



**NATIONAL SKELETON PROGRAM  
2020-21 NSP SELECTION PROCESS & CRITERIA**

**FOR SELECTING CANADIAN SKELETON ATHLETES TO THE  
SENIOR SKELETON TEAM (SST) & DEVELOPMENT SKELETON TEAM (DST)  
& NEXTGEN SKELETON ATHLETE DESIGNATION  
FOR THE 2020-21 SEASON**

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The following outlines the process **Bobsleigh CANADA Skeleton (BCS)** will follow in selecting athletes to the **Senior Skeleton Team (SST)** and **Development Skeleton Team (DST)** as part of the **National Skeleton Program (NSP)** as well as for **NextGen Skeleton Athlete (NGSA)** designation. This Selection Process has been designed in support of BCS' mission to develop and sustain World and Olympic Champions. Fairness, equal opportunity, the desire to field competitive teams for international competition and development of NextGen athletes are the guiding principles of the NSP - Selection Process & Criteria.

BCS will utilize a combination of testing camp results, including athletic testing and/or icehouse push testing (as applicable) where athletes earn their **Athletic Performance Evaluation (APE)** score (Appendix A), along with a **Selection Race Series (SRS)** for the process of completing team selections.

## **1) NSP - SELECTION PROCESS**

### **A) ELIGIBILITY**

To be eligible to participate in, and at all times throughout, the NSP – Selection Process, including testing camps (as applicable) and the SRS, candidates must fulfill the conditions below. The candidate must:

- i) be a member in good standing of either BCS or the candidate's respective provincial association;
- ii) unless a written exemption is granted by the High Performance Director (HPD) in advance, have participated in and/or competed in all required events, camps and/or competitions in the 2019-20 and 2020-21 Seasons to which the candidate was selected to participate, including:
  - (1) NSP camps;
  - (2) Canadian Championships;
  - (3) Competitions (OWG / WCh / WC / ICC / NAC and/or EC); and/or
  - (4) Such other mandatory events as may be notified to the athlete from time to time in advance. ("Season" means the 12 month period from April 1<sup>st</sup> through March 31<sup>st</sup> annually.);
- iii) have paid all outstanding fees;
- iv) have a passport valid for a period of at least 6 months beyond the end of the upcoming competitive season;
- v) meet the eligibility requirements to obtain a Canadian IBSF license;
- vi) not have a current sanction imposed resulting from an anti-doping rule violation; and
- vii) demonstrate, to the satisfaction of the NSP-High Performance Committee (NSP-HPC), sufficient on-ice sliding proficiency.

The NSP-HPC shall be chaired by the HPD and include the SST-Head Coach (SST-HC), DST-Head Coach (DST-HC) and such other technical or other key personnel who may be consulted from time to time at the sole discretion of the HPD.

### **B) SELECTION RACE SERIES (SRS)**

The SRS consists of three (3) races per discipline, **SRS Race #1, SRS Race #2 and SRS Race #3**, being conducted on 2 tracks for a combined total of eight (8) heats, where **SRS Points** are earned.

	<b>SRS Race #1</b>	<b>SRS Race #2</b>	<b>SRS Race #3</b>
<b>Planned Location</b>	Whistler	Whistler	Lake Placid
<b>Race Format</b>	World Cup (2 heats over 1 day)	World Cup (2 heats over 1 day)	World Championships (4 heats over 2 days)
<b>Start Order Heat 1</b>	By rank according to each athlete's previous season's IBSF ranking. Athletes without an IBSF ranking will be drawn at the end of the field.	By rank according to the final ranking from SRS Race #1.	By rank according to the final ranking from SRS Race #2.
<b>Start Order Heat 2</b>	Reverse order according to the ranking of Heat 1.	Reverse order according to the ranking of Heat 1.	Reverse order according to the ranking of Heat 1.
<b>Start Order Heat 3</b>	n/a	n/a	1 to end, according to the combined ranking of Heats 1 & 2
<b>Start Order Heat 4</b>	n/a	n/a	Reverse order according to the combined ranking of Heats 1, 2 & 3.

**Note: "By rank" means by highest rank first i.e. athletes who finish first, then second, then third etc.**

### **C) CONDUCT OF THE SRS**

The SRS will be conducted in accordance with the IBSF rules in force at the time of the SRS, where applicable, with any modifications to the SRS Rules to be announced at the pre-race meeting(s)/draw(s). Athletes are responsible for representing themselves at these meetings.

