

**2021-22 BCS NBP AAP CARDING CRITERIA – APPENDIX B**

**1) Athletic Performance Evaluation (APE) Table – Bobsleigh – Women**

Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Bobsleigh - Women

ABSOLUTE STRENGTH (35%)				ELASTIC STRENGTH (15%)		SPEED (50%)											
1RM Power Clean (kg)		3RM Front Squat (kg)		Standing Long (m)		15m (sec)		30m (sec)		45m (sec)		60m (sec)		15-45m Fly (sec)		30-60m Fly (sec)	
115.0	100	125.0	100	3.00	100	2.20	100	3.90	100	5.55	100	7.15	100	3.30	100	3.25	100
112.5	99	122.5	99	2.97	99	2.21	99	3.91	99	5.56	99	7.16	99	3.31	99	3.26	99
110.0	98	120.0	98	2.94	98	2.22	98	3.92	98	5.57	98	7.17	98	3.32	98	3.27	98
107.5	97	117.5	97	2.91	97	2.23	97	3.93	97	5.58	97	7.18	97	3.33	97	3.28	97
105.0	96	115.0	96	2.88	96	2.24	96	3.94	96	5.59	96	7.19	96	3.34	96	3.29	96
102.5	95	112.5	95	2.85	95	2.25	95	3.95	95	5.60	95	7.20	95	3.35	95	3.30	95
100.0	94	110.0	94	2.82	94	2.26	94	3.96	94	5.61	94	7.21	94	3.36	94	3.31	94
97.5	93	107.5	93	2.79	93	2.27	93	3.97	93	5.62	93	7.22	93	3.37	93	3.32	93
95.0	92	105.0	92	2.76	92	2.28	92	3.98	92	5.63	92	7.23	92	3.38	92	3.33	92
92.5	91	102.5	91	2.73	91	2.29	91	3.99	91	5.64	91	7.24	91	3.39	91	3.34	91
90.0	90	100.0	90	2.70	90	2.30	90	4.00	90	5.65	90	7.25	90	3.40	90	3.35	90
87.5	89	97.5	89	2.68	89	2.31	89	4.01	89	5.66	89	7.26	89	3.41	89	3.36	89
85.0	88	95.0	88	2.66	88	2.32	88	4.02	88	5.67	88	7.27	88	3.42	88	3.37	88
82.5	87	92.5	87	2.64	87	2.33	87	4.03	87	5.68	87	7.28	87	3.43	87	3.38	87
80.0	86	90.0	86	2.62	86	2.34	86	4.04	86	5.69	86	7.29	86	3.44	86	3.39	86
77.5	85	87.5	85	2.60	85	2.35	85	4.05	85	5.70	85	7.30	85	3.45	85	3.40	85
75.0	84	85.0	84	2.58	84	2.36	84	4.06	84	5.71	84	7.31	84	3.46	84	3.41	84
72.5	83	82.5	83	2.56	83	2.37	83	4.07	83	5.72	83	7.32	83	3.47	83	3.42	83
70.0	82	80.0	82	2.54	82	2.38	82	4.08	82	5.73	82	7.33	82	3.48	82	3.43	82
67.5	81	77.5	81	2.52	81	2.39	81	4.09	81	5.74	81	7.34	81	3.49	81	3.44	81
65.0	80	75.0	80	2.50	80	2.40	80	4.10	80	5.75	80	7.35	80	3.50	80	3.45	80
62.5	79	72.5	79	2.48	79	2.41	79	4.11	79	5.76	79	7.36	79	3.51	79	3.46	79
60.0	78	70.0	78	2.46	78	2.42	78	4.12	78	5.77	78	7.37	78	3.52	78	3.47	78
57.5	77	67.5	77	2.44	77	2.43	77	4.13	77	5.78	77	7.38	77	3.53	77	3.48	77
55.0	76	65.0	76	2.42	76	2.44	76	4.14	76	5.79	76	7.39	76	3.54	76	3.49	76
52.5	75	62.5	75	2.40	75	2.45	75	4.15	75	5.80	75	7.40	75	3.55	75	3.50	75
50.0	74	60.0	74	2.38	74	2.46	74	4.16	74	5.81	74	7.41	74	3.56	74	3.51	74
47.5	73	57.5	73	2.36	73	2.47	73	4.17	73	5.82	73	7.42	73	3.57	73	3.52	73
45.0	72	55.0	72	2.34	72	2.48	72	4.18	72	5.83	72	7.43	72	3.58	72	3.53	72
42.5	71	52.5	71	2.32	71	2.49	71	4.19	71	5.84	71	7.44	71	3.59	71	3.54	71
40.0	70	50.0	70	2.30	70	2.50	70	4.20	70	5.85	70	7.45	70	3.60	70	3.55	70
37.5	69	47.5	69	2.28	69	2.51	69	4.21	69	5.86	69	7.46	69	3.61	69	3.56	69
35.0	68	45.0	68	2.26	68	2.52	68	4.22	68	5.87	68	7.47	68	3.62	68	3.57	68
32.5	67	42.5	67	2.24	67	2.53	67	4.23	67	5.88	67	7.48	67	3.63	67	3.58	67
30.0	66	40.0	66	2.22	66	2.54	66	4.24	66	5.89	66	7.49	66	3.64	66	3.59	66
27.5	65	37.5	65	2.20	65	2.55	65	4.25	65	5.90	65	7.50	65	3.65	65	3.60	65

