

APPENDIX A
BCS APE TABLES - BOBSLEIGH



Bobsleigh CANADA Skeleton
Athletic Performance Evaluation Table - Bobsleigh - Men

ANTHROPOMETRIC (15%)				ABSOLUTE STRENGTH (25%)				ELASTIC STRENGTH (25%)				SPEED (35%)					
Height (cm)		Weight (kg)		Power Clean (kg)		Bench Press (kg)		Standing Long (m)		UHF Heave (m)		15m (sec)		30m (sec)		30m Fly (sec)	
190.0	100	115.0	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	106.0	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
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

APPENDIX A
BCS APE TABLES - BOBSLEIGH



Bobsleigh CANADA Skeleton
Athletic Performance Evaluation Table - Bobsleigh - Women

ANTHROPOMETRIC (5%)				ABSOLUTE STRENGTH (15%)				ELASTIC STRENGTH (15%)				SPEED (25%)					
Height (cm)		Weight (kg)		Power Clean (kg)		Bench Press (kg)		Standing Long (m)		UHF Heave (m)		15m (sec)		30m (sec)		30m Fly (sec)	
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
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