

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

PUBLICATION DATE: AUG/24/2021



PREAMBLE

These Bobsleigh Canada Skeleton (BCS) National Bobsleigh Program (NBP) 2022 Olympic Internal Nomination Procedures (INP) outline the processes by which BCS qualifies quota places in accordance with the International Bobsleigh & Skeleton Federation (IBSF) Bobsleigh Qualification System for Beijing 2022 (BQS), 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 NBP 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 NBP 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 NBP INP. BCS reserves the right to modify these published BCS NBP 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 by 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 NBP INP are:

Primary Objective: to nominate the maximum number of medal potential NBP

athletes to the COT for the 2022 OWG.

Secondary Objective: to nominate BCS designated NBP NextGen athletes to the COT

for the 2022 OWG to provide major games experience in alignment with the BCS NBP 2026 High Performance Plan.

2. ESTABLISHMENT of these BCS NBP INP

The High Performance Director (HPD) has drafted these BCS NBP INP, in consultation with the High Performance Committee (HPC), in compliance with the IBSF BQS 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 NBP INP were then sent to the HPC, an elected Director of BCS and the COC for review and comment. The HPD then reviewed and considered the comments and suggestions and edited these BCS NBP INP, as appropriate.

These BCS NBP INP are then published on the Publication Date and notified by email to the current BCS NBP Athletes with National Team Athlete Status and published on the BCS website: https://www.bobsleighcanadaskeleton.ca/en/team/bobsleigh/criteria/

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 NBP INP with the current BCS NBP Athletes with National Team Athlete Status.

3. <u>DECISION MAKING AUTHORITY</u>

3.1. HIGH PERFORMANCE COMMITTEE (HPC)

3.1.1. Composition of the HPC

The HPC will be comprised of:

- HPD (Chair);
- NBP High Performance Manager; and
- NBP Head Coach.

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 NBP 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 NBP INP;
- the pool of NBP athletes with respect to eligibility, qualification, consideration of nominations and/or identification of Substitute Non-Nominated Athletes (if applicable); and/or
- the use of discretion, if applicable, in accordance with these BCS NBP 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 NBP INP;
- establishing and consulting with the HPC;
- confirming the number of quota spots qualified by BCS in accordance with the IBSF BOS;
- considering the pool of NBP athletes with respect to eligibility, qualification, and nomination;
- considering and determining whether to identify Substitute Non-Nominated Athlete(s);
- nominating eligible athletes (and identifying Substitute Non-Nominated 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 NBP 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 Skeleton; 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).

3.3.2. Responsibilities of the SC

The SC shall review these BCS NBP INP, the nomination(s) (and identified Substitute Non-Nominated Athletes 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

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herein), in order to review such nomination(s) and to ensure that the nomination(s) are in accordance with these BCS NBP 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 BOBSLEIGH QUALIFICATION SYSTEM FOR BEIJING 2022

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

https://www.ibsf.org/en/inside-ibsf/downloads

4.1. 2022 OWG COT BOBSLEIGH 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 BQS.

4.2. CHANGES TO THE IBSF BQS

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

5. **ELIGIBILTY**

5.1. IBSF ELIGIBILITY

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

5.2. COT ELIGIBILITY

In addition to being eligible according to the IBSF BQS, 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:

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Athlete	e's ir	nitial	s:



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 NBP 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 NBP INP shall, within 14 calendar days of first having such status confirmed, sign, submit, and be 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 Performance Plan (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. NBP 2022 OWG NOMINATION CRITERIA & PROCESS

6.1. QUALIFICATION PERIOD

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

6.2. NOMINATION PROCESS

Upon completion of the NBP-QP and in accordance with the number of quota places qualified by BCS and allocated to the COC as set out in the IBSF BQS, **clause 4.**, per discipline, in accordance with the responsibilities set out in these BCS NBP INP, the HPD shall, following consultation with the HPC, nominate the following eligible athletes to the SC:



6.2.1. Bobsleigh Pilot Nomination

Bobsleigh Pilots shall be nominated as follows:

- 2-Man and 4-Man disciplines according to *Table 1*;
- Women's Monobob discipline according to *Table 2*; and
- 2-Woman discipline according to *Table 3*.

