

Bobsleigh CANADA Skeleton Athletic Performance Evaluation 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)	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)	
160	100	175.0	200	3.35	20.00	100	2.05	100	3.55	100	2.90	100	3.55	100	2.05	100	3.55	100	2.90	100
160	99	172.5	195	3.33	19.75	99	2.06	99	3.56	99	2.91	99	3.57	99	2.07	99	3.57	99	2.91	99
160	98	170.0	190	3.31	19.50	98	2.07	98	3.57	98	2.92	98	3.58	98	2.08	98	3.58	98	2.92	98
160	97	167.5	185	3.29	19.25	97	2.08	97	3.58	97	2.93	97	3.59	97	2.09	97	3.59	97	2.93	97
160	96	165.0	180	3.27	19.00	96	2.09	96	3.59	96	2.94	96	3.60	96	2.10	96	3.60	96	2.94	96
160	95	162.5	175	3.25	18.75	95	2.10	95	3.60	95	2.95	95	3.61	95	2.11	95	3.61	95	2.95	95
160	94	160.0	170	3.23	18.50	94	2.11	94	3.61	94	2.96	94	3.62	94	2.12	94	3.62	94	2.96	94
160	93	157.5	165	3.21	18.25	93	2.12	93	3.62	93	2.97	93	3.63	93	2.13	93	3.63	93	2.97	93
160	92	155.0	160	3.19	18.00	92	2.13	92	3.63	92	2.98	92	3.64	92	2.14	92	3.64	92	2.98	92
160	91	152.5	155	3.17	17.75	91	2.14	91	3.64	91	2.99	91	3.65	91	2.15	91	3.65	91	2.99	91
160	90	150.0	150	3.15	17.50	90	2.15	90	3.65	90	3.00	90	3.66	90	2.16	90	3.66	90	3.00	90
160	89	147.5	145	3.12	17.25	89	2.16	89	3.66	89	3.01	89	3.67	89	2.17	89	3.67	89	3.01	89
160	88	145.0	140	3.09	17.00	88	2.17	88	3.67	88	3.02	88	3.68	88	2.18	88	3.68	88	3.02	88
160	87	142.5	135	3.06	16.75	87	2.18	87	3.68	87	3.03	87	3.69	87	2.19	87	3.69	87	3.03	87
160	86	140.0	130	3.03	16.50	86	2.19	86	3.69	86	3.04	86	3.70	86	2.20	86	3.70	86	3.04	86
160	85	137.5	125	3.00	16.25	85	2.20	85	3.70	85	3.05	85	3.71	85	2.21	85	3.71	85	3.05	85
160	84	135.0	120	2.97	16.00	84	2.21	84	3.71	84	3.06	84	3.72	84	2.22	84	3.72	84	3.06	84
160	83	132.5	115	2.94	15.75	83	2.22	83	3.72	83	3.07	83	3.73	83	2.23	83	3.73	83	3.07	83
160	82	130.0	110	2.91	15.50	82	2.23	82	3.73	82	3.08	82	3.74	82	2.24	82	3.74	82	3.08	82
160	81	127.5	105	2.88	15.25	81	2.24	81	3.74	81	3.09	81	3.75	81	2.25	81	3.75	81	3.09	81
160	80	125.0	100	2.85	15.00	80	2.25	80	3.75	80	3.10	80	3.76	80	2.26	80	3.76	80	3.10	80
160	79	122.5	95	2.82	14.75	79	2.26	79	3.76	79	3.11	79	3.77	79	2.27	79	3.77	79	3.11	79
160	78	120.0	90	2.79	14.50	78	2.27	78	3.77	78	3.12	78	3.78	78	2.28	78	3.78	78	3.12	78
160	77	117.5	85	2.76	14.25	77	2.28	77	3.78	77	3.13	77	3.79	77	2.29	77	3.79	77	3.13	77
160	76	115.0	80	2.73	14.00	76	2.29	76	3.79	76	3.14	76	3.80	76	2.30	76	3.80	76	3.14	76
160	75	112.5	75	2.70	13.75	75	2.30	75	3.80	75	3.15	75	3.81	75	2.31	75	3.81	75	3.15	75
160	74	110.0	74	2.67	13.50	74	2.31	74	3.81	74	3.16	74	3.82	74	2.32	74	3.82	74	3.16	74
160	73	107.5	73	2.64	13.25	73	2.32	73	3.82	73	3.17	73	3.83	73	2.33	73	3.83	73	3.17	73
160	72	105.0	72	2.61	13.00	72	2.33	72	3.83	72	3.18	72	3.84	72	2.34	72	3.84	72	3.18	72
160	71	102.5	71	2.58	12.75	71	2.34	71	3.84	71	3.19	71	3.85	71	2.35	71	3.85	71	3.19	71
160	70	100.0	70	2.55	12.50	70	2.35	70	3.85	70	3.20	70	3.86	70	2.36	70	3.86	70	3.20	70
160	69	97.5	69	2.52	12.25	69	2.36	69	3.86	69	3.21	69	3.87	69	2.37	69	3.87	69	3.21	69
160	68	95.0	68	2.49	12.00	68	2.37	68	3.87	68	3.22	68	3.88	68	2.38	68	3.88	68	3.22	68
160	67	92.5	67	2.46	11.75	67	2.38	67	3.88	67	3.23	67	3.89	67	2.39	67	3.89	67	3.23	67
160	66	90.0	66	2.43	11.50	66	2.39	66	3.89	66	3.24	66	3.90	66	2.40	66	3.90	66	3.24	66
160	65	87.5	65	2.40	11.25	65	2.40	65	3.90	65	3.25	65	3.91	65	2.41	65	3.91	65	3.25	65

