



NATIONAL BOBSLEIGH PROGRAM CARDING CRITERIA

**FOR NOMINATING NATIONAL BOBSLEIGH PROGRAM (NBP) ATHLETES
TO THE SPORT CANADA ATHLETE ASSISTANCE PROGRAM (AAP)
FOR THE 2019/20 CARDING CYCLE**

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1. **CARDING PRE-REQUISITE & ELIGIBILITY REQUIREMENTS**

The AAP is a sport funding program that contributes to the pursuit of excellence. AAP support seeks to relieve some of the financial pressures associated with preparing for and participating in international sport and assists high-performance Canadian athletes to combine their sport and academic or working careers while training intensively in pursuit of world-class performances.

The AAP financial assistance provides support to athletes in the form of a Living and Training Allowance, plus Tuition and Supplementary AAP Support. The Living and Training Allowance is intended to offset some, but not all, of the living and training expenses athletes incur as a result of their involvement in high performance sport, while tuition support is intended to help athletes obtain a post-secondary level education.

Athletes nominated by Bobsleigh Canada Skeleton (BCS) and approved by Sport Canada for the AAP may be eligible for the Living and Training Allowance which provides a monthly financial compensation as follows:

Senior International Card (SR1 / SR2):	\$1,765/month
Senior National Card (SR):	\$1,765/month
Development Card (D):	\$1,060/month

The NBP is eligible for a maximum number of 22 Senior (equivalent to \$465,960) Sport Canada AAP Cards. In all cases, for athletes to be considered for nomination they must:

- Be a member in good standing of BCS;
- Have signed and returned, a 2019/20 BCS Athlete Agreement;
- Unless a written exemption is granted by the High Performance Director, have participated in and/or competed in all required events and/or competitions in the 2018/19 Season and in the 2019/20 off/pre- Season, including:
 - NBP camps;
 - Canadian Championships; and
 - Competitions to which they were selected by BCS (OWG / WCh / WC / ICC / NAC and/or EC); and/or
 - Such other mandatory events as may be notified to the athlete from time to time in advance.("Season" means the 12 month period from April 1st through March 31st annually),
- Be eligible, and continue to be eligible:
 - to compete for Canada at the OWG and/or WCh under IBSF eligibility rules; and
 - under the Sport Canada AAP Policies & Procedures:
<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance.html>

After every Olympic Games, Sport Canada reviews carding allocations for all sports. As a result, the number of cards allocated to the NBP is subject to change from time to time. If the allocation differs from that mentioned in this document, the High Performance Director will inform the athletes as soon as possible.

The High Performance Director is responsible for nominating eligible athletes for the AAP support.

Sport Canada reviews all nominations put forward by BCS and approves nominations in accordance with the AAP policies and the published and approved BCS NBP AAP Carding Criteria.

For the purpose of determining eligibility throughout this document, the following participation levels at OWG or WCh will be considered:

- DISQUALIFIED (DSQ) – A designation of “Disqualified” at the OWG or WCh, provided the infraction was not Anti-Doping related, will be considered as having participated in the competition, however not attaining the SR1 Qualifying Result (see below);
- DID NOT FINISH (DNF) – A designation of “Did Not Finish” at the OWG or WCh, implying that the team had begun the competition, however did not qualify a final time due to a crash or another incident, will be considered as having participated in the competition, however not attaining the SR1 Qualifying Result;
- DID NOT START (DNS) – A designation of “Did Not Start” at the OWG or WCh, implying that the team had been entered and had fully intended on participating, however was removed from competition for health or equipment related reasons, provided the removal was not infraction based will be considered as having participated in the competition, however not attaining the SR1 Qualifying Result.

2. CARDING NOMINATION CRITERION

2.1. SR1 Carding Criteria

Athletes who competed in the 2019 WCh and achieved a Top 8 result and finished in the top half of the field (the “SR1 Qualifying Result”) are eligible for nomination at the SR1 level.