2-M	AN & 4-MAN	DESIGNATI	ON OF QUOTA PLACES PER	DESCIPLINE
DI	SCIPLINES	Quota Place #1	Quota Place #2	Quota Place #3
ED PER DISCIPLINE	If Three (3) Places Qualified		Designated to the second highest ranked eligible athlete based on the 2021-22 IBSF Ranking List, per discipline.	Designated to any eligible athlete at the sole discretion of the HPC in accordance with these BCS NBP INP, otherwise designated to the third highest ranked eligible athlete based on the 2021-22 IBSF Ranking List, per discipline.
QUOTA PLACES QUALIFIED	If Two (2) Places Qualified	Designated to the highest ranked eligible athlete based on the 2021-22 IBSF Ranking List, per discipline.	Designated to any eligible athlete at the sole discretion of the HPC in accordance with these BCS NBP INP, otherwise designated to the second highest ranked eligible athlete based on the 2021-22 IBSF Ranking List, per discipline.	
NUMBER OF QU	If One (1) Place Qualified			

Table 1



	OMEN'S	DESIGNATIO	ON OF QUOTA PLACES
	ONOBOB SCIPLINE	Quota Place #1	Quota Place #2
EN'S MONOBOB QUALIFIED	If Two (2) Places Qualified	Designated to the highest ranked	Designated to any eligible athlete at the sole discretion of the HPC in accordance with these BCS NBP INP, otherwise designated to the second highest ranked eligible athlete based on the 2021-22 Women's Monobob IBSF Ranking List.
NUMBER OF WOME	If One (1) Place Qualified	eligible athlete based on the 2021-22 Women's Monobob IBSF Ranking List.	

Table 2

2	2-WOMAN		DESIGNATION OF QUOTA PL	ACES
D	ISCIPLINE	Quota Place #1	Quota Place #2	Quota Place #3
TA PLACES QUALIFIED	If Three (3) Places Qualified	Designated to the highest ranked	Designated to the second highest ranked eligible athlete based on the 2021-22 Women's Monobob IBSF Ranking List.	Designated to any eligible athlete at the sole discretion of the HPC in accordance with these BCS NBP INP, otherwise designated to the highest ranked eligible athlete based on the 2021-22 2-Woman IBSF Ranking List, who is not already designated for Quota Place #1 or #2.
R OF 2-WOMAN QUOTA	If Two (2) Places Qualified	eligible athlete based on the 2021-22 Women's Monobob IBSF Ranking List.	Designated to any eligible athlete at the sole discretion of the HPC in accordance with these BCS NBP INP, otherwise designated to the second highest ranked eligible athlete based on the 2021-22 Women's Monobob IBSF Ranking List.	
NUMBER	If One (1) Place Qualified			

Table 3

Athlete's initials:	Athlete's	initials:	
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6.2.2. Bobsleigh Crew & Ap Alternate Athlete Nominations

Bobsleigh Crew, including Ap Alternate Athletes as described in the IBSF BQS, shall be nominated at the sole discretion of the HPC in accordance with these BCS NBP INP.

6.2.3. Bobsleigh Pilot Tie Breaker

In the event of a tie in pilots' ranks 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 NBP-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 NBP INP.

6.2.4. Substitute Non-Nominated Athlete Identification

The HPC may, at its sole discretion in accordance with these BCS NBP INP, identify up to one (1) eligible men's and women's pilot(s) respectively, and/or up to two (2) crew in each of men's and women's bobsleigh, as Substitute Non-Nominated Athlete(s).

For the avoidance of doubt, an athlete identified as a Substitute Non-Nominated Athlete is not nominated to the COT unless and until such athlete is chosen to replace a nominated athlete as set out in **clause 10.**

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 Substitute Non-Nominated Athlete(s) (if applicable) in accordance with its responsibilities as set out in these BCS NBP INP.

If for any reason, the SC does not ratify the list of nominated 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) and/or identified Substitute Non-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**th, **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, nominated athletes must sign, submit, and comply with the *COC Athlete Agreement* and *Organising Committee (OCOG) Conditions of Participation Form* no later than **January 19**th, **2022**;



7. BCS DISCRETION

7.1. CIRCUMSTANCES

BCS, including but not limited to the HPD, HPC and/or the SC may use its discretion in interpreting and applying these BCS NBP INP, as well as in 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 NBP-QP;
- b) In the event of a tie that is not broken by clause 6.2.3. 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 NBP 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.

