

## APPENDIX B - ATHLETEIC PERFORMANCE EVALUATION (APE) TABLES

### 1. APE TABLE – SKELETON – WOMEN

Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Women

ABSOLUTE STRENGTH (30%)		ELASTIC STRENGTH (20%)				SPEED (50%)											
Power Clean (kg)		UHF Heave (m)		Standing Long (m)		15m (sec)		30m (sec)		45m (sec)		60m (sec)		15-45m Fly (sec)		30-60m Fly (sec)	
95.0	100	13.50	100	2.85	100	2.20	100	3.90	100	5.55	100	7.15	100	3.30	100	3.25	100
93.0	99	13.40	99	2.82	99	2.21	99	3.91	99	5.56	99	7.16	99	3.31	99	3.26	99
91.0	98	13.30	98	2.79	98	2.22	98	3.92	98	5.57	98	7.17	98	3.32	98	3.27	98
89.0	97	13.20	97	2.76	97	2.23	97	3.93	97	5.58	97	7.18	97	3.33	97	3.28	97
87.0	96	13.10	96	2.73	96	2.24	96	3.94	96	5.59	96	7.19	96	3.34	96	3.29	96
85.0	95	13.00	95	2.70	95	2.25	95	3.95	95	5.60	95	7.20	95	3.35	95	3.30	95
83.0	94	12.90	94	2.67	94	2.26	94	3.96	94	5.61	94	7.21	94	3.36	94	3.31	94
81.0	93	12.80	93	2.64	93	2.27	93	3.97	93	5.62	93	7.22	93	3.37	93	3.32	93
79.0	92	12.70	92	2.61	92	2.28	92	3.98	92	5.63	92	7.23	92	3.38	92	3.33	92
77.0	91	12.60	91	2.58	91	2.29	91	3.99	91	5.64	91	7.24	91	3.39	91	3.34	91
75.0	90	12.50	90	2.55	90	2.30	90	4.00	90	5.65	90	7.25	90	3.40	90	3.35	90
73.0	89	12.40	89	2.52	89	2.31	89	4.01	89	5.66	89	7.26	89	3.41	89	3.36	89
71.0	88	12.30	88	2.49	88	2.32	88	4.02	88	5.67	88	7.27	88	3.42	88	3.37	88
69.0	87	12.20	87	2.46	87	2.33	87	4.03	87	5.68	87	7.28	87	3.43	87	3.38	87
67.0	86	12.10	86	2.43	86	2.34	86	4.04	86	5.69	86	7.29	86	3.44	86	3.39	86
65.0	85	12.00	85	2.40	85	2.35	85	4.05	85	5.70	85	7.30	85	3.45	85	3.40	85
63.0	84	11.90	84	2.37	84	2.36	84	4.06	84	5.71	84	7.31	84	3.46	84	3.41	84
61.0	83	11.80	83	2.34	83	2.37	83	4.07	83	5.72	83	7.32	83	3.47	83	3.42	83
59.0	82	11.70	82	2.31	82	2.38	82	4.08	82	5.73	82	7.33	82	3.48	82	3.43	82
57.0	81	11.60	81	2.28	81	2.39	81	4.09	81	5.74	81	7.34	81	3.49	81	3.44	81
55.0	80	11.50	80	2.25	80	2.40	80	4.10	80	5.75	80	7.35	80	3.50	80	3.45	80
53.0	79	11.40	79	2.22	79	2.41	79	4.11	79	5.76	79	7.36	79	3.51	79	3.46	79
51.0	78	11.30	78	2.19	78	2.42	78	4.12	78	5.77	78	7.37	78	3.52	78	3.47	78
49.0	77	11.20	77	2.16	77	2.43	77	4.13	77	5.78	77	7.38	77	3.53	77	3.48	77
47.0	76	11.10	76	2.13	76	2.44	76	4.14	76	5.79	76	7.39	76	3.54	76	3.49	76
45.0	75	11.00	75	2.10	75	2.45	75	4.15	75	5.80	75	7.40	75	3.55	75	3.50	75
43.0	74	10.90	74	1.97	74	2.46	74	4.16	74	5.81	74	7.41	74	3.56	74	3.51	74
41.0	73	10.80	73	1.94	73	2.47	73	4.17	73	5.82	73	7.42	73	3.57	73	3.52	73
39.0	72	10.70	72	1.91	72	2.48	72	4.18	72	5.83	72	7.43	72	3.58	72	3.53	72
37.0	71	10.60	71	1.88	71	2.49	71	4.19	71	5.84	71	7.44	71	3.59	71	3.54	71
35.0	70	10.50	70	1.85	70	2.50	70	4.20	70	5.85	70	7.45	70	3.60	70	3.55	70
33.0	69	10.40	69	1.82	69	2.51	69	4.21	69	5.86	69	7.46	69	3.61	69	3.56	69
31.0	68	10.30	68	1.79	68	2.52	68	4.22	68	5.87	68	7.47	68	3.62	68	3.57	68
29.0	67	10.20	67	1.76	67	2.53	67	4.23	67	5.88	67	7.48	67	3.63	67	3.58	67
27.0	66	10.10	66	1.73	66	2.54	66	4.24	66	5.89	66	7.49	66	3.64	66	3.59	66
25.0	65	10.00	65	1.70	65	2.55	65	4.25	65	5.90	65	7.50	65	3.65	65	3.60	65

