



**NATIONAL SKELETON PROGRAM**  
**INTERNAL NOMINATION PROCEDURES**  
**FOR THE XXIV OLYMPIC WINTER GAMES BEIJING 2022**

**FOR QUALIFYING, NOMINATING & SELECTING  
CANADIAN SKELETON ATHLETES TO THE  
CANADIAN OLYMPIC TEAM**

***PUBLICATION DATE: JUL/15/2021***

## **NATIONAL SKELETON PROGRAM 2022 OLYMPIC INTERNAL NOMINATION PROCEDURES FOR THE XXIV OLYMPIC WINTER GAMES BEIJING 2022**

### **PREAMBLE**

These Bobsleigh Canada Skeleton (BCS) National Skeleton Program (NSP) 2022 Olympic Internal Nomination Procedures (INP) outline the processes by which BCS qualifies quota places in accordance with the International Bobsleigh & Skeleton Federation (IBSF) Skeleton Qualification System for Beijing 2022 (SQS), and by which athletes become eligible and are nominated by BCS to the Canadian Olympic Committee (COC) for selection to the Canadian Olympic Team (COT) for the XXIV Olympic Winter Games in Beijing 2022 (2022 OWG).

These BCS NSP INP have been designed in alignment of BCS' Mission:

***Bobsleigh CANADA Skeleton develops World and Olympic Champions.***

In keeping with BCS' Mission, fairness, equal opportunity, fielding medal potential athletes and development of NextGen athletes are the guiding principles of these BCS NSP INP.

### **SPECIAL NOTE REGARDING COVID-19 PANDEMIC**

BCS is carefully following the evolution of the coronavirus (COVID-19) and how it may impact these BCS NSP INP. BCS reserves the right to modify these published BCS NSP INP based on the best available information. Any modifications are subject to review from the COC, will be made promptly and will be communicated to all affected parties via email and posted on the BCS website as soon as reasonably possible.

Athlete's initials: \_\_\_\_\_

## 1. **OBJECTIVE**

In keeping with BCS' Mission and the guiding principles, the Objectives of these BCS NSP INP are:

**Primary Objective:** to nominate the maximum number of medal potential NSP athletes to the COT for the 2022 OWG.

**Secondary Objective:** to nominate BCS designated NSP NextGen athletes to the COT for the 2022 OWG to provide major games experience in alignment with the BCS NSP 2026 High Performance Plan.

## 2. **ESTABLISHMENT of these BCS NSP INP**

The High Performance Director (HPD) has drafted these BCS NSP INP, in consultation with the High Performance Committee (HPC), in compliance with the IBSF SQS and the COC's Team Selection Policy, and using previous policies, the COC's Guide to Drafting INPs and other relevant resources, as applicable.

The draft of these BCS NSP INP were then sent to the HPC, the elected BCS Athlete Representative (Skeleton) Director of BCS and the COC for review and comment. The HPD then reviewed and considered the comments and suggestions and edited these BCS NSP INP, as appropriate.

These BCS NSP INP are then published on the Publication Date and notified by email to the current BCS NSP Athletes with National Team Athlete Status and published on the BCS website: <https://www.bobsleighcanadaskelton.ca>

Following publication and prior to the deadline for Athlete Acknowledgement and Acceptance as set out in **clause 5.2.1**, the HPD will host a meeting to review these BCS NSP INP with the current BCS NSP Athletes with National Team Athlete Status.

## 3. **DECISION MAKING AUTHORITY**

### 3.1. **HIGH PERFORMANCE COMMITTEE (HPC)**

#### 3.1.1. **Composition of the HPC**

The HPC will be comprised of:

- HPD (Chair); and
- NSP Head Coach.

Athlete's initials: \_\_\_\_\_

*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.*

### **3.1.2. 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 BCS NSP Selection Committee, including but not limited to the following:

- the number of quota places qualified by BCS and allocated to the COC;
- the interpretation and application of these BCS NSP INP;
- the pool of NSP athletes with respect to eligibility, qualification, consideration of nominations and/or identification of Alternate Athletes (if applicable); and/or
- the use of discretion, if applicable, in accordance with these BCS NSP INP.

