

**APPENDIX A
BCS APE TABLES - SKELETON**



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

ANTHROPOMETRIC (15%)			ABSOLUTE STRENGTH (20%)			ELASTIC STRENGTH (30%)			SPEED (35%)				
Height (cm)	Weight (kg)	Power Clean (kg)	UHF Heave (m)	Standing Long (m)	Standing Triple (m)	15m (sec)	30m (sec)	30m Fly (sec)	100	99	98	97	96
190.0	100	90.0	180.0	3.35	100	2.05	3.55	100	100	3.55	100	2.90	100
188.0	99	88.0	177.5	3.33	99	2.06	3.56	99	99	3.56	99	2.91	99
186.0	98	86.0	175.0	3.31	98	2.07	3.57	98	98	3.57	98	2.92	98
184.0	97	84.0	172.5	3.29	97	2.08	3.58	97	97	3.58	97	2.93	97
182.0	96	82.0	170.0	3.27	96	2.09	3.59	96	96	3.59	96	2.94	96
180.0	95	80.0	167.5	3.25	95	2.10	3.60	95	95	3.60	95	2.95	95
178.0	94	78.0	165.0	3.23	94	2.11	3.61	94	94	3.61	94	2.96	94
176.0	93	76.0	162.5	3.21	93	2.12	3.62	93	93	3.62	93	2.97	93
174.0	92	74.0	160.0	3.19	92	2.13	3.63	92	92	3.63	92	2.98	92
172.0	91	72.0	157.5	3.17	91	2.14	3.64	91	91	3.64	91	2.99	91
170.0	90	70.0	155.0	3.15	90	2.15	3.65	90	90	3.65	90	3.00	90
168.0	89	68.0	152.5	3.12	89	2.16	3.66	89	89	3.66	89	3.01	89
166.0	88	66.0	150.0	3.09	88	2.17	3.67	88	88	3.67	88	3.02	88
164.0	87	64.0	147.5	3.06	87	2.18	3.68	87	87	3.68	87	3.03	87
162.0	86	62.0	145.0	3.03	86	2.19	3.69	86	86	3.69	86	3.04	86
160.0	85	60.0	142.5	3.00	85	2.20	3.70	85	85	3.70	85	3.05	85
158.0	84	58.0	140.0	2.97	84	2.21	3.71	84	84	3.71	84	3.06	84
156.0	83	56.0	137.5	2.94	83	2.22	3.72	83	83	3.72	83	3.07	83
154.0	82	54.0	135.0	2.91	82	2.23	3.73	82	82	3.73	82	3.08	82
152.0	81	52.0	132.5	2.88	81	2.24	3.74	81	81	3.74	81	3.09	81
150.0	80	50.0	130.0	2.85	80	2.25	3.75	80	80	3.75	80	3.10	80
148.0	79	48.0	127.5	2.82	79	2.26	3.76	79	79	3.76	79	3.11	79
146.0	78	46.0	125.0	2.79	78	2.27	3.77	78	78	3.77	78	3.12	78
144.0	77	44.0	122.5	2.76	77	2.28	3.78	77	77	3.78	77	3.13	77
142.0	76	42.0	120.0	2.73	76	2.29	3.79	76	76	3.79	76	3.14	76
140.0	75	40.0	117.5	2.70	75	2.30	3.80	75	75	3.80	75	3.15	75
138.0	74	38.0	115.0	2.67	74	2.31	3.81	74	74	3.81	74	3.16	74
136.0	73	36.0	112.5	2.64	73	2.32	3.82	73	73	3.82	73	3.17	73
134.0	72	34.0	110.0	2.61	72	2.33	3.83	72	72	3.83	72	3.18	72
132.0	71	32.0	107.5	2.58	71	2.34	3.84	71	71	3.84	71	3.19	71
130.0	70	30.0	105.0	2.55	70	2.35	3.85	70	70	3.85	70	3.20	70
128.0	69	28.0	102.5	2.52	69	2.36	3.86	69	69	3.86	69	3.21	69
126.0	68	26.0	100.0	2.49	68	2.37	3.87	68	68	3.87	68	3.22	68
124.0	67	24.0	97.5	2.46	67	2.38	3.88	67	67	3.88	67	3.23	67
122.0	66	22.0	95.0	2.43	66	2.39	3.89	66	66	3.89	66	3.24	66
120.0	65	20.0	92.5	2.40	65	2.40	3.90	65	65	3.90	65	3.25	65

