



**NATIONAL BOBSLEIGH PROGRAM
2021-22 DEVELOPMENT BOBSLEIGH TEAM
& NEXTGEN BOBSLEIGH PILOT DESIGNATION
SELECTION PROCESS & CRITERIA**

FOR THE 2021-22 SEASON

PUBLICATION DATE: OCT/29/2021

PURPOSE

This **Bobsleigh Canada Skeleton (BCS)** National Bobsleigh Program (NBP) Development Bobsleigh Team (DBT) Selection & NextGen Bobsleigh Pilot (NGBP) Designation Process & Criteria (SP&C) outlines the process & criteria by which athletes become eligible and are nominated for selection to the DBT as part of the NBP.

This DBT & NGBP SP&C has been designed in alignment of BCS' Mission:

Bobsleigh CANADA Skeleton develops World and Olympic Champions.

In keeping with BCS' Mission, fairness, equal opportunity and the desire to field competitive teams for international competition are the Guiding Principles of this DBT & NGBP SP&C, which are based on the latest information available to BCS.

SPECIAL NOTE REGARDING COVID-19 PANDEMIC

The circumstances of the COVID-19 pandemic and delays in receiving vital information regarding qualification for the 2022 Olympic Winter Games has delayed the finalization and publication of this DBT & NGBP SP&C.

The COVID-19 pandemic continues to impact BCS activities, including but not limited to the unavailability of on-ice domestic competition opportunities prior to the beginning of the 2021-22 season.

This DBT & NGBP SP&C has been developed under the unusual, evolving and unforeseen circumstances of the global COVID-19 pandemic, following extensive consultations and discussions in keeping with BCS's Mission, the Guiding Principles set out herein to provide a fair and transparent process and with a view to, where possible, allow athletes the opportunity to earn DBT positions and NGBP designation within the context of the particularities of this season.

BCS reserves the right to modify this published DBT & NGBP SP&C based on the best available information going forward. Any modifications will be made promptly and will be communicated to all affected parties by email and posted on the BCS website as soon as reasonably possible.

POLICY AUTHORITY AND QUESTIONS

Any questions regarding this DBT & NGBP SP&C, its interpretation or application shall be directed to the High Performance Director in writing.

ATHLETE ACKNOWLEDGEMENT

By participating in the NBP DBT & NGBP Selection Process, Athletes accept and agree to be bound by this DBT & NGBP SP&C and other BCS policies, as applicable, which can be found on the BCS website:

<https://www.bobsleighcanadaskelton.ca/en/>

1. DECISION MAKING AUTHORITY

1.1. HIGH PERFORMANCE COMMITTEE (HPC)

1.1.1. Composition of the HPC

The HPC will be comprised of:

- High Performance Director (HPD);
- NBP High Performance Manager (HPM); and
- NBP Head Coach (HC).

Note: Other technical staff and/or key personnel, as applicable, may be consulted from time to time and/or invited to participate in HPC meetings and if any named member is not available, a replacement may be designated, at the sole discretion of the HPD.

1.1.2. Responsibilities of the HPC

The HPC is the sport technical body that is responsible for reviewing, evaluating and discussing the relevant nomination factors to assist the HPD in making nomination(s) to the Selection Committee, including but not limited to the following:

- the number of IBSF quota places qualified and allocated to BCS;
- the pool of NBP athletes with respect to eligibility, qualification and consideration of nominations; and/or
- the use of discretion, if applicable, in accordance with this DBT & NGBP SP&C.

1.2. RESPONSIBILITIES OF THE HPD

In addition to other responsibilities of the HPD as set out herein or otherwise, the HPD is responsible for:

- chairing the HPC;
- interpreting and applying these DBT & NGBP SP&C;
- establishing and consulting with the HPC;
- confirming the number of IBSF quota spots qualified by BCS;
- considering the pool of NBP athletes with respect to eligibility, qualification, and nomination;
- nominating eligible athletes to the SC for review and ratification;
- discussing and reviewing with the SC the list of eligible athletes; and/or
- notifying the athletes of the confirmation of their selection to the DBT and/or NGBP designation.

1.3. SELECTION COMMITTEE (SC)

1.3.1. Composition of the SC

The SC will be comprised of:

- BCS Board Member (Chair);
- BCS Chief Executive Officer;
- High Performance Director;
- Athletes Representative - Skeleton; and
- Independent participant.

Note: At the sole discretion of the Chair:

- *If any named member is not available, a replacement may be designated; and*
- *Other technical staff and/or key personnel, as applicable, may be invited to participate in a portion of the SC's meeting(s).*

1.3.2. Responsibilities of the SC

The SC shall review this DBT & NGBP SP&C, the nomination(s) of the HPD, any supporting information presented by the HPD and/or such other information as the SC may deem appropriate, and make such enquiries of the HPD and/or invited persons (as specified herein), in order to review such nomination(s) and to ensure that the nomination(s) are in accordance with this DBT & NGBP SP&C and ratify the nomination(s) for selection to the DBT and/or NGBP designation.

2. IBSF PARTICIPATION QUOTA

For the 2021-22 season, BCS has qualified the following IBSF participation quotas:

IBSF CIRCUIT	WOMEN'S BOBSLEIGH QUOTA		MEN'S BOBSLEIGH QUOTA	
	Women's Monobob	2-Woman Bobsleigh	2-Man Bobsleigh	4-Man Bobsleigh
World Cup (WC)	3	3	3	3
North American Cup (NAC)	4	4	4	4
Europa Cup (EC)	4	4	4	4

Table 1

Note: For the purposes of this DBT & NGBP SP&C, the "disciplines" are Women's Bobsleigh and Men's Bobsleigh.

3. QUALIFICATION PERIOD

The DBT & NGBP SP&C qualification period (DBT-QP) shall be:
July 1st, 2021 to December 31st, 2021.

4. DBT & NGBP ELIGIBILITY

To be eligible for nomination to the DBT and/or NGBP designation, at all times throughout the DBT & NGBP Selection Process, candidates must fulfill the following conditions:

- i) If a candidate is:
 - (1) a National Team Athlete, be in good standing as such; or
 - (2) if an Athlete is not a National Team Athlete but is a member of the candidate's respective PSO, be in good standing as such;
- ii) unless a written exemption is requested by the Athlete to, and granted by, the HPD in advance, have participated in and/or competed in all required events, camps and/or competitions in the 2020-21 and 2021-22 Seasons to which the athlete was selected to participate, including:
 - (1) NBP camps;
 - (2) Canadian Championships;
 - (3) International Competitions (OWG / WCh / WC / ICC / NAC and/or EC); and
 - (4) Such other mandatory events as may be notified to the athlete from time to time in advance;
- iii) have paid all outstanding fees owing to BCS;
- iv) have a passport valid for a period of at least 6 months beyond the end of the current Season (means the 12 month period from April 1st through March 31st annually);
- v) meet the eligibility requirements to obtain a Canadian IBSF e-license;
- vi) not have a current sanction imposed resulting from an anti-doping rule violation;
- vii) have demonstrated, to the satisfaction of the HPC, on-ice sliding proficiency;
- viii) confirm, if requested, Competitive Readiness in accordance with this DBT & NGBP SP&C, as set out in **section 9.**; and
- ix) be in compliance with all relevant IBSF, Canadian Olympic Committee (COC) and International Olympic Committee (IOC) requirements for eligibility to compete representing Canada at the 2022 Beijing Olympic Winter Games.

Note: For the avoidance of doubt, to be a National Team Athlete in good standing with BCS, the candidate must be fulfilling all obligations of National Team Athlete status at all material times, including but not limited to having a valid fully executed BCS Athlete Agreement, committed to BCS or BCS approved programming, including but not limited to the athlete's Individual Performance Plan (IPP), as applicable, paid all outstanding fees owing to BCS and fulfilling such other associated obligations from time to time.

5. ON-ICE EVALUATION (OIE)

Due to unforeseen and changing circumstances, in place of an Evaluation Race Series, BCS will be considering an OIE for the purposes of DBT and NGBP designation nominations. The OIE will take place during the 2021-22 IBSF North American Cup (NAC) Whistler.

5.1. CONDUCT OF THE OIE

Each Pilot is responsible to assemble their respective team of eligible Crew and inform the HPM by the deadline specified in advance.

The HPC reserves the right throughout the OIE, at its sole discretion, to rotate and/or replace eligible Crew, including but not limited to:

- (a) Replacing and/or rotating Crew (individually or as a team) between Pilots; and
- (b) Such other changes as may be appropriate from time to time.

5.2. OIE PERFORMANCES & RESULTS

Any aspects of the OIE may be considered for the purposes of DBT and NGBP designation nomination(s), in accordance with this DBT & NGBP SP&C, including but not limited to push evaluations, NAC race results, pilots' choice of crew and such other aspects or factors that the HPC may, in its sole discretion, deem relevant under the circumstances.

6. DBT & NGBP SELECTION PROCESS & CRITERIA

By the completion of the DBT-QP, and in accordance with the responsibilities set out in this DBT & NGBP SP&C, the HPD shall, following consultation with the HPC, nominate eligible athletes to the SC for selection to the DBT & NGBP designation.

For the avoidance of doubt, the HPD, at his/her sole discretion, may nominate some or all of the eligible athletes to the SC for selection to the DBT and/or NGBP designation prior to the end of the DBT-QP.

6.1. DBT NOMINATIONS PRIORITY - PILOTS

6.1.1. DBT Eligibility – Pilots

In addition to meeting the eligibility requirements as per **section 4.**, at the time of nomination, to be eligible for nomination for selection to the DBT, candidates must fulfill the following conditions:

- (a) be eligible to compete on the WC, NAC and/or EC, as appropriate, under the current IBSF rules;
- (b) not be nominated to the 2021-22 Senior Bobsleigh Team;
- (c) have never been nominated as a Pilot to the Sport Canada AAP at the Senior International Level (SR1/SR2); and
- (d) must have met their respective NBP Push Standard, according to **Table 2** of **Appendix A**, at any of the *NBP Testing Opportunities* during the DBT-QP.

6.1.2. Maximum Number of Pilots

The maximum number of Pilots that may be selected to the DBT and designated an DBT Position, is the number of Canadian NAC quota spots, per discipline, as set out in **section 2.**

For the avoidance of doubt, BCS may select fewer Pilots than the maximum. The number of DBT Positions to be filled shall be determined at the sole discretion of the HPD, in consultation with such other BCS staff as may be appropriate, considering such factors as may be deemed appropriate, including but not limited to budget constraints, NBP strategies, World Championships and/or Olympic qualification and other factors, as applicable.

6.1.3. DBT Nominations - Pilots

After the completion of the **OIE**, and no later than the completion of the DBT-QP, in accordance with this DBT & NGBP SP&C, eligible athletes shall be nominated to the SC as Pilots at the sole discretion of the HPD, in consultation with the HPC, in accordance with this DBT & NGBP SP&C.

6.2. DBT NOMINATIONS PRIORITY - CREW

6.2.1. DBT Eligibility – Crew

In addition to meeting the eligibility requirements as per **section 4.**, at the time of nomination, to be eligible for nomination for selection to the DBT, candidates must fulfill the following conditions:

- (a) be eligible to compete on the WC, NAC and/or EC, as appropriate, under the current IBSF rules;
- (b) not be nominated to the 2021-22 Senior Bobsleigh Team;

6.2.2. Maximum Number of Crew

The maximum number of Crew that may be selected to the DBT is at the sole discretion of the HPC, considering such factors as it may deem appropriate.

6.2.3. DBT Nominations - Crew

By the completion of the DBT-QP, eligible athletes shall be nominated to the SC as Crew at the sole discretion of the HPD, in consultation with the HPC, in accordance with this DBT & NGBP SP&C.

6.3. NGBP NOMINATIONS

The purpose of the **NGBP** designation is to identify those Pilots who have demonstrated the physical and/or bobsleigh specific physical abilities to succeed at the highest levels of the sport of bobsleigh within the NextGen program window i.e. by the 2026 Olympic Winter Games.

To that end, BCS may designate an unlimited number of candidates as NGBPs.

6.3.1. NGBP - Eligibility:

In addition to meeting the eligibility requirements as per **section 4.** at the time of nomination, to be eligible for nomination for the NGBP designation, candidates must fulfill the following conditions:

- (a) unless a written exemption is granted by the HPD in advance, have participated in the OIE, if eligible and qualified to do so;
- (b) never have been nominated as a Pilot to the Sport Canada AAP at the Senior International Level (SR1/SR2);
- (c) have met their respective NBP Sprint Standard, according to **Table 3** of **Appendix A**, at any of the *BCS Testing Opportunities* during the DBT-QP; and
- (d) have met their respective NGBP Age Requirement, according to **Table 4** of **Appendix A**.

6.3.2. NGBP - Individual Athlete Competition/Development Plan:

Those Pilots designated as NGBPs may from time to time, as appropriate, be provided Individual Athlete Competition/Development Plan(s) that may differ from the Senior Bobsleigh Team and/or DBT programming.

The purpose of these Plans is to best develop and prepare NGBPs for podium results at the 2026 OWG. These plans may include competing at any of the current Season's WC, NAC and/or EC competitions, Canadian Championships and/or other strategic competition and/or training opportunities.

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

6.4. FINAL SELECTION PROCESS

6.4.1. Review & Ratification by the SC

Following the nomination(s) from the HPD, the SC will convene, review and ratify the nomination(s) for selection to the DBT and NGBP designation in accordance with its responsibilities as set out in this DBT & NGBP SP&C.

If for any reason, the SC does not ratify the nomination(s), the SC shall return the matter to the HPD for re-consideration and re-nomination to the SC for ratification.

For the avoidance of doubt, the HPD may amend the nomination(s) with or without consultations of the HPC, throughout the review process until such time as the nomination(s) are ratified by the SC.

6.4.2. Selection Confirmation

Following ratification of the nomination(s), eligible athletes must complete the following in order to confirm their selection to the DBT and/or NGBP designation and extend or acquire (as applicable) National Team Athlete status:

- (a) have a valid fully executed BCS Athlete Agreement (Term: Nov 1, 2021 – Jun 30, 2022);
- (b) commit to BCS or BCS approved programming, including but not limited to an IPP, as applicable;
- (c) complete all necessary administrative, medical and other forms and documents;
- (d) have paid or pay the BCS National Team Athlete Membership Fee, DBT Athlete Program Fee, as applicable, and all other outstanding fees owing to BCS; and
- (e) fulfill all such other obligations as may be required from time to time.

For the avoidance of doubt, a candidate is not "named" or "selected" to the DBT or "designated" NGBP and does not acquire National Team Athlete status until such time as the requirements in this **section 6.4.2** are completed.

7. POST SELECTION IBSF CIRCUIT QUOTA SPOT ALLOCATIONS & RE-ALLOCATIONS & ATHLETE ROTATION & REPLACEMENT

7.1. IBSF CIRCUIT QUOTA SPOT ALLOCATIONS

BCS's **WC, NAC and EC** IBSF circuit quota spots are allocated and may be changed from time to time at the sole discretion of BCS taking into consideration the NBP development and competition plans and/or such other factors as BCS may deem relevant from time to time.

The NBP development and competition plans will be made and/or modified at the sole discretion of BCS, in consultation with the athletes, taking into consideration factors, including but not limited to, the respective Athlete's IPP, the season and/or long term goals of the individual athlete and/or the NBP, competitive results, APE score, NGBP designation, injuries, Competitive Readiness, quota spot strategies, the IBSF competition calendar, In Season Position Re-Allocation, unforeseen circumstances and/or such other factors as BCS may deem relevant from time to time.

Note: BCS, at its sole discretion, reserves the right to modify the number of quota spots filled on each of the circuits (WC, 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.

7.2. IN SEASON POSITION RE-ALLOCATION

BCS may, at its sole discretion, re-allocate designated DBT positions and/or re-assign Pilots to different competition circuits (WC, NAC, and/or EC) at certain times in the competitive season. For avoidance of doubt, all competitive results may be taken into consideration for the purposes of In Season Re-Allocation.

7.3. ATHLETE ROTATION & REPLACEMENT

Following ratification of selection and throughout the competitive Season, the HPC, as applicable, reserves the right, to rotate and/or replace Pilots and/or Crew including but not limited to:

- (a) Changing and/or rotating Pilots and/or Crew (individually or as a team) between Pilots and/or circuits (WC, NAC and/or NAC);
- (b) Replacing individual Pilots on the DBT with other eligible Pilots;
- (c) Replacing individual Crew on the DBT with other eligible Crew;
- (d) Such other changes as may be appropriate from time to time.

Note: Rotation(s) and/or change(s) shall be made in keeping with the Purpose and Guiding Principles set out herein. For clarity, the nature of the sport of bobsleigh frequently requires changes and/or rotations of Pilots and/or Crew in the regular conduct of training and/or competition for reasons of performance, injury, safety and/or other factors.

8. CIRCUMSTANCES & USE OF DISCRETION

8.1. CIRCUMSTANCES

In addition to the specific circumstances set out in this DBT & NGBP SP&C, it may be appropriate for BCS to use or consider using discretion. In determining whether to use discretion and the application of any discretion used, it shall be done in keeping with the Purpose and Guiding Principles set out herein as well as in the event of the following non-exhaustive circumstances:

- (a) Injury or long term sickness resulting in missed *NBP Testing Opportunities* and/or ERS Race(s) and/or IBSF Competitions and/or other events;
- (b) In the event of a tie that is not broken;
- (c) "Acts of God" - adverse weather conditions or other external factors resulting in modified or cancelled *NBP Testing Opportunities* and/or ERS Race(s) and/or other events;
- (d) "IBSF Rulings" - decisions made by the IBSF which impact the nations rankings or athlete results or qualification standards; and/or
- (e) Such other circumstances and/or events that in the determination of the SC and/or HPD and/or HPC, as appropriate, warrants the use of discretion, as set out in this DBT & NGBP SP&C herein.

8.2. FACTORS TO BE CONSIDERED

In the event BCS uses discretion, the SC and/or HPC and/or HPD may consider all relevant factors achieved during the DBT-QP including but not limited to the following:

- (a) Performance Score Rubric, **Table 5** of **Appendix C**; and/or
- (b) Performance Indicators including but not limited to the following:
 - Athletic Testing/APE results (**Appendix B**);
 - Individual/Team Push Testing/Evaluation results;
 - Competitive experience and results;
 - Competitive Readiness;
 - Sliding competency including but not limited to demonstrated driving knowledge and skill, pushing and loading technique, riding position and/or other related technical proficiencies contributing to optimal start and on track performance;
 - Number of Crew required based on the number of Pilots nominated for selection to the DBT and NGBP designation;
 - OIE results; and/or
 - Commitment to a BCS approved IPP, as applicable.

For the avoidance of doubt, no particular factor, including but not limited to the Performance Score Rubric and/or the Performance Indicators will be determinative in the use of discretion. Other factors may be considered as deemed appropriate in the circumstances.

9. INJURY / ILLNESS / COMPETITIVE READINESS

Throughout the DBT-QP and nomination process, athletes are required to maintain Competitive Readiness and to immediately report any injury, illness, or change in training that could affect their ability to compete at their highest level during the 2021-22 Season.

Athletes must notify the HPD in writing of any injury, illness or change in training without delay. **"Competitive Readiness"** is defined as: the ability of the athlete to achieve equal or superior performance(s) during the DBT-QP at *NBP Testing Opportunities* and through the 2021-22 Season, as compared to the athlete's personal bests in relation to factors as set out in **section 8.2** and/or performance benchmarks identified through the IPP process, as applicable.

9.1. Health & Competitive Readiness Assessment

All athletes may, at the BCS Medical Lead's and/or the HPC's discretion, have their health status assessed by the BCS Medical Lead or designate.

The final decision on Competitive Readiness will be made by the HPC, in its sole discretion, using such available information as the HPC deems appropriate, including but not limited to: performance results and progress throughout the DBT-QP, the suitability of the training and commitment to the athlete's IPP, fitness and other Competitive Readiness indicators, submitted medical documentation, consultation with relevant personnel, and/or any other relevant performance related information.

9.2. Injury, Illness & Not Competitive Ready PRIOR TO Nomination to the SC

In the event that an athlete is deemed injured, ill or not Competitive Ready prior to the nomination by the HPD to the SC, the HPD, in consultation with the BCS Team Physician and such other persons as the HPD may deem appropriate in the HPD's sole discretion, shall determine whether the athlete will be sufficiently recovered to compete at their highest level during the 2021-22 Season in order to warrant the athlete's nomination.

Injured, ill or not Competitive Ready athletes may, at the HPD's sole discretion, be subject to a proof of fitness and/or Competitive Readiness test to be determined by the HPD in consultation with HPC. This test will consist of a controlled performance such as a competition or observed test with a predetermined expected outcome. These athletes will not travel with the team until this requirement has been satisfied.

10. APPEALS - INTERNAL

Any dispute in relation to this DBT & NGBP SP&C shall be conducted in accordance with the BCS Appeals Policy available on the BCS website:

<https://www.bobsleighcanadaskleton.ca/en/team/policies/>

APPENDIX A – NBP STANDARDS TABLES

NBP Push Standard - Pilots		NBP Push Standard - Crew	
Men:	≤ 5.20 sec	Men:	≤ 5.15 sec
Women:	≤ 5.60 sec	Women:	≤ 5.55 sec

Table 2

NBP Sprint Standard	
Men:	≤ 3.90 sec
Women:	≤ 4.20 sec

Table 3

NGBP Age Requirement	
Men:	Born in 1990 or later
Women:	Born in 1993 or later

Table 4

APPENDIX B – APE SCORING TABLES

Bobsleigh CANADA Skeleton
Athletic Performance Evaluation Table - Bobsleigh - Women

