

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

### 1. TABLE EPA – SKELETON – FEMMES

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  |

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

### 2. TABLE EPA – SKELETON – HOMMES

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  |

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

### 3. EXEMPLE DE CALCULS DE NOTE EPA - PNS

| ATHLÈTE FÉMININE A                           |                     | ATHLÈTE MASCULIN B                           |                     |
|----------------------------------------------|---------------------|----------------------------------------------|---------------------|
| FORCE ABSOLUE (FA) - 30%                     |                     |                                              |                     |
| Épaulé en puissance 1RM PC:                  | 90kg = 97 points    | Épaulé en puissance 1RM PC:                  | 120kg = 90 points   |
| FA = (97 x 0,3) x (900/100):                 | 262 points          | FA = (90 x 0,3) x (900/100):                 | 243 points          |
| RÉSISTANCE ÉLASTIQUE (RE) - 20%              |                     |                                              |                     |
| UHF:                                         | 11,37m = 78 points  | UHF:                                         | 15,37m = 89 points  |
| Saut en longueur sans élan (StLJ):           | 2,28m = 81 points   | Saut en longueur sans élan (StLJ):           | 3,02m = 85 points   |
| RE = ((78+81) x 0,2) x (900/200):            | 143 points          | RE = ((89+85) x 0,2) x (900/200):            | 156 points          |
| VITESSE (V) – 50%                            |                     |                                              |                     |
| 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 |
| V = ((87+79+76+59+84+80) x 0,5) x (900/600): | 348 points          | V = ((95+80+67+60+80+82) x 0,5) x (900/600): | 348 points          |
| Note EPA (FA+RE+V)                           |                     |                                              |                     |
| Note EPA = (262+143+348):                    | 753 points          | Note EPA = (243+156+348):                    | 747 points          |