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### 2. APE TABLE – SKELETON – MEN

Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Men

ABSOLUTE STRENGTH (30%)		ELASTIC STRENGTH (20%)				SPEED (50%)											
Power Clean (kg)		UHF Heave (m)		Standing Long (m)		15m (sec)		30m (sec)		45m (sec)		60m (sec)		15-45m Fly (sec)		30-60m Fly (sec)	
140.0	100	18.00	100	3.35	100	2.05	100	3.55	100	4.95	100	6.40	100	2.90	100	2.85	100
138.0	99	17.75	99	3.33	99	2.06	99	3.56	99	4.96	99	6.41	99	2.91	99	2.86	99
136.0	98	17.50	98	3.31	98	2.07	98	3.57	98	4.97	98	6.42	98	2.92	98	2.87	98
134.0	97	17.25	97	3.29	97	2.08	97	3.58	97	4.98	97	6.43	97	2.93	97	2.88	97
132.0	96	17.00	96	3.27	96	2.09	96	3.59	96	4.99	96	6.44	96	2.94	96	2.89	96
130.0	95	16.75	95	3.25	95	2.10	95	3.60	95	5.00	95	6.45	95	2.95	95	2.90	95
128.0	94	16.50	94	3.23	94	2.11	94	3.61	94	5.01	94	6.46	94	2.96	94	2.91	94
126.0	93	16.25	93	3.21	93	2.12	93	3.62	93	5.02	93	6.47	93	2.97	93	2.92	93
124.0	92	16.00	92	3.19	92	2.13	92	3.63	92	5.03	92	6.48	92	2.98	92	2.93	92
122.0	91	15.75	91	3.17	91	2.14	91	3.64	91	5.04	91	6.49	91	2.99	91	2.94	91
120.0	90	15.50	90	3.15	90	2.15	90	3.65	90	5.05	90	6.50	90	3.00	90	2.95	90
118.0	89	15.25	89	3.12	89	2.16	89	3.66	89	5.06	89	6.51	89	3.01	89	2.96	89
116.0	88	15.00	88	3.09	88	2.17	88	3.67	88	5.07	88	6.52	88	3.02	88	2.97	88
114.0	87	14.75	87	3.06	87	2.18	87	3.68	87	5.08	87	6.53	87	3.03	87	2.98	87
112.0	86	14.50	86	3.03	86	2.19	86	3.69	86	5.09	86	6.54	86	3.04	86	2.99	86
110.0	85	14.25	85	3.00	85	2.20	85	3.70	85	5.10	85	6.55	85	3.05	85	3.00	85
108.0	84	14.00	84	2.97	84	2.21	84	3.71	84	5.11	84	6.56	84	3.06	84	3.01	84
106.0	83	13.75	83	2.94	83	2.22	83	3.72	83	5.12	83	6.57	83	3.07	83	3.02	83
104.0	82	13.50	82	2.91	82	2.23	82	3.73	82	5.13	82	6.58	82	3.08	82	3.03	82
102.0	81	13.25	81	2.88	81	2.24	81	3.74	81	5.14	81	6.59	81	3.09	81	3.04	81
100.0	80	13.00	80	2.85	80	2.25	80	3.75	80	5.15	80	6.60	80	3.10	80	3.05	80
98.0	79	12.75	79	2.82	79	2.26	79	3.76	79	5.16	79	6.61	79	3.11	79	3.06	79
96.0	78	12.50	78	2.79	78	2.27	78	3.77	78	5.17	78	6.62	78	3.12	78	3.07	78
94.0	77	12.25	77	2.76	77	2.28	77	3.78	77	5.18	77	6.63	77	3.13	77	3.08	77
92.0	76	12.00	76	2.73	76	2.29	76	3.79	76	5.19	76	6.64	76	3.14	76	3.09	76
90.0	75	11.75	75	2.70	75	2.30	75	3.80	75	5.20	75	6.65	75	3.15	75	3.10	75
88.0	74	11.50	74	2.67	74	2.31	74	3.81	74	5.21	74	6.66	74	3.16	74	3.11	74
86.0	73	11.25	73	2.64	73	2.32	73	3.82	73	5.22	73	6.67	73	3.17	73	3.12	73
84.0	72	11.00	72	2.61	72	2.33	72	3.83	72	5.23	72	6.68	72	3.18	72	3.13	72
82.0	71	10.75	71	2.58	71	2.34	71	3.84	71	5.24	71	6.69	71	3.19	71	3.14	71
80.0	70	10.50	70	2.55	70	2.35	70	3.85	70	5.25	70	6.70	70	3.20	70	3.15	70
78.0	69	10.25	69	2.52	69	2.36	69	3.86	69	5.26	69	6.71	69	3.21	69	3.16	69
76.0	68	10.00	68	2.49	68	2.37	68	3.87	68	5.27	68	6.72	68	3.22	68	3.17	68
74.0	67	9.75	67	2.46	67	2.38	67	3.88	67	5.28	67	6.73	67	3.23	67	3.18	67
72.0	66	9.50	66	2.43	66	2.39	66	3.89	66	5.29	66	6.74	66	3.24	66	3.19	66
70.0	65	9.25	65	2.40	65	2.40	65	3.90	65	5.30	65	6.75	65	3.25	65	3.20	65

