



JBSF
Minimum Physical Requirements – Bobsleigh & Skeleton.

The following standards will be used by the JBSF to help arrive at selection decisions.

Testing will be conducted at talent identification testing events the first week of May annually, as well as during training camps.

Additional testing utilizing facilities such as Lake Placid, NY Ice House etc may be also used to gauge athletes' physical ability/performances.

Activity	Attribute	Male		Female		Unit
		Development	Elite	Development	Elite	
15m Sprint	Speed	2.15	2.00	2.55	2.50	Seconds
30m Sprint	Speed	4.00	3.50	4.50	4.40	Seconds
60m Sprint	Speed	7.10	6.80	8.10	8.00	Seconds
Vertical Jump	Explosiveness	55	60	47.00	52.00	cm
Standing Long Jump	Explosiveness	2.5	2.7	2.20	2.30	meters
30m Sled Push	Speed & Explosiveness	TBD	TBD	TBD	TBD	Seconds

NOTE:

Development = IBSF NAC/EC Races

Elite = IBSF ICC/WC Races