2.2. SR2 Carding Criteria

SR1 carded athletes who did not achieve the SR1 Qualifying Result but who competed in all 2018/19 IBSF competitions, as applicable, to which they were selected by BCS (OWG / WCh / WC / ICC / NAC and/or EC) are eligible for nomination at the SR2 level.

2.3. SR Carding Criteria

2.3.1. SR2 / SR / D / un-carded athletes who competed in the 2019 WCh, but did not achieve the SR1 Qualifying Result, will be considered for nomination at the SR level.

2.3.2. SR2 / SR carded athletes who did not compete in the 2019 WCh, but did compete in all 2018/19 IBSF competitions, as applicable, to which they were selected by BCS (OWG / WCh / WC / ICC / NAC and/or EC) will be considered for nomination at the SR level.

2.3.3. Accomplished NBP athletes who have taken (self-directed) time away, either for personal or performance related reasons (retirement, injury etc.), may have their previously approved carding status recognized upon their return based on the following criteria:

1. Returning eligible NBP athletes previously carded at the SR1 / SR2 / SR carding level at the time of their (self-directed) time away, that did not compete in any 2018/19 IBSF competitions, may be considered for

nomination at the SR level if the athlete is named to the 2019/20 Senior Bobsleigh Team.

2.3.4. Accomplished athletes transferring to the NBP from other sports, may have their previously/currently approved carding status recognized upon being selected to the NBP based on the following criteria:

1. Eligible Talent Transfer athletes previously/currently carded at the SR1 / SR2 / SR carding level, that *did not compete* in any 2018/19 IBSF competitions, may be considered for nomination at the SR level if the athlete is named to the 2019/20 Senior Bobsleigh Team.

2.4. D Carding Criteria

D carded or Un-carded athletes who *did not compete* in the 2019 WCh OWG but *competed* in all 2018/19 IBSF competitions, as applicable, to which they were selected by BCS (OWG / WCh / WC / ICC / NAC and/or EC) may be considered for nomination at the D level.

2.5. Illness, Injury, or Pregnancy

Current Carded Athletes

2.5.1. Current carded athletes who are unable to maintain full high-performance training and/or competition commitments for 4 months or less due to health related reasons, within a carding cycle, will continue to receive 100 percent of the AAP financial support to which they would otherwise be entitled, provided the following conditions are met:

1. The carded athlete provides a positive prognosis from the BCS team physician, or equivalent, for their return to full high-performance training and/or competition;
2. The carded athlete signifies in writing his or her intention to return to full high-performance training and competition at the earliest date possible following the illness, injury or pregnancy;
3. The carded athlete undertakes in writing to train and rehabilitate under the supervision of BCS for the period of time for which the athlete is unable to fulfil the training and/or competition commitments that are part of the BCS Athlete Agreement; and
4. The carded athlete is selected to a National Bobsleigh Program team by December 31st, 2019.

2.5.2. Long Term Curtailment of Training and/or Competition of Carded Athletes.

Current carded athletes who are unable to maintain full high-performance training and/or competition commitments for longer than 4 months due to health related reasons, within a carding cycle, will continue to receive 100 percent of the AAP financial support to which they would otherwise be entitled, provided the conditions are met according to Section 9.1.2 of the Sport Canada Athlete Assistance Program Policies and Procedures:

<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance.html>

Failure to Meet Renewal Criteria

- 2.5.3. A carded athlete who at the end of the carding cycle has not met eligibility for the renewal of carding status because of strictly health related reasons may be considered for re-nomination for the upcoming year provided the conditions are met according to Section 9.1.3 of the Sport Canada Athlete Assistance Program Policies and Procedures: <https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance.html>

2.6. Eligibility Length

- 2.6.1. An athlete may be carded, in combination, at the SR / C1 level for a maximum of 5 non-consecutive years. In order to be carded for additional years at the SR / C1 level the athlete's past performance and future potential will be assessed to ascertain if the athlete is still progressing and if the athlete has the potential to reach the SR1 level.
- 2.6.2. An athlete may be carded at the D level for a maximum of 5 non-consecutive years. In order to be carded for additional years at the D level the athlete's past performance and future potential will be assessed to ascertain if the athlete is still progressing and if the athlete has the potential to reach the SR1 level.
- 2.6.3. An athlete carded at the Senior Card levels, in any combination of SR1 / SR2 / SR / C1, for more than 2 years is no longer eligible to be carded at the D level.

