

APPENDIX B – ATHLETEIC PERFORMANCE EVALUATION (APE) TABLES

1. APE TABLE – BOBSLEIGH – WOMEN

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

APPENDIX B – ATHLETEIC PERFORMANCE EVALUATION (APE) TABLES

2. APE TABLE – BOBSLEIGH – MEN

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

APPENDIX B – ATHLETEIC PERFORMANCE EVALUATION (APE) TABLES

3. NBP APE SCORE CALCULATION EXAMPLE

WOMEN'S ATHLETE A		MEN'S ATHLETE B	
ABSOLUTE STRENGTH (AS) - 35%			
1RM PC:	115kg = 100 points	1RM PC:	160kg = 94 points
3RM FS:	125kg = 100 points	3RM FS:	170kg = 94 points
AS = ((100+100) x 0.35) x (900/200):	315 points	AS = ((94+94) x 0.35) x (900/200):	296 points
ELASTIC STRENGTH (ES) - 15%			
StLJ:	2.80m = 93 points	StLJ:	3.23m = 94 points
ES = (93 x 0.15) x (900/100):	125 points	ES = (94 x 0.15) x (900/100):	126 points
SPEED (S) – 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
S = ((96+93+94+89+94+97) x 0.5) x (900/600):	422 points	S = ((95+89+84+86+89+97) x 0.5) x (900/600):	405 points
APE Score (AS+ES+S)			
APE Score = (315+125+422):	862 Points	APE Score = (296+126+405):	827 Points