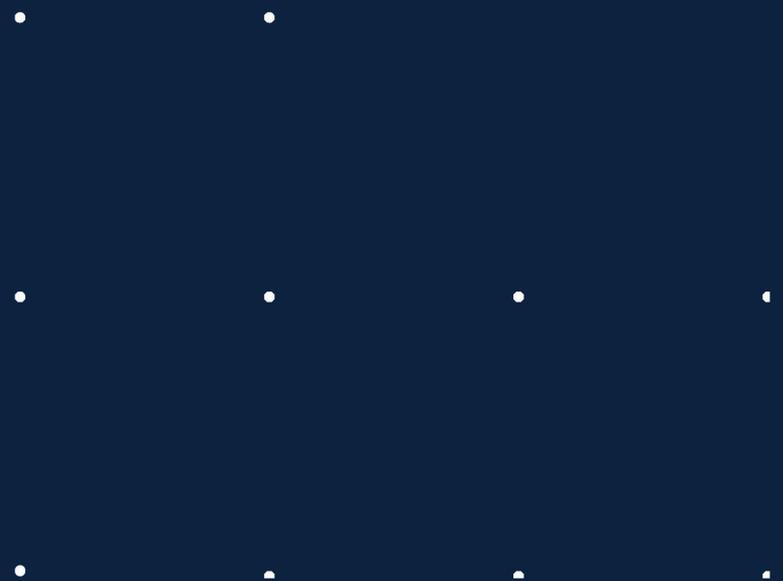


2026 US ELITE TEAM ATHLETE UPDATE



Where Olympic Journeys Begin

ZOOM RECORDING

Recording: [LINKED HERE](#)

Password: zQhkGe5!

Staff Intro:

- John Muse (Chief of Sport)
- Toya Eastman (National Team Manager)
- Josh Larson (National Team Head Coach)
- Matt Maddison (S&C/Speed Team Manager)
- Zack DiCristino (USAC Staff PT)
- Patrick Bodnar (Director, Marketing & Communications)
- Contractors (PT, Coaches)
 - Alvaro Rangel
 - Frankie Caiazzo
 - Laurel Melton
 - John Brosler
 - Casey Brady - PT
 - Cindy Zingleman - PT
 - Additional may be utilized

IFSC versus World Climbing

- IFSC is now called World Climbing.
- World Cups are now referred to as World Climbing Series. I.e., World Climbing Series Salt Lake City 2026
- Continental Cups are now referred to as Pan American Series. I.e., Pan American Series Salt Lake City 2026

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National Team Ranking Points



CUWR Bonus Points Lead and Boulder

2.1.5 National Team Ranking Bonus points are as follows:

- a) At the conclusion of the calendar year, WCL CUWR Top-40 National Team Ranking Bonus points are awarded in each of the Lead, Boulder, and Speed Disciplines, where their points are determined from their CUWR top-40 rank in the Discipline at the end of the year using the tables below:

Lead and Boulder National Team Ranking Bonus – CUWR Top-40							
CUWR	Bonus Pts	CUWR	Bonus Pts	CUWR	Bonus Pts	CUWR	Bonus Pts
1	2727	11	1068	21	627	31	373
2	2247	12	1008	22	591	32	362
3	1966	13	959	23	567	33	351
4	1769	14	910	24	529	34	346
5	1608	15	861	25	504	35	338
6	1486	16	812	26	477	36	329
7	1388	17	774	27	449	37	321
8	1289	18	725	28	425	38	319
9	1205	19	689	29	409	39	313
10	1131	20	651	30	389	40	308

Table 2-4 National Team Ranking Points – Lead and Boulder Bonus Points – CUWR Top-40

CUWR Bonus Points Speed

Speed National Team Ranking Bonus – CUWR Top-40							
CUWR	Bonus Pts	CUWR	Bonus Pts	CUWR	Bonus Pts	CUWR	Bonus Pts
1	909	11	356	21	209	31	124
2	749	12	336	22	197	32	120
3	655	13	319	23	189	33	117
4	589	14	303	24	176	34	115
5	536	15	287	25	168	35	112
6	495	16	270	26	159	36	109
7	462	17	258	27	149	37	107
8	429	18	241	28	141	38	106
9	401	19	229	29	136	39	104
10	377	20	217	30	129	40	102

Table 2-5 National Team Ranking Points – Speed Bonus Points – CUWR Top-40

How National Teams are formed!

