



U.S. PARALYMPIC TEAM TRIALS

CYCLING

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Technical Guide



Photo: Casey B. Gibson

Individual Time Trial: Saturday, June 19, 2021

Official Training: Friday, June 18, 2021

West River Parkway @ 11th Ave
Minneapolis, MN



**U.S. PARALYMPICS
CYCLING**

1 Olympic Plaza
Colorado Springs, CO 80909

June 11, 2021

Para-cycling Athletes,

On behalf of U.S. Paralympics Cycling and the U.S. Olympic & Paralympic Committee (USOPC), I'd like to thank you for being a part of this year's Paralympic Team Trials in Minneapolis, MN. It's been a long road for all of us to get here. After a lot of uncertainty, some delays, and an eventual new date for the event, I am proud to report that we are well-prepared for a fantastic competition on a stunning and challenging course in Minneapolis.

For most of you, there is a lot on the line at the Trials, and rest assured that our team of staff at U.S. Paralympics Cycling, the USOPC, USA Cycling, and Medalist Sports have prepared a truly world class competition that will serve as the culmination of a nearly five year qualification and selection process for the Tokyo 2020 Paralympic Games.

I'd like to ask that you please review the details in this technical guide carefully, as it will provide you with information about the competition and all associated requirements concerning COVID-19 protocols, athlete safety, commercial rules, and competition rules. If you have questions about the event, or about the Paralympic Games selection process, please don't hesitate to contact me. Thanks again for your participation at the Trials and see you in Minneapolis!

Sincerely,

Ian

Ian L. Lawless, Director
U.S. Paralympics Cycling



Dear Para-cycling athletes,

Welcome to Minneapolis and the 2020 U.S. Paralympic Team Trials. We are thrilled to have Para-cycling be officially contested in a trials event for the first time in history.

While the past year has been filled with challenges, uncertainty, and delays, we are excited to finally kick off the event and we thank you for your participation. With the Paralympic Games Tokyo 2020 less than 75 days away, this event is the culmination of a five-year quad and a lengthy period of preparation for many of you.

We look forward to seeing you compete at your best on a well-planned and challenging course in Minneapolis. Make sure to set your DVRs as highlights of the event will be featured across NBC's Peacock and in our recap show airing on NBC June 27 from 1:30-3:00 p.m. ET.

Best of luck to all of you during competition in the coming days. Go Team USA!

Best wishes,

Julie

Julie Dussliere

Chief of Paralympic Sport

U.S. Olympic & Paralympic Committee



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Online, Interactive Course Maps:

https://ridewithgps.com/collections/25622?privacy_code=LbGX9CusH7dEFENN



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The information in this technical guide is subject to change.

GENERAL INFORMATION

Organization

The 2020 U.S. Paralympic Team Trials is an event organized by U.S. Paralympics Cycling and the U.S. Olympic and Paralympic Committee under the regulations of USA Cycling and the International Cycling Union. The competition date is Saturday, June 19 and the official training is Friday, June 18.

General Contact

Ian Lawless – ian.lawless@usopc.org, 1-719-272-1761

Jenny Ryan – jenny.ryan@usopc.org, 1-719-338-6331

Type of event

The U.S. Paralympic Team Trials cycling competition will be conducted under the UCI Para-cycling rules for time trials and will be scored under special Trials rules as outlined in this document.

Athlete Eligibility

To be eligible to compete at the U.S. Paralympic Cycling Team Trials, athletes (including tandem pilots) must:

- hold an international license issued by USA Cycling
- be at least 18 years of age by Dec. 31, 2021
- must have raced in at least one (1) sanctioned, international UCI Para-cycling competition between Jan. 1, 2018 and June 15, 2021
- be internationally classified with a 'confirmed' sport class status or a 'review' sport class status with a review date after Dec. 31, 2021 (not applicable to tandem pilots)
 - *U.S. Paralympics Cycling has opened the competition to athletes without an international classification. These athletes will be permitted to compete, however are not eligible for Tokyo selection and will not appear on the Paralympic Road Trials Ranking List (these athletes will appear on the overall ranking list and will be eligible for the podium in their impairment group).*

All athletes competing must hold a current, 2021 USA Cycling International Racing License.