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**2) Athletic Performance Evaluation (APE) Table – Bobsleigh – Men**

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

ABSOLUTE STRENGTH (35%)				ELASTIC STRENGTH (15%)		SPEED (50%)											
1RM Power Clean (kg)		3RM Front Squat (kg)		Standing Long (m)		15m (sec)		30m (sec)		45m (sec)		60m (sec)		15-45m Fly (sec)		30-60m Fly (sec)	
175.0	100	200.0	100	3.35	100	2.05	100	3.55	100	4.95	100	6.40	100	2.90	100	2.85	100
172.5	99	195.0	99	3.33	99	2.06	99	3.56	99	4.96	99	6.41	99	2.91	99	2.86	99
170.0	98	190.0	98	3.31	98	2.07	98	3.57	98	4.97	98	6.42	98	2.92	98	2.87	98
167.5	97	185.0	97	3.29	97	2.08	97	3.58	97	4.98	97	6.43	97	2.93	97	2.88	97
165.0	96	180.0	96	3.27	96	2.09	96	3.59	96	4.99	96	6.44	96	2.94	96	2.89	96
162.5	95	175.0	95	3.25	95	2.10	95	3.60	95	5.00	95	6.45	95	2.95	95	2.90	95
160.0	94	170.0	94	3.23	94	2.11	94	3.61	94	5.01	94	6.46	94	2.96	94	2.91	94
157.5	93	165.0	93	3.21	93	2.12	93	3.62	93	5.02	93	6.47	93	2.97	93	2.92	93
155.0	92	160.0	92	3.19	92	2.13	92	3.63	92	5.03	92	6.48	92	2.98	92	2.93	92
152.5	91	155.0	91	3.17	91	2.14	91	3.64	91	5.04	91	6.49	91	2.99	91	2.94	91
150.0	90	150.0	90	3.15	90	2.15	90	3.65	90	5.05	90	6.50	90	3.00	90	2.95	90
147.5	89	145.0	89	3.12	89	2.16	89	3.66	89	5.06	89	6.51	89	3.01	89	2.96	89
145.0	88	140.0	88	3.09	88	2.17	88	3.67	88	5.07	88	6.52	88	3.02	88	2.97	88
142.5	87	135.0	87	3.06	87	2.18	87	3.68	87	5.08	87	6.53	87	3.03	87	2.98	87
140.0	86	130.0	86	3.03	86	2.19	86	3.69	86	5.09	86	6.54	86	3.04	86	2.99	86
137.5	85	125.0	85	3.00	85	2.20	85	3.70	85	5.10	85	6.55	85	3.05	85	3.00	85
135.0	84	120.0	84	2.97	84	2.21	84	3.71	84	5.11	84	6.56	84	3.06	84	3.01	84
132.5	83	115.0	83	2.94	83	2.22	83	3.72	83	5.12	83	6.57	83	3.07	83	3.02	83
130.0	82	110.0	82	2.91	82	2.23	82	3.73	82	5.13	82	6.58	82	3.08	82	3.03	82
127.5	81	105.0	81	2.88	81	2.24	81	3.74	81	5.14	81	6.59	81	3.09	81	3.04	81
125.0	80	100.0	80	2.85	80	2.25	80	3.75	80	5.15	80	6.60	80	3.10	80	3.05	80
122.5	79	95.0	79	2.82	79	2.26	79	3.76	79	5.16	79	6.61	79	3.11	79	3.06	79
120.0	78	90.0	78	2.79	78	2.27	78	3.77	78	5.17	78	6.62	78	3.12	78	3.07	78
117.5	77	85.0	77	2.76	77	2.28	77	3.78	77	5.18	77	6.63	77	3.13	77	3.08	77
115.0	76	80.0	76	2.73	76	2.29	76	3.79	76	5.19	76	6.64	76	3.14	76	3.09	76
112.5	75	75.0	75	2.70	75	2.30	75	3.80	75	5.20	75	6.65	75	3.15	75	3.10	75
110.0	74	70.0	74	2.67	74	2.31	74	3.81	74	5.21	74	6.66	74	3.16	74	3.11	74
107.5	73	65.0	73	2.64	73	2.32	73	3.82	73	5.22	73	6.67	73	3.17	73	3.12	73
105.0	72	60.0	72	2.61	72	2.33	72	3.83	72	5.23	72	6.68	72	3.18	72	3.13	72
102.5	71	55.0	71	2.58	71	2.34	71	3.84	71	5.24	71	6.69	71	3.19	71	3.14	71
100.0	70	50.0	70	2.55	70	2.35	70	3.85	70	5.25	70	6.70	70	3.20	70	3.15	70
97.5	69	45.0	69	2.52	69	2.36	69	3.86	69	5.26	69	6.71	69	3.21	69	3.16	69
95.0	68	40.0	68	2.49	68	2.37	68	3.87	68	5.27	68	6.72	68	3.22	68	3.17	68
92.5	67	35.0	67	2.46	67	2.38	67	3.88	67	5.28	67	6.73	67	3.23	67	3.18	67
90.0	66	30.0	66	2.43	66	2.39	66	3.89	66	5.29	66	6.74	66	3.24	66	3.19	66
87.5	65	25.0	65	2.40	65	2.40	65	3.90	65	5.30	65	6.75	65	3.25	65	3.20	65