

# ANNEXE A TABLES APE BCS - 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	95	94	93	92	91	90	89	88	87	86	85
190.0	100	90.0	180.0	100	9.50	2.05	3.55	100	100	3.55	100	2.90	100											
188.0	99	88.0	177.5	99	9.45	2.06	3.56	99	99	3.56	99	2.91	99											
186.0	98	86.0	175.0	98	9.40	2.07	3.57	98	98	3.57	98	2.92	98											
184.0	97	84.0	172.5	97	9.35	2.08	3.58	97	97	3.58	97	2.93	97											
182.0	96	82.0	170.0	96	9.30	2.09	3.59	96	96	3.59	96	2.94	96											
180.0	95	80.0	167.5	95	9.25	2.10	3.60	95	95	3.60	95	2.95	95											
178.0	94	78.0	165.0	94	9.20	2.11	3.61	94	94	3.61	94	2.96	94											
176.0	93	76.0	162.5	93	9.15	2.12	3.62	93	93	3.62	93	2.97	93											
174.0	92	74.0	160.0	92	9.10	2.13	3.63	92	92	3.63	92	2.98	92											
172.0	91	72.0	157.5	91	9.05	2.14	3.64	91	91	3.64	91	2.99	91											
170.0	90	70.0	155.0	90	9.00	2.15	3.65	90	90	3.65	90	3.00	90											
168.0	89	68.0	152.5	89	8.95	2.16	3.66	89	89	3.66	89	3.01	89											
166.0	88	66.0	150.0	88	8.90	2.17	3.67	88	88	3.67	88	3.02	88											
164.0	87	64.0	147.5	87	8.85	2.18	3.68	87	87	3.68	87	3.03	87											
162.0	86	62.0	145.0	86	8.80	2.19	3.69	86	86	3.69	86	3.04	86											
160.0	85	60.0	142.5	85	8.75	2.20	3.70	85	85	3.70	85	3.05	85											
158.0	84	58.0	140.0	84	8.70	2.21	3.71	84	84	3.71	84	3.06	84											
156.0	83	56.0	137.5	83	8.65	2.22	3.72	83	83	3.72	83	3.07	83											
154.0	82	54.0	135.0	82	8.60	2.23	3.73	82	82	3.73	82	3.08	82											
152.0	81	52.0	132.5	81	8.55	2.24	3.74	81	81	3.74	81	3.09	81											
150.0	80	50.0	130.0	80	8.50	2.25	3.75	80	80	3.75	80	3.10	80											
148.0	79	48.0	127.5	79	8.45	2.26	3.76	79	79	3.76	79	3.11	79											
146.0	78	46.0	125.0	78	8.40	2.27	3.77	78	78	3.77	78	3.12	78											
144.0	77	44.0	122.5	77	8.35	2.28	3.78	77	77	3.78	77	3.13	77											
142.0	76	42.0	120.0	76	8.30	2.29	3.79	76	76	3.79	76	3.14	76											
140.0	75	40.0	117.5	75	8.25	2.30	3.80	75	75	3.80	75	3.15	75											
138.0	74	38.0	115.0	74	8.20	2.31	3.81	74	74	3.81	74	3.16	74											
136.0	73	36.0	112.5	73	8.15	2.32	3.82	73	73	3.82	73	3.17	73											
134.0	72	34.0	110.0	72	8.10	2.33	3.83	72	72	3.83	72	3.18	72											
132.0	71	32.0	107.5	71	8.05	2.34	3.84	71	71	3.84	71	3.19	71											
130.0	70	30.0	105.0	70	8.00	2.35	3.85	70	70	3.85	70	3.20	70											
128.0	69	28.0	102.5	69	7.95	2.36	3.86	69	69	3.86	69	3.21	69											
126.0	68	26.0	100.0	68	7.90	2.37	3.87	68	68	3.87	68	3.22	68											
124.0	67	24.0	97.5	67	7.85	2.38	3.88	67	67	3.88	67	3.23	67											
122.0	66	22.0	95.0	66	7.80	2.39	3.89	66	66	3.89	66	3.24	66											
120.0	65	20.0	92.5	65	7.75	2.40	3.90	65	65	3.90	65	3.25	65											

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TABLES APE BCS - SKELETON**



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

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)
178.0	100	95.0	13.50	2.85	100	2.20	100	3.90
177.0	99	93.0	13.40	2.82	99	2.21	99	3.91
176.0	98	91.0	13.30	2.79	98	2.22	98	3.92
175.0	97	89.0	13.20	2.76	97	2.23	97	3.93
174.0	96	87.0	13.10	2.73	96	2.24	96	3.94
173.0	95	85.0	13.00	2.70	95	2.25	95	3.95
172.0	94	83.0	12.90	2.67	94	2.26	94	3.96
171.0	93	81.0	12.80	2.64	93	2.27	93	3.97
170.0	92	79.0	12.70	2.61	92	2.28	92	3.98
169.0	91	77.0	12.60	2.58	91	2.29	91	3.99
168.0	90	75.0	12.50	2.55	90	2.30	90	4.00
167.0	89	73.0	12.40	2.52	89	2.31	89	4.01
166.0	88	71.0	12.30	2.49	88	2.32	88	4.02
165.0	87	69.0	12.20	2.46	87	2.33	87	4.03
164.0	86	67.0	12.10	2.43	86	2.34	86	4.04
163.0	85	65.0	12.00	2.40	85	2.35	85	4.05
162.0	84	63.0	11.90	2.37	84	2.36	84	4.06
161.0	83	61.0	11.80	2.34	83	2.37	83	4.07
160.0	82	59.0	11.70	2.31	82	2.38	82	4.08
159.0	81	57.0	11.60	2.28	81	2.39	81	4.09
158.0	80	55.0	11.50	2.25	80	2.40	80	4.10
157.0	79	53.0	11.40	2.22	79	2.41	79	4.11
156.0	78	51.0	11.30	2.19	78	2.42	78	4.12
155.0	77	49.0	11.20	2.16	77	2.43	77	4.13
154.0	76	47.0	11.10	2.13	76	2.44	76	4.14
153.0	75	45.0	11.00	2.10	75	2.45	75	4.15
152.0	74	43.0	10.90	1.97	74	2.46	74	4.16
151.0	73	41.0	10.80	1.94	73	2.47	73	4.17
150.0	72	39.0	10.70	1.91	72	2.48	72	4.18
149.0	71	37.0	10.60	1.88	71	2.49	71	4.19
148.0	70	35.0	10.50	1.85	70	2.50	70	4.20
147.0	69	33.0	10.40	1.82	69	2.51	69	4.21
146.0	68	31.0	10.30	1.79	68	2.52	68	4.22
145.0	67	29.0	10.20	1.76	67	2.53	67	4.23
144.0	66	27.0	10.10	1.73	66	2.54	66	4.24
143.0	65	25.0	10.00	1.70	65	2.55	65	4.25