### **3.2. RESPONSIBILITIES OF THE HPD**

In addition to other responsibilities of the HPD as set out herein or otherwise, the HPD is responsible for:

- Interpreting and applying these BCS NSP INP;
- establishing and consulting with the HPC;
- confirming the number of quota spots qualified by BCS in accordance with the IBSF SQS;
- considering the pool of NSP athletes with respect to eligibility, qualification, and nomination;
- considering and determining whether to identify Alternate Athlete(s);
- nominating eligible athletes (and Alternate Athletes, if applicable) to the SC for review and ratification;
- discussing and reviewing with the SC the list of eligible athletes;
- submitting the SC ratified list of nominated eligible athletes to the COC for selection to the COT for the 2022 OWG; and/or
- notifying the athletes of the confirmation of their selection by the COC to the COT for the 2022 OWG.

### **3.3. BCS NSP SELECTION COMMITTEE (SC)**

#### **3.3.1. 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).*

Athlete's initials: \_\_\_\_\_

### **3.3.2. Responsibilities of the SC**

The SC shall review these BCS NSP INP, the nomination(s) (and Alternates if applicable) of the HPD, any supporting information presented by the HPD and/or such other information as the Committee 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 these BCS NSP INP.

It is the responsibility of the SC to review and ratify the list of nominated eligible athletes for submission to the COC for selection to the COT for the 2022 OWG.

## **4. IBSF SKELETON QUALIFICATION SYSTEM FOR BEIJING 2022**

BCS, NSP athletes and these BCS NSP INP are bound by the **IBSF Skeleton Qualification System For XXIV Olympic Winter Games, Beijing 2022** which can be found on the IBSF website:

<https://www.ibsf.org/en/>

### **4.1. 2022 OWG COT SKELETON QUOTA**

The maximum number of athletes that may be nominated to the COC for selection to the COT for the 2022 OWG is the number of quota places qualified by BCS and allocated to the COC as set out in the IBSF SQS.

### **4.2. CHANGES TO THE IBSF SQS**

These BCS NSP INP are based on the IBSF SQS as presently known and understood and on the latest information available to BCS. Any changes to the IBSF SQS may necessitate changes to these BCS NSP INP. Should such a circumstance occur, BCS will review and amend these BCS NSP INP to comply with the latest IBSF SQS. Amendments to these BCS NSP INP will be communicated directly to the affected parties and posted on the BCS website as soon as reasonably possible.

## **5. ELIGIBILITY**

### **5.1. IBSF ELIGIBILITY**

Only those athletes who achieve the minimum eligibility standards as set forth by the IBSF and according to the IBSF SQS may be considered for nomination by BCS to the COC for selection to the COT.

Athlete's initials: \_\_\_\_\_

## 5.2. COT ELIGIBILITY

In addition to being eligible according to the IBSF SQS, in order to be eligible for nomination to the COC for selection to the COT for the 2022 OWG, candidates must fulfill the following conditions:

### 5.2.1. Athlete Acknowledgement and Acceptance Agreement Requirement:

Those Athletes with confirmed BCS National Team Athlete Status at the time of the Publication Date of these BCS NSP INP, must within **14 calendar days** of such Publication Date and notification by email, sign, submit, and comply with the *BCS 2022 OWG Athlete Acknowledgment and Acceptance Agreement*, attached as **Appendix A**.

Those Athletes whose BCS National Team Athlete Status is confirmed *after* the Publication Date of these BCS NSP INP shall, within **14 calendar days** of first having such Status confirmed, sign, submit, and comply with the *BCS 2022 OWG Athlete Acknowledgment and Acceptance Agreement*, attached as **Appendix A**.

### 5.2.2. At The Time of Nomination to the SC:

- Have executed and submitted in a timely manner the *BCS 2022 OWG Athlete Acknowledgment and Acceptance Agreement*, attached as **Appendix A** as per **clause 5.2.1**;
- Be a member in good standing of BCS with current National Team Athlete status, including but not limited to having a valid fully executed BCS Athlete Agreement, be committed to a BCS approved Individual Progression Profile (IPP), as applicable, have paid all outstanding fees owing to BCS and fulfilling such other associated membership and National Team Athlete status obligations as may be required from time to time;
- Confirm, if requested, to the satisfaction of BCS, as set out in **clause 8**. herein, health and fitness;
- Be recognized by law as a Canadian Citizen (Rule 41 of the Olympic Charter);
- Be in possession of a Canadian Passport valid for a period of at least 6 months beyond the end of the 2022 OWG; and
- Be in compliance with all relevant IBSF, COC and International Olympic Committee (IOC) requirements for eligibility to compete representing Canada at the 2022 OWG.