General race format will be as follows:

- i) Race draws will be held following the final training heats;
- ii) Ties in individual SRS Race ranks will be broken by the athletes' respective cumulative push times for the respective SRS Race. The athlete with the lowest cumulative push time will be deemed to be the athlete of higher rank;
- iii) All equipment (sleds, runners, race suits, footwear, helmets, etc.) must conform to the current IBSF rules, pass the appropriate technical inspections and equivalent equipment must be available to the athlete for the entire season;
- iv) Specific race protocols will be announced at the race draw, to reflect the race conditions (times, weather, etc.); and
- v) Protests must be made verbally to a jury member within five minutes of the race ending, and must be submitted in writing within twenty minutes of the race conclusion, along with a non-refundable \$100 CAD protest fee.

**D) SRS POINTS & ATHLETE RANKING**

SRS Points will be awarded in accordance with the WC and WCh Skeleton IBSF Ranking List – Points system as per the current IBSF International Skeleton Rules in force at the time of the SRS.

Total combined SRS Points will be used to determine athletes’ rank based on SRS results for the purposes of section 3).

In the event of a tie in total SRS Points, the tie will be broken by the athletes’ respective cumulative push times over all SRS Race heats. The athlete with the *lowest* cumulative push time will be deemed to be the athlete of higher rank.

**E) UNFORESEEN CIRCUMSTANCES**

Fairness, equal opportunity, the desire to field competitive teams for international competition and development of athletes are the guiding principles of the NSP - Selection Process & Criteria, which are based on the latest information available to BCS. Unforeseen, intervening circumstances (weather, budget, etc.) may occur.

- i) If a scheduled SRS Race or portion thereof cannot be held or must be interrupted, BCS will first try to re-schedule the SRS Race or portion thereof;
- ii) If a venue change is feasible, BCS will attempt to change the venue but will not guarantee funding for travel to the new venue; and/or
- iii) If a venue change is not feasible, ranking will be based first on the portion of that SRS Race completed or if no portion has been completed, then ranking will be established at the sole discretion of the NSP-HPC.

**2) IBSF PARTICIPATION QUOTA**

For the 2020-21 season, Canada has qualified the following IBSF participation quotas:

<b>Circuit</b>	<b>Men’s Quota</b>	<b>Women’s Quota</b>
World Cup (WC)	2	2
Intercontinental Cup (ICC)	2	2
North American Cup (NAC)	4	4
Europa Cup (EC)	2	2

**3) NSP - SELECTION CRITERIA**

**A) FINAL SELECTION PROCESS**

Upon completion of the SRS and consultation with NSP-HPC, the HPD will nominate the list of eligible athletes to the Selection Committee, in accordance with the criteria set out herein, for selection to the Senior Skeleton Team and Development Skeleton Team and NextGen Skeleton Athlete

designation(s). The Selection Committee will review the nominations and ratify the selection in accordance with the criteria set out herein.

The Selection Committee will be comprised of:

- i) BCS Board Member (Selection Committee Chair);
- ii) BCS Chief Executive Officer;
- iii) BCS High Performance Director;
- iv) Athletes Representative - Bobsleigh; and
- v) Independent participant.

**Notes: If any named member is not available the Selection Committee Chair may designate a replacement at his/her sole discretion. BCS NSP Technical Staff, as applicable, may be invited to participate in a portion of the Selection Meeting.**

## **B) SENIOR SKELETON TEAM (SST) SELECTION**

The maximum number of athletes that may be selected to the **SST** is the number of the combined Canadian WC and ICC quota spots as set out in section **2)**. For the avoidance of doubt, BCS may select fewer athletes than the maximum combined quota spots.

### **i) SST - Eligibility:**

In addition to meeting the eligibility requirements as per section **1)A)** at the time of nomination, to be selected to the SST, candidates must fulfill the following conditions:

- (1) execute the 2020-21 BCS Athlete Agreement;
- (2) be eligible to compete on the WC and ICC Circuits under the current IBSF rules;
- (3) have previously competed on all of the tracks scheduled for the current Season's IBSF WC and/or ICC Circuits, as applicable, and World Championships unless a written exemption is granted by the NSP-HPC in advance; and
- (4) \* have met either the SST Performance Standard and/or the NSP Push Standard, as set out below:

#### **(a) SST Performance Standard**

The SST Performance Standard is having achieved a top 8 result, in their respective Olympic discipline, at the Olympic Winter Games or World Championships in either of the previous 2 seasons to the current Season.

