



USA CYCLING SELECTION GUIDELINES 2026 UCI PARA-CYCLING INTERNATIONAL PACE STANDARDS

2026 INTERNATIONAL PACE STANDARDS EXPLAINED

The USA Cycling International Pace Standards exist to establish a clear, objective, and performance-based benchmark for international readiness in para-cycling road events. These standards are designed to promote transparency, competitive equity, and consistency across all sport classes, while ensuring that athletes selected for international competition demonstrate performance levels aligned with podium-capable outcomes.

The standards were developed using a distance-weighted analysis of **individual time trial** results from twelve major international competitions spanning the 2023–2025 seasons, including UCI Para-cycling Road World Cups, World Championships, and the Paralympic Games. For each sport class, third-place time trial results were selected to reflect medal-relevant performance. The total elapsed time from these results was combined and divided by the total distance covered, producing a standardized time-per-kilometer benchmark for each class. In cases where a third-place result was not available, that event was excluded for the affected sport class, and the standard was calculated using only competitions with a minimum of three classified finishers.

These standards will be reviewed on an annual basis following the end of the competition season and updated to take in a rolling 3 calendar years for data (eg: 2027 standards will include data from 2024, 2025 and 2026)

2026 INTERNATIONAL PACE STANDARDS TABLE

| Sport Class | International Podium | International Standard 105% | National 115% |
|-------------|----------------------|--------------------------------|------------------|
| MC1 | 01:29.47 | 01:33.94 | 01:42.89 |
| MC2 | 01:21.96 | 01:26.06 | 01:34.25 |
| MC3 | 01:20.22 | 01:24.23 | 01:32.25 |
| MC4 | 01:19.19 | 01:23.15 | 01:31.07 |
| MC5 | 01:16.80 | 01:20.64 | 01:28.32 |
| MH1 | 02:21.61 | 02:28.69 | 02:42.85 |
| MH2 | 01:42.67 | 01:47.80 | 01:58.07 |
| MH3 | 01:30.93 | 01:35.48 | 01:44.57 |
| MH4 | 01:25.70 | 01:29.99 | 01:38.56 |
| MH5 | 01:30.34 | 01:34.86 | 01:43.89 |

| | | | |
|------------|----------|----------|----------|
| MT1 | 01:51.00 | 01:56.55 | 02:07.65 |
| MT2 | 01:40.70 | 01:45.73 | 01:55.80 |
| MB | 01:12.03 | 01:15.63 | 01:22.83 |
| WC1 | 01:57.54 | 02:03.42 | 02:15.17 |
| WC2 | 01:37.57 | 01:42.45 | 01:52.21 |
| WC3 | 01:34.75 | 01:39.49 | 01:48.96 |
| WC4 | 01:32.36 | 01:36.98 | 01:46.21 |
| WC5 | 01:29.45 | 01:33.92 | 01:42.87 |
| WH1 | 03:51.65 | 04:03.23 | 04:26.40 |
| WH2 | 03:12.57 | 03:22.20 | 03:41.46 |
| WH3 | 01:46.44 | 01:51.76 | 02:02.41 |
| WH4 | 01:47.39 | 01:52.76 | 02:03.50 |
| WH5 | 01:47.96 | 01:53.36 | 02:04.15 |
| WT1 | 02:25.77 | 02:33.06 | 02:47.64 |
| WT2 | 02:00.52 | 02:06.55 | 02:18.60 |
| WB | 01:23.35 | 01:27.52 | 01:35.85 |

Road standards are represented as **time per kilometer**, averaged across the full distance, per sport class.

To further support Rider / Coach understanding the International Podium and International Standard Paces are translated below into KPH

| Class | Int. Podium Pace min/Km | Int. Podium Pace Speed KPH | Int. Standard Pace (105%) Speed KPH |
|--------------|------------------------------------|---------------------------------------|--|
| MC1 | 01:29.47 | 40.24 | 38.32 |
| MC2 | 01:21.96 | 43.92 | 41.83 |
| MC3 | 01:20.22 | 44.88 | 42.74 |
| MC4 | 01:19.19 | 45.46 | 43.30 |
| MC5 | 01:16.80 | 46.88 | 44.64 |
| MH1 | 02:21.61 | 25.42 | 24.21 |
| MH2 | 01:42.67 | 35.06 | 33.39 |
| MH3 | 01:30.93 | 39.59 | 37.71 |
| MH4 | 01:25.70 | 42.01 | 40.01 |
| MH5 | 01:30.34 | 39.85 | 37.95 |
| MT1 | 01:51.00 | 32.43 | 30.89 |
| MT2 | 01:40.70 | 35.75 | 34.05 |
| MB | 01:12.03 | 49.98 | 47.60 |
| | | | |
| WC1 | 01:57.54 | 30.63 | 29.17 |

| | | | |
|-----|----------|-------|-------|
| WC2 | 01:37.57 | 36.90 | 35.14 |
| WC3 | 01:34.75 | 37.99 | 36.19 |
| WC4 | 01:32.36 | 38.98 | 37.12 |
| WC5 | 01:29.45 | 40.25 | 38.33 |
| WH1 | 03:51.65 | 15.54 | 14.80 |
| WH2 | 03:12.57 | 18.69 | 17.80 |
| WH3 | 01:46.44 | 33.82 | 32.21 |
| WH4 | 01:47.39 | 33.52 | 31.93 |
| WH5 | 01:47.96 | 33.35 | 31.76 |
| WT1 | 02:25.77 | 24.70 | 23.52 |
| WT2 | 02:00.52 | 29.87 | 28.45 |
| WB | 01:23.35 | 43.19 | 41.13 |

For 2026 International selection into World Cups and World Championships, a rider must have achieved the international standard pace at a designated TT event in 2024, 2025 or 2026.

Designated TT events are:

- Paralympic Games 2024
- UCI Paracycling Road World Cup 2024/2025
- UCI Paracycling Road World Championships 2024/2025
- Paracycling National Time Trial Championships 2024/2025
- USAC National Paracycling Series events in 2026.