> <tr> <td>H5</td> <td>19</td> <td>39.5</td> <td></td> <td></td> </tr> <tr> <td>H4</td> <td>18</td> <td>41.5</td> <td></td> <td></td> </tr> <tr> <td>H3</td> <td>18</td> <td>37.6</td> <td></td> <td></td> </tr> <tr> <td>H2</td> <td>17</td> <td>35.7</td> <td></td> <td></td> </tr> <tr> <td>H1</td> <td>14</td> <td>26.0</td> <td></td> <td></td> </tr> <tr> <td>T2</td> <td>15</td> <td>39.1</td> <td></td> <td></td> </tr> <tr> <td>T1</td> <td>12</td> <td>34.4</td> <td></td> <td></td> </tr> </tbody> </table>	ROAD			TRACK			Avg dist (km)	Flat course avg speed (km/h)	Distance (km)	IP time (m)	B	28	51.1	4	4:07.3	C5	25	46.5	4	4:28.8	C4	25	45.5	4	4:35.7	C3	25	43.5	3	3:27.6	C2	20	43.0	3	3:35.5	C1	20	40.0	3	3:50.1	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		
	ROAD			TRACK																																																																								
		Avg dist (km)	Flat course avg speed (km/h)	Distance (km)	IP time (m)																																																																							
	B	28	51.1	4	4:07.3																																																																							
	C5	25	46.5	4	4:28.8																																																																							
	C4	25	45.5	4	4:35.7																																																																							
	C3	25	43.5	3	3:27.6																																																																							
	C2	20	43.0	3	3:35.5																																																																							
	C1	20	40.0	3	3:50.1																																																																							
	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																																																																										

Podium Ready	4 <sup>th</sup> – 6 <sup>th</sup> performances at the Paralympics or UCI Elite World Championships within the previous 12 months OR the performance of equivalent or faster times*:				
	ROAD			TRACK	
		Avg dist (km)	Flat course avg speed (km/h)	Distance (km)	IP time (m)
	B	28	49.5	4	4:10.9
	C5	25	45.0	4	4:34.2
	C4	25	44.3	4	4:38.8
	C3	20	44.3	3	3:33.7
	C2	20	41.7	3	3:41.9
	C1	20	37.4	3	3:52.8
	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			
Podium Potential	Consideration against the following performance times*.				
	ROAD			TRACK	
		Avg dist (km)	Flat course avg speed (km/h)	Distance (km)	IP time (m)
	B	28	45.7	4	4:23.6
	C5	25	43.7	4	4:46.2
	C4	25	40.67	4	5:01.4
	C3	25	40.22	3	3:43.7
	C2	20	38.8	3	3:52.0
	C1	20	37.1	3	4:04.7
	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	AusCycling does not offer categorisation at this level. WAIS may offer support on a case-by-case basis for athletes progressing towards Podium Potential categorisation standards.				

\*environmentally corrected



**PARA FEMALE ENDURANCE CYCLING**

**CATEGORY**

**COMPETITION PERFORMANCE**

Podium

Medal result at the Paralympics or UCI Elite World Championships within the previous 24 months. The following performance times\* are estimates of this standard.

ROAD			TRACK	
	Avg dist (km)	Flat course avg speed (km/h)	Distance (km)	IP time (m)
B	25	43.1	3	3:29.2
C5	20	41.1	3	3:43.8
C4	20	39.8	3	3:49.0
C3	18	39.0	3	3:58.4
C2	18	37.0	3	3:58.4
C1	18	35.6	3	3:58.4
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

4<sup>th</sup> – 6<sup>th</sup> performances at the Paralympics or UCI Elite World Championships within the previous 12 months OR the performance of equivalent or faster times\*:

ROAD			TRACK	
	Avg dist (km)	Flat course avg speed (km/h)	Distance (km)	IP time (m)
B	25	40.6	3	3:35.2
C5	20	38.7	3	3:52.2
C4	20	37.7	3	3:57.0
C3	18	37.8	3	4:03.4
C2	18	36.4	3	4:03.4
C1	18	34.9	3	4:03.4
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		

Podium Potential	Consideration against the following performance times*.				
	ROAD			TRACK	
		Avg dist (km)	Flat course avg speed (km/h)	Distance (km)	IP time (m)
	B	25	38.9	3	3:41.3
	C5	20	36.7	3	4:03.7
	C4	20	34.5 (35.6)	3	4:07.8
	C3	18	34.2 (35.1)	3	4:23.3
	C2	18	33.0	3	4:23.3
	C1	18	27.8	3	4:23.3
	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	AusCycling does not offer categorisation at this level. WAIS may offer support on a case-by-case basis for athletes progressing towards Podium Potential categorisation standards.				

\*environmentally corrected

TRACK SPRINT					
CATEGORY	COMPETITION PERFORMANCE				
Podium Potential	Consistent Top 4 results at Oceania Champs and/or UCI World Cup events with the following performance times*:				
	Track Sprint Event Times (s)				
	Event	Men	Gears**	Women	Gears**
	200TT	<9.70	112-125"	<10.75	110-120"
	S125 (Gate)	<10.70	>98"	<11.6	>94"
S125 (Blue)	<10.80	>106"	<11.9	>100"	
Developing	Consistent results at most recent Oceania Championships and/or National Champs that demonstrate potential for elite podium performance within five years of Olympic events.				
	Year 1				
	Event	Men	Gears**	Women	Gears**
	200TT	<10.4	94-98"	<11.4	94-98"
	S125 (Gate)	<10.9	>94"	<12.1	>92"
	S125 (Blue)	<11.3	>102"	<12.2	>96"
	Year 2				

