



**NATIONAL SKELETON PROGRAM  
2021-22 NSP SELECTION PROCESS & CRITERIA**

**FOR SELECTING CANADIAN SKELETON ATHLETES TO THE  
SENIOR SKELETON TEAM (SST) & DEVELOPMENT SKELETON TEAM (DST)  
&  
FOR DESIGNATING CANADIAN SKELETON ATHLETES AS  
NEXTGEN SKELETON ATHLETES (NGSA) & SENIOR SKELETON ATHLETES (SSA)**

*Published: OCT/25/2021*

## **PURPOSE**

This **Bobsleigh Canada Skeleton (BCS)** National Skeleton Program (NSP) Selection Process & Criteria (SP&C) outlines the process & criteria by which athletes become eligible and are nominated for selection to the Senior Skeleton Team (SST) and Development Skeleton Team (DST) along with NextGen Skeleton Athlete (NGSA) and Senior Skeleton Athlete (SSA) designation as part of the NSP.

This NSP 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 NSP 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 has delayed the finalization and publication of this NSP 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 NSP 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 SST and DST positions along with NGSA and SSA designation within the context of the particularities of this season.

BCS reserves the right to modify this published NSP 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 NSP SP&C, its interpretation or application shall be directed to the High Performance Director (HPD) in writing.

## **ATHLETE ACKNOWLEDGEMENT & ACCEPTANCE**

By participating in the NSP Selection Process, Athletes acknowledge, accept and agree to be bound by this NSP SP&C and other BCS policies, as applicable, which can be found on the BCS website: <https://www.bobsleighcanadaskelton.ca/en/>

## **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); and
- NSP 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 (SC), including but not limited to the following:

- the number of IBSF quota places qualified and allocated to BCS;
- the pool of NSP athletes with respect to eligibility, qualification and consideration of nominations; and/or
- the use of discretion, if applicable, in accordance with this NSP 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 NSP SP&C;
- establishing and consulting with the HPC;
- confirming the number of IBSF quota spots qualified by BCS;
- considering the pool of NSP 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 NSP.

### **1.3. SELECTION COMMITTEE**

#### **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 - Bobsleigh; 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 NSP 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 NSP SP&C and ratify the nomination(s) for selection to the NSP.

## **2. NSP - SELECTION PROCESS**

### **2.1. ELIGIBILITY**

To be eligible to participate in, and at all times throughout, the NSP Selection Process, including testing camps (as applicable) and the Selection Race Series (SRS), 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 Provincial Sport Organization (PSO), be in good standing as such;
- 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 2020-21 and 2021-22 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;
- vii) have demonstrated, to the satisfaction of the HPC, on-ice sliding proficiency;
- viii) have completed all BCS pre-sliding requirements including but not limited to receiving clearance for impact sport by a physician, completing concussion baseline testing and having enrolled in the CAIP (<https://mkirsch.ca/home-caip/>);
- ix) confirm, if requested, Competitive Readiness in accordance with this NSP SP&C, as set out in **section 9.**; and
- x) 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 Progression Plan (IPP), as applicable, paid all outstanding fees owing to BCS and fulfilling such other associated obligations from time to time.*

## 2.2. SELECTION RACE SERIES (SRS)

Due to Unforeseen Circumstances, for the 2021-22 NSP Selection Process, BCS plans to conduct two (2) distinct SRS races, one (1) for the purposes of ranking eligible athletes for nomination to the DST and one (1) for the purposes of ranking eligible athletes for nomination to the SST. For the avoidance of doubt, the SRS rankings may be used for other purposes by BCS, at its sole discretion.

Each respective SRS consists of one (1) race per discipline (i.e. men’s and women’s) to be conducted on the Whistler track where respective **SRS Points** are earned.

	<b>DST SRS Race</b>	<b>SST SRS Race</b>
<b>Eligibility to Participate</b>	Athletes who meet the requirements set out in <b>section 2.1.</b> and <b>section 5.2.1.</b> and Other athletes who meet the requirements set out in <b>section 2.1.</b> who may be invited* to participate as identified at the sole discretion of the HPC.	Athletes who meet the requirements set out in <b>section 2.1.</b> and <b>section 5.1.1.</b> and Other athletes who meet the requirements set out in <b>section 2.1.</b> who may be invited* to participate as identified at the sole discretion of the HPC.
<b>Planned Location</b>	Whistler	Whistler
<b>Race Format</b>	World Cup (2 heats over 1 day)	World Cup (2 heats over 1 day)
<b>Start Order Heat 1</b>	By rank according to the most recent IBSF ranking and IBSF Rules. Athletes without an IBSF ranking will be drawn at the end of the field.	By rank according to the most recent IBSF ranking and IBSF Rules. Athletes without an IBSF ranking will be drawn at the end of the field.
<b>Start Order Heat 2</b>	Reverse order according to the ranking of Heat 1.	Reverse order according to the ranking of Heat 1.
<i>Note: "By rank" means by highest rank first i.e. athletes who finish first, then second, then third etc.</i>		