2.7. Athlete Ranking

- 2.7.1. All Athletes being considered for nomination to the SR1 / SR2 / SR level will be ranked according to the SENIOR SR1 / SR2 / SR CARDS' POINTS RANKING SYSTEM (section 7.1).
- 2.7.2. All Athletes being considered for nomination to the D level will be ranked according to the DEVELOPMENT (D) CARDS' POINTS RANKING SYSTEM (section 7.2).

3. CARDING ALLOCATION

Sport Canada AAP Carding for NBP athletes will be allocated in the following manner:

3.1. Pre-Season Allocation: July 1st – October 31st

Upon completion of the 2018/19 AAP carding cycle (June 30th, 2019), those eligible athletes who have committed themselves to return to the NBP for the 2019/20 season by renewing their National Team Athlete status and fulfilling all associated requirements:

SR1 / SR2 Carding Allocation

- 3.1.1. carded at the SR1 / SR2 level; and

SR Carding Allocation

- 3.1.2. carded at the SR level;

will be nominated for the Pre-Season Allocation (4 months) carding cycle for the AAP.

3.2. In-Season Allocation: November 1st – June 30th

Upon completion of the 2019/20 NBP Selection Process, those eligible athletes:

SR1 / SR2 Carding Allocation

3.2.1. carded at the SR1 / SR2 level having been named to the NBP will be nominated for the In-Season Allocation (8 months) carding cycle for the AAP; and

SR Carding Allocation

3.2.2. carded at the SR level and having been named to the NBP will be nominated for the In-Season Allocation (8 months) carding cycle for the AAP;

D Carding Allocation

3.2.3. Once all athletes eligible for senior cards (SR1 / SR2 / SR) have been nominated, the remaining carding resources will be allocated as D cards. These D cards may be allocated to eligible athletes as an 8 month allocation.

Allocation of Remaining Carding Resources

3.2.4. If after the allocation of the SR1 / SR2 / SR / D cards is completed and there are carding months remaining, these remaining carding months may be allocated to the top ranked D carded athletes(s) as additional months (to a maximum of 12 months carding), provided these athletes have not been nominated for the Pre-Season Allocation. Example: if 6 carding months are remaining the top ranked D carded athlete will get 4 months (for a total of 12 months) and the second will get 2 months (for a total of 10 months).

3.3. Carding Allocation Priority

3.3.1. Carding will be allocated within each card level (SR1 / SR2 / SR / D) based on the athletes' ranking within the SENIOR (SR1 / SR2 / SR) CARDS' RELATIVE RANKING SYSTEM (section 7.1) and DEVELOPMENT (D) CARDS' RELATIVE RANKING SYSTEM (section 7.2).

3.3.2. Eligible athletes will be nominated for the AAP in the following priority order:

1. Athletes eligible for SR1 cards,
2. Athletes eligible for SR2 cards;
3. Athletes eligible for SR cards; and
4. Athletes eligible for D cards.

4. CARDING QUALIFICATION PERIOD

Selection for nominations for the 2019/20 carding cycle will occur at competitions and events that take place from April 1st, 2018 to June 30th, 2019 and through the athletes 2019/20 NBP Selection Process that takes place from April 1st, 2019 to December 31st, 2019.

5. CARDING WITHDRAWAL

The policy and procedures associated with Voluntary Withdrawal from the AAP or Declining AAP Support and Withdrawal of AAP Carded Status are described in the Sport Canada AAP Policies & Procedures:

<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance.html>

6. APPEAL PROCESS

Appeals of a BCS AAP nomination/re-nomination decision or of a BCS recommendation to withdraw carding may only be pursued through BCS's review process, which includes an application to the Sport Dispute Resolution Centre of Canada (SDRCC).

