

# USA Climbing Elite Series Speed Benchmark Times



Version 20260210

The table below has Benchmark Times for the USA Climbing Elite Series (see the Team Selection Procedures document, found [here](#)).

The 2026 Speed Benchmark times are determined using 2025 IFSC results and the times apply to 2026 Team Selection and Competition Starts.

	Benchmark	2026	2025	2024	2023
Women	NT Benchmark	7.38	7.72	8.00s	(11.00s)
	CS Benchmark	7.90	8.27	8.56s	9.00s
	NTT Benchmark	<del>10.34</del> 10.81*	10.81	11.20s	11.00s
Men/Open	Benchmark	2026	2025	2024	2023
	NT Benchmark	5.35	5.48	5.68s	(8.00s)
	CS Benchmark	5.73	5.87	6.08s	6.20s
	NTT Benchmark	<del>7.49</del> 7.68*	7.68	7.96s	8.00s

\*due to the late publication of benchmark times, the NTT benchmark is unchanged from 2025.

The 2026 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@usaclimbing.org](mailto:teamselection@usaclimbing.org).

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