

**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) | 30m Fly (sec) | Single Push (sec) | Single Push (sec) | |
| 190 | 100 | 175.0 | 200 | 3.35 | 20.00 | 2.05 | 3.55 | 2.90 | 100 | 5.00 | 100 | |
| 189 | 99 | 172.5 | 195 | 3.33 | 19.75 | 2.06 | 3.56 | 2.91 | 99 | 5.01 | 99 | |
| 188 | 98 | 170.0 | 190 | 3.31 | 19.50 | 2.07 | 3.57 | 2.92 | 98 | 5.02 | 98 | |
| 187 | 97 | 167.5 | 185 | 3.29 | 19.25 | 2.08 | 3.58 | 2.93 | 97 | 5.03 | 97 | |
| 186 | 96 | 165.0 | 180 | 3.27 | 19.00 | 2.09 | 3.59 | 2.94 | 96 | 5.04 | 96 | |
| 185 | 95 | 162.5 | 175 | 3.25 | 18.75 | 2.10 | 3.60 | 2.95 | 95 | 5.05 | 95 | |
| 184 | 94 | 160.0 | 170 | 3.23 | 18.50 | 2.11 | 3.61 | 2.96 | 94 | 5.06 | 94 | |
| 183 | 93 | 157.5 | 165 | 3.21 | 18.25 | 2.12 | 3.62 | 2.97 | 93 | 5.07 | 93 | |
| 182 | 92 | 155.0 | 160 | 3.19 | 18.00 | 2.13 | 3.63 | 2.98 | 92 | 5.08 | 92 | |
| 181 | 91 | 152.5 | 155 | 3.17 | 17.75 | 2.14 | 3.64 | 2.99 | 91 | 5.09 | 91 | |
| 180 | 90 | 150.0 | 150 | 3.15 | 17.50 | 2.15 | 3.65 | 3.00 | 90 | 5.10 | 90 | |
| 179 | 89 | 147.5 | 145 | 3.12 | 17.25 | 2.16 | 3.66 | 3.01 | 89 | 5.11 | 89 | |
| 178 | 88 | 145.0 | 140 | 3.09 | 17.00 | 2.17 | 3.67 | 3.02 | 88 | 5.12 | 88 | |
| 177 | 87 | 142.5 | 135 | 3.06 | 16.75 | 2.18 | 3.68 | 3.03 | 87 | 5.13 | 87 | |
| 176 | 86 | 140.0 | 130 | 3.03 | 16.50 | 2.19 | 3.69 | 3.04 | 86 | 5.14 | 86 | |
| 175 | 85 | 137.5 | 125 | 3.00 | 16.25 | 2.20 | 3.70 | 3.05 | 85 | 5.15 | 85 | |
| 174 | 84 | 135.0 | 120 | 2.97 | 16.00 | 2.21 | 3.71 | 3.06 | 84 | 5.16 | 84 | |
| 173 | 83 | 132.5 | 115 | 2.94 | 15.75 | 2.22 | 3.72 | 3.07 | 83 | 5.17 | 83 | |
| 172 | 82 | 130.0 | 110 | 2.91 | 15.50 | 2.23 | 3.73 | 3.08 | 82 | 5.18 | 82 | |
| 171 | 81 | 127.5 | 105 | 2.88 | 15.25 | 2.24 | 3.74 | 3.09 | 81 | 5.19 | 81 | |
| 170 | 80 | 125.0 | 100 | 2.85 | 15.00 | 2.25 | 3.75 | 3.10 | 80 | 5.20 | 80 | |
| 169 | 79 | 122.5 | 95 | 2.82 | 14.75 | 2.26 | 3.76 | 3.11 | 79 | 5.21 | 79 | |
| 168 | 78 | 120.0 | 90 | 2.79 | 14.50 | 2.27 | 3.77 | 3.12 | 78 | 5.22 | 78 | |
| 167 | 77 | 117.5 | 85 | 2.76 | 14.25 | 2.28 | 3.78 | 3.13 | 77 | 5.23 | 77 | |
| 166 | 76 | 115.0 | 80 | 2.73 | 14.00 | 2.29 | 3.79 | 3.14 | 76 | 5.24 | 76 | |
| 165 | 75 | 112.5 | 75 | 2.70 | 13.75 | 2.30 | 3.80 | 3.15 | 75 | 5.25 | 75 | |
| 164 | 74 | 110.0 | 70 | 2.67 | 13.50 | 2.31 | 3.81 | 3.16 | 74 | 5.26 | 74 | |
| 163 | 73 | 107.5 | 65 | 2.64 | 13.25 | 2.32 | 3.82 | 3.17 | 73 | 5.27 | 73 | |
| 162 | 72 | 105.0 | 60 | 2.61 | 13.00 | 2.33 | 3.83 | 3.18 | 72 | 5.28 | 72 | |
| 161 | 71 | 102.5 | 55 | 2.58 | 12.75 | 2.34 | 3.84 | 3.19 | 71 | 5.29 | 71 | |
| 160 | 70 | 100.0 | 50 | 2.55 | 12.50 | 2.35 | 3.85 | 3.20 | 70 | 5.30 | 70 | |
| 159 | 69 | 97.5 | 45 | 2.52 | 12.25 | 2.36 | 3.86 | 3.21 | 69 | 5.31 | 69 | |
| 158 | 68 | 95.0 | 40 | 2.49 | 12.00 | 2.37 | 3.87 | 3.22 | 68 | 5.32 | 68 | |
| 157 | 67 | 92.5 | 35 | 2.46 | 11.75 | 2.38 | 3.88 | 3.23 | 67 | 5.33 | 67 | |
| 156 | 66 | 90.0 | 30 | 2.43 | 11.50 | 2.39 | 3.89 | 3.24 | 66 | 5.34 | 66 | |
| 155 | 65 | 87.5 | 25 | 2.40 | 11.25 | 2.40 | 3.90 | 3.25 | 65 | 5.35 | 65 | |

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

WOMEN - ELITE

WOMEN - DEVELOPMENT

WOMEN - ELITE