Appeals of an AAP Decision made under the Sport Canada AAP Policies & Procedures Section 6 (Application for and Approval of Cards) or Section 11 (Withdrawal of Carded Status) may be pursued through Section 13 (Appeals Policy) of the Sport Canada AAP Policies & Procedures:

<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance.html>

7. RELATIVE RANKING SYSTEM

7.1. SENIOR (SR1 / SR2 / SR) CARDS' RELATIVE RANKING SYSTEM

An athlete's rank for the purposes of Senior carding (SR1 / SR2 / SR) is based on a Points Ranking System (PRS). The PRS is based on the points each athlete achieved in his/her respective races in the previous season. Athletes receive points (IBSF ranking points) for each race in which they competed on any IBSF circuit, the total of which is divided by the number of races in which the athlete competed (average) – see Average Points B below. For the 2019/20 nominations, each athlete is awarded IBSF equivalent points for his/her results from the 2019 World Championships, divided by the number of disciplines (average) – see Average Points A below. These two averages (Average A and Average B) are added together and then divided by 10 to determine each athlete's total score and rank. The total score is accurate to 2 decimal places and rounded to the nearest hundredths place.

In the event of a tie in points of the total score, the tied athletes will be ranked based off their respective NBP Athlete Performance Evaluation (APE) score for the current season, with the highest APE score being ranked the highest. NBP APE Scoring Tables attached as Appendix A.

The IBSF Points System is used to assign points to each athlete. www.ibsf.org

Example of SR1 / SR2 / SR Card Relative Ranking

SENIOR CARDING

Athlete Name	POSITION	2018/19 AAP Status	Average Points A*	Average Points B*	TOTAL (A+B)/10	2019/20 AAP Rank	Pre-Season AAP Eligibility	Pre-Season Value	In-Season AAP Eligibility	In-Season Value
MENS & WOMENS BOBSLEIGH						<i>*see Table 2 for calculation</i>				
Athlete A	PILOT	SR1	200.00	203.88	40.39	1	SR1	\$7,060	SR1	\$14,120
Athlete B	PILOT	SR1	200.50	190.69	39.12	2	SR1	\$7,060	SR1	\$14,120
Athlete C	CREW	SR1	200.50	188.50	38.90	3	SR1	\$7,060	SR1	\$14,120
Athlete D	CREW	SR	176.00	191.14	36.71	4	SR1	\$7,060	SR1	\$14,120
Athlete E	CREW	SR1	168.00	192.80	36.08	5	SR1	\$7,060	SR1	\$14,120
Athlete F	PILOT	SR1	176.00	161.00	33.70	6	SR1	\$7,060	SR1	\$14,120
Athlete G	PILOT	SR2	120.00	164.69	28.47	7	SR	\$7,060	SR	\$14,120
Athlete H	CREW	D	128.00	142.86	27.09	8	n/a	\$0	SR	\$14,120
Athlete I	CREW	SR1	0.00	140.00	14.00	9	SR2	\$7,060	SR2	\$14,120
Athlete J	CREW	D	36.50	96.00	13.25	10	n/a	\$0	SR	\$14,120
Athlete K	CREW	SR	0.00	0.00	0.00	11	n/a	\$0	SR	\$14,120