Event Website

The event website, which will include links to updated information, including start lists, timing and results, can be accessed via the following link: <https://www.teamusa.org/Tokyo-2020-Paralympic-Games/2020-US-Paralympic-Team-Trials/Cycling>



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General Information (continued from previous page)

Additional Requirements

- All adult athletes, as well as team and personal support staff, must complete, or have completed within the last calendar year, the U.S. Center for SafeSport’s Core training, or applicable Refresher training course if they have previously taken the Core training. The training must be completed prior to arrival at the event and must be valid through the conclusion of the event.
 - SafeSport & Background Check Information:
<https://www.teamusa.org/Tokyo-2020-Paralympic-Games/2020-US-Paralympic-Team-Trials/Cycling/Athlete-Safety-and-Anti-Doping>
- All athletes must comply with the new USOPC rules concerning racial and social demonstrations as well as commercial markings. More detail about these rules can be found at the following link:
 - <https://www.teamusa.org/Tokyo-2020-Paralympic-Games/2020-US-Paralympic-Team-Trials/Cycling/Trials-Participant-Rules>
- All registered competitors are subject to testing and, if chosen for drug testing, are required to comply with the applicable rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation (see “Anti-doping section) for more information.

COVID-19 INFORMATION

All participants must arrive in Minneapolis at least 72 hours prior to their first competition or first sustained interaction with athletes, absent a showing of extenuating circumstances (e.g. flight delays). Arrival deadlines listed below are based on first competition date. Non-athlete Participants with roles that require sustained interaction with athletes must arrive at least 72 hours prior to the first sustained interaction or first competition date, whichever comes first.

First Competition Date:	Arrival Deadline:
Saturday, June 19, 2021	Wednesday, June 16 by 3:00 pm

All participants are required to review the Trials COVID-19 Mitigation Plan and associated information, which can be found at the following link: <https://www.teamusa.org/Tokyo-2020-Paralympic-Games/2020-US-Paralympic-Team-Trials/COVID-19>



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Summary of Meetings

<p>Wednesday, June 16 9:00 am – 12:00 noon & 3:00 – 5:00 pm</p>	<p>On-site COVID-19 Testing University of Minnesota Lot C13 Essex St SE, Minneapolis, MN 55414 -Drive-thru and walk-up testing</p>
<p>Thursday, June 17 1:00 – 4:00 pm</p>	<p>Packet Pickup & Uniform/Equip. Check Doubletree by Hilton Minneapolis–University 511 SE Huron Blvd, Minneapolis, MN 55414 - Pickup your packet, credential and have your equipment and apparel checked</p>
<p>Thursday, June 17 6:00 pm</p>	<p>Rider Technical Meeting (virtual) Zoom (meeting invite sent separately)</p>

Spectators

After careful review and consideration, the USOPC made the difficult decision back in March to not allow spectators at the upcoming U.S. Paralympic Team Trials based on several factors including ongoing COVID-19 health concerns, venue specific restrictions and the ordinance given by the state of Minnesota. We can understand the confusion and frustration as other trials have since opened for spectators. Unfortunately, venue and state restrictions vary per event and with less than two weeks until the start of competition, we apologize that we are not able to reverse the policy. While the decision was made with the health and safety of Team USA in mind, we understand the disappointment this has caused as the opportunity to have friends and family cheering on our athletes on their road to Tokyo is a truly special moment.

We know it does not equal the support of friends and family in person, however we are happy to announce that highlights of the cycling events will be streamed at no cost for the first time across NBC’s Peacock and digital channels. NBC will also broadcast a 90-min team trials recap show on June 27.



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Local Information

Temperature

- In June the average high temperature is 75.9°F (24.4°C).
- The average low-temperature is 59°F (15°C).

Humidity

- The average relative humidity is 76%.

Rainfall

- June is the month with the most rainfall in Minneapolis.
- Rain typically falls on 14 days during the month and typically aggregates up to 1.42" (36mm) of precipitation.