*Table 1*

***\*For the avoidance of doubt an invitation to participate and/or participation in an SRS Race (DST or SST) does not invalidate any of the eligibility requirements for nomination to the DST or SST i.e. invitation/participation does not cause an athlete to be eligible for nomination to the respective team (DST or SST) if the athlete does not otherwise meet the eligibility requirements for such nomination(s).***

## 2.3. 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.

#### **2.4. 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 5**.

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.

#### **2.5. UNFORESEEN CIRCUMSTANCES**

Unforeseen, intervening circumstances (weather, budget, etc.) may occur, including but not limited to:

- 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.

In the event an SRS Race cannot be held, athlete ranking for the purposes of this NSP SP&C will then be established at the sole discretion of the HPC.

### **3. IBSF PARTICIPATION QUOTA**

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

<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

*Table 2*

### **4. QUALIFICATION PERIOD**

The NSP SP&C qualification period (NSP-QP) shall be:

**July 1<sup>st</sup>, 2021 to November 15<sup>th</sup>, 2021.**

## 5. NSP - SELECTION CRITERIA

### 5.1. SENIOR SKELETON TEAM SELECTION

The maximum number of athletes that may be selected to the SST is the number of the combined BCS WC and ICC quota spots as set out in **section 3**. For the avoidance of doubt, BCS may select fewer athletes than the maximum.

#### 5.1.1. SST - Eligibility:

In addition to meeting the eligibility requirements as per **section 2.1**, at the time of nomination, to be selected to the SST, candidates must have fulfilled the following conditions:

- (1) be eligible to compete on the WC and ICC Circuits under the current IBSF rules;
- (2) 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, as applicable, unless a written exemption is granted by the HPD in advance; and
- (3) 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 according to **Table 3** of **Appendix B**, at any of the *NSP Testing Opportunities* within the NSP-QP.

#### 5.1.2. SST - Position Allocations:

In accordance with this NSP SP&C, and not later than the completion of the NSP-QP, eligible athletes shall be nominated to the SC according to **Table 7** of **Appendix D**.



## 5.2. DEVELOPMENT SKELETON TEAM SELECTION

The maximum number of athletes that may be selected to the DST is the number of the BCS NAC quota spots as set out in **section 3**. For the avoidance of doubt, BCS may select fewer athletes than the maximum.

### 5.2.1. DST - Eligibility:

In addition to meeting the eligibility requirements as per **section 2.1.**, at the time of nomination, to be selected to the DST, candidates must have fulfilled the following conditions:

- (1) be eligible to compete on the NAC and EC Circuits under the current IBSF rules;
- (2) not be nominated to the 2021-22 SST; and
- (3) either:
  - (a) be eligible for the current Season's NGSA Designation;  
OR
  - (b) in prior Seasons, never have been either:
    - (i) selected to the SST, WC Skeleton Team or ICC Skeleton Team; or
    - (ii) nominated to the Sport Canada AAP at the Senior International Level (SR1/SR2).

### 5.2.2. DST - Position Allocations:

In accordance with this NSP SP&C, and not later than the completion of the NSP-QP, eligible athletes shall be nominated to the SC according to **Table 8** of **Appendix D**

### 5.3. NEXTGEN SKELETON ATHLETE DESIGNATION

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

#### 5.3.1. NGSA - Eligibility:

In addition to meeting the eligibility requirements as per **section 2.1.**, at the time of nomination, to be eligible for the NGSA designation, candidates must have fulfilled 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) have met their respective NSP Sprint Standard according to **Table 4** of **Appendix B**, at any of the *NSP Testing Opportunities* within the NSP-QP;
- (3) have met their respective NGSA Age Requirement according to **Table 5** of **Appendix B**; and
- (4) 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.

#### **5.4. SENIOR SKELETON ATHLETE DESIGNATION**

The maximum number of athletes that may be designated as **SSAs** is the number of unfilled SST Positions, per discipline. For the avoidance of doubt, BCS may designate fewer athletes than the maximum.