7.2. FACTORS TO BE CONSIDERED

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

- a) NBP Performance Score Rubric (**Appendix B**); and/or
- b) Performance Indicators:
 - Athletic Testing results;
 - Individual and/or Team Ice House Push Testing and/or Evaluation results;
 - Competition Season Push Evaluation results;
 - International Competition results;
 - IBSF rank(s);
 - Competitive Readiness, as defined in clause 8.;
 - Sliding competency including but not limited to demonstrated driving knowledge and skill, pushing and loading technique, riding position and/or other related technical proficiencies contributing to optimal start and on track speeds; and/or
 - Commitment to a BCS approved IPP, as applicable.

For the avoidance of doubt, no particular factor, including but not limited to the NBP 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.

Athlete's initials:



8. INJURY / ILLNESS / COMPETITIVE READINESS

Throughout the NBP-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 NBP-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 NBP-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 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.bobsleighcanadaskeleton.ca/en/team/policies/

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

10. ATHLETE REPLACEMENT

10.1. *After* COT Nomination Deadline *Before* Beijing 2022 Sport Entries Deadline

Should a nominated athlete, at any time between the **January 19th**, **2022** COT Nomination deadline and the **January 24th**, **2022** Beijing 2022 Sport Entries deadline, decline his or her nomination or be unable to compete for reasons including but not limited to those set out in **clause 9.** and/or other unforeseen circumstances, BCS may at its sole discretion replace that athlete with a Substitute Non-Nominated Athlete, subject to the approval of the COC Team Selection Committee.

10.2. *After* Beijing 2022 Sport Entries Deadline *Before* First Team Captains' Meeting

Should a nominated athlete, at any time between the **January 24th**, **2022** Beijing 2022 Sport Entries deadline and the **First Team Captains' Meeting** for the relevant discipline, be unable to compete for reasons including but not limited to those set out in **clause 9.** and/or other unforeseen circumstances, BCS may at its sole discretion replace that athlete with an Ap Alternate Athlete or Substitute Non-Nominated Athlete subject to the 'IOC/Beijing Late Athlete Replacement Policy' and IBSF regulations.



10.3. After First Team Captains' Meeting

Should a nominated Bobsleigh Crew athlete, after the **First Team Captains' Meeting** for the relevant discipline, be unable to compete for reasons including but not limited to those set out in **clause 9.** and/or other unforeseen circumstances, BCS may at its sole discretion replace that athlete with an Ap Alternate Athlete subject to the 'IOC/Beijing Late Athlete Replacement Policy' and IBSF regulations.

11. INTERPRETATION

These BCS NBP 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 NBP 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 NBP INP

BCS may, from time to time, amend or update these BCS NBP 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 NBP 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 NBP 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 NBP INP unless it is related to an unforeseen circumstance(s).

13. <u>UNFORESEEN CIRCUMSTANCES</u>

In the event of unforeseen circumstances beyond the control of BCS that prevent the SC from fairly implementing these BCS NBP 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.

Athlete's	initials:	



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

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

15. APPEALS

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

https://www.bobsleighcanadaskeleton.ca/en/team/policies/

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APPENDIX 'A' BCS 2022 OWG ATHLETE ACKOWLEDGEMENT AND ACCEPTANCE AGREEMENT

1)	I have read, understood and accept these BCS NBP INP established by BCS including the IBSF BQS established by the IBSF;
2)	I accept and acknowledge that these BCS NBP INP were appropriately established;
3)	I agree to be bound by the terms and conditions of these BCS NBP INP;
4)	I accept that these BCS NBP INP will be applied in the sport of Bobsleigh for the qualification of quota places by BCS according to the IBSF BQS, eligibility for nomination of athletes to the COC by BCS and confirmation of nominations of athletes to the COT by the COC;
5)	I understand that changes may occur to these BCS NBP 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 NBP INP must be made in accordance with clause 15. of these BCS NBP 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.
Ath	nlete's Signature Date
Ath	nlete's Name (Please Print)
	Athlete's initials:



APPENDIX 'B' NBP PERFORMANCE SCORE RUBRIC

ATHLETE NAME	TIME FROM PUSH STANDARD*10 (A)	APE SCORE/100 (B)	TOTAL A + B
Athlete A	+1.5	7.67	9.17
Athlete B	+1.8	7.12	8.92
Athlete C	+1.3	7.18	8.48
Athlete D	+0.9	6.87	7.77
Athlete E	+0.1	7.36	7.46
Athlete F	+0.7	6.54	7.24
Athlete G	+0.4	6.66	7.06
Athlete H	+0.0	7.01	7.01
Athlete I	+0.1	6.67	6.77
Athlete J	-1.0	6.98	5.98
Athlete K	-0.3	5.89	5.59
Athlete L	-0.5	5.79	5.29
Athlete M	-1.7	5.37	3.67

Amount of time between an athletes' Single Push Testing score and the respective NBP Push Standard + indicates faster - indicates slower	Calculated based on the NBP APE Scoring Tables attached as Appendix C	Total
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NBP Push	Standard - Pilots	NBP Push S	Standard - Crew
Men:	≤ 5.20 sec	Men:	≤ 5.15 sec
Women:	≤ 5.60 sec	Women:	≤ 5.55 sec

Athlete's initials: _____



APPENDIX 'C' NBP APE SCORING TABLES

		ly (sec)	100	66	86	97	96	96	26	93	92	91	96	68	88	87	98	98	84	83	82	18	80	62	78	77	76	75	74	r	72	74	7.0	69	63	29	99	65
		30-60m Fly (sec)	3.25	3.26	3.27	3.28	3.29	3.30	3.31	3.32	3.33	3.34	3.35	3.36	3.37	3.38	3.39	3.40	3.41	3.42	3.43	3.44	3.45	3.46	3.47	3.48	3.49	3.50	3.51	3.52	3.53	3.54	3.55	3.56	3.57	3.58	3.59	3.60
		15-45m Fly (sec)	100	66	86	26	8	96	26	93	92	91	06	68	88	87	98	98	84	83	82	18	80	62	78	11	76	75	7.4	22	7.2	1.1	7.0	69	63	19	99	65
		15-45n	3.30	3.31	3.32	3.33	3.34	3.35	3.36	3.37	3.38	3.39	3.40	3.41	3.42	3.43	3.44	3.45	3.46	3.47	3.48	3.49	3.50	3.51	3.52	3.53	3.54	3.55	3.56	3.57	3.58	3.59	3.60	3.61	3.62	3.63	3.64	3.65
		60m (sec)	100	66	98	97	96	96	94	93	9.2	91	06	89	88	87	98	88	84	83	82	81	80	7.9	7.8	2.2	7.6	7.5	7.4	7.3	7.2	1.1	7.0	69	68	67	99	65
	SPEED (50%)	60r	7.15	7.16	71.17	7.18	7.19	7.20	7.21	7.22	7.23	7.24	7.25	7.26	7.27	7.28	7.29	7.30	7.31	7.32	7.33	7.34	7.35	7.36	7.37	7.38	7.39	7.40	7.41	7.42	7.43	7.44	7.45	7.46	7.47	7.48	7.49	7.50
omen		45m (sec)	100	66	86	97	8	96	76	93	92	91	06	68	88	87	88	88	84	83	82	-84	80	67	78	- 11	76	75	74	22	72	1.1	7.0	69	89	67	99	99