Time Zone (on race day)

Central Daylight Time (GMT-5)

Lodging & Transport

Information about hotels and transportation can be found on the 2020 Paralympic Team Trials website at the following link:

<https://www.teamusa.org/Tokyo-2020-Paralympic-Games/2020-US-Paralympic-Team-Trials/Cycling/Transportation-and-Lodging---CYC>

Airports

All participants should fly into the Minneapolis St. Paul Airport (MSP), which is about 15 minutes by from the official accommodations. More information can be found at the following link:

<https://www.mspairport.com/>

Team & Support Staff Registration

Team and athlete support staff (including PCAs) requiring accreditation must be registered in advance and are subject to COVID-19 testing, USOPC Athlete Safety requirements, and may be subject to a background check. Athletes who have questions about these requirements should contact jenny.ryan@usopc.org



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Athlete Safety

Applicable Policies

- All athletes, team and athlete support staff must be familiar with and comply with the USOPC Athlete Safety Policy available at <http://teamusa.org/USOPCAthleteSafetyPolicy>. In accordance with that policy, adult Participants are required to report allegations of prohibited conduct, and must comply with the training and education requirements also outlined in that policy.
- Adult participants must comply with the Mandatory Components of the Minor Athlete Abuse Prevention Policies (MAAPP), as formally incorporated in Section 4.3 of the UOSPC Athlete Safety Policy, and available at <http://teamusa.org/maapp>.

Anti-Doping

Selection of Riders

Anti-doping checks will take place at each race venue. By registering to compete at this event you have consented to be subject to drug testing and adhere to the penalties associated with an anti-doping rules violation. All registered competitors are subject to testing and, if chosen for drug testing, are required to comply with the applicable rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation.

When the U.S. Anti-Doping Agency (“USADA”) is conducting testing at a race the list of cyclists selected for doping control will be posted at the finish line (or location where the cyclists leave the course or track) and at the Doping Control Station.

All riders, including any athlete who has abandoned the competition, are responsible for ensuring personally whether they are required to appear for doping control. All posted riders are required to report to the Doping Control Station unless their release from testing is documented by a USADA Official in the field. If, after reporting to the Doping Control Station a posted rider is not required to provide a sample for purposes of doping control, their dismissal will be documented by a USADA Official.



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Anti-Doping (continued from previous page)

Notification of Athletes

It is your responsibility to check the doping control posting even when chaperones are provided at events where USADA is testing. The lack of a Chaperone or Escort does not excuse a rider from testing. Should a rider fail to report to doping control within 60 minutes of notification, that rider will be subject to sanctions.

Applicable Rules

USADA will conduct testing in accordance with its Protocol. Additional information concerning the USADA Protocol is available online at <http://www.usantidoping.org>. In addition, please review the applicable anti-doping rules of the Union Cycliste International (UCI), the International Federation for the sport, “Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping rules or otherwise evading sample collection” is an anti doping rule violation.

United States Anti-Doping Agency

The United States Anti-Doping Agency is the independent anti-doping agency for the Olympic & Paralympic movement in the United States. USADA is dedicated to eliminating the practice of doping in sport, preserving the well-being of sport and ensuring the health of athletes through drug testing, research initiatives and educational programs.



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Venue & Parking Entry Requirements (Official Training (June 18) and Competition (June 19)) **ALL PARTICIPANTS MUST GO THROUGH THE COVID CHECKPOINT AT THE 13TH AVE PARKING DECK IN ORDER TO GAIN ACCESS TO THE VENUE**

Parking for all participants (athletes, personal/team staff, and event staff) is at the West Bank Office Building Upper Parking Deck. 1300 13th Ave S, Minneapolis, MN 55415

<https://goo.gl/maps/rJo5cvRbX9PZruBr6>

Directions to the Parking Deck:

- From S Washington Ave, turn north-northeast on 12th Ave S
- Turn right on S 2nd St
- Continue around the corner, road changes to 13th Ave S
- Turn right onto the ramp leading to the upper deck of the W Bank Office Building Parking Garage (1300 13th Ave S, Minneapolis, MN 55415)

Upon arrival at the Parking Deck (by Vehicle or by Bike):

All participants should be prepared for:

- Temperature screen
 - Credential check
 - Green Trials Passport Check (GuideSafe)
1. Pass through the COVID-19 Checkpoint, collect a sticker and park.
 - **Special Instructions for Athletes:** You must arrive at the parking deck with your credential on both Friday and Saturday.
 - **FRIDAY:** Once cleared at the COVID checkpoint, you will receive a sticker on your credential to access the venue (an easy 5-minute ride from the parking deck). You **MUST** bring your credential with you to the venue on Friday for the official training.
 - **SATURDAY:** (Slightly different). Your sticker will be placed on your bib number at the COVID checkpoint, and your bib number will grant you access to the venue (athletes don't need to bring their credential on the way to the start house if your bib number has a sticker)
 - Non-athlete participants (Tiers 1 & 2 only) will receive a sticker to be placed on a credential in order to access the venue.
 2. When you are ready to enter the venue, cautiously exit down the parking garage ramp
 3. Cross the street, turn left on to 13th Ave S, and use the bike lane, then enter the coned right curb lane at 2nd St and 13th Ave. This lane is provided for athletes to use to/from parking & venue entrance/exit.
 4. Look for the venue entrance and check point (Turn right on 11th Ave S) into the venue and show your sticker for access