Table 1

SENIOR CARDING PRS

		2019 WCH POINTS									2018/19 IBSF POINTS					
Athlete Name	POSITION	2-MAN Result	2-MAN Points	WOMEN'S Result	WOMEN'S Points	4-MAN Result	4-MAN Points	Total Points	Total Races	Average Points A	2-MAN Points	WOMEN'S Points	4-MAN Points	Total Points	Total Races	Average Points B
MENS & WOMENS BOBSLEIGH																
Athlete A	PILOT			3	200			200	1	200.00		1631		1631	8	203.88
Athlete B	PILOT	1	225			6	176	401	2	200.50	1631		1420	3051	16	190.69
Athlete C	CREW	1	225			6	176	401	2	200.50	1205		1434	2639	14	188.50
Athlete D	CREW					6	176	176	1	176.00	0		1338	1338	7	191.14
Athlete E	CREW			7	168			168	1	168.00		964		964	5	192.80
Athlete F	PILOT			6	176			176	1	176.00		1288		1288	8	161.00
Athlete G	PILOT	10	144			16	96	240	2	120.00	1347		1288	2635	16	164.69
Athlete H	CREW			12	128			128	1	128.00		1000		1000	7	142.86
Athlete I	CREW			spare	0			0	1	0.00		840		840	6	140.00
Athlete J	CREW	28	28			24	45	73	2	36.50	0		96	96	1	96.00
Athlete K	CREW	inj	0			inj	0	0	2	0.00	inj	0	inj	0	0	0.00

Table 2

7.2. DEVELOPMENT (D) CARDS' RELATIVE RANKING SYSTEM

The Relative Ranking System for athletes eligible for D carding is based on the following:

- For the 2019/20 nominations the factors to be considered will be the Development Carding PRS (**Table 5**), APE Score, Team Selection, Push Standard, Sprint Standard and NextGen Designation, all of which shall be determined in the time period of April 1st to December 31st, 2019 during official BCS Testing Opportunities and through the NBP Selection Process. The athletes with the highest total score will rank highest.

<i>APE Score</i>	<i>Team Selection</i>	<i>Push Standard</i>	<i>Sprint Standard</i>	<i>NextGen Designation</i>
Calculated based on the NBP APE Scoring Tables attached as Appendix A	Senior Team = 2 points	Achieved = 1 point	Achieved = 1 point	Achieved = 1 point
	Development Team = 1 point			

Table 3

Example of D CARD Relative Ranking

<i>DEVELOPMENT CARDING</i>			PRS <i>*see Table 4 for calculation</i>			<i>APE Score/100</i>	<i>Team Selection</i>	<i>Push Standard</i>	<i>Sprint Standard</i>	<i>Next Gen Designation</i>	<i>SUB-TOT D</i>	<i>TOTAL (C+D)</i>	<i>2019/20 AAP Rank</i>	<i>Pre-Season AAP Eligibility</i>	<i>Pre-Season Value</i>	<i>In-Season AAP Eligibility</i>	<i>In-Season Value</i>
<i>Athlete Name</i>	<i>POSITION</i>	<i>2018/19 AAP Status</i>	<i>Average Points A*</i>	<i>Average Points B*</i>	<i>SUB TOT C = (A+B)/100</i>												
MENS & WOMENS BOBSLEIGH																	
Athlete L	CREW	-	0.00	82.00	0.82	8.20	2	1	1	0	12.20	13.02	12	D	\$4,240	D	\$8,480
Athlete M	CREW	-	0.00	101.50	1.01	7.97	1	1	1	1	11.97	12.98	13	D	\$2,120	D	\$8,480
Athlete N	CREW	-	0.00	92.00	0.92	7.54	1	0	1	1	10.54	11.46	14	-	-	D	\$8,480
Athlete O	PILOT	-	0.00	89.25	0.89	8.23	0	0	1	1	10.23	11.12	15	-	-	D	\$8,480
Athlete P	CREW	-	0.00	86.50	0.86	7.02	1	1	1	0	10.02	10.88	16	-	-	D	\$8,480
Athlete Q	PILOT	-	0.00	85.88	0.85	7.00	1	1	1	0	10.00	10.85	17	-	-	D	\$8,480

