

# USA Climbing Elite Series Speed Benchmark Times



Version 20241013

The table below has Benchmark Times for the USA Climbing Elite Series (see Section 2.4 “Elite: Speed Benchmarks” of the Team Selection Procedures document, found [here](#)).

*2.4.1 USA Climbing Team Selection Speed Benchmark times are established at the conclusion of the calendar year, using the times achieved that year in the Speed Qualification rounds of IFSC World Cups and, if held that year, the IFSC World Championship.*

*As set forth in 2.4.2:*

- *The benchmark for an athlete to be on the National Team (the NT Benchmark) is calculated from the IFSC WC & WCH Qualification rounds in the prior year.*
- *A single set of Qualification times is determined by selecting the fastest Qualification time for each competitor at each competition. (A given competitor may contribute multiple Qualification times to that single set if they competed at multiple competitions.)*
- *The NT Benchmark is the median of that single set, an estimated time that would likely place the athlete in the top 50% of a typical IFSC qualification round.*
- *The benchmark for an athlete to get a Competition Start (the CS Benchmark) is 7% slower than the NT Benchmark.*
- *The benchmark for an athlete to qualify for the National Team Trials (the NTT Benchmark) is 40% slower than the NT Benchmark.*

The 2025 Speed Benchmark times are determined using 2024 IFSC results and the times apply to 2025 Team Selection and 2025 Competition Starts.

	Benchmark	2025	2024	2023
Women	NT Benchmark	7.72	8.00s	(11.00s)
	CS Benchmark	8.27	8.56s	9.00s
	NTT Benchmark	10.81	11.20s	11.00s
Men	<b>Benchmark</b>	<b>2025</b>	<b>2024</b>	<b>2023</b>
	NT Benchmark	5.48	5.68s	(8.00s)
	CS Benchmark	5.87	6.08s	6.20s
	NTT Benchmark	7.68	7.96s	8.00s

The 2025 Speed Benchmark calculations can be found [here](#).

Questions regarding the Speed Benchmark times may be directed to the USA Climbing Team Selection Committee at [teamselection@usacimbing.org](mailto:teamselection@usacimbing.org).

## USA Climbing Contact Information

Email: [info@usacimbing.org](mailto:info@usacimbing.org) | Phone: 303-499-0715 | Fax: 561-423-0715

Mail: USA Climbing | 537 W 600 S | Salt Lake City, UT 84101