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Parking, Venue and COVID Checkpoint Locator Map



Parking deck pin: <https://goo.gl/maps/rJo5cvRbX9PZruBr6>
(by car or by bike)

Venue Entry (COVID Checkpoint) pin: <https://goo.gl/maps/8HGE6hFNpRCbcea6>
(no cars, only by bike, on foot, crutches, or wheelchair)



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Official Training Details – Friday, June 18 from 10:00 am – 12:00 noon

All registered riders are invited to participate in a closed course training on Friday, June 18 from 10:00am – 12:00 noon. The course will be set-up via a partial road closure, however will not include all of the same features riders can expect for competition day.

- All riders must go through the COVID checkpoint (see above) prior to entering the course for official training
- Please do not enter the course prior to 10:00 am
- Please complete your training and be completely off the course by 12:00 noon
- The venue at 11th Ave and 2nd street will be set-up for the official training day
 - This includes the start ramp
- The time trial jig will be set-up for pre-checks on the official training day
- Both turnarounds will be marked for the official training, however will not include fencing or cones
- USA Cycling officials will be present at the official training
- Please follow and comply with all traffic regulations and racing regulations. This includes wearing a helmet and appropriate cycling attire





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COMPETITION SCHEDULE: Saturday, June 19, 2021

Individual Time Trial

All Starters @ 2:00 intervals

14.3 km Course					
Time	Classification	Course	# of laps	Total Distance	# Bikes
9:00	MH1	14.3 km	1	14.3 km	1
9:05	MH2	14.3 km	1	14.3 km	1
9:10	WH1-3*	14.3 km	1	14.3 km	2
9:20	WT1-2*	14.3 km	1	14.3 km	4
9:30	MT1-2*	14.3 km	1	14.3 km	5
9:50	WC1-3*	14.3 km	1	14.3 km	3
10:00	MC1	14.3 km	1	14.3 km	2
<i>Course Reset</i>					
29.1 km Course (2 laps of 14.3 km course + 500m)					
10:45	MB	14.3 km	2	29.1 km	4
10:55	WB	14.3 km	2	29.1 km	1
11:35	MC4	14.3 km	2	29.1 km	4
11:45	MC5	14.3 km	2	29.1 km	2
<i>Course Reset</i>					
17.0 km Course					
13:00	WH4-5*	17.0 km	1	17.0 km	2
13:15	WC4	17.0 km	1	17.0 km	2
13:20	WC5	17.0 km	1	17.0 km	2
13:30	MH3	17.0 km	1	17.0 km	2
13:40	MH4	17.0 km	1	17.0 km	6
13:50	MH5	17.0 km	1	17.0 km	5
14:00	MC3	17.0 km	1	17.0 km	2
14:45	Awards Ceremonies - Finish line				

