


**BMX** X-Park


**Helmet:** Full-face, with padding and chin guard

*London Olympics women's individual gold medallist Mariana Pajón (COL)*

**Clothing:** Gloves, knee and elbow pads, long-sleeved shirt and trousers

**Wheels**  
Diameter  
50.8cm  
(20in)

### Bike

Equipped with single gear.  
Only rear brake required. Chain guard, kickstand and other bolted-on gear not permitted

**COURSE** ➡ Men ➡ Women

**Length:** 400m (men),  
372m (women)

**Banked corner**

**Start ramp**  
Height  
8m

**Jumps**

**Finish**

Average race lasts 40 seconds

**Track width:** At least 10m at start, minimum 5m

### COMPETITION FORMAT

**Field:** 32 men, 16 women

#### Seeding phase

Ensures fastest riders do not meet until final

#### Quarter-finals (men only)

Held over three runs.  
Top 16 progress

**Semi-finals:** Three runs by two groups of eight riders. Top four from each group progress

**Final:** Single deciding run