

# 2021 UCI Track Cycling Nations Cup.

22<sup>nd</sup> – 25<sup>th</sup> April. Newport, Wales.

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## Cycling Ireland Selection Criteria.



## COVID-19 Restrictions

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**At the time of writing this selection criteria during current level 5 lockdown restrictions, the only people permitted to travel to this event are Sport Ireland carded athletes. See Cycling Ireland press release titled “*Cycling Ireland Statement – Overseas Travel Status Update & UCI Track Cycling Nations Cup 1, Newport*” for more information.**

**Sport Ireland, in conjunction with Cycling Ireland, are working hard to have the list of athletes extended to include Paris 2024 development athletes. At the time of publishing this selection criteria this has not been agreed. The selection criteria outlined below is the direction in which we aspire to select given freedom outside of current COVID-19 restrictions.**

## Section 1: Introduction.

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- This selection criteria has been agreed by Cycling Ireland (CI) and provides detail on the process by which CI will arrive at athlete selections.
- This document should be read in conjunction with the [Cycling Ireland High Performance Selection Policy](#).
- CI will consider athletes who have qualified under the Cycling Specific Selection Standards stated below. Exception may be given where allocation of places exceeds the number of athletes meeting the minimum standards, CI may consider athletes fractionally under these standards as a development opportunity, subject to budget restraints.
- CI will select a team that will perform with distinction at the 2021 UCI Track Cycling Nations Cup 1, Newport.

## Section 2: Athlete Eligibility

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- Please see the [Cycling Ireland High Performance Selection Policy](#) for detail on athlete eligibility.

## Section 4: Cycling specific selection standards.

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### Section 4a: Introduction

This competition comprises Sprint & Endurance events for Male and Female athletes. Below are the key selection details, and where references are made to results, these will only be considered from 1<sup>st</sup> April 2019.

The following conditions will apply: -

1. Omnium results shall be the final overall result only.
2. Where more athletes meet the criteria than places available, selections will be made to provide the best chance of a medal in each event. Athletes meeting selection criteria in other disciplines will also be considered with the best possible result in mind.
3. All timed results in competition must be achieved in official competition, under competition rules and regulations, in line with those of the UCI, and be timed using electronic timing.
4. All timed results must be recorded on a track less than 1000m above sea level.
5. For specified times in training, these can be done under CI training camp procedures.

6. Selection for non-Olympic events will be made from the pool of riders selected for Olympic events. For example, the scratch race will be selected from the pool of riders selected for the Madison, Omnium and Team Pursuit events.

## Section 4b: Men's Endurance events.

To be considered for any endurance event, athletes need to achieve a total of two results/standards from the table below. For the avoidance of doubt, a single result or standard may be met on two occasions or a combination of two results / standards may be met from the 1<sup>st</sup> April 2019 with the exception to the National Championships results, where only 2020 results will be considered.

Event	Finishing Position/ Standard	Min. no. of starters
UCI World Championships – <b>Madison, Omnium, Scratch, Points Race, IP</b>	Top 12	N/A
UCI World Cup event / UEC Elite European Championships – <b>Madison, Omnium, Scratch, Points Race, IP</b>	Top 10	N/A
UEC European U23 Championships – <b>Madison Omnium, Scratch, Points Race, IP</b>	Top 6	N/A
UCI Class 1 event or higher - <b>Madison, Omnium, Scratch, Points Race, IP</b>	Top 3	15
UCI Class 2 event or higher - <b>Madison, Omnium, Scratch, Points Race, IP</b>	Top 2	15
Senior Irish National Championships (most recent) <b>Madison, Omnium, Scratch, Points Race, IP</b>	1 <sup>st</sup> Place	N/A
<b>4000m Individual Pursuit</b>	4.25.00	N/A
<b>4000m Team Pursuit</b>	4.02.00	N/A

Table 1: Table of minimum result standards to be eligible for selection (Men's Endurance Events).

## Section 4c: Men's Sprint Events.

To be considered for any Sprint event, athletes need to achieve a total of two results / standards from the following. For the avoidance of doubt, a single result or standard may be met on two occasions or a combination of two results / standards may be met from the 1<sup>st</sup> April 2019 with the exception to the National Championships results, where only 2020 results will be considered.