Table 4

DEVELOPMENT CARDING PRS

		2019 WCH POINTS									2018/19 IBSF POINTS					
Athlete Name	POSITION	2-MAN Result	2-MAN Points	WOMEN'S Result	WOMEN'S Points	4-MAN Result	4-MAN Points	Total Points	Total Races	Average Points A	2-MAN Points	WOMEN'S Points	4-MAN Points	Total Points	Total Races	Average Points B
MENS & WOMENS BOBSLEIGH																
Athlete L	CREW							0	0	0.00	494		654	1148	14	82.00
Athlete M	CREW							0	0	0.00	216		190	406	4	101.50
Athlete N	CREW							0	0	0.00		368		368	4	92.00
Athlete O	PILOT							0	0	0.00		714		714	8	89.25
Athlete P	CREW							0	0	0.00		346		346	4	86.50
Athlete Q	PILOT							0	0	0.00	720		654	1374	16	85.88

Table 5

2019-20 BCS NBP AAP CARDING CRITERIA

APPENDIX A

Bobsleigh CANADA Skeleton

Athletic Performance Evaluation Table

Bobsleigh - Men

EVENT	ANTHROPOMETRIC (15%)				ABSOLUTE STRENGTH (25%)				ELASTIC STRENGTH (25%)				SPEED (35%)				EVENT	
	Height (cm)		Weight (kg)		Power Clean (kg)		Bench Press (kg)		Standing Long (m)		UHF Heave (m)		15m (sec)		30m (sec)			30m Fly (sec)
SENIOR - MEN ELITE	190.0	100	110.0	100	175.0	100	200.0	100	3.35	100	20.00	100	2.05	100	3.55	100	2.90	100
	189.0	99	109.0	99	172.5	99	195.0	99	3.33	99	19.75	99	2.06	99	3.56	99	2.91	99
	188.0	98	108.0	98	170.0	98	190.0	98	3.31	98	19.50	98	2.07	98	3.57	98	2.92	98
	187.0	97	107.0	97	167.5	97	185.0	97	3.29	97	19.25	97	2.08	97	3.58	97	2.93	97
	186.0	96	106.0	96	165.0	96	180.0	96	3.27	96	19.00	96	2.09	96	3.59	96	2.94	96
	185.0	95	105.0	95	162.5	95	175.0	95	3.25	95	18.75	95	2.10	95	3.60	95	2.95	95
	184.0	94	104.0	94	160.0	94	170.0	94	3.23	94	18.50	94	2.11	94	3.61	94	2.96	94
	183.0	93	103.0	93	157.5	93	165.0	93	3.21	93	18.25	93	2.12	93	3.62	93	2.97	93
	182.0	92	102.0	92	155.0	92	160.0	92	3.19	92	18.00	92	2.13	92	3.63	92	2.98	92
	181.0	91	101.0	91	152.5	91	155.0	91	3.17	91	17.75	91	2.14	91	3.64	91	2.99	91
	180.0	90	100.0	90	150.0	90	150.0	90	3.15	90	17.50	90	2.15	90	3.65	90	3.00	90