##### 5.4.1. SSA - Eligibility:

In addition to meeting the eligibility requirements as per **section 2.1.** at the time of nomination, to be designated as an SSA, candidates must have fulfilled the following conditions:

- (1) either:
  - (a) be eligible to compete on the WC and ICC Circuits under the current IBSF rules;  
or
  - (b) in prior Seasons, have been selected to the SST, WC Skeleton Team or ICC Skeleton Team;
- (2) 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, as applicable, unless a written exemption is granted by the HPD in advance; and
- (3) not be nominated to the 2021-22 SST or DST.

## 5.5. FINAL SELECTION PROCESS

### 5.5.1. Review & Ratification by the SC

Following the nomination(s) from the HPD, the SC will convene, review and ratify the nomination(s) in accordance with its responsibilities as set out in this NSP 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.

### 5.5.2. Selection Confirmation

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

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

For the avoidance of doubt:

- (a) a candidate is not "named", "selected" or "designated" and does not acquire National Team Athlete status until such time as the requirements in this **section 5.4.2.** are completed; and
- (b) only those athletes who are selected to the SST or DST or designated as a NGSA or SSA, meet the requirements of this **section 5.5.2.** and remain in good standing with BCS are considered National Team Athletes.

## **6. IBSF CIRCUIT QUOTA SPOT ALLOCATION PRIORITIES**

BCS's **WC, ICC, 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 NSP development and competition plans and/or such other factors as BCS may deem relevant from time to time.

Following completion of the Final Selection Process, the priorities for allocation of BCS's IBSF circuit quota spots will be considered in the following order:

- (1) Athletes selected to the:
  - (a) SST; then
  - (b) DST.
  
- (2) Athletes designated as a:
  - (a) NGSAs; then
  - (b) SSAs.
  
- (3) Other athletes who meet the eligibility as set out in **section 2.1**.

The NSP 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 and Position priority, the season and/or long term goals of the individual athlete and/or the NSP, competitive results, APE score, NGSAs and SSAs 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 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.***

## **7. IN SEASON POSITION RE-ALLOCATION**

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

## **8. UNFORSEEN CIRCUMSTANCES & USE OF DISCRETION**

### **8.1. CIRCUMSTANCES**

In addition to the specific circumstances set out in this NSP 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 *NSP Testing Opportunities* and/or SRS 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 *NSP Testing Opportunities* and/or SRS 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 NSP 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 including but not limited to the following:

- (a) NSP Performance Score Rubric according to **Table 6 of Appendix C**; and/or
- (b) Performance Indicators including but not limited to the following:
  - Athletic Testing/APE results;
  - Individual Push Testing 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 speeds;
  - SRS results, as applicable; 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 NSP-QP and nomination process and current Season, athletes are required to maintain Competitive Readiness and to immediately report to the HPD without delay any injury, illness, or change in training that could affect their ability to compete at their highest level.

“**Competitive Readiness**” is defined as: the ability of the athlete to achieve equal or superior performance(s) during the NSP-QP at *NSP Testing Opportunities*, SRS Race(s), international competitions and other events throughout the current 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.

### **Health & Competitive Readiness Assessment**

All athletes may, at the BCS Medical Lead’s, HPC’s and/or HPD’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 current Season, 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.

### **9.1. 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 Medical Lead, as appropriate 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 current 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 be eligible for a team (SST or DST) nomination or designation (NGSA or SSA) until this requirement has been satisfied.

## **10. APPEALS - INTERNAL**

Any dispute in relation to this NSP 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 – APE TABLES

Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Women

Power Clean (kg)	ABSOLUTE STRENGTH (90%)			ELASTIC STRENGTH (20%)			SPEED (50%)								
	UHF Heave (m)	Standing Long (m)	Standing Long (m)	15m (sec)	30m (sec)	45m (sec)	60m (sec)	15-45m Fly (sec)	30-40m Fly (sec)	45m (sec)	60m (sec)	75m (sec)	90m (sec)	100m (sec)	
95.0	13.50	100	2.85	100	100	3.30	100	5.55	100	7.15	100	3.30	100	3.25	100
95.0	13.40	99	2.82	99	99	3.31	99	5.56	99	7.16	99	3.31	99	3.26	99
95.0	13.30	98	2.79	98	98	3.32	98	5.57	98	7.17	98	3.32	98	3.27	98
95.0	13.20	97	2.76	97	97	3.33	97	5.58	97	7.18	97	3.33	97	3.28	97
95.0	13.10	96	2.73	96	96	3.34	96	5.59	96	7.19	96	3.34	96	3.29	96
95.0	13.00	95	2.70	95	95	3.35	95	5.60	95	7.20	95	3.35	95	3.30	95
95.0	12.90	94	2.67	94	94	3.36	94	5.61	94	7.21	94	3.36	94	3.31	94
95.0	12.80	93	2.64	93	93	3.37	93	5.62	93	7.22	93	3.37	93	3.32	93
95.0	12.70	92	2.61	92	92	3.38	92	5.63	92	7.23	92	3.38	92	3.33	92
95.0	12.60	91	2.58	91	91	3.39	91	5.64	91	7.24	91	3.39	91	3.34	91
95.0	12.50	90	2.55	90	90	3.40	90	5.65	90	7.25	90	3.40	90	3.35	90
95.0	12.40	89	2.52	89	89	3.41	89	5.66	89	7.26	89	3.41	89	3.36	89
95.0	12.30	88	2.49	88	88	3.42	88	5.67	88	7.27	88	3.42	88	3.37	88
95.0	12.20	87	2.46	87	87	3.43	87	5.68	87	7.28	87	3.43	87	3.38	87
95.0	12.10	86	2.43	86	86	3.44	86	5.69	86	7.29	86	3.44	86	3.39	86
95.0	12.00	85	2.40	85	85	3.45	85	5.70	85	7.30	85	3.45	85	3.40	85
95.0	11.90	84	2.37	84	84	3.46	84	5.71	84	7.31	84	3.46	84	3.41	84
95.0	11.80	83	2.34	83	83	3.47	83	5.72	83	7.32	83	3.47	83	3.42	83
95.0	11.70	82	2.31	82	82	3.48	82	5.73	82	7.33	82	3.48	82	3.43	82
95.0	11.60	81	2.28	81	81	3.49	81	5.74	81	7.34	81	3.49	81	3.44	81
95.0	11.50	80	2.25	80	80	3.50	80	5.75	80	7.35	80	3.50	80	3.45	80
95.0	11.40	79	2.22	79	79	3.51	79	5.76	79	7.36	79	3.51	79	3.46	79
95.0	11.30	78	2.19	78	78	3.52	78	5.77	78	7.37	78	3.52	78	3.47	78
95.0	11.20	77	2.16	77	77	3.53	77	5.78	77	7.38	77	3.53	77	3.48	77
95.0	11.10	76	2.13	76	76	3.54	76	5.79	76	7.39	76	3.54	76	3.49	76
95.0	11.00	75	2.10	75	75	3.55	75	5.80	75	7.40	75	3.55	75	3.50	75
95.0	10.90	74	2.07	74	74	3.56	74	5.81	74	7.41	74	3.56	74	3.51	74
95.0	10.80	73	2.04	73	73	3.57	73	5.82	73	7.42	73	3.57	73	3.52	73
95.0	10.70	72	2.01	72	72	3.58	72	5.83	72	7.43	72	3.58	72	3.53	72
95.0	10.60	71	1.98	71	71	3.59	71	5.84	71	7.44	71	3.59	71	3.54	71
95.0	10.50	70	1.95	70	70	3.60	70	5.85	70	7.45	70	3.60	70	3.55	70
95.0	10.40	69	1.92	69	69	3.61	69	5.86	69	7.46	69	3.61	69	3.56	69
95.0	10.30	68	1.89	68	68	3.62	68	5.87	68	7.47	68	3.62	68	3.57	68
95.0	10.20	67	1.86	67	67	3.63	67	5.88	67	7.48	67	3.63	67	3.58	67
95.0	10.10	66	1.83	66	66	3.64	66	5.89	66	7.49	66	3.64	66	3.59	66
95.0	10.00	65	1.80	65	65	3.65	65	5.90	65	7.50	65	3.65	65	3.60	65

Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Men

Power Clean (kg)	ABSOLUTE STRENGTH (90%)			ELASTIC STRENGTH (20%)			SPEED (50%)								
	UHF Heave (m)	Standing Long (m)	Standing Long (m)	15m (sec)	30m (sec)	45m (sec)	60m (sec)	15-45m Fly (sec)	30-40m Fly (sec)	45m (sec)	60m (sec)	75m (sec)	90m (sec)	100m (sec)	
140.0	18.00	100	3.35	100	100	3.65	100	4.95	100	6.40	100	2.90	100	2.85	100
138.0	17.75	99	3.33	99	99	3.66	99	4.96	99	6.41	99	2.91	99	2.86	99
136.0	17.50	98	3.31	98	98	3.67	98	4.97	98	6.42	98	2.92	98	2.87	98
134.0	17.25	97	3.29	97	97	3.68	97	4.98	97	6.43	97	2.93	97	2.88	97
132.0	17.00	96	3.27	96	96	3.69	96	4.99	96	6.44	96	2.94	96	2.89	96
130.0	16.75	95	3.25	95	95	3.70	95	5.00	95	6.45	95	2.95	95	2.90	95
128.0	16.50	94	3.23	94	94	3.71	94	5.01	94	6.46	94	2.96	94	2.91	94
126.0	16.25	93	3.21	93	93	3.72	93	5.02	93	6.47	93	2.97	93	2.92	93
124.0	16.00	92	3.19	92	92	3.73	92	5.03	92	6.48	92	2.98	92	2.93	92
122.0	15.75	91	3.17	91	91	3.74	91	5.04	91	6.49	91	2.99	91	2.94	91
120.0	15.50	90	3.15	90	90	3.75	90	5.05	90	6.50	90	3.00	90	2.95	90
118.0	15.25	89	3.12	89	89	3.76	89	5.06	89	6.51	89	3.01	89	2.96	89
116.0	15.00	88	3.09	88	88	3.77	88	5.07	88	6.52	88	3.02	88	2.97	88
114.0	14.75	87	3.06	87	87	3.78	87	5.08	87	6.53	87	3.03	87	2.98	87
112.0	14.50	86	3.03	86	86	3.79	86	5.09	86	6.54	86	3.04	86	2.99	86
110.0	14.25	85	3.00	85	85	3.80	85	5.10	85	6.55	85	3.05	85	3.00	85
108.0	14.00	84	2.97	84	84	3.81	84	5.11	84	6.56	84	3.06	84	3.01	84
106.0	13.75	83	2.94	83	83	3.82	83	5.12	83	6.57	83	3.07	83	3.02	83
104.0	13.50	82	2.91	82	82	3.83	82	5.13	82	6.58	82	3.08	82	3.03	82
102.0	13.25	81	2.88	81	81	3.84	81	5.14	81	6.59	81	3.09	81	3.04	81
100.0	13.00	80	2.85	80	80	3.85	80	5.15	80	6.60	80	3.10	80	3.05	80
98.0	12.75	79	2.82	79	79	3.86	79	5.16	79	6.61	79	3.11	79	3.06	79
96.0	12.50	78	2.79	78	78	3.87	78	5.17	78	6.62	78	3.12	78	3.07	78
94.0	12.25	77	2.76	77	77	3.88	77	5.18	77	6.63	77	3.13	77	3.08	77
92.0	12.00	76	2.73	76	76	3.89	76	5.19	76	6.64	76	3.14	76	3.09	76
90.0	11.75	75	2.70	75	75	3.90	75	5.20	75	6.65	75	3.15	75	3.10	75
88.0	11.50	74	2.67	74	74	3.91	74	5.21	74	6.66	74	3.16	74	3.11	74
86.0	11.25	73	2.64	73	73	3.92	73	5.22	73	6.67	73	3.17	73	3.12	73
84.0	11.00	72	2.61	72	72	3.93	72	5.23	72	6.68	72	3.18	72	3.13	72
82.0	10.75	71	2.58	71	71	3.94	71	5.24	71	6.69	71	3.19	71	3.14	71
80.0	10.50	70	2.55	70	70	3.95	70	5.25	70	6.70	70	3.20	70	3.15	70
78.0	10.25	69	2.52	69	69	3.96	69	5.26	69	6.71	69	3.21	69	3.16	69
76.0	10.00	68	2.49	68	68	3.97	68	5.27	68	6.72	68	3.22	68	3.17	68
74.0	9.75	67	2.46	67	67	3.98	67	5.28	67	6.73	67	3.23	67	3.18	67
72.0	9.50	66	2.43	66	66	3.99	66	5.29	66	6.74	66	3.24	66	3.19	66
70.0	9.25	65	2.40	65	65	4.00	65	5.30	65	6.75	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