Event	Finishing Position/ Standard	Min. no. of starters
UCI World Championships – <b>Sprint, Keirin</b>	Top 12	<b>N/A</b>
UCI World Cup event / UEC Elite European Championships –	Top 10	<b>N/A</b>

<b>Sprint, Keirin</b>		
UEC European U23 Championships – <b>Sprint, Keirin</b>	Top 6	<b>N/A</b>
UCI Class 1 event or higher – <b>Sprint, Keirin</b>	Top 3	<b>12</b>
UCI Class 2 event or higher – <b>Sprint, Keirin</b>	Top 2	<b>12</b>
Senior Irish National Championships (most recent) <b>Sprint, Keirin</b>	1 <sup>st</sup> Place	<b>N/A</b>
<b>200 M Time Trial flying start</b>	10.200	
<b>1,000M Time Trial standing start</b>	1.02.000	
<b>Men’s Team Sprint</b>	47.000	

Table 2: Table of minimum result standards to be eligible for selection (Men’s Sprint Events).

## Section 4d: Women’s Endurance Events.

To be considered for any endurance event, athletes need to achieve a total of two results/standards from the table below. For the avoidance of doubt, a single result or standard may be met on two occasions or a combination of two results / standards may be met from the 1<sup>st</sup> April 2019 with the exception to the National Championships results, where only 2020 results will be considered.

Event	Finishing Position/ Standard	Min. no. of starters
UCI World Championships – <b>Madison, Omnium, Scratch, Points Race, IP</b>	Top 12	<b>N/A</b>
UCI World Cup event / UEC Elite European Championships – <b>Madison, Omnium, Scratch, Points Race, IP</b>	Top 10	<b>N/A</b>
UEC European U23 Championships – <b>Madison, Omnium, Scratch, Points Race, IP</b>	Top 6	<b>N/A</b>
UCI Class 1 event or higher – <b>Madison, Omnium, Scratch, Points Race, IP</b>	Top 3	<b>12</b>
UCI Class 2 event or higher – <b>Madison, Omnium, Scratch, Points Race, IP</b>	Top 2	<b>12</b>
Senior Irish National Championships (most recent) <b>Madison, Omnium, Scratch, Points Race, IP</b>	1 <sup>st</sup> Place	<b>N/A</b>
<b>3000m Individual pursuit</b>	3.35.00	<b>N/A</b>
<b>4000m Team Pursuit</b>	4.29.00	<b>N/A</b>

Table 3: Table of minimum result standards to be eligible for selection (Women’s Endurance Events).

## Section 4e: Women’s Sprint Events.

To be considered for any Sprint event, athletes need to achieve a total of two results / standards from the following. For the avoidance of doubt, a single result or standard may be met on two occasions or a combination of two results / standards may be met from the 1<sup>st</sup> April

2019 with the exception to the National Championships results, where only 2020 results will be considered.

Event	Finishing Position/ Standard	Min. no. of starters
UCI World Championships – <b>Sprint, Keirin</b>	Top 12	<b>N/A</b>
UCI World Cup event / UEC Elite European Championships – <b>Sprint, Keirin</b>	Top 10	<b>N/A</b>
UEC European U23 Championships – <b>Sprint, Keirin</b>	Top 6	<b>N/A</b>
UCI Class 1 event or higher – <b>Sprint, Keirin</b>	Top 3	<b>12</b>
UCI Class 2 event or higher – <b>Sprint, Keirin</b>	Top 2	<b>12</b>
Senior Irish National Championships (most recent) <b>Sprint, Keirin</b>	1 <sup>st</sup> Place	<b>N/A</b>
<b>200 M Time Trial flying start</b>	11.200	
<b>500M Time Trial standing start</b>	35.900	
<b>Women's Team Sprint</b>	50.000	

Table 4: Table of minimum result standards to be eligible for selection (Women's Sprint Events).

## Section 4f: Other factors for consideration.

- In addition to the Specific Selection Criteria, selection may take into consideration any one or more of the following additional factors in selecting riders. (In the instance that the use of the following criteria is deemed necessary, a defined scoring of each criteria point will be outlined to selectors).
- Consistent and successful individual performances of the rider in the 24-month period prior to the selection of this event.
- The rider's ability to work within a team structure when selected to a National Team.
- The rider's tactical ability. The ability to read and react to the race, including passive or aggressive racing tactics that leads to individual or team performances.
- The rider's participation in an intense training or competition program that may have affected current performances.

- The results of any of the rider’s sports science tests including biomechanical and physiological.
- Athletes who successfully meet the criteria outlined in the Cycling specific selection standards will also be subject to *CI’s Tactical Ability Analysis Matrices* (Appendix 1), *CI’s Benchmarking Session Protocols* and the *CI Track Coach Scoring matrix* (Appendix 3). Only Appendix 1 will be scored by the selection panel. Appendix 2 and Appendix 3 will be scored by the CI Performance Track Coach (or another recognised track coach agreed by the CI Track Performance Coach in advance).

