

**NATIONAL BOBSLEIGH PROGRAM
ATHLETIC PERFORMANCE EVALUATION POINTS TABLE - 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)		15-45m Fly (sec)	
115	100	125	100	3.00	100	2.20	100	3.90	100	5.55	100	3.30	100
112.5	99	122.5	99	2.97	99	2.21	99	3.91	99	5.56	99	3.31	99
110	98	120	98	2.94	98	2.22	98	3.92	98	5.57	98	3.32	98
107.5	97	117.5	97	2.91	97	2.23	97	3.93	97	5.58	97	3.33	97
105	96	115	96	2.88	96	2.24	96	3.94	96	5.59	96	3.34	96
102.5	95	112.5	95	2.85	95	2.25	95	3.95	95	5.60	95	3.35	95
100	94	110	94	2.82	94	2.26	94	3.96	94	5.61	94	3.36	94
97.5	93	107.5	93	2.79	93	2.27	93	3.97	93	5.62	93	3.37	93
95	92	105	92	2.76	92	2.28	92	3.98	92	5.63	92	3.38	92
92.5	91	102.5	91	2.73	91	2.29	91	3.99	91	5.64	91	3.39	91
90	90	100	90	2.70	90	2.30	90	4.00	90	5.65	90	3.40	90
87.5	89	97.5	89	2.68	89	2.31	89	4.01	89	5.66	89	3.41	89
85	88	95	88	2.66	88	2.32	88	4.02	88	5.67	88	3.42	88
82.5	87	92.5	87	2.64	87	2.33	87	4.03	87	5.68	87	3.43	87
80	86	90	86	2.62	86	2.34	86	4.04	86	5.69	86	3.44	86
77.5	85	87.5	85	2.60	85	2.35	85	4.05	85	5.70	85	3.45	85
75	84	85	84	2.58	84	2.36	84	4.06	84	5.71	84	3.46	84
72.5	83	82.5	83	2.56	83	2.37	83	4.07	83	5.72	83	3.47	83
70	82	80	82	2.54	82	2.38	82	4.08	82	5.73	82	3.48	82
67.5	81	77.5	81	2.52	81	2.39	81	4.09	81	5.74	81	3.49	81
65	80	75	80	2.50	80	2.40	80	4.10	80	5.75	80	3.50	80
62.5	79	72.5	79	2.48	79	2.41	79	4.11	79	5.76	79	3.51	79
60	78	70	78	2.46	78	2.42	78	4.12	78	5.77	78	3.52	78
57.5	77	67.5	77	2.44	77	2.43	77	4.13	77	5.78	77	3.53	77
55	76	65	76	2.42	76	2.44	76	4.14	76	5.79	76	3.54	76
52.5	75	62.5	75	2.40	75	2.45	75	4.15	75	5.80	75	3.55	75
50	74	60	74	2.38	74	2.46	74	4.16	74	5.81	74	3.56	74
47.5	73	57.5	73	2.36	73	2.47	73	4.17	73	5.82	73	3.57	73
45	72	55	72	2.34	72	2.48	72	4.18	72	5.83	72	3.58	72
42.5	71	52.5	71	2.32	71	2.49	71	4.19	71	5.84	71	3.59	71
40	70	50	70	2.30	70	2.50	70	4.20	70	5.85	70	3.60	70