#### **(b) NSP Push Standard**

Have met their respective NSP Push Standard (Appendix B), at any of the *NSP Testing Opportunities* between April 1 of the current Season and the start of the NSP Selection Race Series of the current Season.

***\* to be implemented for the 2021-22 NSP Selection Process & Criteria***

### **ii) SST - Position Allocations:**

In accordance with the combined WC and ICC quota places qualified by Canada as per section **2)**, per discipline, the following athletes shall be nominated to the to the Selection Committee:

- (2) For each discipline in which BCS fills four (4) SST Positions:
- (a) SST Position 1 - designated to the highest ranked eligible athlete based on SRS results;
  - (b) SST Position 2 - designated to the second highest ranked eligible athlete based on SRS results;
  - (c) SST Position 3 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise it shall be designated to the third highest ranked eligible athlete based on SRS results; and
  - (d) SST Position 4 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise it shall be designated to the fourth highest ranked eligible athlete based on SRS results.
- (3) For each discipline in which BCS fills three (3) SST Positions:
- (a) SST Position 1 - designated to the highest ranked eligible athlete based on SRS results;
  - (b) SST Position 2 - designated to the second highest ranked eligible athlete based on SRS results; and
  - (c) SST Position 3 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise it shall be designated to the third highest ranked eligible athlete based on SRS results.
- (4) For each discipline in which BCS fills two (2) SST Positions:
- (a) SST Position 1 - designated to the highest ranked eligible athlete based on SRS results; and
  - (b) SST Position 2 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise it shall be designated to the second highest ranked eligible athlete based on SRS results.
- (5) For each discipline in which BCS fills one (1) SST Position:
- (a) SST Position 1 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise it shall be designated to the highest ranked eligible athlete based on SRS results.

### **C) DEVELOPMENT SKELETON TEAM (DST) SELECTION**

The maximum number of athletes that may be selected to the **DST** is the number of Canadian NAC quota spots as set out in section **2)**. For the avoidance of doubt, BCS may select fewer athletes than the number of NAC quota spots.

i) DST - Eligibility:

In addition to meeting the eligibility requirements as per section **1)A)** at the time of nomination, to be selected to the DST, candidates must fulfill the following conditions, specifically athletes must:

- (1) execute the 2020-21 BCS Athlete Agreement;
- (2) be eligible to compete on the NAC/EC Circuits under the current IBSF rules;
- (3) not be nominated to the 2020-21 SST; and

- (4) either:
- (a) be eligible for the current Season's NextGen Skeleton Athlete Designation;  
OR
  - (b) never have been:
    - (i) selected to the SST; or
    - (ii) nominated to the Sport Canada AAP at the Senior International Level (SR1/SR2).
- ii) DST - Position Allocations:  
In accordance with the NAC quota places qualified by Canada as per section **2**), per discipline, the following athletes shall be nominated to the Selection Committee:
- (1) For each discipline in which BCS fills four (4) DST Positions:
- (a) DST Position 1 - after all SST Positions are filled, designated to the next highest ranked eligible athlete based on SRS results;
  - (b) DST Position 2 - after DST Position 1 is filled, designated to the next highest ranked eligible athlete based on SRS results;
  - (c) DST Position 3 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise after DST Position 2 is filled, it shall be designated to the next highest ranked eligible athlete based on SRS results; and
  - (d) DST Position 4 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise after DST Position 3 is filled, it shall be designated to the next highest ranked eligible athlete based on SRS results.
- (2) For each discipline in which BCS fills three (3) DST Positions:
- (a) DST Position 1 - after all SST Positions are filled, designated to the next highest ranked eligible athlete based on SRS results;
  - (b) DST Position 2 – after DST Position 1 is filled, designated to the next highest ranked eligible athlete based on SRS results; and
  - (c) DST Position 3 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise after DST Position 2 is filled, it shall be designated to the next highest ranked eligible athlete based on SRS results.
- (3) For each discipline in which BCS fills two (2) DST Positions:
- (a) DST Position 1 – after all SST Positions are filled, designated to the next highest ranked eligible athlete based on SRS results; and
  - (b) DST Position 2 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise after DST Position 1 is filled, it shall be designated to the next highest ranked eligible athlete based on SRS results.
- (4) For each discipline in which BCS fills one (1) DST Position:
- (a) DST Position 1 - designated by BCS, at its sole discretion, to any eligible athlete at any time, otherwise after all SST Positions are filled, it shall be designated to the next highest ranked eligible athlete based on SRS results.

