

Appendix A

National Bobsleigh Program Athletic Performance Evaluation (APE)

Scoring Table - Women

	ANTHROPOMETRIC (5%)				ABSOLUTE STRENGTH (15%)				ELASTIC STRENGTH (15%)				SPEED (25%)				SINGLE PUSH (40%)		TOTAL		
	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)	
178	100	78.0	100	115.0	100	100.0	100	3.00	100	15.50	100	2.20	100	3.20	100	3.30	100	5.45	100	1000	
177	99	77.5	99	112.5	99	97.5	99	2.97	99	15.40	99	2.21	99	3.21	99	3.31	99	5.46	99	990	
176	98	77.0	98	110.0	98	95.0	98	2.94	98	15.30	98	2.22	98	3.22	98	3.32	98	5.47	98	980	
175	97	76.5	97	107.5	97	92.5	97	2.91	97	15.20	97	2.23	97	3.23	97	3.33	97	5.48	97	970	
174	96	76.0	96	105.0	96	90.0	96	2.88	96	15.10	96	2.24	96	3.24	96	3.34	96	5.49	96	960	
173	95	75.5	95	102.5	95	87.5	95	2.85	95	15.00	95	2.25	95	3.25	95	3.35	95	5.50	95	950	
172	94	75.0	94	100.0	94	85.0	94	2.82	94	14.90	94	2.26	94	3.26	94	3.36	94	5.51	94	940	
171	93	74.5	93	97.5	93	82.5	93	2.79	93	14.80	93	2.27	93	3.27	93	3.37	93	5.52	93	930	
170	92	74.0	92	95.0	92	80.0	92	2.76	92	14.70	92	2.28	92	3.28	92	3.38	92	5.53	92	920	
169	91	73.5	91	92.5	91	77.5	91	2.73	91	14.60	91	2.29	91	3.29	91	3.39	91	5.54	91	910	
168	90	73.0	90	90.0	90	75.0	90	2.70	90	14.50	90	2.30	90	3.30	90	3.40	90	5.55	90	900	
167	89	72.5	89	87.5	89	72.5	89	2.68	89	14.40	89	2.31	89	3.31	89	3.41	89	5.56	89	890	
166	88	72.0	88	85.0	88	70.0	88	2.66	88	14.30	88	2.32	88	3.32	88	3.42	88	5.57	88	880	
165	87	71.5	87	82.5	87	67.5	87	2.64	87	14.20	87	2.33	87	3.33	87	3.43	87	5.58	87	870	
164	86	71.0	86	80.0	86	65.0	86	2.62	86	14.10	86	2.34	86	3.34	86	3.44	86	5.59	86	860	
163	85	70.5	85	77.5	85	62.5	85	2.60	85	14.00	85	2.35	85	3.35	85	3.45	85	5.60	85	850	
162	84	70.0	84	75.0	84	60.0	84	2.58	84	13.90	84	2.36	84	3.36	84	3.46	84	5.61	84	840	
161	83	69.5	83	72.5	83	57.5	83	2.56	83	13.80	83	2.37	83	3.37	83	3.47	83	5.62	83	830	
160	82	69.0	82	70.0	82	55.0	82	2.54	82	13.70	82	2.38	82	3.38	82	3.48	82	5.63	82	820	
159	81	68.5	81	67.5	81	52.5	81	2.52	81	13.60	81	2.39	81	3.39	81	3.49	81	5.64	81	810	
158	80	68.0	80	65.0	80	50.0	80	2.50	80	13.50	80	2.40	80	3.40	80	3.50	80	5.65	80	800	
157	79	67.5	79	62.5	79	47.5	79	2.48	79	13.40	79	2.41	79	3.41	79	3.51	79	5.66	79	790	
156	78	67.0	78	60.0	78	45.0	78	2.46	78	13.30	78	2.42	78	3.42	78	3.52	78	5.67	78	780	
155	77	66.5	77	57.5	77	42.5	77	2.44	77	13.20	77	2.43	77	3.43	77	3.53	77	5.68	77	770	
154	76	66.0	76	55.0	76	40.0	76	2.42	76	13.10	76	2.44	76	3.44	76	3.54	76	5.69	76	760	
153	75	65.5	75	52.5	75	37.5	75	2.40	75	13.00	75	2.45	75	3.45	75	3.55	75	5.70	75	750	
152	74	65.0	74	50.0	74	35.0	74	2.38	74	12.90	74	2.46	74	3.46	74	3.56	74	5.71	74	740	
151	73	64.5	73	47.5	73	32.5	73	2.36	73	12.80	73	2.47	73	3.47	73	3.57	73	5.72	73	730	
150	72	64.0	72	45.0	72	30.0	72	2.34	72	12.70	72	2.48	72	3.48	72	3.58	72	5.73	72	720	
149	71	63.5	71	42.5	71	27.5	71	2.32	71	12.60	71	2.49	71	3.49	71	3.59	71	5.74	71	710	
148	70	63.0	70	40.0	70	25.0	70	2.30	70	12.50	70	2.50	70	3.50	70	3.60	70	5.75	70	700	
147	69	62.5	69	37.5	69	22.5	69	2.28	69	12.40	69	2.51	69	3.51	69	3.61	69	5.76	69	690	
146	68	62.0	68	35.0	68	20.0	68	2.26	68	12.30	68	2.52	68	3.52	68	3.62	68	5.77	68	680	
145	67	61.5	67	32.5	67	17.5	67	2.24	67	12.20	67	2.53	67	3.53	67	3.63	67	5.78	67	670	
144	66	61.0	66	30.0	66	15.0	66	2.22	66	12.10	66	2.54	66	3.54	66	3.64	66	5.79	66	660	
143	65	60.5	65	27.5	65	12.5	65	2.20	65	12.00	65	2.55	65	3.55	65	3.65	65	5.80	65	650	