## 6. NSP 2022 OWG NOMINATION CRITERIA & PROCESS

### 6.1. QUALIFICATION PERIOD

The BCS NSP 2022 OWG qualification period (NSP-QP) shall be:  
**July 1<sup>st</sup>, 2021 to January 16<sup>th</sup>, 2022.**

### 6.2. NOMINATION PROCESS

Upon completion of the NSP-QP and in accordance with the number of quota places qualified by BCS and allocated to the COC as set out in the IBSF SQS, **clause 4.**, per

Athlete's initials: \_\_\_\_\_

discipline, in accordance with the responsibilities set out in these BCS NSP INP, the HPD shall, following consultation with the HPC, nominate the following eligible athletes to the SC according to **Table 1**:

		DESIGNATION OF QUOTA PLACES		
		Quota Place #1	Quota Place #2	Quota Place #3
<b># OF QUOTA PLACES QUALIFIED PER DISCIPLINE</b>	<b>If Three (3) Places Qualified</b>	Designated to the highest ranked eligible athlete based on the respective 2021-22 IBSF Ranking List.	Designated to the second highest ranked eligible athlete based on the respective 2021-22 IBSF Ranking List.	Designated to any eligible athlete at the sole discretion of the HPC in accordance with these BCS NSP INP, otherwise designated to the third highest ranked eligible athlete based on the respective 2021-22 IBSF Ranking List.
	<b>If Two (2) Places Qualified</b>		Designated to any eligible athlete at the sole discretion of the HPC in accordance with these BCS NSP INP, otherwise designated to the second highest ranked eligible athlete based on the respective 2021-22 IBSF Ranking List.	
	<b>If One (1) Place Qualified</b>			

**Table 1**

**6.2.1. Tie Breaker**

In the event of a tie in rank in the respective 2021-22 IBSF Ranking List, the tie will be broken by the points scored from the respective athletes’ highest single point-scoring IBSF race during the NSP-QP, with the athlete with the highest score deemed to be the athlete of higher rank. If this does not determine a clear winner, the HPC shall use discretion to break the tie in accordance with these BCS NSP INP.

**6.2.2. Alternate Athletes**

At the sole discretion of the HPC, one (1) eligible athlete per discipline may be identified as an Alternate Athlete. In the event an athlete who has been selected to the COT is unable to compete for reasons including but not limited to those set out in **clause 9.** and/or other unforeseen circumstances, the BCS NSP OWG Team Leader and the COC may, at their discretion, agree to replace such athlete(s) with an Alternate Athlete(s).

Athlete’s initials: \_\_\_\_\_

The Alternate Athletes' information will be submitted to the COC at the same time as the athletes' nominated by BCS to the COC for selection to the COT for the 2022 OWG.

### **6.3. BCS REVIEW & RATIFICATION**

Following the nomination(s) from the HPD, the SC will convene, review and ratify the nomination(s) and/or identified Alternate Athletes (if applicable) in accordance with its responsibilities as set out in these BCS NSP INP.

If for any reason, the SC does not ratify the list of nominated eligible athletes, 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 list of nominated athlete(s), with or without consultations of the HPC, throughout the review process until such time as the nomination(s) are ratified by the SC.

### **6.4. COC SELECTION CONFIRMATION**

Following ratification of the nomination(s) by the SC, the HPD will submit the ratified nomination(s) to the COC, no later than **January 19<sup>th</sup>, 2022**, for selection to the COT for the 2022 OWG.

### **6.5. ATHLETE RESPONSIBILITIES FOLLOWING COC CONFIRMATION**

Upon receipt of confirmation of selection to the COT from the COC and/or the HPD, Athletes must sign, submit, and comply with the *COC Athlete Agreement* and *Organising Committee (OCOG) Conditions of Participation Form* no later than **January 19<sup>th</sup>, 2022**;

## **7. BCS DISCRETION**

BCS, including but not limited to the HPD, HPC and/or the SC may use its discretion in interpreting and applying these INP, as well as in the event of the following non-exhaustive circumstances:

- a) Injury or long term sickness resulting in missed competitions and/or other events within the NSP-QP;
- b) In the event of a tie that is not broken by **clause 6.2.1.** herein;
- c) "Acts of God" - adverse weather conditions or other external factors resulting in modified or cancelled competitions and/or other events;
- d) "IBSF Rulings" - decisions made by the IBSF which impact the nations rankings, athlete results and/or qualification standards;
- e) as set out in these BCS NSP INP; and/or
- f) Such other circumstances and/or events that in the determination of the SC, HPC and/or HPD, as appropriate, warrants the use of discretion.