* Indicates factored event

Last Updated: 6/11/2021



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Time Trial Notes

- The course will be open for pre-riding between 8:00 - 8:50 am on race day
 - All riders must be completely off the course by 8:50 am
- Pre-check will run from 7:45 – 8:30 am
- A specially-designed starting ramp will be used for all classes.
- Riders should arrive at the bike check (located just in front of the start house) 15 minutes prior to assigned start time and must follow directions of the race staff and officials in the starting queue.
- Upon finishing riders will continue on course for approximately 250 meters, through the turnaround and **must** deviate through the bike lane on 11th street.
- Riders are responsible for keeping track of laps ridden.
- Throughout the race, riders must stay on their side of the road (right) as 90% of the course is two-way traffic.
 - The yellow line rule will be enforced by race officials
 - All sections of the course have enough space for passing on the left, without crossing the line.
- Number Placement:
 - **H1-4 Riders:** Please affix one race number to the **right** side of your bike frame or your leg – AND – one number on the back of the frame, or seat, centered and visible. Please also wear a helmet number on the **right** side of the helmet.
 - **H5 Riders:** Please affix one race number on your lower back, or the back of the frame or seat, centered and visible. Please also wear a helmet number on the left side of the helmet.
 - **T1-2 Riders:** Please wear one race number, centered, on your lower back
 - **C1-5 Riders:** Please wear one race number, centered, on your lower back
 - **B Riders (Stoker only):** Please wear one race number, centered, on your lower back.
- Handcycles and trikes do not need to have draft bars affixed during the time trial
- Neutral Service pits will be available on course and at the venue. Details will be announced during the rider technical meeting on Thursday, June 17.
- The time trial will be run under the UCI equipment rules for time trial competition and race officials will enforce regulations strictly.
 - For more details about the UCI equipment rules for time trials, please refer to the UCI rules for Para-cycling: <https://www.uci.ch/inside-uci/constitutions-regulations/regulations>



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Scoring & Results

The Paralympic trials will be scored via special rules specific to Paralympic Team selection. There will also be additional results (ranking lists) for the purpose of recognizing the top three riders/bikes for each impairment group (see “podiums” below).

Paralympic Team Selection

Please reference the *Tokyo 2020 Paralympics Games Athlete Selection Procedures* for details in the attachments as indicated below:

<https://www.teamusa.org/usparacycling/athletes-section/selection-procedures>

- Two ranking lists will be created – a men's ranking and women's ranking. Each athlete will be given a Time Trial result on the ranking list based on performance(s) in time trial categories as published in the competition schedule on page 13 of this technical guide.
- Each finish time will be converted to a “Result” by expressing it as a percentage of the U.S. Paralympics Tokyo Paralympic Games Standards (Attachment B from the selection procedures) for the respective Tokyo medal event. (An event refers to the competition at the Tokyo 2020 Paralympic Games – e.g. the Women’s C1-2-3 Time Trial, as outlined in Attachment A of the selection procedures).
- Each result will be rounded to the nearest one hundredth of a percent. Lower percentages are better than higher percentages (97.01% beats 99.02% beats 103.03%). $\text{Result} = (\text{finish time}/\text{National Standard}) \times 100$
- All Results will then be utilized to formulate two selection ranking lists – a men's ranking and a women's ranking.
- Each ranking list will include all results for all athletes, ordered from lowest percentage (best) to highest percentage. All athletes selected to the team from the ranking list must have a performance (result) within 10% of the lowest percentage (best) on the list for their respective gender to be eligible for selection to the Tokyo 2020 Paralympic Team based on their performance at the Paralympic Team Trials.



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Scoring & Results (continued from previous page)

Race Day Podiums

Eight (8) additional time trial ranking lists will be created exclusively for the purposes of recognizing podiums for each impairment group, as indicated below. These eight ranking lists will not be utilized as part of the Tokyo team selection process. Ranking lists expressing a percentage vs. the Tokyo Paralympic Games Standard will be created for each of the following impairment groups:

- Women C1-5
- Men C1-5
- Women T1-2
- Men T1-2
- Women B
- Men B
- Women H1-5
- Men H1-5

Podium ceremonies for all impairment groups begin at 2:45 pm on Saturday, at the finish line.

- All athletes are required to attend and are required to follow the UCI rules for podium attire.
- Athletes who do not attend the podium ceremony, or who do not wear appropriate attire may face a fine by U.S. Paralympics Cycling.
- For more details re: rules about podium attire, please refer to the UCI rules for Para-cycling: <https://www.uci.ch/inside-uci/constitutions-regulations/regulations>

Paralympic Team Announcement

The official Paralympic Team naming ceremony has been moved a virtual announcement, which will be published on the Team USA website on Sunday, June 20. Athletes do not have any in-person requirements after the podium ceremony on Saturday, June 19.



