

DISABLED CROSS COUNTRY

Team Nomination Criteria

Team status does not guarantee funding from USSA for preparation or competition; however, every effort will be made to maximize available funding for team athletes in order to implement comprehensive development and competition programs.

National Team Progression

- Athletes must attend two USSA sponsored training camps for the purpose of evaluating skiing skill level and cardio-vascular conditioning.
- Athletes must attend a training camp in which a time trial or race is scheduled. The national coaching staff will evaluate the athlete's performance in the time trial/race, and an invitation may be extended to the athlete to participate in the U.S. National Championships.
- Sit-ski athletes must attain the calculated per kilometer pace and/or ten percent back from the category winner in two different races at U.S. National Championships. Athletes achieving this requirement will be invited to a disabled World Cup event in which to qualify for the national team.
- Standing Athletes must attain the designated percent back (calculated time) from the average time of the top six able-bodied athletes and/or ten percent back from the category winner in two different races at U.S. National Championships. Athletes achieving this requirement will be invited to a disabled World Cup event in which to qualify for the national team.

SIT SKI WOMEN PACE TIME

(CALCULATED)
LW 10 thru 12
4:20 km pace

SIT SKI MEN PACE TIME

(CALCULATED)
LW 10 thru 12
3:40 km pace

STANDING WOMEN PERCENT BACK (Ave. time top 6 able-bodied results)

Classic	
B-3	33%
B-2	40%
B-1	57%

STANDING MEN PERCENT BACK (Ave. time top 6 able-bodied results)

Classic	
B-3	33%
B-2	40%
B-1	57%

LW6/8 44%
 LW4 38%
 LW5/7 80%

LW6/8 44%
 LW4 38%
 LW5/7 80%

Freestyle
 B-3 33%
 B-2 40%
 B-1 55%
 LW6/8 42%
 LW4 38%
 LW5/7 75%

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 B-3 33%
 B-2 40%
 B-1 55%
 LW6/8 42%
 LW4 38%
 LW5/7 75%

After achieving the above criteria at U.S. National Championships, athletes wishing to qualify for the **National Team** must ski:

Option 1: a minimum of **7%** back in **two** IPC/SAEC sanctioned competitions from the average calculated finish time of the **top two finishers** in their respective category. (Three class system) **7%** back must be achieved in either the middle or long distance races in the same season.

Option 2: a minimum of **7%** back in **one** IPC/SAEC sanctioned competition from the average calculated finish time of the **top two finishers** in their respective category (Three class system) and reaching the **sprint semi-finals** once in the same season.

NOTE: If the category field size has less than twelve competitors, the sprint qualification criteria will not apply.

IPC DISABILITY PERCENTAGES

CLASS	CLASSIC	FREESTYLE
B1	87%	85%
B2	98%	98%
B3	100%	100%
LW2	91-93%	86-91%
LW3	87%	80-91%
LW4	94-96%	96%

LW5/7	79%	87%
LW6	91%	96%
LW8	92%	97%
LW9	85-95%	82-95%

LW10	86%
LW10.5	91%
LW11	94%
LW11.5	98%
LW12	100%

COACHES DISCRETION

National team coaches may select athletes to the team using coaches' discretion. If the coaching staff fills any available spots on the team with discretionary selections, then the coaching staff may consider any factors including but not limited to the following:

- Outstanding competition results
- Recent direction or trend of competition results (i.e. improving, flat, or declining)
- Attitude and commitment of the athlete

TEAM SIZE

The U.S. Disabled Cross Country Team will be limited to ten total athletes on the combined Development and National teams. If there are more than ten athletes vying for those available spots, the top ten athletes with the smallest percent back from the average calculated time of the top two finishers in their respective classes in two IPC/SAEC competitions will be named to the team.

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