

**Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Men**

ANTHROPOMETRIC (6%)			ABSOLUTE STRENGTH (10%)			ELASTIC STRENGTH (20%)			SPEED (25%)			SINGLE PUSH (40%)		
Height (cm)	Weight (kg)	Power Clean (kg)	UHF Heave (m)	Standing Long (m)	Standing Triple (m)	15m (sec)	30m (sec)	30m Fly (sec)	Single Push (sec)					
190	100	140.0	18.00	1.00	3.35	100	9.50	100	3.55	100	2.90	100	4.60	100
189	99	138.0	17.75	99	3.33	99	9.45	99	3.56	99	2.91	99	4.61	99
188	98	136.0	17.50	98	3.31	98	9.40	98	3.57	98	2.92	98	4.62	98
187	97	134.0	17.25	97	3.29	97	9.35	97	3.58	97	2.93	97	4.63	97
186	96	132.0	17.00	96	3.27	96	9.30	96	3.59	96	2.94	96	4.64	96
185	95	130.0	16.75	95	3.25	95	9.25	95	3.60	95	2.95	95	4.65	95
184	94	128.0	16.50	94	3.23	94	9.20	94	3.61	94	2.96	94	4.66	94
183	93	126.0	16.25	93	3.21	93	9.15	93	3.62	93	2.97	93	4.67	93
182	92	124.0	16.00	92	3.19	92	9.10	92	3.63	92	2.98	92	4.68	92
181	91	122.0	15.75	91	3.17	91	9.05	91	3.64	91	2.99	91	4.69	91
180	90	120.0	15.50	90	3.15	90	9.00	90	3.65	90	3.00	90	4.70	90
179	89	118.0	15.25	89	3.12	89	8.95	89	3.66	89	3.01	89	4.71	89
178	88	116.0	15.00	88	3.09	88	8.90	88	3.67	88	3.02	88	4.72	88
177	87	114.0	14.75	87	3.06	87	8.85	87	3.68	87	3.03	87	4.73	87
176	86	112.0	14.50	86	3.03	86	8.80	86	3.69	86	3.04	86	4.74	86
175	85	110.0	14.25	85	3.00	85	8.75	85	3.70	85	3.05	85	4.75	85
174	84	108.0	14.00	84	2.97	84	8.70	84	3.71	84	3.06	84	4.76	84
173	83	106.0	13.75	83	2.94	83	8.65	83	3.72	83	3.07	83	4.77	83
172	82	104.0	13.50	82	2.91	82	8.60	82	3.73	82	3.08	82	4.78	82
171	81	102.0	13.25	81	2.88	81	8.55	81	3.74	81	3.09	81	4.79	81
170	80	100.0	13.00	80	2.85	80	8.50	80	3.75	80	3.10	80	4.80	80
169	79	98.0	12.75	79	2.82	79	8.45	79	3.76	79	3.11	79	4.81	79
168	78	96.0	12.50	78	2.79	78	8.40	78	3.77	78	3.12	78	4.82	78
167	77	94.0	12.25	77	2.76	77	8.35	77	3.78	77	3.13	77	4.83	77
166	76	92.0	12.00	76	2.73	76	8.30	76	3.79	76	3.14	76	4.84	76
165	75	90.0	11.75	75	2.70	75	8.25	75	3.80	75	3.15	75	4.85	75
164	74	88.0	11.50	74	2.67	74	8.20	74	3.81	74	3.16	74	4.86	74
163	73	86.0	11.25	73	2.64	73	8.15	73	3.82	73	3.17	73	4.87	73
162	72	84.0	11.00	72	2.61	72	8.10	72	3.83	72	3.18	72	4.88	72
161	71	82.0	10.75	71	2.58	71	8.05	71	3.84	71	3.19	71	4.89	71
160	70	80.0	10.50	70	2.55	70	8.00	70	3.85	70	3.20	70	4.90	70
159	69	78.0	10.25	69	2.52	69	7.95	69	3.86	69	3.21	69	4.91	69
158	68	76.0	10.00	68	2.49	68	7.90	68	3.87	68	3.22	68	4.92	68
157	67	74.0	9.75	67	2.46	67	7.85	67	3.88	67	3.23	67	4.93	67
156	66	72.0	9.50	66	2.43	66	7.80	66	3.89	66	3.24	66	4.94	66
155	65	70.0	9.25	65	2.40	65	7.75	65	3.90	65	3.25	65	4.95	65