Athlete's initials: \_\_\_\_\_



In the event BCS uses discretion, the SC and/or HPC and/or HPD may consider all relevant factors achieved within the NSP-QP including but not limited to the following:

- a) NSP Performance Score Rubric (**Appendix B**); and/or
- b) Performance Indicators:
  - Athletic Testing results;
  - Push Testing results;
  - International competition results;
  - IBSF rank(s);
  - Competitive Readiness, as defined in **clause 8.**;
  - Sliding competency; and/or
  - Commitment to a BCS approved Individual Progression Profile (IPP), as applicable.

For the avoidance of doubt, no particular factor, including but not limited to the NSP Performance Score Rubric and/or the Performance Indicators will be determinative in the use of discretion and other factors may be considered as deemed appropriate in the circumstances.

## **8. INJURY / ILLNESS / COMPETITIVE READINESS**

Throughout the NSP-QP, nomination process and while a member of the COT, athletes are required to maintain Competitive Readiness and to immediately report any injury, illness, or change in training that could affect their ability to compete at their highest level at the 2022 OWG. Notification detailing such injury, illness or change in training must be sent in writing to the HPD without delay.

“Competitive Readiness” is defined as: the ability of the athlete to achieve equal or superior performance(s) onsite at the 2022 OWG, as compared to the performance(s) the athlete achieved during the NSP-QP.

All athletes may, at the BCS Team Physician’s and/or the HPC’s discretion, have their health status assessed by the BCS Team Physician 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 NSP-QP, the suitability of the training and IPP, fitness and other Competitive Readiness indicators, submitted medical documentation, consultation with relevant personnel, and/or any other relevant performance related information.

### **8.1. 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 Team Physician and such other persons as the HPD may deem appropriate in the HPD’s sole discretion, shall

Athlete’s initials: \_\_\_\_\_

determine whether the athlete will be sufficiently recovered to compete at their highest level at the 2022 OWG 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 travel with the team until this requirement has been satisfied.

### **8.2. Injury, Illness & Not Competitive Ready AFTER Nomination to the SC**

In the event that an athlete is deemed injured, ill or not Competitive Ready after the athlete's nomination is ratified by the SC, but prior to the athlete's nomination being ratified by the COC for selection to the COT for the 2022 OWG, the SC shall make itself available to reconsider the nomination(s) in light of the injury or illness.

## **9. ATHLETE REMOVAL from the COT**

Athletes may be removed from the COT at any time, for reasons including, but not limited to:

- a) Inability to maintain Competitive Readiness, because of injury, illness or other reasons;
- b) Failure to immediately report any injury, illness, or change in training that could affect their ability to compete at their highest level;
- c) Failure to adhere to all WADA, CCES, and COC anti-doping protocols, policies and procedures including participation in out of competition testing as required by WADA, CCES, and COC Rules; and/or
- d) where an athlete is found to have breached the BCS Athlete Agreement and/or (an) associated policy(ies), including but not limited to the BCS Athlete Code of Conduct and/or COC, IBSF and/or IOC policies.

For the avoidance of doubt all disciplinary proceedings shall be conducted in accordance with the BCS Athlete Agreement and other relevant BCS policies, available on the BCS website:

<https://www.bobsleighcanadaskelton.ca>

Any athlete removals from the COT following the **January 19<sup>th</sup>, 2022** COT Nomination deadline are subject to the approval of the COC Team Selection Committee.

## **10. ATHLETE REPLACEMENT**

Should a nominated athlete, at any time between the **January 19<sup>th</sup>, 2022** COT Nomination deadline and the **January 24<sup>th</sup>, 2022** IBSF Sport Entries deadline, decline his or her nomination or be declared unable to participate in a competitive manner, that athlete may be

Athlete's initials: \_\_\_\_\_

replaced, subject to the approval of the COC Team Selection Committee, 'IOC/Beijing Late Athlete Replacement Policy', and IBSF regulations, by the Alternate Athlete in his or her event.

## **11. INTERPRETATION**

These BCS NSP INP shall be interpreted in a purposeful manner in order to give meaning to the intention and Objectives and in the context of BCS's Mission as set out herein.

In the event of ambiguity, omission or lack of clarity in these BCS NSP INP and/or related processes, a final and binding decision or determination will be made by BCS, including but not limited to the HPD, HPC and/or SC, as appropriate, in its sole discretion.

## **12. CHANGES to these BCS NSP INP**

BCS may, from time to time, amend or update these BCS NSP INP in accordance with the requirements of the IBSF, COC, IOC and/or any other unforeseen circumstance in accordance with the terms and conditions of these BCS NSP INP.

Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness.

In the event of a change to these BCS NSP INP, BCS shall inform the COC of the changes and the reasons for those changes as soon as reasonably possible. Such changes shall be notified to the affected parties in writing and posted on the BCS website as soon as reasonably possible.

This clause shall not be used to justify changes after a competition or trials that formed part of these BCS NSP INP unless it is related to an unforeseen circumstance(s).

## **13. UNFORESEEN CIRCUMSTANCES**

In the event of unforeseen circumstances beyond the control of BCS that prevent the SC from fairly implementing these BCS NSP INP as written, the SC, HPC and/or HPD, as appropriate, shall have full discretion to resolve the matter as they see fit, taking into account factors and circumstances that they deem relevant.

For the avoidance of doubt, while the coronavirus (COVID-19) pandemic is known at the time of drafting these BCS NSP INP, how the pandemic may affect these BCS NSP INP from time to time is unknown and unforeseeable and therefore considered unforeseen circumstances for the purposes of these BCS NSP INP.

Athlete's initials: \_\_\_\_\_

#### **14. ON-SITE AT THE OLYMPIC GAMES**

Once the nominations are accepted by the COC, all athletes selected to the COT will have equal status as qualified COT members.

The designated BCS NSP OWG Team Leader shall have authority for changes to an Athlete's COT status including, but not limited to athlete removal decision(s) and/or use of Alternate Athlete(s) at the 2022 OWG.

#### **15. APPEALS**

Any dispute in relation to these BCS NSP INP shall be conducted in accordance with the BCS Appeals Policy available on the BCS website:

<https://www.bobsleighcanadaskleton.ca>

Athlete's initials: \_\_\_\_\_

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**APPENDIX 'A'**

**BCS 2022 OWG ATHLETE ACKNOWLEDGEMENT AND ACCEPTANCE AGREEMENT**

I, \_\_\_\_\_, a member in good standing of Bobsleigh Canada Skeleton (BCS) with current National Team Athlete status hereby acknowledge and confirm that:

- 1) I have read, understood and accept these BCS NSP INP established by BCS including the IBSF SQS established by the IBSF;
- 2) I accept and acknowledge that these BCS NSP INP were appropriately established;
- 3) I agree to be bound by the terms and conditions of these BCS NSP INP;
- 4) I accept that these BCS NSP INP will be applied in the sport of Skeleton for the qualification of quota places by BCS according to the IBSF SQS, eligibility for nomination of athletes to the COC by BCS and confirmation of nominations of athletes to the COC by the COC;
- 5) I understand that changes may occur to these BCS NSP INP and that such changes shall be notified to me via email and posted on the BCS website as soon as reasonably possible.
- 6) I understand that an athlete's right of appeal with respect to these BCS NSP INP must be made in accordance with **clause 15.** of these BCS NSP INP; and
- 7) I understand that the Olympic Charter grants the COC exclusive jurisdiction over the naming of athletes who will represent Canada at the Olympic Games.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's Name (Please Print)

Athlete's initials: \_\_\_\_\_

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**APPENDIX 'B'  
NSP PERFORMANCE SCORE RUBRIC**