National Team: Preselected athletes plus top X of the National Team Ranking, not to exceed 5 athletes on each team.

Preselected Team Members:

- Annie Sanders (Boulder & Lead)
- Colin Duffy (Boulder)
- Emma Hunt (Speed)
- Sam Watson (Speed)
- Zach Hammer (Speed)

Development Team: Remainder of athletes in the top 10 of the National Team Ranking who are not on the National Team.



Team Selection Discretion

Reminder: Team Selection Discretion proposals may be submitted by the USA Climbing Athletes' Commission (AC) (as well as the USA Climbing High Performance staff as before).

Speed Considerations

Athletes must have run a competition start benchmark time to be eligible for competition start. Refer to the [National Elite Speed Time Database](#)

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	10.34 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	7.49 7.68*	7.68	7.96s	8.00s

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



National Team

National Development Team

Competition Starts



National Team, National Development Team, and Competition Starts

Reminder: Elite Competition Starts are subject to having the first allocated competition start for each event being subject to Team Selection Discretion. This can result in an athlete who is not on the relevant National Team receiving a competition start ahead of an athlete who is on the National Team.

All athletes on the National Development Team are subject to Competition Start priority/order per Team Selection Discretion based on a proposal from USA Climbing High Performance staff or AC.

Discretionary proposals are reviewed based on the following priorities:

- Maximizing number of Olympic qualified athletes.
- Maximizing Olympic Qualifying Series
- Maximizing following season's World Series quota
- Distribution of development opportunity



National Team, National Development Team, and Competition Starts

US Projected World Climbing Quota for 2026 World Cups as determined by World Climbing's policy:

- Boulder Men (4) Lead Men (4) Speed Men (5)
- Boulder Women (6) Lead Women (4) Speed Women (6)

Funding

- Flight stipends will be provided to the top 3 team members for each discipline and gender for specific events. Funding may pass down to other team members if a competition start is declined.
- Accommodation stipends will be provided to all competition starts for specific events (subject to change).
- Refer to the [World Climbing Series Travel sheet](#) for stipends allowed at specific events.
- Funding may be denied based on performance or lack of commitment to High Performance. Criteria including but not limited to:
 - Not placing within the top 30 at World Climbing Series events
 - Not training
- Funding may be provided to a Development team members. Last year if funding remained for a competition, USA Climbing distributed that funding evenly across all attending Development team members.

Funded / Non-Funded Events

- Funded (subject to change):
Keqiao CHN, Wujiang CHN, Bern SUI, Madrid ESP, Prague CZE,
Innsbruck AUS, Krakow POL, Chamonix FRA, Koper SLO, Guiyang
CHN, Chongqing CHN
- Unfunded: Salt Lake City USA, Santiago CHI

Registration of Interest / Athlete Info

World Climbing License- Athletes have to complete PPE and additional health screening requirements in order for USA climbing to register the athlete to World Climbing events.

Registration of interest for international competition starts will take place through the [google form](#) on the Team USA page.

Athletes must complete the [athlete info google form](#).

[World Climbing Series Startsheets](#) on Team USA page contain who is interested in an international competition start along with who has confirmed starts.

[World Climbing Series Travel spreadsheet](#)



Athlete Agreement / Minor Travel Policy



Athlete Agreement/ Minor Travel Policy

- 3.k. Update to EAHI
- 3.l.ii Operation Gold
 - Innsbruck (Boulder & Lead)
 - Krakow (Speed)
- 3.l.iii USA Climbing Athlete Stipend Criteria
 - Flight
 - Accommodation
- 4.f Physical and Mental Health Screening and the Preparticipation Physical Exam
- 4.g. Amendment to REDs and Further Health Screening for Underweight Athletes
- 4.i Hazardous Activities
 - Reimbursement to USA Climbing
- 4.z.vi Team Policies
 - Unless exception granted, athlete is alone in room or with another competing team member beginning the day of the technical meeting through the discipline's final round.