MEN - ELITE

MEN - DEVELOPMENT

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**Bobsleigh CANADA Skeleton
Athletic Performance Evaluation 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)				
176	100	115.0	100.0	3.00	15.50	2.20	3.80	3.30	100	5.45	100		
177	99	122.5	97.5	2.97	15.40	2.21	3.91	3.31	99	5.46	99		
176	98	100.0	95.0	2.94	15.30	2.22	3.92	3.32	98	5.47	98		
175	97	107.5	92.5	2.91	15.20	2.23	3.93	3.33	97	5.48	97		
174	96	105.0	90.0	2.88	15.10	2.24	3.94	3.34	96	5.49	96		
173	95	102.5	87.5	2.85	15.00	2.25	3.95	3.35	95	5.50	95		
172	94	100.0	85.0	2.82	14.90	2.26	3.96	3.36	94	5.51	94		
171	93	97.5	82.5	2.79	14.80	2.27	3.97	3.37	93	5.52	93		
170	92	95.0	80.0	2.76	14.70	2.28	3.98	3.38	92	5.53	92		
169	91	92.5	77.5	2.73	14.60	2.29	3.99	3.39	91	5.54	91		
168	90	90.0	75.0	2.70	14.50	2.30	4.00	3.40	90	5.55	90		
167	89	87.5	72.5	2.68	14.40	2.31	4.01	3.41	89	5.56	89		
166	88	85.0	70.0	2.66	14.30	2.32	4.02	3.42	88	5.57	88		
165	87	82.5	67.5	2.64	14.20	2.33	4.03	3.43	87	5.58	87		
164	86	80.0	65.0	2.62	14.10	2.34	4.04	3.44	86	5.59	86		
163	85	77.5	62.5	2.60	14.00	2.35	4.05	3.45	85	5.60	85		
162	84	75.0	60.0	2.58	13.90	2.36	4.06	3.46	84	5.61	84		
161	83	72.5	57.5	2.56	13.80	2.37	4.07	3.47	83	5.62	83		
160	82	70.0	55.0	2.54	13.70	2.38	4.08	3.48	82	5.63	82		
159	81	67.5	52.5	2.52	13.60	2.39	4.09	3.49	81	5.64	81		
158	80	65.0	50.0	2.50	13.50	2.40	4.10	3.50	80	5.65	80		
157	79	62.5	47.5	2.48	13.40	2.41	4.11	3.51	79	5.66	79		
156	78	60.0	45.0	2.46	13.30	2.42	4.12	3.52	78	5.67	78		
155	77	57.5	42.5	2.44	13.20	2.43	4.13	3.53	77	5.68	77		
154	76	55.0	40.0	2.42	13.10	2.44	4.14	3.54	76	5.69	76		
153	75	52.5	37.5	2.40	13.00	2.45	4.15	3.55	75	5.70	75		
152	74	50.0	35.0	2.38	12.90	2.46	4.16	3.56	74	5.71	74		
151	73	47.5	32.5	2.36	12.80	2.47	4.17	3.57	73	5.72	73		
150	72	45.0	30.0	2.34	12.70	2.48	4.18	3.58	72	5.73	72		
149	71	42.5	27.5	2.32	12.60	2.49	4.19	3.59	71	5.74	71		
148	70	40.0	25.0	2.30	12.50	2.50	4.20	3.60	70	5.75	70		
147	69	37.5	22.5	2.28	12.40	2.51	4.21	3.61	69	5.76	69		
146	68	35.0	20.0	2.26	12.30	2.52	4.22	3.62	68	5.77	68		
145	67	32.5	17.5	2.24	12.20	2.53	4.23	3.63	67	5.78	67		
144	66	30.0	15.0	2.22	12.10	2.54	4.24	3.64	66	5.79	66		
143	65	27.5	12.5	2.20	12.00	2.55	4.25	3.65	65	5.80	65		

WOMEN - ELITE

WOMEN - DEVELOPMENT

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