Bobsleigh CANADA Skeleton Athletic Performance Evaluation Table - Bobsleigh - Women		45n	5.55	5.56	5.57	5.58	5.59	6.60	5.61	5.62	5.63	5.64	5.65	99'9	5.67	5.68	69'5	5.70	5.71	5.72	5.73	5.74	5.75	5.76	5.77	5.78	5.79	5.80	5.81	5.82	5.83	5.84	5.85	5.86	5.87	5.88	5.89	5.90
Bobsleigh CANADA Skeleton nance Evaluation Table - Bob		30m (sec)	100	66	98	97	96	96	94	93	9.2	91	06	89	80	87	98	88	84	83	82	81	80	7.9	7.8	2.2	7.6	7.5	7.4	7.3	7.2	1.1	7.0	69	68	67	99	65
3obsleigh CA ıance Evalua		300	3.90	3.91	3.92	3.93	3.94	3.95	3.96	3.97	3.98	3.99	4.00	4.01	4.02	4.03	4.04	4.05	4.06	4.07	4.08	4.09	4.10	4.11	4.12	4.13	4.14	4.15	4.16	4.17	4.18	4.19	4.20	4.2.1	4.22	4.23	4.24	4.25
F letic Perform		15m (sec)	100	66	86	97	8	96	26	93	92	91	06	68	88	28	98	98	84	83	82	18	80	62	78	- 11	7.6	7.5	7.4	22	72	7.1	7.0	69	69	29	99	65
Ath		15n	2.20	2.21	2.22	2.23	2.24	2.25	2.26	2.27	2.28	2.29	2.30	2.31	2.32	2.33	2.34	2.35	2.36	2.37	2.38	2.39	2.40	2.41	2.42	2.43	2.44	2.45	2.46	2.47	2.48	2.49	2.50	2.51	2.52	2.53	2.54	2.55
	RENGTH (15%)	Standing Long (m)	100	66	86	97	8	96	76	93	92	91	06	68	88	87	98	98	84	83	82	18	80	67	78	77	76	75	74	t	7.2	7.1	7.0	69	68	67	99	99
	ELASTIC STRENG	Standin	3.00	2.97	2.94	2.91	2.88	2.85	2.82	2.79	2.76	2.73	2.70	2.68	2.66	2.64	2.62	2.60	2.58	2.56	2.54	2.52	2.50	2.48	2.46	2.44	2.42	2.40	2.38	2.36	2.34	2.32	2.30	2.28	2.26	2.24	2.22	2.20
		nt Squat (kg)	100	66	86	97	96	96	94	93	9.2	91	06	68	80	8.7	98	8.5	84	83	8.2	81	80	7.9	7.8	7.7	7.6	7.5	7.4	7.3	7.2	7.1	7.0	69	68	67	99	65
	TRENGTH (35%)	3RM Front S	125.0	122.5	120.0	117.5	115.0	112.5	110.0	107.5	105.0	102.5	100.0	5.76	95.0	92.5	0.00	87.5	85.0	82.5	80.0	5.77	75.0	72.5	70.0	67.5	65.0	62.5	0.00	57.5	65.0	52.5	0.08	47.5	45.0	42.5	40.0	37.5
	ABSOLUTES	1RM Power Clean (kg)	100	66	86	97	8	96	76	93	92	91	06	68	88	87	98	\$8	84	83	82	18	80	67	78	- 11	76	75	74	22	72	7.1	0.2	69	68	67	99	92
		1RM Pow	115.0	112.5	110.0	107.5	105.0	102.5	100.0	97.5	95.0	92.5	0'06	87.5	85.0	82.5	80.0	5'11	75.0	72.5	70.0	5'29	65.0	62.5	0.03	57.5	55.0	52.5	50.0	47.5	45.0	42.5	40.0	37.5	35.0	32.5	30.0	27.5