	179.0	89	99.0	89	147.5	89	145.0	89	3.12	89	17.25	89	2.16	89	3.66	89	3.01	89
	178.0	88	98.0	88	145.0	88	140.0	88	3.09	88	17.00	88	2.17	88	3.67	88	3.02	88
	177.0	87	97.0	87	142.5	87	135.0	87	3.06	87	16.75	87	2.18	87	3.68	87	3.03	87
	176.0	86	96.0	86	140.0	86	130.0	86	3.03	86	16.50	86	2.19	86	3.69	86	3.04	86
	175.0	85	95.0	85	137.5	85	125.0	85	3.00	85	16.25	85	2.20	85	3.70	85	3.05	85
	174.0	84	94.0	84	135.0	84	120.0	84	2.97	84	16.00	84	2.21	84	3.71	84	3.06	84
	173.0	83	93.0	83	132.5	83	115.0	83	2.94	83	15.75	83	2.22	83	3.72	83	3.07	83
	172.0	82	92.0	82	130.0	82	110.0	82	2.91	82	15.50	82	2.23	82	3.73	82	3.08	82
	171.0	81	91.0	81	127.5	81	105.0	81	2.88	81	15.25	81	2.24	81	3.74	81	3.09	81
NEXTGEN - MEN EXCELLENT	170.0	80	90.0	80	125.0	80	100.0	80	2.85	80	15.00	80	2.25	80	3.75	80	3.10	80
	169.0	79	89.0	79	122.5	79	95.0	79	2.82	79	14.75	79	2.26	79	3.76	79	3.11	79
	168.0	78	88.0	78	120.0	78	90.0	78	2.79	78	14.50	78	2.27	78	3.77	78	3.12	78
	167.0	77	87.0	77	117.5	77	85.0	77	2.76	77	14.25	77	2.28	77	3.78	77	3.13	77
	166.0	76	86.0	76	115.0	76	80.0	76	2.73	76	14.00	76	2.29	76	3.79	76	3.14	76
	165.0	75	85.0	75	112.5	75	75.0	75	2.70	75	13.75	75	2.30	75	3.80	75	3.15	75
	164.0	74	84.0	74	110.0	74	70.0	74	2.67	74	13.50	74	2.31	74	3.81	74	3.16	74
	163.0	73	83.0	73	107.5	73	65.0	73	2.64	73	13.25	73	2.32	73	3.82	73	3.17	73
	162.0	72	82.0	72	105.0	72	60.0	72	2.61	72	13.00	72	2.33	72	3.83	72	3.18	72
	161.0	71	81.0	71	102.5	71	55.0	71	2.58	71	12.75	71	2.34	71	3.84	71	3.19	71
	160.0	70	80.0	70	100.0	70	50.0	70	2.55	70	12.50	70	2.35	70	3.85	70	3.20	70
	159.0	69	79.0	69	97.5	69	45.0	69	2.52	69	12.25	69	2.36	69	3.86	69	3.21	69
	158.0	68	78.0	68	95.0	68	40.0	68	2.49	68	12.00	68	2.37	68	3.87	68	3.22	68
	157.0	67	77.0	67	92.5	67	35.0	67	2.46	67	11.75	67	2.38	67	3.88	67	3.23	67
	156.0	66	76.0	66	90.0	66	30.0	66	2.43	66	11.50	66	2.39	66	3.89	66	3.24	66
155.0	65	75.0	65	87.5	65	25.0	65	2.40	65	11.25	65	2.40	65	3.90	65	3.25	65	