MEN - ELITE

MEN - DEVELOPMENT

**Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Women**

Height (cm)	ANTHROPOMETRIC (6%)		ABSOLUTE STRENGTH (10%)				ELASTIC STRENGTH (20%)				SPEED (25%)				SINGLE PUSH (40%)		
	Weight (kg)	Power Clean (kg)	UHF Heave (m)	Standing Long (m)	Standing Triple (m)	15m (sec)	30m (sec)	30m Fly (sec)	Single Push (sec)								
178	100	70.0	100	95.0	100	2.85	100	7.75	100	2.20	100	3.90	100	3.30	100	4.95	100
177	99	69.5	99	93.0	99	2.82	99	7.70	99	2.21	99	3.91	99	3.31	99	4.96	99
176	98	69.0	98	91.0	98	2.79	98	7.65	98	2.22	98	3.92	98	3.32	98	4.97	98
175	97	68.5	97	89.0	97	2.76	97	7.60	97	2.23	97	3.93	97	3.33	97	4.98	97
174	96	68.0	96	87.0	96	2.73	96	7.55	96	2.24	96	3.94	96	3.34	96	4.99	96
173	95	67.5	95	85.0	95	2.70	95	7.50	95	2.25	95	3.95	95	3.35	95	5.00	95
172	94	67.0	94	83.0	94	2.67	94	7.45	94	2.26	94	3.96	94	3.36	94	5.01	94
171	93	66.5	93	81.0	93	2.64	93	7.40	93	2.27	93	3.97	93	3.37	93	5.02	93
170	92	66.0	92	79.0	92	2.61	92	7.35	92	2.28	92	3.98	92	3.38	92	5.03	92
169	91	65.5	91	77.0	91	2.58	91	7.30	91	2.29	91	3.99	91	3.39	91	5.04	91
168	90	65.0	90	75.0	90	2.55	90	7.25	90	2.30	90	4.00	90	3.40	90	5.05	90
167	89	64.5	89	73.0	89	2.52	89	7.20	89	2.31	89	4.01	89	3.41	89	5.06	89
166	88	64.0	88	71.0	88	2.49	88	7.15	88	2.32	88	4.02	88	3.42	88	5.07	88
165	87	63.5	87	69.0	87	2.46	87	7.10	87	2.33	87	4.03	87	3.43	87	5.08	87
164	86	63.0	86	67.0	86	2.43	86	7.05	86	2.34	86	4.04	86	3.44	86	5.09	86
163	85	62.5	85	65.0	85	2.40	85	7.00	85	2.35	85	4.05	85	3.45	85	5.10	85
162	84	62.0	84	63.0	84	2.37	84	6.95	84	2.36	84	4.06	84	3.46	84	5.11	84
161	83	61.5	83	61.0	83	2.34	83	6.90	83	2.37	83	4.07	83	3.47	83	5.12	83
160	82	61.0	82	59.0	82	2.31	82	6.85	82	2.38	82	4.08	82	3.48	82	5.13	82
159	81	60.5	81	57.0	81	2.28	81	6.80	81	2.39	81	4.09	81	3.49	81	5.14	81
158	80	60.0	80	55.0	80	2.25	80	6.75	80	2.40	80	4.10	80	3.50	80	5.15	80
157	79	59.5	79	53.0	79	2.22	79	6.70	79	2.41	79	4.11	79	3.51	79	5.16	79
156	78	59.0	78	51.0	78	2.19	78	6.65	78	2.42	78	4.12	78	3.52	78	5.17	78
155	77	58.5	77	49.0	77	2.16	77	6.60	77	2.43	77	4.13	77	3.53	77	5.18	77
154	76	58.0	76	47.0	76	2.13	76	6.55	76	2.44	76	4.14	76	3.54	76	5.19	76
153	75	57.5	75	45.0	75	2.10	75	6.50	75	2.45	75	4.15	75	3.55	75	5.20	75
152	74	57.0	74	43.0	74	2.07	74	6.45	74	2.46	74	4.16	74	3.56	74	5.21	74
151	73	56.5	73	41.0	73	2.04	73	6.40	73	2.47	73	4.17	73	3.57	73	5.22	73
150	72	56.0	72	39.0	72	2.01	72	6.35	72	2.48	72	4.18	72	3.58	72	5.23	72
149	71	55.5	71	37.0	71	1.98	71	6.30	71	2.49	71	4.19	71	3.59	71	5.24	71
148	70	55.0	70	35.0	70	1.95	70	6.25	70	2.50	70	4.20	70	3.60	70	5.25	70
147	69	54.5	69	33.0	69	1.92	69	6.20	69	2.51	69	4.21	69	3.61	69	5.26	69
146	68	54.0	68	31.0	68	1.89	68	6.15	68	2.52	68	4.22	68	3.62	68	5.27	68
145	67	53.5	67	29.0	67	1.86	67	6.10	67	2.53	67	4.23	67	3.63	67	5.28	67
144	66	53.0	66	27.0	66	1.83	66	6.05	66	2.54	66	4.24	66	3.64	66	5.29	66
143	65	52.5	65	25.0	65	1.80	65	6.00	65	2.55	65	4.25	65	3.65	65	5.30	65

WOMEN - ELITE

WOMEN - DEVELOPMENT

WOMEN - ELITE

WOMEN - DEVELOPMENT