	30-60m Fly (sec)	100	66	96	26	8	96	96	83	92	91	06	68	88	18	98	98	84	83	82	18	80	62	78	11	92	75	7.4	22	7.2	1.1	20	69	89	19	8	59
	30-60m	2.85	2.86	2.87	2.88	2.89	2.90	2.91	2.92	293	2.94	2.95	2.96	2.97	2.98	2.99	3.00	3.01	3.02	3.03	3.04	3.05	3.06	3.07	3.08	3.09	3.10	3.11	3.12	3.13	3.14	3.15	3.16	3.17	3.18	3.19	3.20
	r (sec)	100	66	86	76	96	96	94	93	92	91	06	68	80 80	87	86	8.5	84	83	82	81	80	4.0	7.8	11	9.2	7.5	7.4	7.3	7.2	7.1	7.0	69	68	67	99	99
	15-45m Fly (sec)	2.90	2.91	2.92	2.93	2.94	2.95	2.96	2.97	2.98	2.99	3.00	3.01	3.02	3.03	3.04	3.05	3.06	3.07	3.08	3.09	3.10	3.11	3.12	3.13	3.14	3.15	3.16	3.17	3.18	3.19	3.20	3.21	3.22	3.23	3.24	3.25
	()	100	66	86	26	96	96	76	88	85	16	06	68	88	87	98	98	2	83	82	18	80	62	78	11	24	7.5	74	22	7.2	74	0.2	69	8		8	99
(%	(sec) (egu)	6.40	6.41	6.42	6.43	6.44	6.45	6.46	6.47	6.48	6.49	6.50	6.51	6.52	6.53	6.54	6.55	95'9	6.57	6.58	6.59	6.60	1979	6.62	663	6.64	6.65	99'9	6.67	8979	69'9	6.70	6.71	6.72	6.73	6.74	6.75
SPEED (50		100	66	86	26	96	96	94	93	92	91	06	68	8.8	87	98	8.5	84	83	82	81	80	7.9	7.8	- 2.2	9.2	7.5	7.4	7.3	7.2	7.1	7.0	69	89	67	99	99
	45m (sec)	4.95	4.96	4.97	4.98	4.99	9.00	5.01	5.02	5.03	5.04	5.05	90.9	5.07	5.08	5.09	5.10	5.11	5.12	5.13	5.14	5.15	5.16	5.17	5.18	5.19	5.20	5.21	5.22	5.23	5.24	5.25	5.26	5.27	5.28	5.29	5.30
		100	66	96	26	96	96	76	93	92	91	06	89	88	87	98	98	2	83	82	81	99	62	78		76	75	7.4	22	72	7.1	7.0	69	89		99	99
	30m (sec)	3.55	951	3.57	887	88	3.60	191	797	3,63	3.64	997	997	291	897	697	3.70	.21	7.5	3.73	3.74	175	3.76	42	.78	623	-80	181	3.82	183	181	.85	987	.87	987	3.89	060
	15m (sec)	100	66	86	16	96	96	94	93	92	91	06	89	88	87	86	88	84	83	82	81	80	19	78	11	76	7.5	7.4	7.3	7.2	7.1	7.0	69	68	49	99	9
		2.05	2.06	2.07	2.08	2.09	2.10	2.11	2.12	2.13	2.14	2.15	2.16	2.17	2.18	2.19	2.20	2.21	2.22	2.23	2.24	2.25	2.26	2.27	2.28	2.29	2.30	2.31	2.32	2.33	2.34	2.35	2.36	2.37	2.38	2.39	2.40
RENGTH (15%)	Standing Long (m)	100	86	96	26	96	96	76	88	92	91	06	68	88	87	98	98	84	83	82	18	80	67	78	11	92	7.5	7.4	22	7.2	1.4	20	69	89	19	33	59
ELASTIC STI	Standing	3.35	3.33	3.31	3.29	3.27	3.25	3.23	3.21	3.19	3.17	3.15	3.12	3.09	3.06	3.03	3.00	2.97	294	291	2.88	2.85	2.82	2.79	2.76	2.73	2.70	2.67	2.64	2.61	2.58	2.55	2.52	2.49	2.46	2.43	2.40
	Squat (kg)	100	66	9.6	97	96	96	94	93	92	91	06	89	88	87	86	8.5	84	83	82	81	80	7.9	7.8	11	7.6	7.5	7.4	7.3	7.2	7.1	7.0	69	68	67	99	65
ENGTH (35%)	3RM Front	200.0	195.0	190.0	185.0	180.0	175.0	170.0	165.0	160.0	155.0	150.0	145.0	140.0	135.0	130.0	125.0	120.0	115.0	110.0	105.0	100.0	95.0	0.06	85.0	80.0	75.0	0.07	0.23	0.00	65.0	0.08	45.0	40.0	35.0	30.0	25.0
ABSOLUTESTR	(kg)	100	66	86	26	8	96	26	88	85	91	06	89	88	87	98	98	25	83	82	-81	90	62	78		7.6	7.5	7.4	t	72	7.4	7.0	69	89		8	99
	1RM Power Clean (kg)	175.0	172.5	170.0	167.5	165.0	162.5	160.0	157.5	155.0	152.5	150.0	147.5	145.0	142.5	140.0	137.5	135.0	132.5	130.0	127.5	125.0	122.5	120.0	117.5	115.0	112.5	110.0	107.5	105.0	102.5	100.0	5.76	95.0	92.5	90'0	87.5
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Athlete's initials: