

**APPENDIX A
BCS APE TABLES - BOBSLEIGH**



**Bobsleigh CANADA Skeleton
Athletic Performance Evaluation (APE) Table - Bobsleigh - Men**

ANTHROPOMETRIC (5%)		ABSOLUTE STRENGTH (15%)			ELASTIC STRENGTH (15%)			SPEED (25%)			SINGLE PUSH (40%)	
Height (cm)	Weight (kg)	Power Clean (kg)	Bench Press (kg)	Standing Long (m)	UHF Heave (m)	15m (sec)	30m (sec)	30m Fly (sec)	Single Push (sec)	30m Fly (sec)	Single Push (sec)	
190	100	175.0	200	100	20.00	2.05	3.55	2.90	100	2.90	5.00	
189	99	172.5	195	99	19.75	2.06	3.56	2.91	99	2.91	5.01	
188	98	170.0	190	98	19.50	2.07	3.57	2.92	98	2.92	5.02	
187	97	167.5	185	97	19.25	2.08	3.58	2.93	97	2.93	5.03	
186	96	165.0	180	96	19.00	2.09	3.59	2.94	96	2.94	5.04	
185	95	162.5	175	95	18.75	2.10	3.60	2.95	95	2.95	5.05	
184	94	160.0	170	94	18.50	2.11	3.61	2.96	94	2.96	5.06	
183	93	157.5	165	93	18.25	2.12	3.62	2.97	93	2.97	5.07	
182	92	155.0	160	92	18.00	2.13	3.63	2.98	92	2.98	5.08	
181	91	152.5	155	91	17.75	2.14	3.64	2.99	91	2.99	5.09	
180	90	150.0	150	90	17.50	2.15	3.65	3.00	90	3.00	5.10	
179	89	147.5	145	89	17.25	2.16	3.66	3.01	89	3.01	5.11	
178	88	145.0	140	88	17.00	2.17	3.67	3.02	88	3.02	5.12	
177	87	142.5	135	87	16.75	2.18	3.68	3.03	87	3.03	5.13	
176	86	140.0	130	86	16.50	2.19	3.69	3.04	86	3.04	5.14	
175	85	137.5	125	85	16.25	2.20	3.70	3.05	85	3.05	5.15	
174	84	135.0	120	84	16.00	2.21	3.71	3.06	84	3.06	5.16	
173	83	132.5	115	83	15.75	2.22	3.72	3.07	83	3.07	5.17	
172	82	130.0	110	82	15.50	2.23	3.73	3.08	82	3.08	5.18	
171	81	127.5	105	81	15.25	2.24	3.74	3.09	81	3.09	5.19	
170	80	125.0	100	80	15.00	2.25	3.75	3.10	80	3.10	5.20	
169	79	122.5	95	79	14.75	2.26	3.76	3.11	79	3.11	5.21	
168	78	120.0	90	78	14.50	2.27	3.77	3.12	78	3.12	5.22	
167	77	117.5	85	77	14.25	2.28	3.78	3.13	77	3.13	5.23	
166	76	115.0	80	76	14.00	2.29	3.79	3.14	76	3.14	5.24	
165	75	112.5	75	75	13.75	2.30	3.80	3.15	75	3.15	5.25	
164	74	110.0	70	74	13.50	2.31	3.81	3.16	74	3.16	5.26	
163	73	107.5	65	73	13.25	2.32	3.82	3.17	73	3.17	5.27	
162	72	105.0	60	72	13.00	2.33	3.83	3.18	72	3.18	5.28	
161	71	102.5	55	71	12.75	2.34	3.84	3.19	71	3.19	5.29	
160	70	100.0	50	70	12.50	2.35	3.85	3.20	70	3.20	5.30	
159	69	97.5	45	69	12.25	2.36	3.86	3.21	69	3.21	5.31	
158	68	95.0	40	68	12.00	2.37	3.87	3.22	68	3.22	5.32	
157	67	92.5	35	67	11.75	2.38	3.88	3.23	67	3.23	5.33	
156	66	90.0	30	66	11.50	2.39	3.89	3.24	66	3.24	5.34	
155	65	87.5	25	65	11.25	2.40	3.90	3.25	65	3.25	5.35	

MEN - ELITE

MEN - DEVELOPMENT

**APPENDIX A
BCS APE TABLES - BOBSLEIGH**



**Bobsleigh CANADA Skeleton
Athletic Performance Evaluation (APE) Table - Bobsleigh - Women**

Height (cm)	ANTHROPOMETRIC (5%)		ABSOLUTE STRENGTH (15%)			ELASTIC STRENGTH (15%)			SPEED (25%)			SINGLE PUSH (40%)	
	Weight (kg)	Power Clean (kg)	Bench Press (kg)	Standing Long (m)	UHF Heave (m)	15m (sec)	30m (sec)	30m Fly (sec)	Single Push (sec)	Single Push (40%)			
178	100	115.0	100	3.00	100	2.20	100	3.30	100	5.45	100		
177	99	112.5	99	2.97	99	2.21	99	3.31	99	5.46	99		
176	98	110.0	98	2.94	98	2.22	98	3.32	98	5.47	98		
175	97	107.5	97	2.91	97	2.23	97	3.33	97	5.48	97		
174	96	105.0	96	2.88	96	2.24	96	3.34	96	5.49	96		
173	95	102.5	95	2.85	95	2.25	95	3.35	95	5.50	95		
172	94	100.0	94	2.82	94	2.26	94	3.36	94	5.51	94		
171	93	97.5	93	2.79	93	2.27	93	3.37	93	5.52	93		
170	92	95.0	92	2.76	92	2.28	92	3.38	92	5.53	92		
169	91	92.5	91	2.73	91	2.29	91	3.39	91	5.54	91		
168	90	90.0	90	2.70	90	2.30	90	3.40	90	5.55	90		
167	89	87.5	89	2.68	89	2.31	89	3.41	89	5.56	89		
166	88	85.0	88	2.66	88	2.32	88	3.42	88	5.57	88		
165	87	82.5	87	2.64	87	2.33	87	3.43	87	5.58	87		
164	86	80.0	86	2.62	86	2.34	86	3.44	86	5.59	86		
163	85	77.5	85	2.60	85	2.35	85	3.45	85	5.60	85		
162	84	75.0	84	2.58	84	2.36	84	3.46	84	5.61	84		
161	83	72.5	83	2.56	83	2.37	83	3.47	83	5.62	83		
160	82	70.0	82	2.54	82	2.38	82	3.48	82	5.63	82		
159	81	67.5	81	2.52	81	2.39	81	3.49	81	5.64	81		
158	80	65.0	80	2.50	80	2.40	80	3.50	80	5.65	80		
157	79	62.5	79	2.48	79	2.41	79	3.51	79	5.66	79		
156	78	60.0	78	2.46	78	2.42	78	3.52	78	5.67	78		
155	77	57.5	77	2.44	77	2.43	77	3.53	77	5.68	77		
154	76	55.0	76	2.42	76	2.44	76	3.54	76	5.69	76		
153	75	52.5	75	2.40	75	2.45	75	3.55	75	5.70	75		
152	74	50.0	74	2.38	74	2.46	74	3.56	74	5.71	74		
151	73	47.5	73	2.36	73	2.47	73	3.57	73	5.72	73		
150	72	45.0	72	2.34	72	2.48	72	3.58	72	5.73	72		
149	71	42.5	71	2.32	71	2.49	71	3.59	71	5.74	71		
148	70	40.0	70	2.30	70	2.50	70	3.60	70	5.75	70		
147	69	37.5	69	2.28	69	2.51	69	3.61	69	5.76	69		
146	68	35.0	68	2.26	68	2.52	68	3.62	68	5.77	68		
145	67	32.5	67	2.24	67	2.53	67	3.63	67	5.78	67		
144	66	30.0	66	2.22	66	2.54	66	3.64	66	5.79	66		
143	65	27.5	65	2.20	65	2.55	65	3.65	65	5.80	65		

WOMEN - ELITE

WOMEN - DEVELOPMENT

WOMEN - ELITE