



ELITE & PARA-CYCLING TRACK

NATIONAL CHAMPIONSHIPS

JULY 10–14, 2024

CARSON, CA

All riders who want to compete at the 2024 Elite & Para-cycling Track National Championships must be a United States citizen, have a current UCI/international license issued by USA Cycling or a recognized foreign federation, and have a sporting nationality of USA. This includes tandem pilots.

A 2024 UCI/international license must be presented to pick up race numbers prior to competition. Riders holding a USA Cycling domestic RACE or RACE+ license will need to log into their USA Cycling account, go to the License link, and upgrade their license. Please note, riders may be required to provide proof of US citizenship prior to your license being valid. If you have any questions, please email membership@usacycling.org for assistance.

ELIGIBILITY REQUIREMENTS	
GENERAL	
Riders must meet all eligibility, licensing, category, and age requirements as indicated in this document.	
<ul style="list-style-type: none">• Men Elite – racing age of 19 or older• Women Elite – racing age of 19 or older• Para-cycling – racing age of 14 or older	
<i>All registered competitors are subject to anti-doping testing and, if chosen for drug testing, are required to comply with the applicable regulations. Noncompliance or refusing to be tested will result in the same penalties as a doping violation.</i>	
Para-cycling only	<p>In addition to the above requirements, all para-cycling athletes:</p> <ul style="list-style-type: none">• Must be internationally or nationally classified with a 'confirmed' or a 'review' sport class status (not applicable to tandem pilots).• New athletes without a classification should contact NPCUSAclassification@usopc.org no later than June 11, 2024 for Para-cycling classification evaluation.• All Para-cycling participants in this competition are subject to the requirements outlined in the USOPC Athlete Safety Policy available at: http://teamusa.org/USOPCAthleteSafetyPolicy• Adult Participants are also required to be familiar with, and comply with the USOPC Minor Athlete Abuse Prevention Policies (MAAPP) available at: http://teamusa.org/maapp• U.S. Center for SafeSport Training<ul style="list-style-type: none">○ All U.S. athletes (18 years and older), coaches, officials, and support staff requesting accreditation must complete, or have completed within the last calendar year, the U.S. Center for SafeSport's SafeSport™ Trained Core training, or applicable Refresher training course if they have previously taken the SafeSport™ Trained Core training. The training must be completed prior to arrival at the event and must be valid through the conclusion of the event. Please note, U.S. Paralympics Cycling membership with SafeSport training that is valid through the conclusion of the event will be accepted.



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	<ul style="list-style-type: none"> ○ SafeSport & Background Check Information: https://www.teamusa.org/team-usa-athlete-services/safe-sport
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CATEGORY REQUIREMENTS

At the time of registration, all participants competing in the USA Cycling Elite & Para Track National Championships MUST hold the minimum required category for their respective races as noted below.

Each license allows for promotion to higher categories according to certain guidelines. Upgrades can be based on either experience or points, depending on the level and license type. Please see [Policy VIII Race Category Upgrading and Downgrading](#) for information.

If you would like to request an upgrade, please see [upgrade instructions here](#).

TIME TRIAL EVENTS

Elite Men	Open to ALL categories
Elite Women	Open to ALL categories
Para-cycling	Open to ALL categories

MASS START EVENTS

Elite Men	Restricted to track categories 1-2
Elite Women	Restricted to track categories 1-3
Para-cycling	Open to ALL categories

Championship Events

Time Trial

Standing start time trials will be one ride finals.

Men Elite 1 km C1-5 1km BVI 1km	Women Elite 500 m C1-5 500 m BVI 1k m
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Individual Pursuit

The top 4 riders will advance to finals: 3 vs 4, 1 vs 2. The Para-cycling Individual Pursuit will be one ride finals.

Men Elite 4 km C1-3 3 km C4-5 4 km BVI 4 km	Women Elite 3 km C1-5 3 km BVI 3 km
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Sprint

The format shall use the UCI World Championship sprint format, modified to accommodate the field size.

Men Elite BVI	Women Elite BVI
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The race will consist of 6 laps, with 3 laps behind the pacer.		
Men Elite	Women Elite	
Points Race		
Points sprints will be held every 10 laps on a 250 m track. For points distribution, please see the Points Race table for World Championships in the UCI Track regulations .		
Men Elite 40 km	Women Elite 25 km	
Scratch Race		
Men Elite 15 km C1-3 10 km C 4-5 15 km	Women Elite 10 km C1-5 10 km	
Elimination		
Sprints will be every second lap.		
Men Elite	Women Elite	
International Omnium		
Consists of four events over one day. Riders failing to start in one of the events will not be allowed to compete in the subsequent events and will be placed last in the competition as did not finish (DNF).		
Event	Men Elite	Women Elite
Scratch Race	10 km	7.5 km
Tempo Race	10 km	7.5 km
Elimination		
Points Race	25 km	20 km
Team Pursuit		
Each team is required to have four riders to start. Each rider may only enter one team pursuit event. The top 4 teams will advance to the finals: 3 vs 4, 1 vs 2. The event must have at least 3 eligible teams to be considered a championship.		
Men Elite 4 km	Women Elite 4 km	
Team Sprint		
The distance is 3-laps, and each team is required to have three riders. The events must have at least 3 eligible teams to be considered a championship. Top 4 teams will advance to the finals: 3 vs 4, 1 vs 2.		
Men Elite Para Combined	Women Elite Para Combined	

REGULATION INFORMATION

All races are conducted under UCI regulations, including UCI equipment regulations, for all events. The UCI regulations can be found [HERE](#). Any exceptions are noted under the individual races above.



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Equipment Requirements

All UCI rules for bicycles AND components, will be in force for those seeking time trail records in their classes. For more information, reference Part 1, Section 3 of the [UCI Regulations](#) or review the this link, [UCI Equipment page](#), with detailed information on equipment, verification and measurements of the bicycle that you will encounter.

Rider Comfort: Per the UCI regulations, one exception is allowed, **either** for saddle position **or** handlebar position.

- For personal fit, the nose of the rider's saddle can be as far forward as the vertical line drawn through the center of the bottom bracket.
- For personal fit, the horizontal measurement of the handlebar extensions may be increased up to 85 cm based on the rider's height as listed below. For more information, reference Part 1, Section 3, of the UCI Regulations.

Category 1: Rider's height less than 180.0 cm

The default distance of 75 cm may be increased to **80 cm**.

Category 2: Rider's height between 180.0 cm and 189.9 cm

The default distance of 75 cm may be increased to **83 cm**. The height difference between uppermost or lowermost part of the extension and the elbow pad (center) must be less than **12 cm**. Riders must submit a [height attestation](#) to the UCI in advance.

Category 3: Rider's height greater than 190.0 cm

The default distance of 75 cm may be increased to **85 cm**. The height difference between uppermost or lowermost part of the extension and the elbow pad (center) must be less than **14 cm**. Riders must submit a [height attestation](#) to the UCI in advance.

NATIONAL and INTERNATIONAL RECORDS

All USA and UCI Cycling Records must have anti-doping testing to be certified.

USA Cycling Records will be submitted by the PCP to the USA Cycling Technical Director. UCI records must be submitted by the PCP to the UCI. It is the responsibility of the rider setting the record to obtain a copy of the completed record application(s) and maintain a copy of the cover of their anti-doping form for UCI.