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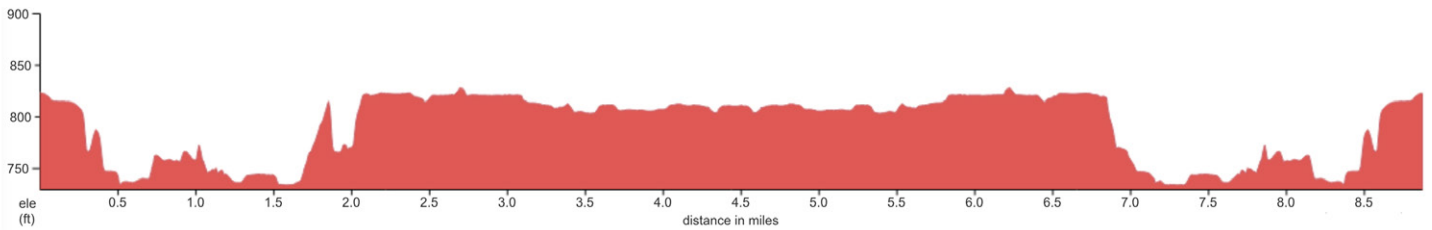
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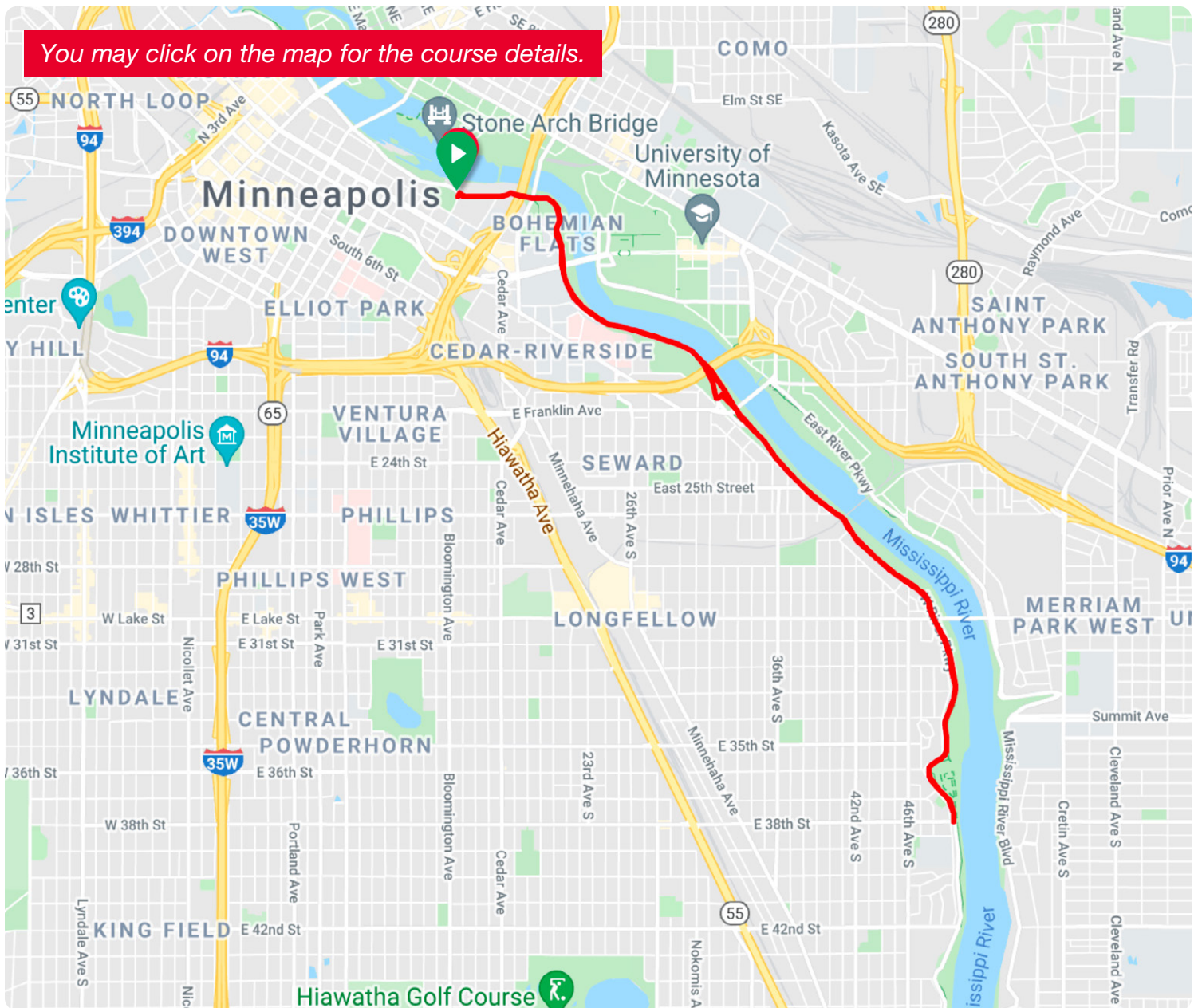
TIME TRIAL

SATURDAY, JUNE 19, 2021

TRIALS TT 14.3 Kilometer — Distance: 8.9 Miles; Elevation Gain +366ft; Elevation Loss -366ft



You may click on the map for the course details.





