

## A10.6 Selection criteria for membership of the U23/25 Men's Development Track Squad 2011-12



The criteria below will be used for selecting up to 12 riders for membership of the 2011-12 U23/25 Development Track Squad:

No	Criteria	Rating	Points
1	Standing Start 3km Time (Sub 3min 37sec on an indoor track – a weighting will be applied if this is done on an outdoor track). This must be completed in rolling 12 month period and will be age related, i.e., times in the last 12 months will count.). For sprint riders a time of 11.0 seconds for a flying 200m	15	
2	Fitness index (24.5-25.0) and power to weight (5.0-5.5) but this will be a sliding scale depending on age and experience, older and more experienced riders will be expected to perform to higher levels and junior riders to the lower end of the scale) – this will require an SRM/ Wattbike test (results in the last 3 months will count)	15	
3	Results in track races (Nationals, Open track races, European events, etc.) in last 12 months. Top 3 – 15p, top 5 – 10p, top 8 – 6p, top 10 – 3p, top 12 – 1p.	15	
4	Suitability of the rider to the track racing discipline	10	
5	Track Skill – lines, changing, bunched riding, starts etc	10	
6	Trainability towards a high performance athlete	10	
7	Commitment to the National Team and its programme	10	
8	Experience, reliability and consistency of performances	5	
9	Ability and commitment to ride as part of a team and in a support role if required	5	
10	Commitment to Cycling Ireland and UCI anti doping regulations (including completion of UCI True Champion or Cheat programme)	5	
<b>SCORE</b>		100	

(Light and small riders have the opportunity to meet the criteria in other areas. The fitness index is only one criteria measure and will not be taken in isolation above all other criteria (this is applicable to all squads)

*Riders must score 70 or over to be considered:*

The selection panel will score each rider and the final decision will be made by the Development Staff and the High Performance Director. It is envisaged that best 10-12 riders will be selected. The development track squad for 2011/2012 will be announced by mid April 2011.

**Notes:** Once on the Development squad, any member will be eligible to race in any event deemed suitable by the Development Performance Team. Further selection for events and training camps will be released after the squad has been announced. Minimum standards must be met to compete in events. Squad members will be required to meet the required standards outlined above on an ongoing basis to remain on the squad. New members will be considered when they have achieved standards that are equal to or better than existing squad members. Squad members must make themselves available for regular testing. Cycling Ireland reserve the right to change the size of the squad. This criteria will be periodically reviewed and re-published. The track squad will be dynamic and any member failing to perform may be replaced or dropped from the squad.