Health Screenings and Resources

- Zack DiCristino



Pre-Participation Physical Examinations (PPEs)

- **MANDATORY** for ALL National and Development Team Athletes
- **Complete your PPEs after Team Trails:**
 - Use USAC PPE and questionnaire forms ([USAC website link](#) under “Health Screening and REDS”).
 - Ensure **heart rate, blood pressure, weight, height** and **BMI** are measured.
 - Email **all completed forms** to Dr. Julia Rawlings at Julia.rawlings@hsc.utah.edu and Zack@usaclimbing.org.
- PPEs with USAC Team Physicians at USAC Training Center on **March 28th, 2026 – 10:00am-1:00pm**. Sign up [link](#)

Health Screening for RED-S

World Climbing Relative Energy Deficiency in Sport (RED-S) Health Certification

All athletes requesting an World Climbing International Athlete License **MUST** complete a health screening to be approved to participate. This screening includes:

1. Heart rate, blood pressure, weight, height and BMI measurements.
2. Two assigned questionnaires screening for Low Energy Availability.

TO DO LIST:

Step 1: Complete PPE (include heart rate, blood pressure, weight, height, BMI) and assigned questionnaires.

Step 2: Email all forms to Dr. Julia Rawlings and Zack DiCristino at emails above.

Step 3: USAC Medical Staff will submit this information to the IFSC.

*If any of these are found to be outside the normal ranges, the athlete will need to undergo further testing.

World Climbing will conduct random health screenings (BMI, heart rate, blood pressure) at competitions **the morning before your competition start**. If any of these measures fall outside of the normal range, the case will be reviewed by an independent committee and a decision will be provided on the same day. **Failure to show up for the screening will result in disqualification for that competition.**



Anti-Doping

Anti-Doping Testing:

Who is subject to testing?

- 2026 National Team Athletes

Testing Pools:

- “Education Pool” (EP) vs “Registered Testing Pool” (RTP)

Education Resources: USADA, World Climbing, ITA: webinars, online tutorials:

- World Climbing Anti-Doping ([link](#))
- USADA website: ([link](#))

TO DO LIST

1. Know your responsibilities for the testing pool you are in (EP vs RTP).
2. Check your medications on the WADA Prohibited List or GlobalDro: ([link](#))
3. Apply for any necessary Therapeutic Use Exemptions (TUEs) at least **30 days before** competition.
4. Check the supplements you are using: Supplement Connect ([link](#))
5. Filing Whereabouts for RTP athletes: USADA – Filing Whereabouts ([link](#))



Healthcare Resources

Eligibility: 2026 National Team

Select services through Intermountain Health Medical Partner in Salt Lake City.

- Preparticipation physicals (PPEs)
- Blood labs
- Diagnostic imaging (X Rays, MRIs, ultrasound) - *If deemed medically necessary by USAC Medical Staff.
- Physician consultations

- **Physical Therapy at USAC Training Center for both National and Development Team**
- **Psychological services:** (Referrals to vetted providers - *athlete self pay or through insurance)
- **Discounted dexascans** through Dexabody (SLC, San Diego an Atlanta locations)
- **Massage Therapy:** 10% discount through Rocksteady Bodyworks in Holladay, UT.

USOPC Sports Performance Resources:

Eligibility: 2026 National Team

Resources:

- Sports Dietitian (Rikki Kean)
- Psychological Services
- Physiologist
- Strength and Conditioning (Amanda Fleece).

USOPC Sports Medicine Resources:

Eligibility:

- Top 10 World Climbing World Ranking 2025 season
- Discretion for athletes that achieve top 10 IFSC World Rank during the 2026 season.

