

ANNEXE B – TABLES D'ÉVALUATION DE PERFORMANCE ATHLÉTIQUE (EPA)

1. TABLE EPA – BOBSLEIGH – FEMMES

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. TABLE EPA – BOBSLEIGH – HOMMES

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

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3. EXEMPLE DE CALCULS DE NOTE EPA DE PNB

ATHLÈTE FÉMININE A		ATHLÈTE MASCULIN B	
FORCE ABSOLUE (FA) - 35%			
Épaulé en puissance 1RM PC:	115kg = 100 points	Épaulé en puissance 1RM PC:	160kg = 94 points
Flexion des jambes avant 3RM FS:	125kg = 100 points	Flexion des jambes avant 3RM FS:	170kg = 94 points
FA = ((100+100) x 0,35) x (900/200):	315 points	FA = ((94+94) x 0,35) x (900/200):	296 points
RÉSISTANCE ÉLASTIQUE (RE) - 15%			
Saut en longueur sans élan (StLJ):	2.80m = 93 points	Saut en longueur sans élan (StLJ) :	3,23m = 94 points
RE = (93 x 0,15) x (900/100):	125 points	RE = (94 x 0,15) x (900/100):	126 points
VITESSE (V) – 50%			
15m:	2,24sec = 96 points	15m:	2,10sec = 95 points
30m:	3,97sec = 93 points	30m:	3,66sec = 89 points
45m:	5,61sec = 94 points	45m:	5,11sec = 84 points
60m:	7,26sec = 89 points	60m:	6,54sec = 86 points
15-45m Fly:	3,36sec = 94 points	15-45m Fly:	3,01sec = 89 points
30-60m Fly:	3,28sec = 97 points	30-60m Fly:	2,88sec = 97 points
V = ((96+93+94+89+94+97) x 0,5) x (900/600):	422 points	V = ((95+89+84+86+89+97) x 0,5) x (900/600):	405 points
Note EPA (FA+RE+V)			
Note EPA = (315+125+422):	862 points	Note EPA = (296+126+405):	827 points