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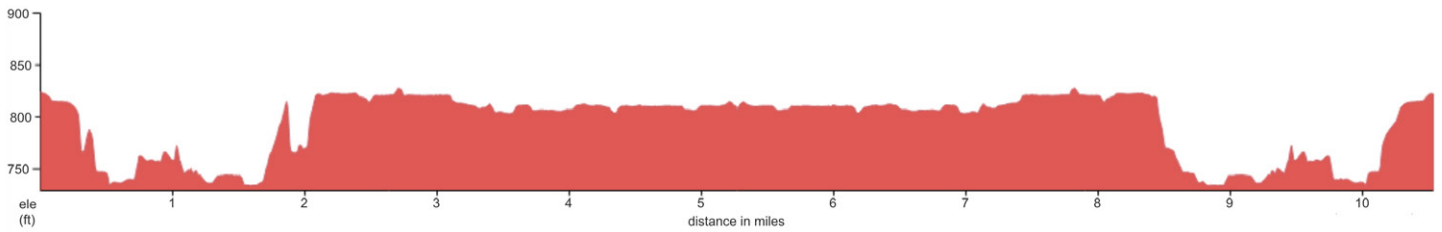
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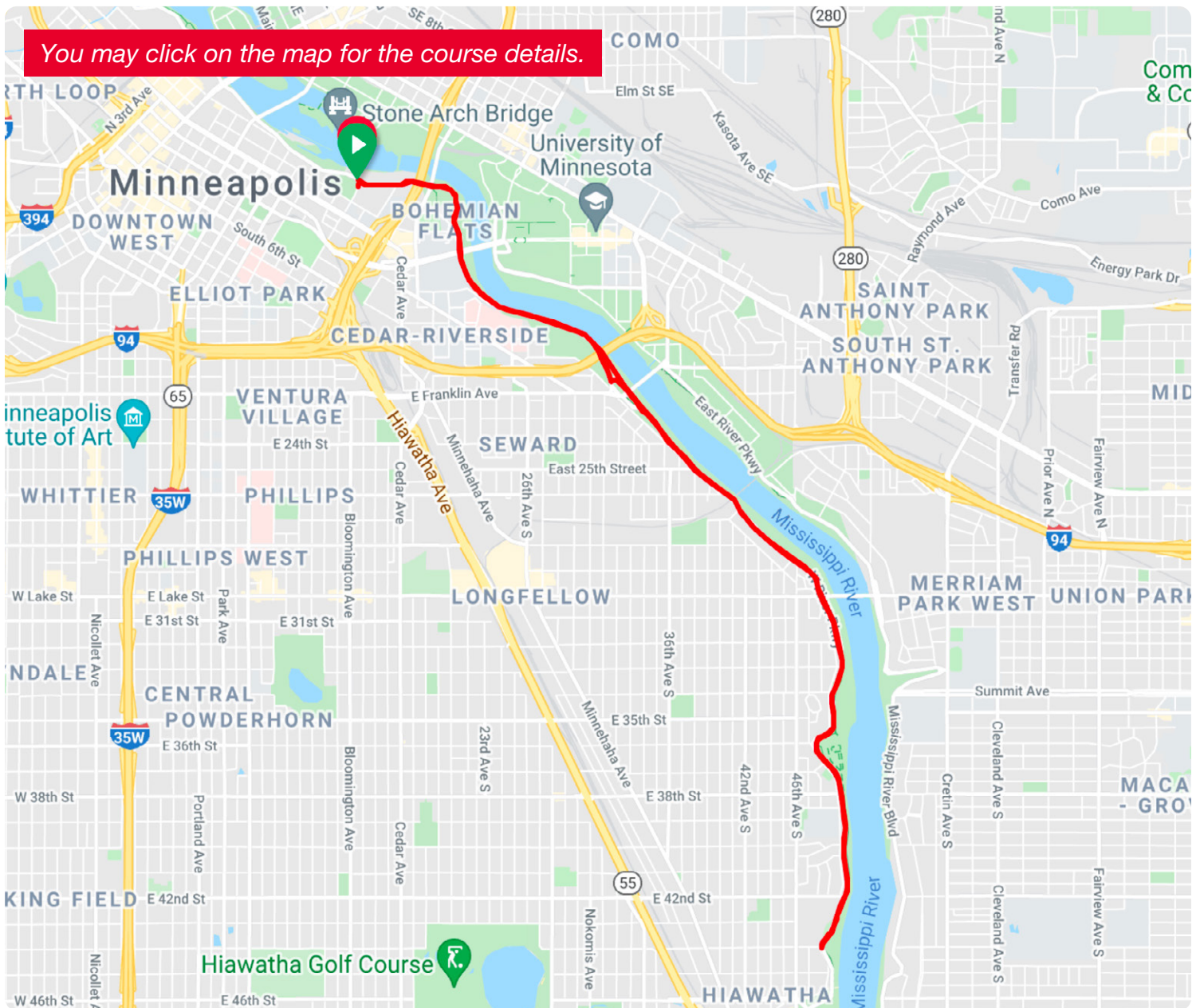
TIME TRIAL