## Section 5: Extenuating Circumstances

- In considering the performances and results of riders at events, trials, training camps or other attendances required under this selection criteria Cycling Ireland may, at its discretion, give weight to extenuating circumstances.
- For the purposes of this selection criteria extenuating circumstances means an inability to compete, attend training camps or perform at an optimum level arising from injury or illness (documented at the time the incident occurred and accompanied by a certified medical explanation).
- The determination of an extenuating circumstance will be made on a case-by-case basis. Such determination will be made by the Performance Director (or an alternatively appointed person) and will be documented accordingly.

## Section 6: Selection process and timelines.

Date	Information
1 <sup>st</sup> April `19 – 31 <sup>st</sup> March `21	Qualification window.
Week of 1 <sup>st</sup> April 2021	Cycling Ireland team selection meeting.
Week of 1 <sup>st</sup> April 2021	Athletes informed of selection
Week of 1 <sup>st</sup> April 2021	Deadline for selection appeal submission.
22 <sup>nd</sup> April 2021	Competition commences.

CI intend to have the selection meeting on the week of 1<sup>st</sup> April 2021.

Athletes will be informed of selection/non-selection within 24hrs of the meeting.

Appeals must be registered within 24 hours of receipt of the selection, non-selection email ([click here to see appeals process](#))

## Section 7: De-Selection

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### Anti-Doping:

Athletes suspended by their Governing Body as a result of ongoing or concluded Anti-Doping violation allegations, will be deselected.

### Injury Management:

Where injury issues are identified at or after selection, a fitness test may be used to determine if the athlete is capable of performing to the level that they were selected for the Event. This will be specific to cycling and the athlete's condition.

### Breach of Policy:

Athletes in breach of CI policies, code of conduct and team agreement may be de-selected.

### Athlete Fitness:

Failure to maintain a state of performance readiness in the period from selection to participation.



## Appendix 1: CI Tactical Ability Analysis Matrices

This section lays out *CI Tactical Ability Analysis Matrices* that will be included as part of the final selection for the 2021 UCI Track Cycling Nations Cup 1, Newport team.

The below matrices have been devised based on CI's data analysis and historical data from race events. These are the points identified as being key to performance. Athletes will be scored out of 5 in each area (5 being the best). This final score will then be combined with the total scores from Appendix 2 and 3.

### CI Tactical Ability Analysis Matrix for Men and Women bunch events

	*Rank out of 5* (5 being the best)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Athlete 5	Athlete 6
1	Athletes demonstrated ability to score in the first 1/4 of the race						
2	Athletes demonstrated ability to maintain position when changing						
3	Athletes demonstrated ability to score points						
4	Athletes demonstrated ability to gain laps						
5	Athletes demonstrated ability not to drop laps						
6	Athletes demonstrated ability to perform under pressure in the last 1/4 of the race.						
	TOTAL						

Table 5: CI Tactical Ability Analysis Matrix for Men and Women bunch events (Madison, Omnium, Points, Scratch (Point 2 only applies to Madison, Point 1 and 2 do not apply to Scratch Race).

## CI Tactical Ability Analysis Matrix for Men and Women Team Pursuit

	*Rank out of 5* (5 being the best)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Athlete 5	Athlete 6
1	Standing half lap:  Men – 12.5 seconds / Women - 13.5 seconds						
2	Standing Three Kilometre (Men) /Two Kilometre (Women):  Men - 3 minutes 19 seconds / Women - 2 minutes 27 seconds						
3	Ability to set, hold, and adjust pace						
4	Ability to hold proximity on the wheel						
5	Ability to deliver the team on speed and perform an efficient change						
6	Ability to perform your agreed role in the team under pressure						
	<b>TOTAL</b>						

Table 6: CI Tactical Ability Analysis Matrix for Men and Women Team Pursuit

## CI Tactical Ability Analysis Matrix for Men and Women Sprint Events

	*Rank out of 5* (5 being the best)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Athlete 5	Athlete 6
1	Flying 200m						
2	Athlete's demonstrated ability to tactically perform in match sprint or keirin.						
3	Athlete's demonstrated ability to progress through the rounds in a match sprint or keirin.						
4	Athlete's ability to hold race position under pressure from opponents.						
TOTAL							

Table 7: CI Tactical Ability Analysis Matrix for Men and Women Sprint Events

## CI Tactical Ability Analysis Matrix for Men and Women Team Sprint

	*Rank out of 5* (5 being the best)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Athlete 5	Athlete 6
1	Flying 200m						
2	Standing half lap						
3	Standing Lap / Flying 500m depending on team starting position						
4	Ability to deliver the team on speed and perform an efficient change						
5	Ability to perform your agreed role in the team under pressure						
TOTAL							

Table 8: CI Tactical Ability Analysis Matrix for Men and Women Team Sprint

## Appendix 2: CI Benchmarking Session Protocols

**\*A Sample of the CI Benchmarking criteria will be forwarded to athletes eligible for selection from the CI Selection Specific Standards.**

The *CI Benchmarking session* will consist of mix of timed events. Athlete's will be assessed in the timed events associated with their event category.