#### **D) NEXTGEN SKELETON ATHLETE (NGSA) DESIGNATION**

BCS may designate an unlimited number of candidates as **NGSAs**.

i) **NGSA - Eligibility:**

In addition to meeting the eligibility requirements as per section **1)A)** at the time of nomination, to be eligible for the NGSA designation, candidates must fulfill the following conditions:

- (1) unless a written exemption is granted by the HPD in advance, have participated in the SRS, if eligible and qualified to do so;
- (2) execute the 2020-21 BCS Athlete Agreement;
- (3) meet their respective NSP Sprint Standard (Appendix B) at any of the *NSP Testing Opportunities* between April 1, 2019 and the start of the NSP Selection Race Series of the current Season;
- (4) have met their respective NGSA Age Requirement (Appendix B); and
- (5) never have been nominated to the Sport Canada AAP at the Senior International Level (SR1/SR2).

For the avoidance of doubt, athletes may be nominated and/or selected to any team and concurrently be designated as a NGSA.

#### **E) IBSF CIRCUIT QUOTA SPOT ALLOCATIONS**

i) **WORLD CUP (WC) / INTERCONTINENTAL CUP (ICC)**

The **WC** and **ICC** quota spot allocations will be made by BCS at its sole discretion, in accordance with the individual athletes' development and competition plans and in accordance with Position priority. Such development and competition plans will be made by BCS in consultation with the athlete and may be modified by BCS at its sole discretion from time to time, in consultation with the athlete, taking into consideration factors, including but not limited to, changes to the IBSF competition calendar, the season and/or long term goals of the individual athlete and/or NSP program, Position Re-Allocation, competitive results, APE score, NGSA designation, injuries, quota spot strategies, unforeseen circumstances and/or such other factors as BCS may deem relevant from time to time.

ii) **NORTH AMERICAN CUP (NAC) / EUROPA CUP (EC)**

The **NAC** and **EC** quota spot allocations are at the sole discretion of BCS and designated on a per race basis. NAC and EC quotas will first be designated to BCS athletes.

Following allocations to BCS athletes, if any quota spots remain, BCS may designate such spots to PSO athletes in collaboration with the PSOs: British Columbia Bobsleigh and Skeleton Association (BCBSA), Alberta Bobsleigh Association (ABA), Ontario Bobsleigh & Skeleton Association (OBSA), Bobsleigh Skeleton Québec (BSQ).

***Note: BCS, at its sole discretion, reserves the right to fill and/or change the number of quota spots filled on each of the circuits (WC, ICC, NAC and/or EC) at any time throughout the competitive season, including but not limited to not filling all quota spots on any circuit or in any competition at any time.***



#### **F) IN SEASON POSITION RE-ALLOCATION**

BCS may re-allocate designated Positions (SST and DST) at certain times in the current season. For avoidance of doubt, all competitive results may be taken into consideration for the purposes of In Season Re-Allocation.

#### **G) BCS DISCRETION**

BCS shall consider using discretion in accordance with this **2020-21 NSP Selection Process & Criteria** in the event of circumstances such as, but not limited to:

- i) Injury or long term sickness resulting in missed *NSP Testing Opportunities* and/or SRS Race(s) and/or IBSF Competitions and/or other events;
- ii) In the event of a tie that is not broken by section **1)D)** herein;
- iii) "Acts of God" - adverse weather conditions or other external factors resulting in modified or cancelled *BCS Push Testing Opportunities* and/or SRS Race(s);
- iv) "IBSF Rulings" - decisions made by the IBSF which impact the nations rankings or athlete results or qualification standards; and/or
- v) Such other circumstances and/or events that in the determination of the Selection Committee and/or HPD and/or NSP-HPC, as appropriate, warrants the use of discretion, as set out in section **3)** herein.

#### **H) APPEALS - INTERNAL**

Any dispute of the Selection Process may be dealt with through the BCS Appeals Policy.