2019-20 BCS NBP AAP CARDING CRITERIA

APPENDIX A

Bobsleigh CANADA Skeleton

Athletic Performance Evaluation Table

Bobsleigh - Women

EVENT	ANTHROPOMETRIC (5%)				ABSOLUTE STRENGTH (15%)				ELASTIC STRENGTH (15%)				SPEED (25%)				EVENT	
	Height (cm)		Weight (kg)		Power Clean (kg)		Bench Press (kg)		Standing Long (m)		UHF Heave (m)		15m (sec)		30m (sec)			30m Fly (sec)
SENIOR - WOMEN EXCELLENT	178.0	100	78.0	100	115.0	100	100.0	100	3.00	100	15.50	100	2.20	100	3.90	100	3.30	100
	177.0	99	77.5	99	112.5	99	97.5	99	2.97	99	15.40	99	2.21	99	3.91	99	3.31	99
	176.0	98	77.0	98	110.0	98	95.0	98	2.94	98	15.30	98	2.22	98	3.92	98	3.32	98
	175.0	97	76.5	97	107.5	97	92.5	97	2.91	97	15.20	97	2.23	97	3.93	97	3.33	97
	174.0	96	76.0	96	105.0	96	90.0	96	2.88	96	15.10	96	2.24	96	3.94	96	3.34	96
	173.0	95	75.5	95	102.5	95	87.5	95	2.85	95	15.00	95	2.25	95	3.95	95	3.35	95
	172.0	94	75.0	94	100.0	94	85.0	94	2.82	94	14.90	94	2.26	94	3.96	94	3.36	94
	171.0	93	74.5	93	97.5	93	82.5	93	2.79	93	14.80	93	2.27	93	3.97	93	3.37	93
	170.0	92	74.0	92	95.0	92	80.0	92	2.76	92	14.70	92	2.28	92	3.98	92	3.38	92
	169.0	91	73.5	91	92.5	91	77.5	91	2.73	91	14.60	91	2.29	91	3.99	91	3.39	91
	168.0	90	73.0	90	90.0	90	75.0	90	2.70	90	14.50	90	2.30	90	4.00	90	3.40	90
	167.0	89	72.5	89	87.5	89	72.5	89	2.68	89	14.40	89	2.31	89	4.01	89	3.41	89
	166.0	88	72.0	88	85.0	88	70.0	88	2.66	88	14.30	88	2.32	88	4.02	88	3.42	88
	165.0	87	71.5	87	82.5	87	67.5	87	2.64	87	14.20	87	2.33	87	4.03	87	3.43	87
	164.0	86	71.0	86	80.0	86	65.0	86	2.62	86	14.10	86	2.34	86	4.04	86	3.44	86
	163.0	85	70.5	85	77.5	85	62.5	85	2.60	85	14.00	85	2.35	85	4.05	85	3.45	85
	162.0	84	70.0	84	75.0	84	60.0	84	2.58	84	13.90	84	2.36	84	4.06	84	3.46	84
	161.0	83	69.5	83	72.5	83	57.5	83	2.56	83	13.80	83	2.37	83	4.07	83	3.47	83
	160.0	82	69.0	82	70.0	82	55.0	82	2.54	82	13.70	82	2.38	82	4.08	82	3.48	82
	159.0	81	68.5	81	67.5	81	52.5	81	2.52	81	13.60	81	2.39	81	4.09	81	3.49	81
NEXT GEN - WOMEN	158.0	80	68.0	80	65.0	80	50.0	80	2.50	80	13.50	80	2.40	80	4.10	80	3.50	80
	157.0	79	67.5	79	62.5	79	47.5	79	2.48	79	13.40	79	2.41	79	4.11	79	3.51	79
	156.0	78	67.0	78	60.0	78	45.0	78	2.46	78	13.30	78	2.42	78	4.12	78	3.52	78
	155.0	77	66.5	77	57.5	77	42.5	77	2.44	77	13.20	77	2.43	77	4.13	77	3.53	77
	154.0	76	66.0	76	55.0	76	40.0	76	2.42	76	13.10	76	2.44	76	4.14	76	3.54	76
	153.0	75	65.5	75	52.5	75	37.5	75	2.40	75	13.00	75	2.45	75	4.15	75	3.55	75
	152.0	74	65.0	74	50.0	74	35.0	74	2.38	74	12.90	74	2.46	74	4.16	74	3.56	74
	151.0	73	64.5	73	47.5	73	32.5	73	2.36	73	12.80	73	2.47	73	4.17	73	3.57	73
	150.0	72	64.0	72	45.0	72	30.0	72	2.34	72	12.70	72	2.48	72	4.18	72	3.58	72
	149.0	71	63.5	71	42.5	71	27.5	71	2.32	71	12.60	71	2.49	71	4.19	71	3.59	71
	148.0	70	63.0	70	40.0	70	25.0	70	2.30	70	12.50	70	2.50	70	4.20	70	3.60	70
	147.0	69	62.5	69	37.5	69	22.5	69	2.28	69	12.40	69	2.51	69	4.21	69	3.61	69
	146.0	68	62.0	68	35.0	68	20.0	68	2.26	68	12.30	68	2.52	68	4.22	68	3.62	68
	145.0	67	61.5	67	32.5	67	17.5	67	2.24	67	12.20	67	2.53	67	4.23	67	3.63	67
	144.0	66	61.0	66	30.0	66	15.0	66	2.22	66	12.10	66	2.54	66	4.24	66	3.64	66
	143.0	65	60.5	65	27.5	65	12.5	65	2.20	65	12.00	65	2.55	65	4.25	65	3.65	65