1RM Power Clean (kg)	ABSOLUTE STRENGTH (30%)			ELASTIC STRENGTH (15%)	Standing Long (m)	SPEED (60%)			60m (sec)	15-45m Fly (sec)			30-60m Fly (sec)
	3RM Front Squat (kg)	100 (sec)	30m (sec)			45m (sec)	100 (sec)	15-45m Fly (sec)		30-60m Fly (sec)			
112.0	125.0	100	100	3.00	100	2.20	100	3.30	7.15	100	3.30	100	2.35
108.0	121.0	98	99	2.97	99	2.23	99	3.31	7.16	99	3.32	99	2.36
104.0	117.0	96	98	2.94	98	2.26	98	3.32	7.17	98	3.33	98	2.37
100.0	113.0	94	96	2.91	97	2.29	97	3.33	7.18	97	3.34	97	2.38
96.0	109.0	92	94	2.88	95	2.32	96	3.34	7.19	96	3.35	96	2.39
92.0	105.0	90	92	2.85	93	2.35	94	3.35	7.20	95	3.36	95	2.40
88.0	101.0	88	90	2.82	91	2.38	92	3.36	7.21	93	3.37	94	2.41
84.0	97.0	86	88	2.79	89	2.41	91	3.37	7.22	92	3.38	93	2.42
80.0	93.0	84	86	2.76	87	2.44	89	3.38	7.23	90	3.39	91	2.43
76.0	89.0	82	84	2.73	85	2.47	87	3.39	7.24	88	3.40	89	2.44
72.0	85.0	80	82	2.70	83	2.50	85	3.40	7.25	86	3.41	87	2.45
68.0	81.0	78	80	2.67	81	2.53	83	3.41	7.26	84	3.42	85	2.46
64.0	77.0	76	78	2.64	79	2.56	81	3.42	7.27	82	3.43	83	2.47
60.0	73.0	74	76	2.61	77	2.59	79	3.43	7.28	80	3.44	81	2.48
56.0	69.0	72	74	2.58	75	2.62	77	3.44	7.29	78	3.45	79	2.49
52.0	65.0	70	72	2.55	73	2.65	75	3.45	7.30	76	3.46	77	2.50
48.0	61.0	68	70	2.52	71	2.68	73	3.46	7.31	74	3.47	75	2.51
44.0	57.0	66	68	2.49	69	2.71	71	3.47	7.32	72	3.48	73	2.52
40.0	53.0	64	66	2.46	67	2.74	69	3.48	7.33	70	3.49	71	2.53
36.0	49.0	62	64	2.43	65	2.77	67	3.49	7.34	68	3.50	69	2.54
32.0	45.0	60	62	2.40	63	2.80	65	3.50	7.35	66	3.51	67	2.55
28.0	41.0	58	60	2.37	61	2.83	63	3.51	7.36	64	3.52	65	2.56
24.0	37.0	56	58	2.34	59	2.86	61	3.52	7.37	62	3.53	63	2.57
20.0	33.0	54	56	2.31	57	2.89	59	3.53	7.38	60	3.54	61	2.58
16.0	29.0	52	54	2.28	55	2.92	57	3.54	7.39	58	3.55	59	2.59
12.0	25.0	50	52	2.25	53	2.95	55	3.55	7.40	56	3.56	57	2.60
8.0	21.0	48	50	2.22	51	2.98	53	3.56	7.41	54	3.57	55	2.61
4.0	17.0	46	48	2.19	49	3.01	51	3.57	7.42	52	3.58	53	2.62
	13.0	44	46	2.16	47	3.04	49	3.58	7.43	50	3.59	51	2.63
	9.0	42	44	2.13	45	3.07	47	3.59	7.44	48	3.60	49	2.64
	5.0	40	42	2.10	43	3.10	45	3.60	7.45	46	3.61	47	2.65
	1.0	38	40	2.07	41	3.13	43	3.61	7.46	44	3.62	45	2.66
		36	38	2.04	39	3.16	41	3.62	7.47	42	3.63	43	2.67
		34	36	2.01	37	3.19	39	3.63	7.48	40	3.64	41	2.68
		32	34	1.98	35	3.22	37	3.64	7.49	38	3.65	39	2.69
		30	32	1.95	33	3.25	35	3.65	7.50	36	3.66	37	2.70

Bobsleigh CANADA Skeleton
Athletic Performance Evaluation Table - Bobsleigh - Men