# APPENDIX A – APE TABLES

Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Women

Power Clean (kg)	ABSOLUTE STRENGTH (80%)		ELASTIC STRENGTH (26%)		SPEED (80%)									
	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)	15m (sec)	30m (sec)	45m (sec)	60m (sec)	75m (sec)	90m (sec)	100m (sec)	15-45m Fly (sec)	30-60m Fly (sec)	
95.0	100	2.82	100	3.90	100	3.90	7.15	100	3.30	100	3.30	100	3.25	100
93.0	99	2.82	99	3.91	99	3.91	7.16	99	3.31	99	3.31	99	3.26	99
91.0	98	2.82	98	3.92	98	3.92	7.17	98	3.32	98	3.32	98	3.27	98
89.0	97	2.76	97	3.93	97	3.93	7.18	97	3.33	97	3.33	97	3.28	97
87.0	96	2.73	96	3.94	96	3.94	7.19	96	3.34	96	3.34	96	3.29	96
85.0	95	2.70	95	3.95	95	3.95	7.20	95	3.35	95	3.35	95	3.30	95
83.0	94	2.67	94	3.96	94	3.96	7.21	94	3.36	94	3.36	94	3.31	94
81.0	93	2.64	93	3.97	93	3.97	7.22	93	3.37	93	3.37	93	3.32	93
79.0	92	2.61	92	3.98	92	3.98	7.23	92	3.38	92	3.38	92	3.33	92
77.0	91	2.58	91	3.99	91	3.99	7.24	91	3.39	91	3.39	91	3.34	91
75.0	90	2.55	90	4.00	90	4.00	7.25	90	3.40	90	3.40	90	3.35	90
73.0	89	2.52	89	4.01	89	4.01	7.26	89	3.41	89	3.41	89	3.36	89
71.0	88	2.49	88	4.02	88	4.02	7.27	88	3.42	88	3.42	88	3.37	88
69.0	87	2.46	87	4.03	87	4.03	7.28	87	3.43	87	3.43	87	3.38	87
67.0	86	2.43	86	4.04	86	4.04	7.29	86	3.44	86	3.44	86	3.39	86
65.0	85	2.40	85	4.05	85	4.05	7.30	85	3.45	85	3.45	85	3.40	85
63.0	84	2.37	84	4.06	84	4.06	7.31	84	3.46	84	3.46	84	3.41	84
61.0	83	2.34	83	4.07	83	4.07	7.32	83	3.47	83	3.47	83	3.42	83
59.0	82	2.31	82	4.08	82	4.08	7.33	82	3.48	82	3.48	82	3.43	82
57.0	81	2.28	81	4.09	81	4.09	7.34	81	3.49	81	3.49	81	3.44	81
55.0	80	2.25	80	4.10	80	4.10	7.35	80	3.50	80	3.50	80	3.45	80
53.0	79	2.22	79	4.11	79	4.11	7.36	79	3.51	79	3.51	79	3.46	79
51.0	78	2.19	78	4.12	78	4.12	7.37	78	3.52	78	3.52	78	3.47	78
49.0	77	2.16	77	4.13	77	4.13	7.38	77	3.53	77	3.53	77	3.48	77
47.0	76	2.13	76	4.14	76	4.14	7.39	76	3.54	76	3.54	76	3.49	76
45.0	75	2.10	75	4.15	75	4.15	7.40	75	3.55	75	3.55	75	3.50	75
43.0	74	2.07	74	4.16	74	4.16	7.41	74	3.56	74	3.56	74	3.51	74
41.0	73	2.04	73	4.17	73	4.17	7.42	73	3.57	73	3.57	73	3.52	73
39.0	72	2.01	72	4.18	72	4.18	7.43	72	3.58	72	3.58	72	3.53	72
37.0	71	1.98	71	4.19	71	4.19	7.44	71	3.59	71	3.59	71	3.54	71
35.0	70	1.95	70	4.20	70	4.20	7.45	70	3.60	70	3.60	70	3.55	70
33.0	69	1.92	69	4.21	69	4.21	7.46	69	3.61	69	3.61	69	3.56	69
31.0	68	1.89	68	4.22	68	4.22	7.47	68	3.62	68	3.62	68	3.57	68
29.0	67	1.86	67	4.23	67	4.23	7.48	67	3.63	67	3.63	67	3.58	67
27.0	66	1.83	66	4.24	66	4.24	7.49	66	3.64	66	3.64	66	3.59	66
25.0	65	1.80	65	4.25	65	4.25	7.50	65	3.65	65	3.65	65	3.60	65

Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Men

Power Clean (kg)	ABSOLUTE STRENGTH (80%)		ELASTIC STRENGTH (26%)		SPEED (80%)									
	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)	15m (sec)	30m (sec)	45m (sec)	60m (sec)	75m (sec)	90m (sec)	100m (sec)	15-45m Fly (sec)	30-60m Fly (sec)	
140.0	100	3.35	100	3.55	100	3.55	6.40	100	2.90	100	2.90	100	2.85	100
138.0	99	3.33	99	3.56	99	3.56	6.41	99	2.91	99	2.91	99	2.86	99
136.0	98	3.31	98	3.57	98	3.57	6.42	98	2.92	98	2.92	98	2.87	98
134.0	97	3.29	97	3.58	97	3.58	6.43	97	2.93	97	2.93	97	2.88	97
132.0	96	3.27	96	3.59	96	3.59	6.44	96	2.94	96	2.94	96	2.89	96
130.0	95	3.25	95	3.60	95	3.60	6.45	95	2.95	95	2.95	95	2.90	95
128.0	94	3.23	94	3.61	94	3.61	6.46	94	2.96	94	2.96	94	2.91	94
126.0	93	3.21	93	3.62	93	3.62	6.47	93	2.97	93	2.97	93	2.92	93
124.0	92	3.19	92	3.63	92	3.63	6.48	92	2.98	92	2.98	92	2.93	92
122.0	91	3.17	91	3.64	91	3.64	6.49	91	2.99	91	2.99	91	2.94	91
120.0	90	3.15	90	3.65	90	3.65	6.50	90	3.00	90	3.00	90	2.95	90
118.0	89	3.12	89	3.66	89	3.66	6.51	89	3.01	89	3.01	89	2.96	89
116.0	88	3.09	88	3.67	88	3.67	6.52	88	3.02	88	3.02	88	2.97	88
114.0	87	3.06	87	3.68	87	3.68	6.53	87	3.03	87	3.03	87	2.98	87
112.0	86	3.03	86	3.69	86	3.69	6.54	86	3.04	86	3.04	86	2.99	86
110.0	85	3.00	85	3.70	85	3.70	6.55	85	3.05	85	3.05	85	3.00	85
108.0	84	2.97	84	3.71	84	3.71	6.56	84	3.06	84	3.06	84	3.01	84
106.0	83	2.94	83	3.72	83	3.72	6.57	83	3.07	83	3.07	83	3.02	83
104.0	82	2.91	82	3.73	82	3.73	6.58	82	3.08	82	3.08	82	3.03	82
102.0	81	2.88	81	3.74	81	3.74	6.59	81	3.09	81	3.09	81	3.04	81
100.0	80	2.85	80	3.75	80	3.75	6.60	80	3.10	80	3.10	80	3.05	80
98.0	79	2.82	79	3.76	79	3.76	6.61	79	3.11	79	3.11	79	3.06	79
96.0	78	2.79	78	3.77	78	3.77	6.62	78	3.12	78	3.12	78	3.07	78
94.0	77	2.76	77	3.78	77	3.78	6.63	77	3.13	77	3.13	77	3.08	77
92.0	76	2.73	76	3.79	76	3.79	6.64	76	3.14	76	3.14	76	3.09	76
90.0	75	2.70	75	3.80	75	3.80	6.65	75	3.15	75	3.15	75	3.10	75
88.0	74	2.67	74	3.81	74	3.81	6.66	74	3.16	74	3.16	74	3.11	74
86.0	73	2.64	73	3.82	73	3.82	6.67	73	3.17	73	3.17	73	3.12	73
84.0	72	2.61	72	3.83	72	3.83	6.68	72	3.18	72	3.18	72	3.13	72
82.0	71	2.58	71	3.84	71	3.84	6.69	71	3.19	71	3.19	71	3.14	71
80.0	70	2.55	70	3.85	70	3.85	6.70	70	3.20	70	3.20	70	3.15	70
78.0	69	2.52	69	3.86	69	3.86	6.71	69	3.21	69	3.21	69	3.16	69
76.0	68	2.49	68	3.87	68	3.87	6.72	68	3.22	68	3.22	68	3.17	68
74.0	67	2.46	67	3.88	67	3.88	6.73	67	3.23	67	3.23	67	3.18	67
72.0	66	2.43	66	3.89	66	3.89	6.74	66	3.24	66	3.24	66	3.19	66
70.0	65	2.40	65	3.90	65	3.90	6.75	65	3.25	65	3.25	65	3.20	65

## **APPENDIX B – NSP STANDARDS TABLES**

<b>NSP Push Standard</b>	
Men:	≤ 4.85 sec
Women:	≤ 5.25 sec

<b>NSP Sprint Standard</b>	
Men:	≤ 3.90 sec
Women:	≤ 4.20 sec

<b>NGSA Age Requirement</b>	
Men:	Born in 1991 or later
Women:	Born in 1994 or later