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

HEIGHT (cm)		ANTHROPOMETRIC (15%)		WEIGHT (kg)		ABSOLUTE STRENGTH (20%)		ELASTIC STRENGTH (30%)		STANDING TRIPLE (m)		15m (sec)		SPEED (35%)		30m Fly (sec)	
178.0	100	70.0	100	95.0	100	13.50	100	2.85	100	7.75	100	2.20	100	3.90	100	3.30	100
177.0	99	69.5	99	93.0	99	13.40	99	2.82	99	7.70	99	2.21	99	3.91	99	3.31	99
176.0	98	69.0	98	91.0	98	13.30	98	2.79	98	7.65	98	2.22	98	3.92	98	3.32	98
175.0	97	68.5	97	89.0	97	13.20	97	2.76	97	7.60	97	2.23	97	3.93	97	3.33	97
174.0	96	68.0	96	87.0	96	13.10	96	2.73	96	7.55	96	2.24	96	3.94	96	3.34	96
173.0	95	67.5	95	85.0	95	13.00	95	2.70	95	7.50	95	2.25	95	3.95	95	3.35	95
172.0	94	67.0	94	83.0	94	12.90	94	2.67	94	7.45	94	2.26	94	3.96	94	3.36	94
171.0	93	66.5	93	81.0	93	12.80	93	2.64	93	7.40	93	2.27	93	3.97	93	3.37	93
170.0	92	66.0	92	79.0	92	12.70	92	2.61	92	7.35	92	2.28	92	3.98	92	3.38	92
169.0	91	65.5	91	77.0	91	12.60	91	2.58	91	7.30	91	2.29	91	3.99	91	3.39	91
168.0	90	65.0	90	75.0	90	12.50	90	2.55	90	7.25	90	2.30	90	4.00	90	3.40	90
167.0	89	64.5	89	73.0	89	12.40	89	2.52	89	7.20	89	2.31	89	4.01	89	3.41	89
166.0	88	64.0	88	71.0	88	12.30	88	2.49	88	7.15	88	2.32	88	4.02	88	3.42	88
165.0	87	63.5	87	69.0	87	12.20	87	2.46	87	7.10	87	2.33	87	4.03	87	3.43	87
164.0	86	63.0	86	67.0	86	12.10	86	2.43	86	7.05	86	2.34	86	4.04	86	3.44	86
163.0	85	62.5	85	65.0	85	12.00	85	2.40	85	7.00	85	2.35	85	4.05	85	3.45	85
162.0	84	62.0	84	63.0	84	11.90	84	2.37	84	6.95	84	2.36	84	4.06	84	3.46	84
161.0	83	61.5	83	61.0	83	11.80	83	2.34	83	6.90	83	2.37	83	4.07	83	3.47	83
160.0	82	61.0	82	59.0	82	11.70	82	2.31	82	6.85	82	2.38	82	4.08	82	3.48	82
159.0	81	60.5	81	57.0	81	11.60	81	2.28	81	6.80	81	2.39	81	4.09	81	3.49	81
158.0	80	60.0	80	55.0	80	11.50	80	2.25	80	6.75	80	2.40	80	4.10	80	3.50	80
157.0	79	59.5	79	53.0	79	11.40	79	2.22	79	6.70	79	2.41	79	4.11	79	3.51	79
156.0	78	59.0	78	51.0	78	11.30	78	2.19	78	6.65	78	2.42	78	4.12	78	3.52	78
155.0	77	58.5	77	49.0	77	11.20	77	2.16	77	6.60	77	2.43	77	4.13	77	3.53	77
154.0	76	58.0	76	47.0	76	11.10	76	2.13	76	6.55	76	2.44	76	4.14	76	3.54	76
153.0	75	57.5	75	45.0	75	11.00	75	2.10	75	6.50	75	2.45	75	4.15	75	3.55	75
152.0	74	57.0	74	43.0	74	10.90	74	2.07	74	6.45	74	2.46	74	4.16	74	3.56	74
151.0	73	56.5	73	41.0	73	10.80	73	2.04	73	6.40	73	2.47	73	4.17	73	3.57	73
150.0	72	56.0	72	39.0	72	10.70	72	2.01	72	6.35	72	2.48	72	4.18	72	3.58	72
149.0	71	55.5	71	37.0	71	10.60	71	1.98	71	6.30	71	2.49	71	4.19	71	3.59	71
148.0	70	55.0	70	35.0	70	10.50	70	1.95	70	6.25	70	2.50	70	4.20	70	3.60	70
147.0	69	54.5	69	33.0	69	10.40	69	1.92	69	6.20	69	2.51	69	4.21	69	3.61	69
146.0	68	54.0	68	31.0	68	10.30	68	1.89	68	6.15	68	2.52	68	4.22	68	3.62	68
145.0	67	53.5	67	29.0	67	10.20	67	1.86	67	6.10	67	2.53	67	4.23	67	3.63	67
144.0	66	53.0	66	27.0	66	10.10	66	1.83	66	6.05	66	2.54	66	4.24	66	3.64	66
143.0	65	52.5	65	25.0	65	10.00	65	1.80	65	6.00	65	2.55	65	4.25	65	3.65	65