



# Appendix A

## National Skeleton Program Athletic Performance Evaluation (APE)

### Scoring Table - Women

	ANTHROPOMETRIC (5%)				ABSOLUTE STRENGTH (10%)		ELASTIC STRENGTH (20%)			SPEED (25%)			SINGLE PUSH (40%)		TOTAL						
	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)	
178	100	70.0	100	85.0	100	13.50	100	2.85	100	7.75	100	2.20	100	3.20	100	3.30	100	4.95	100	1000	
177	99	69.5	99	83.0	99	13.40	99	2.82	99	7.70	99	2.21	99	3.21	99	3.31	99	4.96	99	990	
176	98	69.0	98	81.0	98	13.30	98	2.79	98	7.65	98	2.22	98	3.22	98	3.32	98	4.97	98	980	
175	97	68.5	97	89.0	97	13.20	97	2.76	97	7.60	97	2.23	97	3.23	97	3.33	97	4.98	97	970	
174	96	68.0	96	87.0	96	13.10	96	2.73	96	7.55	96	2.24	96	3.24	96	3.34	96	4.99	96	960	
173	95	67.5	95	85.0	95	13.00	95	2.70	95	7.50	95	2.25	95	3.25	95	3.35	95	5.00	95	950	
172	94	67.0	94	83.0	94	12.90	94	2.67	94	7.45	94	2.26	94	3.26	94	3.36	94	5.01	94	940	
171	93	66.5	93	81.0	93	12.80	93	2.64	93	7.40	93	2.27	93	3.27	93	3.37	93	5.02	93	930	
170	92	66.0	92	79.0	92	12.70	92	2.61	92	7.35	92	2.28	92	3.28	92	3.38	92	5.03	92	920	
169	91	65.5	91	77.0	91	12.60	91	2.58	91	7.30	91	2.29	91	3.29	91	3.39	91	5.04	91	910	
168	90	65.0	90	75.0	90	12.50	90	2.55	90	7.25	90	2.30	90	3.30	90	3.40	90	5.05	90	900	
167	89	64.5	89	73.0	89	12.40	89	2.52	89	7.20	89	2.31	89	3.31	89	3.41	89	5.06	89	890	
166	88	64.0	88	71.0	88	12.30	88	2.49	88	7.15	88	2.32	88	3.32	88	3.42	88	5.07	88	880	
165	87	63.5	87	69.0	87	12.20	87	2.46	87	7.10	87	2.33	87	3.33	87	3.43	87	5.08	87	870	
164	86	63.0	86	67.0	86	12.10	86	2.43	86	7.05	86	2.34	86	3.34	86	3.44	86	5.09	86	860	
163	85	62.5	85	65.0	85	12.00	85	2.40	85	7.00	85	2.35	85	3.35	85	3.45	85	5.10	85	850	
162	84	62.0	84	63.0	84	11.90	84	2.37	84	6.95	84	2.36	84	3.36	84	3.46	84	5.11	84	840	
161	83	61.5	83	61.0	83	11.80	83	2.34	83	6.90	83	2.37	83	3.37	83	3.47	83	5.12	83	830	
160	82	61.0	82	59.0	82	11.70	82	2.31	82	6.85	82	2.38	82	3.38	82	3.48	82	5.13	82	820	
159	81	60.5	81	57.0	81	11.60	81	2.28	81	6.80	81	2.39	81	3.39	81	3.49	81	5.14	81	810	
158	80	60.0	80	55.0	80	11.50	80	2.25	80	6.75	80	2.40	80	3.40	80	3.50	80	5.15	80	800	
157	79	59.5	79	53.0	79	11.40	79	2.22	79	6.70	79	2.41	79	3.41	79	3.51	79	5.16	79	790	
156	78	59.0	78	51.0	78	11.30	78	2.19	78	6.65	78	2.42	78	3.42	78	3.52	78	5.17	78	780	
155	77	58.5	77	49.0	77	11.20	77	2.16	77	6.60	77	2.43	77	3.43	77	3.53	77	5.18	77	770	
154	76	58.0	76	47.0	76	11.10	76	2.13	76	6.55	76	2.44	76	3.44	76	3.54	76	5.19	76	760	
153	75	57.5	75	45.0	75	11.00	75	2.10	75	6.50	75	2.45	75	3.45	75	3.55	75	5.20	75	750	
152	74	57.0	74	43.0	74	10.90	74	1.97	74	6.45	74	2.46	74	3.46	74	3.56	74	5.21	74	740	
151	73	56.5	73	41.0	73	10.80	73	1.94	73	6.40	73	2.47	73	3.47	73	3.57	73	5.22	73	730	
150	72	56.0	72	39.0	72	10.70	72	1.91	72	6.35	72	2.48	72	3.48	72	3.58	72	5.23	72	720	
149	71	55.5	71	37.0	71	10.60	71	1.88	71	6.30	71	2.49	71	3.49	71	3.59	71	5.24	71	710	
148	70	55.0	70	35.0	70	10.50	70	1.85	70	6.25	70	2.50	70	3.50	70	3.60	70	5.25	70	700	
147	69	54.5	69	33.0	69	10.40	69	1.82	69	6.20	69	2.51	69	3.51	69	3.61	69	5.26	69	690	
146	68	54.0	68	31.0	68	10.30	68	1.79	68	6.15	68	2.52	68	3.52	68	3.62	68	5.27	68	680	
145	67	53.5	67	29.0	67	10.20	67	1.76	67	6.10	67	2.53	67	3.53	67	3.63	67	5.28	67	670	
144	66	53.0	66	27.0	66	10.10	66	1.73	66	6.05	66	2.54	66	3.54	66	3.64	66	5.29	66	660	
143	65	52.5	65	25.0	65	10.00	65	1.70	65	6.00	65	2.55	65	3.55	65	3.65	65	5.30	65	650	