SATURDAY, JUNE 19, 2021

TRIALS TT 17.0 Kilometer — Distance: 10.5 Miles; Elevation Gain +379ft; Elevation Loss -380ft



You may click on the map for the course details.





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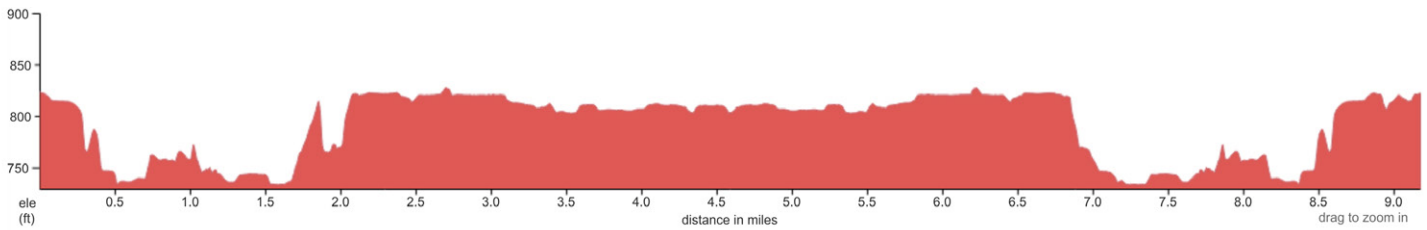
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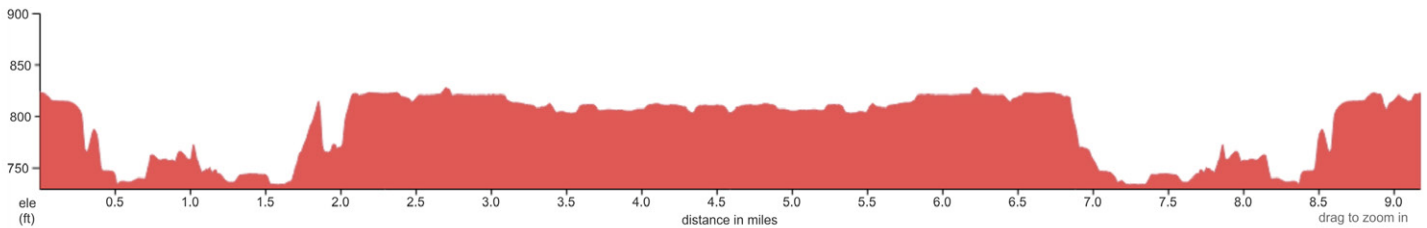
TIME TRIAL

SATURDAY, JUNE 19, 2021

TRIALS TT 29.1 Kilometer 1ST LAP — Distance: 9.2 Miles; Elevation Gain +378ft; Elevation Loss -379ft



TRIALS TT 29.1 Kilometer 2ND LAP — Distance: 8.9 Miles; Elevation Gain +366ft; Elevation Loss -366ft



You may click on the map for the course details.