*Table 3*

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

*Table 4*

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

*Table 5*

## **APPENDIX C – NSP PERFORMANCE SCORE RUBRIC**

<b>ATHLETE NAME</b>	<b>TIME FROM PUSH STANDARD*10 (A)</b>	<b>APE SCORE/100 (B)</b>	<b>NSP PUSH STANDARD (C)</b>	<b>SPRINT STANDARD (D)</b>	<b>NEXTGEN DESIGNATION (E)</b>	<b>TOTAL A+B+C+D+E</b>
<b>Athlete A</b>	+2.50	7.67	1	1	0	<b>12.17</b>
<b>Athlete B</b>	+1.80	7.12	1	1	0	<b>10.92</b>
<b>Athlete C</b>	+1.30	7.18	1	1	0	<b>10.48</b>
<b>Athlete D</b>	+0.70	6.54	1	1	1	<b>10.24</b>
<b>Athlete E</b>	+0.40	6.66	1	1	1	<b>10.06</b>
<b>Athlete F</b>	+0.90	6.87	1	1	0	<b>9.77</b>
<b>Athlete G</b>	+0.10	6.65	1	1	1	<b>9.75</b>
<b>Athlete H</b>	0.00	7.01	1	1	0	<b>9.01</b>
<b>Athlete I</b>	+0.10	7.36	1	0	0	<b>8.46</b>
<b>Athlete J</b>	-1.00	6.98	0	1	1	<b>7.98</b>
<b>Athlete K</b>	-0.30	5.89	0	1	0	<b>6.59</b>
<b>Athlete L</b>	-0.50	5.79	0	0	1	<b>6.29</b>
<b>Athlete M</b>	-1.70	5.37	0	1	0	<b>4.67</b>

Amount of time away from NSP Push Standard + indicates faster - indicates slower	Calculated based on the NSP APE Scoring Tables attached as Appendix A	Achieved = 1 point	Achieved = 1 point	Achieved = 1 point	Total
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**Table 6**

**APPENDIX D – SST & DST POSITION DESIGNATION TABLES**

MEN'S & WOMEN'S SKELTON		DESIGNATION OF SST POSITIONS			
		SST Position #1	SST Position #2	SST Position #3	SST Position #4
<b>NUMBER OF SST POSITIONS BCS FILLS, PER DISCIPLINE</b>	<b>If Four (4) SST Positions Filled</b>	Designated to the highest ranked eligible athlete based on SST SRS results	Designated to the second highest ranked eligible athlete based on SST SRS results	Designated by BCS, at its sole discretion, to <u>any eligible athlete at any time</u> , otherwise it shall be designated to the third highest ranked eligible athlete based on SST SRS results.	Designated by BCS, at its sole discretion, to <u>any eligible athlete at any time</u> , otherwise it shall be designated to the fourth highest ranked eligible athlete based on SST SRS results.
	<b>If Three (3) SST Positions Filled</b>				
	<b>If Two (2) SST Positions Filled</b>		Designated by BCS, at its sole discretion, to <u>any eligible athlete at any time</u> , otherwise it shall be designated to the second highest ranked eligible athlete based on SST SRS results.		
	<b>If One (1) SST Position Filled</b>	Designated by BCS, at its sole discretion, to <u>any eligible athlete at any time</u> , otherwise it shall be designated to the highest ranked eligible athlete based on SST SRS results.			

*Table 7*

MEN'S & WOMEN'S SKELTON		DESIGNATION OF DST POSITIONS			
		DST Position #1	DST Position #2	DST Position #3	DST Position #4
NUMBER OF DST POSITIONS BCS FILLS, PER DISCIPLINE	<b>If Four (4) DST Positions Filled</b>	Designated to the highest ranked eligible athlete based on DST SRS results	Designated to the second highest ranked eligible athlete based on DST SRS results	Designated by BCS, at its sole discretion, to <u>any eligible athlete at any time</u> , otherwise it shall be designated to the third highest ranked eligible athlete based on DST SRS results.	Designated by BCS, at its sole discretion, to <u>any eligible athlete at any time</u> , otherwise it shall be designated to the fourth highest ranked eligible athlete based on DST SRS results.
	<b>If Three (3) DST Positions Filled</b>				
	<b>If Two (2) DST Positions Filled</b>		Designated by BCS, at its sole discretion, to <u>any eligible athlete at any time</u> , otherwise it shall be designated to the second highest ranked eligible athlete based on DST SRS results.		
	<b>If One (1) DST Position Filled</b>	Designated by BCS, at its sole discretion, to <u>any eligible athlete at any time</u> , otherwise it shall be designated to the highest ranked eligible athlete based on DST SRS results.			

Table 8