	Event	Men	Gears**	Women	Gears**
	200TT	<10.1	100-108"	<11.1	100-108"
	S125 (Gate)	<10.90	>96"	<11.8	>92"
	S125 (Blue)	<11.2	>104"	<12.0	>98"
	Year 3				
	Event	Men	Gears**	Women	Gears**
	200TT	<9.8	112-125"	<10.9	110-120"
	S125 (Gate)	<10.80	>98"	<11.6	>94"
	S125 (Blue)	<11.10	>106"	<11.9	>100"
Emerging	Year 1				
	Event	Men	Gears**	Women	Gears**
	200TT	<11.2	90-94"	<12.20	90-94"
	S125 (Gate)	<11.5	>90"	<12.60	>90"
	Year 2				
	Event	Men	Gears**	Women	Gears**
	200TT	<10.8	94-96"	<11.8	94-96"
	S125 (Gate)	<11.3	>92"	<12.5	>90"
	S125 (Blue)	<11.3	>96"	<12.5	>94"

\*environmentally corrected

\*\*preferred range of gears

PARA MALE & FEMALE TRACK SPRINT			
CATEGORY	COMPETITION PERFORMANCE		
	Medal result at Paralympics or UCI Elite World Championships in previous 24 months. The following performance times* are estimates of this standard.		
Podium	<b>Classification</b>	<b>Men 1km(s)</b>	<b>Women 1km or 500m (s)</b>
	B	1:01.3	1:08.7
	C5	1:04.2	37.4
	C4	1:05.8	39.0
	C3	1:06.5	37.8
	C2	1:10.8	40.9
	C1	1:11.1	41.1
Podium Ready	4th-6th performances at the Paralympics or UCI Elite World Championships within the previous 12 months OR the performance of equivalent of faster times* as follows:		
	<b>Classification</b>	<b>Men 1km(s)</b>	<b>Women 1km or 500m(s)</b>
	B	1:02.0	1:11.6
	C5	1:05.0	38.2

	C4	1:07.2	40.0
	C3	1:07.0	39.7
	C2	1:11.3	42.9
	C1	1:11.7	43.1
Podium Potential	Consideration against the following performance times**		
	<b>Classification</b>	<b>Men 1km(s)</b>	<b>Women 1km or 500m(s)</b>
	B	1:04.5	1:12.2
	C5	1:08.3	39.7
	C4	1:11.3	41.2
	C3	1:12.6	43.9
	C2	1:17.3	47.0
C1	1:20.7	46.2	
Developing	AusCycling does not offer categorisation at this level. WAIS may offer support on a case-by-case basis for athletes progressing towards Podium Potential categorisation standards.		

*\*environmentally corrected*

BMX FREESTYLE				
Category	Male		Female	
	Amateur category	Elite category	Amateur category	Elite category
Podium Potential	N/A	Top 4 at most recent National Championships with a run that would be in top 50% at avg World Cup	N/A	Top 4 at most recent National Championships with a run that would be in top 50% at avg World Cup
Developing	N/A	Top 6 at most recent National Championships while <21 years old	N/A	Top 2 at most recent National Championships while <21 years old
Emerging	Top 3 at most recent National Championships while <19 years old	Top 10 at most recent National Championships while <19 years old	Top 3 at most recent National Championships while <18 years old	Top 2 at most recent National Championships while <19 years old

BMX RACE					
CATEGORY	COMPETITION PERFORMANCE	Physical / Physiological – Sleemans			
		Physical / Physiological data to be taken into consideration but not ranked as highly as competition results			
Podium Potential	Has completed 1 of the following in the last 12 months: 9-16 <sup>th</sup> @ Elite World Championships 9-16 <sup>th</sup> @ Olympics 2 (+) 9-16 @ Elite World Cups Top 8 @ U23 World Championships 2 (+) Top 8 @ U23 World Cups	Male		Female	
		Gate	Lap	Gate	Lap
		% = 2.5 Min=2.365	% = 4.0 Min=35.133	% = 4.0 Min=2.546	% = 6.0 Min=39.312
Developing	Under development by AusCycling	% = 3.0 Min=2.377	% = 5.0 Min=35.471	% = 4.5 Min=2.559	% = 8.0 Min=40.053
Emerging	Under development by AusCycling	% = 4.0 Min=2.400	% = 7.0 Min=36.146	% = 5.0 Min=2.571	% = 9.0 Min=40.424

MOUNTAIN BIKE XCO				
CATEGORY	COMPETITION PERFORMANCE	PHYSICAL / PHYSIOLOGICAL		
Podium Potential	Has completed 1 of the following in the last 12 months: 9-15 <sup>th</sup> @ Elite World Championships 9-15 <sup>th</sup> @ Olympics Top 15 Elite WC Standings World Cup Elite Top 15 Top 10 U23 World Championships 2(+) Top 10 U23 World Cup	Measure	Men (min/pref)	Women (min/pref)
		Threshold Power	>400/6.0	>275/5.5
		Work Capacity (kJ)	>22.0.0	>20.0.0
		5s Peak Power	>1150/18	>900/16
		Age (y)	23-34	23-34
Developing	Top 10 in U23 World Cups Top 5 in HC or C1 events 1 <sup>st</sup> U23 Oceania Championships 1 <sup>st</sup> National U23 Championships and/or National Series events	Measure	Men (min/pref)	Women (min/pref)
		Threshold Power	>350/5.5	>260/5.0
		Work Capacity (kJ)	>21.0	>18.0
		5s Peak Power	>1100/18	>850/15
Emerging	Standout results at UCI U19 events Top 10 UCI Junior Series (European) Top 3 U19 Oceania Championships Top 3 U19 National Championships	Measure	Men (min/pref)	Women (min/pref)
		Threshold Power	>330/5.0	>240/4.5
		Work Capacity (kJ)	>20.0	>16.0
		5s Peak Power	>1050/17	>800/13