

## JCF Standard Times for Team Selection 2024

### TRACK CYCLING

CATEGORY	EVENT	NATIONAL	REGIONAL	INTERNATIONAL
<i>Elite Men</i>	Sprint/Keirin 200m (Sec)	11:400	10:300	9:836
	Team Sprint Starter Standing 250m (Sec)	18:901	18:400	17:900
	1km Time Trial (Min:Sec)	1:07:000	1:04:000	1:01:000
	4KM Individual Pursuit (Min:Sec)	4:56:000	4:41:000	4:32:000
	15KM Scratch Race (Min:Sec)	20:10:000	19:55:000	19:32:000
<i>Elite Women</i>	Sprint /Kierin 200m TT (Sec)	12:07:000	11:318	10:790
	500m TT Standing (Sec)	37:80	35:966	34:936
<i>Junior Men</i>	Sprint / Kierin 200m TT (Sec)	11:635	10:800	10:148
	1km TT (Min:Sec)	1:15:000	1:12:000	1:06:000
	3km Individual Pursuit (Min:Sec)	3:48:000	3:32:000	3:12:007
<i>Junior Women</i>	Sprint/Kierin 200m (Sec)	13:200	12:300	11:617
	500m TT (Sec)	39:500	37:847	36:500



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#### ROAD CYCLING

<b>CATEGORY</b>	<b>EVENT</b>	<b>TIME (Min:Sec)</b>
<i>Elite Men</i>	10 MILES (15KM) TT	18:00
	25 MILES (40KM) TT	58:00
<i>Elite Women</i>	10 MILES (15KM) TT	25:00
<i>Junior Men</i>	10 MILES (15KM) TT	21:00
<i>Junior Women</i>	6 MILES (10KM) TT	15:00