**APPENDIX B - ATHLETEIC PERFORMANCE EVALUATION (APE) TABLES**

**3. NSP APE SCORE CALCULATION EXAMPLE**

<b>WOMEN'S ATHLETE A</b>		<b>MEN'S ATHLETE B</b>	
<b>ABSOLUTE STRENGTH (AS) - 30%</b>			
1RM PC:	90kg = 97 points	1RM PC:	120kg = 90 points
$AS = (97 \times 0.3) \times (900/100):$	<u>262 points</u>	$AS = (90 \times 0.3) \times (900/100):$	<u>243 points</u>
<b>ELASTIC STRENGTH (ES) - 20%</b>			
UHF:	11.37m = 78 points	UHF:	15.37m = 89 points
StLJ:	2.28m = 81 points	StLJ:	3.02m = 85 points
$ES = ((78+81) \times 0.2) \times (900/200):$	<u>143 points</u>	$ES = ((89+85) \times 0.2) \times (900/200):$	<u>156 points</u>
<b>SPEED (S) – 50%</b>			
15m:	2.33sec = 87 points	15m:	2.10sec = 95 points
30m:	4.11sec = 79 points	30m:	3.75sec = 80 points
45m:	5.79sec = 76 points	45m:	5.28sec = 67 points
60m:	7.56sec = 59 points	60m:	6.80sec = 60 points
15-45m Fly:	3.46sec = 84 points	15-45m Fly:	3.10sec = 80 points
30-60m Fly:	3.45sec = 80 points	30-60m Fly:	3.03sec = 82 points
$S = ((87+79+76+59+84+80) \times 0.5) \times (900/600):$	<u>348 points</u>	$S = ((95+80+67+60+80+82) \times 0.5) \times (900/600):$	<u>348 points</u>
<b>APE Score (AS+ES+S)</b>			
APE Score = (262+143+348):	<b><u>753 Points</u></b>	APE Score = (243+156+348):	<b><u>747 Points</u></b>