



BMX Racing Events (2)

Men's

Women's

How Olympic BMX Racing Works

In BMX Racing, riders race through a course that features hills, jumps, and tight turns. The riders complete the course at breakneck speed and the race is typically over in less than 60 seconds.

Due to the speed of the race, crashes happen from time to time, but it is illegal to intentionally create contact with another rider.

In the quarterfinals, riders each get three attempts at the course and earn points based on how they place in each attempt. The top 16 riders will advance to the semifinals which also features a three-run series (including a handful of the top riders from the "last chance race". The top eight riders from the semifinals advance to the finals. The finals is a winner-take-all race where the winner earns the gold medal.

Photo via Paris 2024



BMX Racing Schedule

Events in ET, medal events in **bold**

Date	Time	Event
Thu, Aug 1	2:00 PM	Men's Quarterfinals
Thu, Aug 1	2:20 PM	Women's Quarterfinals
Thu, Aug 1	4:05 PM	Men's Last Chance Race
Thu, Aug 1	4:15 PM	Women's Last Chance Race
Fri, Aug 2	2:00 PM	Men's Semifinals
Fri, Aug 2	2:15 PM	Women's Semifinals
Fri, Aug 2	3:35 PM	Men's Final
Fri, Aug 2	3:50 PM	Women's Final

Photo via Team USA



Participating Nations

Men



Women



Meet Team USA

Alise Willoughby is back for her fourth Olympic Games. Despite her long and impressive career, she's seemingly just entering her prime after claiming her third world championship. She won silver in 2016 and is aiming to get the United States back on the podium in 2024.