Resources:

- Sports Medicine Clinics in Colorado Springs, CO and Chula Vista, CA
- Elite Athlete Health Insurance (EAHI) – Included travel insurance
- National Medical Network

Clean Sport and Traveling Abroad:

“In sport, athletes assume strict liability for every substance they ingest, so they must be aware of the ingredients in the products they use. This can be tricky to navigate when traveling abroad. USADA has identified three common considerations for athletes when traveling abroad, including foreign medications, clenbuterol, and coca. This resource provides information as well as tips to help athletes protect themselves and clean sport. “

This resource can be found on the [USAC website](#)

USA Climbing will provide support staff to all international competitions.

Flight stipends will be provided to the top 3 team members for each discipline and gender for specific events. Funding may pass down to other team members if a competition start is declined.

Accommodation stipends will be provided to all competition starts for specific events (subject to change).

Designated team meals and some transportation will be provided for all attending athletes at designated funded events.

Letter of excusal

Additional Benefits

National Team members are eligible for memberships at the following commercial climbing gyms:

- Momentum
- The Front
- Bouldering Project
- Movement
 - Need names, birthdate and preferred Movement gym of NT athletes ASAP

USA Climbing has set aside a fund for National Team members who live outside of SLC in support of their training. The criteria and how much is available for each athlete will be share with eligible team members directly.



Training Center / Personal Coaches

Training center access is defined in the [Training Center Access Protocol](#) on the Team USA page.

A new check in process has been implemented so that we can ensure athletes compliance.

- Paid access
- SafeSport
- Background Screen
- Waiver
- USA Membership
- Passports
- Chinese Visas



Personal Coach Training Center Access: At approved times, National Team Member personal coaches will be provided training center access.

Training Camps

- Josh Larson

- Matt Maddison



Training Camps | Boulder and Lead

April 1st - 18th in SLC

- Pre WC training with guest setters and coaches
- Simulations each week in boulder and lead!
- Main Simulations from 13th to 15th (arrive by 12th)

May 18th - 21st in Bern, SUI

- Lead and Bouldering in Bern
- One day at Swiss Training Center in Beal

August 6th - 9th in SLC

- Lead Training Camp

October 7th - 13th in SLC

- International Camp in Lead and Boulder
- WC Setters and International Teams

Team Training and Travel Calendar will be shared ASAP.



US Elite National Team Kit
Personal Sponsors
Media (General & TC)



US Elite National Team Kit

Athlete must wear designated USA Climbing apparel at all official Team functions and events and will not conceal or cover-up any identification appearing on USA Climbing apparel.

Traveling U.S. National Team Members

- Puffy; Jacket; Shorts; Jersey; Leggings; T-Shirt; YETI luggage, backpack, and packing cube (if available)

Non-Traveling U.S. National Team Members

- Jacket

U.S. National Development Team Members

- Jersey; Shorts, leggings or pants (if available); T-Shirt (if available)

Athletes must travel with luggage and/or bags provided to them by USA Climbing but may also use supplemental bags per athletes travel requirements.



More information available in Addendum D.

Personal Sponsors

Personal performance gear includes harnesses, shoes chalk bag and/or bucket, tape, and kneepads.

- May carry Manufacturer's Markings and Product Technology Identification as sold on the retail consumer market.
- No Sponsor Identification is permitted.

Accessories include supplemental bags, hats, and other items brought onto the field of play.

- May carry non-conflicting manufacturer's name and/or logo and/or non-conflicting sponsor logos with a maximum total area for all items of 100cm².
- USA Climbing must approve the logo design and layout 30 days prior to an event the athlete is attending.

Towels must be unbranded.

More information available in Addendum C (or Annex B of the World Climbing Uniform Code).



Participation in Media Sessions

- Athlete agrees to participate in media sessions, including photo and video shoots, as reasonably requested by USA Climbing.

Promotional Efforts

- Athlete is required to tag or mention USA Climbing in one post per competition start.

Training Center Media Guidelines

- Athlete is required to tag or mention USA Climbing when posting content created inside the Training Center.

Connect with @usaclimbing on social media.

More information available on page 10.

Questions?

For more information, contact John Muse or Toya Eastman
john@usacimbing.org | teastman@usacimbing.org