1RM Power Clean (kg)	ABSOLUTE STRENGTH (30%)			ELASTIC STRENGTH (15%)	Standing Long (m)	SPEED (60%)			60m (sec)	15-45m Fly (sec)			30-60m Fly (sec)
	3RM Front Squat (kg)	100 (sec)	30m (sec)			45m (sec)	100 (sec)	15-45m Fly (sec)		30-60m Fly (sec)			
172.0	195.0	100	100	3.35	100	2.65	100	3.55	6.40	100	2.90	100	2.85
168.0	191.0	98	99	3.32	99	2.68	99	3.56	6.41	99	2.91	99	2.86
164.0	187.0	96	97	3.29	97	2.71	98	3.57	6.42	98	2.92	98	2.87
160.0	183.0	94	95	3.26	95	2.74	96	3.58	6.43	97	2.93	97	2.88
156.0	179.0	92	93	3.23	93	2.77	94	3.59	6.44	96	2.94	96	2.89
152.0	175.0	90	91	3.20	91	2.80	92	3.60	6.45	95	2.95	95	2.90
148.0	171.0	88	89	3.17	89	2.83	90	3.61	6.46	94	2.96	94	2.91
144.0	167.0	86	87	3.14	87	2.86	88	3.62	6.47	93	2.97	93	2.92
140.0	163.0	84	85	3.11	85	2.89	86	3.63	6.48	92	2.98	92	2.93
136.0	159.0	82	83	3.08	83	2.92	84	3.64	6.49	91	2.99	91	2.94
132.0	155.0	80	81	3.05	81	2.95	82	3.65	6.50	90	3.00	90	2.95
128.0	151.0	78	79	3.02	79	2.98	80	3.66	6.51	89	3.01	89	2.96
124.0	147.0	76	77	3.00	77	3.01	78	3.67	6.52	88	3.02	88	2.97
120.0	143.0	74	75	2.97	75	3.04	76	3.68	6.53	87	3.03	87	2.98
116.0	139.0	72	73	2.94	73	3.07	74	3.69	6.54	86	3.04	86	2.99
112.0	135.0	70	71	2.91	71	3.10	72	3.70	6.55	85	3.05	85	3.00
108.0	131.0	68	69	2.88	69	3.13	70	3.71	6.56	84	3.06	84	3.01
104.0	127.0	66	67	2.85	67	3.16	68	3.72	6.57	83	3.07	83	3.02
100.0	123.0	64	65	2.82	65	3.19	66	3.73	6.58	82	3.08	82	3.03
96.0	119.0	62	63	2.79	63	3.22	64	3.74	6.59	81	3.09	81	3.04
92.0	115.0	60	61	2.76	61	3.25	62	3.75	6.60	80	3.10	80	3.05
88.0	111.0	58	59	2.73	59	3.28	60	3.76	6.61	79	3.11	79	3.06
84.0	107.0	56	57	2.70	57	3.31	58	3.77	6.62	78	3.12	78	3.07
80.0	103.0	54	55	2.67	55	3.34	56	3.78	6.63	77	3.13	77	3.08
76.0	99.0	52	53	2.64	53	3.37	54	3.79	6.64	76	3.14	76	3.09
72.0	95.0	50	51	2.61	51	3.40	52	3.80	6.65	75	3.15	75	3.10
68.0	91.0	48	49	2.58	49	3.43	50	3.81	6.66	74	3.16	74	3.11
64.0	87.0	46	47	2.55	47	3.46	48	3.82	6.67	73	3.17	73	3.12
60.0	83.0	44	45	2.52	45	3.49	46	3.83	6.68	72	3.18	72	3.13
56.0	79.0	42	43	2.49	43	3.52	44	3.84	6.69	71	3.19	71	3.14
52.0	75.0	40	41	2.46	41	3.55	42	3.85	6.70	70	3.20	70	3.15
48.0	71.0	38	39	2.43	39	3.58	40	3.86	6.71	69	3.21	69	3.16
44.0	67.0	36	37	2.40	37	3.61	38	3.87	6.72	68	3.22	68	3.17
40.0	63.0	34	35	2.37	35	3.64	36	3.88	6.73	67	3.23	67	3.18
36.0	59.0	32	33	2.34	33	3.67	34	3.89	6.74	66	3.24	66	3.19
32.0	55.0	30	31	2.31	31	3.70	32	3.90	6.75	65	3.25	65	3.20

APPENDIX C – NBP PERFORMANCE SCORE RUBRIC

ATHLETE NAME	TIME FROM PUSH STANDARD*10 (A)	APE SCORE/100 (B)	TOTAL A + B
Athlete A	+1.5	7.67	9.17
Athlete B	+1.8	7.12	8.92
Athlete C	+1.3	7.18	8.48
Athlete D	+0.9	6.87	7.77
Athlete E	+0.1	7.36	7.46
Athlete F	+0.7	6.54	7.24
Athlete G	+0.4	6.66	7.06
Athlete H	+0.0	7.01	7.01
Athlete I	+0.1	6.67	6.77
Athlete J	-1.0	6.98	5.98
Athlete K	-0.3	5.89	5.59
Athlete L	-0.5	5.79	5.29
Athlete M	-1.7	5.37	3.67

Amount of time between an athletes' Single Push Testing score and the respective NBP Push Standard + indicates faster - indicates slower	Calculated based on the NBP APE Scoring Tables attached as Appendix B	Total
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Table 5