<b>ATHLETE NAME</b>	<b>TIME FROM PUSH STANDARD (A)</b>	<b>APE SCORE/100 (B)</b>	<b>TEAM SELECTION (C)</b>	<b>NSP PUSH STANDARD (D)</b>	<b>SPRINT STANDARD (E)</b>	<b>NEXTGEN DESIGNATION (F)</b>	<b>TOTAL A + (SUM(B:F)/10)</b>
<b>Athlete A</b>	+0.25	7.67	2	1	1	0	<b>1.42</b>
<b>Athlete B</b>	+0.18	7.12	2	1	1	0	<b>1.29</b>
<b>Athlete C</b>	+0.07	6.54	2	1	1	1	<b>1.22</b>
<b>Athlete D</b>	+0.04	6.66	2	1	1	1	<b>1.21</b>
<b>Athlete E</b>	+0.09	6.87	2	1	1	0	<b>1.18</b>
<b>Athlete F</b>	+0.13	7.18	1	1	1	0	<b>1.15</b>
<b>Athlete G</b>	+0.00	7.01	2	1	1	0	<b>1.10</b>
<b>Athlete H</b>	+0.01	6.67	1	1	1	1	<b>1.08</b>
<b>Athlete I</b>	+0.01	7.36	2	1	0	0	<b>1.05</b>
<b>Athlete J</b>	-0.10	6.98	1	0	1	1	<b>0.90</b>
<b>Athlete K</b>	-0.03	5.89	1	0	1	0	<b>0.76</b>
<b>Athlete L</b>	-0.05	5.79	1	0	0	1	<b>0.73</b>
<b>Athlete M</b>	-0.17	5.37	1	0	1	0	<b>0.57</b>

Amount of time away from NSP Push Standard + indicates faster - indicates slower	Calculated based on the NSP APE Scoring Tables attached as Appendix C	Senior Team = 2 points Development Team = 1 point	Achieved = 1 point	Achieved = 1 point	Achieved = 1 point	Total
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Athlete's initials: \_\_\_\_\_

# NATIONAL SKELETON PROGRAM

## 2022 OLYMPIC INTERNAL NOMINATION PROCEDURES FOR THE XXIV OLYMPIC WINTER GAMES BEIJING 2022

### APPENDIX 'C' NSP APE SCORING TABLES

Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Women

Power Clean (kg)	ABSOLUTE STRENGTH (30%)					ELASTIC STRENGTH (20%)					SPEED (50%)											
	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	15m (sec)	30m (sec)	45m (sec)	60m (sec)	75m (sec)	15-45m Fly (sec)	30-60m Fly (sec)	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)		
95.0	13.50	100	2.85	100	2.20	100	3.90	100	5.55	100	7.15	100	3.30	100	7.15	100	3.30	100	3.30	100	3.25	100
90.0	12.40	99	2.82	99	2.21	99	3.91	99	5.58	99	7.16	99	3.31	99	7.16	99	3.31	99	3.26	99	3.20	99
85.0	11.30	98	2.79	98	2.20	98	3.92	98	5.61	98	7.17	98	3.32	98	7.17	98	3.32	98	3.25	98	3.15	98
80.0	10.20	97	2.76	97	2.19	97	3.93	97	5.64	97	7.18	97	3.33	97	7.18	97	3.33	97	3.20	97	3.10	97
75.0	9.10	96	2.73	96	2.18	96	3.94	96	5.67	96	7.19	96	3.34	96	7.19	96	3.34	96	3.15	96	3.05	96
70.0	8.00	95	2.70	95	2.17	95	3.95	95	5.70	95	7.20	95	3.35	95	7.20	95	3.35	95	3.10	95	3.00	95
65.0	6.90	94	2.67	94	2.16	94	3.96	94	5.73	94	7.21	94	3.36	94	7.21	94	3.36	94	3.05	94	2.95	94
60.0	5.80	93	2.64	93	2.15	93	3.97	93	5.76	93	7.22	93	3.37	93	7.22	93	3.37	93	3.00	93	2.90	93
55.0	4.70	92	2.61	92	2.14	92	3.98	92	5.79	92	7.23	92	3.38	92	7.23	92	3.38	92	2.95	92	2.85	92
50.0	3.60	91	2.58	91	2.13	91	3.99	91	5.82	91	7.24	91	3.39	91	7.24	91	3.39	91	2.90	91	2.80	91
45.0	2.50	90	2.55	90	2.12	90	4.00	90	5.85	90	7.25	90	3.40	90	7.25	90	3.40	90	2.85	90	2.75	90
40.0	1.40	89	2.52	89	2.11	89	4.01	89	5.88	89	7.26	89	3.41	89	7.26	89	3.41	89	2.80	89	2.70	89
35.0	0.30	88	2.49	88	2.10	88	4.02	88	5.91	88	7.27	88	3.42	88	7.27	88	3.42	88	2.75	88	2.65	88
30.0	0.20	87	2.46	87	2.09	87	4.03	87	5.94	87	7.28	87	3.43	87	7.28	87	3.43	87	2.70	87	2.60	87
25.0	0.10	86	2.43	86	2.08	86	4.04	86	5.97	86	7.29	86	3.44	86	7.29	86	3.44	86	2.65	86	2.55	86
20.0	0.00	85	2.40	85	2.07	85	4.05	85	6.00	85	7.30	85	3.45	85	7.30	85	3.45	85	2.60	85	2.50	85
15.0	0.00	84	2.37	84	2.06	84	4.06	84	6.03	84	7.31	84	3.46	84	7.31	84	3.46	84	2.55	84	2.45	84
10.0	0.00	83	2.34	83	2.05	83	4.07	83	6.06	83	7.32	83	3.47	83	7.32	83	3.47	83	2.50	83	2.40	83
5.0	0.00	82	2.31	82	2.04	82	4.08	82	6.09	82	7.33	82	3.48	82	7.33	82	3.48	82	2.45	82	2.35	82
0.0	0.00	81	2.28	81	2.03	81	4.09	81	6.12	81	7.34	81	3.49	81	7.34	81	3.49	81	2.40	81	2.30	81
0.0	0.00	80	2.25	80	2.02	80	4.10	80	6.15	80	7.35	80	3.50	80	7.35	80	3.50	80	2.35	80	2.25	80
0.0	0.00	79	2.22	79	2.01	79	4.11	79	6.18	79	7.36	79	3.51	79	7.36	79	3.51	79	2.30	79	2.20	79
0.0	0.00	78	2.19	78	2.00	78	4.12	78	6.21	78	7.37	78	3.52	78	7.37	78	3.52	78	2.25	78	2.15	78
0.0	0.00	77	2.16	77	1.99	77	4.13	77	6.24	77	7.38	77	3.53	77	7.38	77	3.53	77	2.20	77	2.10	77
0.0	0.00	76	2.13	76	1.98	76	4.14	76	6.27	76	7.39	76	3.54	76	7.39	76	3.54	76	2.15	76	2.05	76
0.0	0.00	75	2.10	75	1.97	75	4.15	75	6.30	75	7.40	75	3.55	75	7.40	75	3.55	75	2.10	75	2.00	75
0.0	0.00	74	2.07	74	1.96	74	4.16	74	6.33	74	7.41	74	3.56	74	7.41	74	3.56	74	2.05	74	1.95	74
0.0	0.00	73	2.04	73	1.95	73	4.17	73	6.36	73	7.42	73	3.57	73	7.42	73	3.57	73	2.00	73	1.90	73
0.0	0.00	72	2.01	72	1.94	72	4.18	72	6.39	72	7.43	72	3.58	72	7.43	72	3.58	72	1.95	72	1.85	72
0.0	0.00	71	1.98	71	1.93	71	4.19	71	6.42	71	7.44	71	3.59	71	7.44	71	3.59	71	1.90	71	1.80	71
0.0	0.00	70	1.95	70	1.92	70	4.20	70	6.45	70	7.45	70	3.60	70	7.45	70	3.60	70	1.85	70	1.75	70
0.0	0.00	69	1.92	69	1.91	69	4.21	69	6.48	69	7.46	69	3.61	69	7.46	69	3.61	69	1.80	69	1.70	69
0.0	0.00	68	1.89	68	1.90	68	4.22	68	6.51	68	7.47	68	3.62	68	7.47	68	3.62	68	1.75	68	1.65	68
0.0	0.00	67	1.86	67	1.89	67	4.23	67	6.54	67	7.48	67	3.63	67	7.48	67	3.63	67	1.70	67	1.60	67
0.0	0.00	66	1.83	66	1.88	66	4.24	66	6.57	66	7.49	66	3.64	66	7.49	66	3.64	66	1.65	66	1.55	66
0.0	0.00	65	1.80	65	1.87	65	4.25	65	6.60	65	7.50	65	3.65	65	7.50	65	3.65	65	1.60	65	1.50	65

Bobsleigh CANADA Skeleton  
Athletic Performance Evaluation Table - Skeleton - Men

Power Clean (kg)	ABSOLUTE STRENGTH (30%)					ELASTIC STRENGTH (20%)					SPEED (50%)											
	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	15m (sec)	30m (sec)	45m (sec)	60m (sec)	75m (sec)	15-45m Fly (sec)	30-60m Fly (sec)	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)	UHF Heave (m)	Standing Long (m)		
140.0	16.00	100	3.35	100	2.05	100	3.55	100	4.95	100	6.40	100	2.90	100	6.40	100	2.90	100	2.85	100	2.80	100
135.0	14.90	99	3.33	99	2.04	99	3.56	99	4.98	99	6.41	99	2.91	99	6.41	99	2.91	99	2.80	99	2.75	99
130.0	13.80	98	3.31	98	2.03	98	3.57	98	5.01	98	6.42	98	2.92	98	6.42	98	2.92	98	2.75	98	2.70	98
125.0	12.70	97	3.29	97	2.02	97	3.58	97	5.04	97	6.43	97	2.93	97	6.43	97	2.93	97	2.70	97	2.65	97
120.0	11.60	96	3.27	96	2.01	96	3.59	96	5.07	96	6.44	96	2.94	96	6.44	96	2.94	96	2.65	96	2.60	96
115.0	10.50	95	3.25	95	2.00	95	3.60	95	5.10	95	6.45	95	2.95	95	6.45	95	2.95	95	2.60	95	2.55	95
110.0	9.40	94	3.23	94	1.99	94	3.61	94	5.13	94	6.46	94	2.96	94	6.46	94	2.96	94	2.55	94	2.50	94
105.0	8.30	93	3.21	93	1.98	93	3.62	93	5.16	93	6.47	93	2.97	93	6.47	93	2.97	93	2.50	93	2.45	93
100.0	7.20	92	3.19	92	1.97	92	3.63	92	5.19	92	6.48	92	2.98	92	6.48	92	2.98	92	2.45	92	2.40	92
95.0	6.10	91	3.17	91	1.96	91	3.64	91	5.22	91	6.49	91	2.99	91	6.49	91	2.99	91	2.40	91	2.35	91
90.0	5.00	90	3.15	90	1.95	90	3.65	90	5.25	90	6.50	90	3.00	90	6.50	90	3.00	90	2.35	90	2.30	90
85.0	3.90	89	3.12	89	1.94	89	3.66	89	5.28	89	6.51	89	3.01	89	6.51	89	3.01	89	2.30	89	2.25	89
80.0	2.80	88	3.09	88	1.93	88	3.67	88	5.31	88	6.52	88	3.02	88	6.52	88	3.02	88	2.25	88	2.20	88
75.0	1.70	87	3.06	87	1.92	87	3.68	87	5.34	87	6.53	87	3.03	87	6.53	87	3.03	87	2.20	87	2.15	87
70.0	0.60	86	3.04	86	1.91	86	3.69	86	5.37	86	6.54	86	3.04	86	6.54	86	3.04	86	2.15	86	2.10	86
65.0	0.50	85	3.02	85	1.90	85	3.70	85	5.40	85	6.55	85	3.05	85	6.55	85	3.05	85	2.10	85	2.05	85
60.0	0.40	84	3.01	84	1.89	84	3.71	84	5.43	84	6.56	84	3.06	84	6.56	84	3.06	84	2.05	84	2.00	84
55.0	0.30	83	2.99	83	1.88	83	3.72	83	5.46	83	6.57	83	3.07	83	6.57	83	3.07	83	2.00	83	1.95	83
50.0	0.20	82	2.97	82	1.87	82	3.73	82	5.49	82	6.58	82	3.08	82	6.58	82	3.08	82	1.95	82	1.90	82
45.0	0.10	81	2.95	81	1.86	81	3.74	81	5.52	81	6.59	81	3.09	81	6.59	81	3.09	81	1.90	81	1.85	81
40.0	0.00	80	2.93	80	1.85	80	3.75	80	5.55	80	6.60	80	3.10	80	6.60	80	3.10	80	1.85	80	1.80	80
35.0	0.00	79	2.91	79	1.84	79	3.76	79	5.58	79	6.61	79	3.11	79	6.61	79	3.11	79	1.80	79	1.75	79
30.0	0.00	78	2.89	78	1.83	78	3.77	78	5.61	78	6.62	78	3.12	78	6.62	78	3.12	78	1.75	78	1.70	78
25.0	0.00	77	2.87	77	1.82	77	3.78	77	5.64	77	6.63</											