



Wheels  
for All

# Paralympic Cycling

Your guide to the  
2024 Paralympic Cycling events



# Dates and Times

## Para Cycling - Track

Thursday 29th August

11:00am Women's C4-5 500m Time Trial - Qualifying

11:22am Men's C1 3000m Individual Pursuit Qualifying

11:55am Women's C1-3 3000m Individual Pursuit Qualifying

12:41pm Men's B 4000m Individual Pursuit Qualifying

2:45pm Women's C4-5 500m Time Trial - Final

3:07pm Men's C1 3000m Individual Pursuit Final - Bronze

3:15pm Men's C1 3000m Individual Pursuit Final - Gold

3:24pm Women's C1-3 3000m Individual Pursuit Final - Bronze

3:41pm Women's C1-3 3000m Individual Pursuit Final - Gold

3:59pm Men's B 4000m Individual Pursuit Final - Bronze

4:13pm Men's B 4000m Individual Pursuit Final - Gold



## Friday 30th August

10:30am Men's C4-5 1000m Time Trial - Qualifying

11:15am Women's C4 3000m Individual Pursuit  
Qualifying

11:54am Men's C2 3000m Individual Pursuit Qualifying

12:27pm Men's C3 3000m Individual Pursuit Qualifying

12:58pm Women's B 1000m Time Trial - Qualifying

1:52pm Men's C4-5 1000m Time Trial - Final

2:17pm Women's C4 3000m Individual Pursuit Final -  
Bronze

2:25pm Women's C4 3000m Individual Pursuit Final -  
Gold

2:41pm Men's C2 3000m Individual Pursuit Final -  
Bronze

2:49pm Men's C2 3000m Individual Pursuit Final - Gold

3:18pm Men's C3 3000m Individual Pursuit Final -  
Bronze

3:26pm Men's C3 3000m Individual Pursuit Final - Gold

3:34pm Women's B 1000m Time Trial - Final



## Saturday 31st August

9:00am Women's C1-3 500m Time Trial - Qualifying

9:19am Men's C1-3 1000m Time Trial - Qualifying

10:58am Men's C5 4000m Individual Pursuit  
Qualifying

12:35pm Women's C1-3 500m Time Trial - Final

1:02pm Men's C1-3 1000m Time Trial - Final

1:52pm Men's C4 4000m Individual Pursuit Final -  
Bronze

2:01pm Men's C4 4000m Individual Pursuit Final -  
Gold

2:10pm Men's C5 4000m Individual Pursuit Final -  
Bronze

2:21pm Men's C5 4000m Individual Pursuit Final -  
Gold



## Sunday 1st September

10:00am Men's B 1000m Time Trial - Qualifying

10:26am Women's B 3000m Individual Pursuit  
Qualifying

11:24am Women's C5 3000m Individual Pursuit  
Qualifying

11:55am Open C1-5 750m Team Sprint Qualifying

12:51pm Men's B 1000m Time Trial - Final



1:31pm Women's B 3000m Individual Pursuit Final - Bronze

1:41pm Women's B 3000m Individual Pursuit Final - Gold

2:14pm Women's C5 3000m Individual Pursuit Final - Bronze

2:22pm Women's C5 3000m Individual Pursuit Final - Gold

2:30pm Open C1-5 750m Team Sprint Final - Bronze

2:37pm Open C1-5 750m Team Sprint Final - Gold



# Para Cycling - Road

Wednesday 4th September

7:00am

Women's C5 Individual Time Trial

Women's C4 Individual Time Trial

Men's C2 Individual Time Trial

Men's C1 Individual Time Trial

Women's C1-3 Individual Time Trial

Women's H4-5 Individual Time Trial

Men's H2 Individual Time Trial

Men's H1 Individual Time Trial

Women's H1-3 Individual Time Trial

Men's T1-2 Individual Time Trial

Women's T1-2 Individual Time Trial

Men's B Individual Time Trial

Men's C5 Individual Time Trial

Men's C4 Individual Time Trial

Men's C3 Individual Time Trial

Women's B Individual Time Trial

Men's H5 Individual Time Trial

Men's H4 Individual Time Trial

Men's H3 Individual Time Trial



## Thursday 5th September

8:30

Men's H1-2 Road Race

Women's H1-4 Road Race

Men's H5 Road Race

Women's H5 Road Race

Men's H4 Road Race

Men's H3 Road Race



## Friday 6th September

8:30

Men's C4-5 Road Race

Women's C4-5 Road Race

Men's B Road Race

Women's B Road Race



## Saturday 7th September

8:30

Women's C1-3 Road Race

Men's C1-3 Road Race

Men's T1-2 Road Race

Women's T1-2 Road Race

Mixed H1-5 Team Relay



# Glossary

## Sprint

Sprint teams consist of 3 riders per team in the men's competition and in the women's competition teams are comprised of 2 riders.

The lead rider is a specialist at standing starts and able to smoothly but powerfully bring the team up to speed as fast as possible before pulling off at the end of one lap and letting the next rider take the lead.

The second rider for the men's team sprint will further accelerate for one more lap, launching the final rider for his all-out sprint of the final lap. The fastest team wins.

Watch an example of a Sprint [HERE](#)

## Pursuit

Each team is composed of four riders who race together across 16 laps, each taking turns pulling with the others drafting in a straight line.

Each round is contested by two teams starting on opposite sides of the track to cover the 4,000. The time is taken as the third rider's front wheel crosses the finish line.

The lead rider powers the team into a turn then pulls off high on the banking and dives down to rejoin in the draft of the last rider. The better a rider is at pulling off an effective exchange, the more efficient they are at saving energy and thus the faster they can travel.

Watch an example of the Pursuit [HERE](#)

# More information

To keep up with more of the 2024 Paris Paralympic Games visit [www.olympics.com](http://www.olympics.com) or scan the QR Code below!



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