Athlete's will be ranked from 5 to 0 (5 points for 1<sup>st</sup> place, 4 points for 2<sup>nd</sup> place, 3 points for 3<sup>rd</sup> place, 2 points for 4<sup>th</sup> place, 1 point for 5<sup>th</sup> place, 0 points for 6<sup>th</sup> place or less) across all timed events.

Finishing Position in Timed Event	Score in Matrix
1st	5 points
2nd	4 points
3rd	3 points
4th	2 points
5th	1 point
≤6th	0 points

Table 9: CI Benchmarking Session Scoring System.

Scores from all timed events will be totalled for each athlete. This final score will then be combined with the total scores from Appendix 1 and 3.

Clothing specifications, bike specifications and gearing specifications will apply for all athletes wanting to be considered for selection. This is to keep consistency enabling comparable results across all athletes during the timed events. Each athlete will be given the proper preparation for the testing day as agreed by their coach.

## Appendix 3: CI Track Coach Scoring Matrix.

Using the matrix below, the Cycling Ireland Track Coach will consider riders based on their current form in training in the lead into the event (or another recognised track coach agreed by the CI Track Performance Coach in advance). This final score will then be combined with the total scores from Appendix 1 and 2.

	*Score out of 5* (5 being best)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Athlete 5	Athlete 6
1	Demonstrated Tactical skill displayed on track						
2	Demonstrated Fitness Conditioning: Using Training peaks, training load, Physiological data.						
3	Demonstrated fitness in recent track sessions prior to benchmarking day.						
	TOTAL						

Table 10: CI Track Coach Scoring Matrix

## Appendix 4: Selection Process Working Example

### Tactical Ability Analysis Matrix:

	*Rank out of 5* (5 being the best)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Athlete 5	Athlete 6
1	Athletes demonstrated ability to score in the first 1/4 of the race	5	4	3	4	4	5
2	Athletes demonstrated ability to maintain position when changing	4	4	3	2	4	4
3	Athletes demonstrated ability to score points	5	4	3	4	3	5
4	Athletes demonstrated ability to gain laps	2	4	3	3	3	3
5	Athletes demonstrated ability not to drop laps	4	5	4	2	4	4
6	Athletes demonstrated ability to perform under pressure in the last 1/4 of the race.	3	4	4	2	4	4
	<b>TOTAL</b>	<b>23</b>	<b>25</b>	<b>20</b>	<b>17</b>	<b>22</b>	<b>25</b>

### Timed events matrix:

	*Rank out of 5* (5 being 1 <sup>st</sup> place)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Athlete 5	Athlete 6
1	4000/3000m	0	5	1	3	2	4
2	500m	5	3	0	1	2	4
3	250m	4	3	2	1	0	5
	<b>TOTAL</b>	<b>9</b>	<b>11</b>	<b>3</b>	<b>5</b>	<b>4</b>	<b>13</b>

## CI Track Coach Scoring Matrix:

	*Rank out of 5* (5 being best)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Athlete 5	Athlete 6
1	Demonstrated Tactical skill displayed on track.	3	5	3	3	2	4
2	Demonstrated Fitness Conditioning: Using Training peaks, training load, Physiological data.	4	2	3	3	3	4
3	Demonstrated fitness in recent track sessions prior to benchmarking day.	4	3	4	3	3	4
	TOTAL	11	10	10	9	8	12

## Combined Scores from Tactical Ability Analysis Matrix, Timed Event Matrix and CI Track Coach Scoring Matrix:

	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Athlete 5	Athlete 6
Total Score Appendix 1	<b>23</b>	<b>25</b>	<b>20</b>	<b>17</b>	<b>22</b>	<b>25</b>
Total Score Appendix 2	9	11	3	5	4	13
Total Score Appendix 3	11	10	10	9	8	12
Total Overall	43	46	33	31	34	50
<b>Athlete Rank</b>	<b>3</b>	<b>2</b>	<b>5</b>	<b>6</b>	<b>4</b>	<b>1</b>