



Skiis & Biikes



ALPINE
ONTARIO
ALPIN

U8-U14 GEAR GUIDE 2024-25



SEE YOU ON THE PODIUM!

As former ski racers, my sister Gill and I understand the thrill of the pre-season. The calendar starts filling up with training sessions, reunions with friends during dryland, and visits to the shop to check out the latest gear and graphics. Our goal is to simplify this exhilarating — and sometimes chaotic — time for you.

We're stoked to be Alpine Ontario's premier sponsor and official retail/e-commerce partner. We want to thank Lindsey Ferguson and Patrick Biggs for trusting us to help progress ski racing in Ontario. Wherever you are on your journey to the podium, Skiis & Biikes has got your back!

To the Athletes

Your commitment and relentless effort probably make you the standout skier in your friend group. The skills you develop in racing won't just enhance your skiing; they'll be assets in other sports and different facets of your life as well. The friendships you build through ski racing are likely to endure for years to come. Train hard, ski fast, and enjoy every moment!

To the Parents

We've got you covered throughout the entire season. With over 100 expertly trained staff at your service, we can tackle any questions and deliver or tune your gear at the eleventh hour. Additionally, our online guide can assist you in choosing the ideal skis, boots, and bindings. Take advantage of our exclusive discounts on all your ski racing must-haves by registering for your very own Speed Shop Card.

This season, we've lined up a host of activities to elevate races, events, and even offer some exciting giveaways! We're committed to ski racing because we believe in the sport. Let's work together to make this the most unforgettable season yet!

Devin and Gillian Montgomery,
Co-Owner of Skiis & Biikes



SPEED SHOP













At Skiis & Biikes all AOA athletes get **20% off** race gear like protection, bags, accessories, clothing and more!

Plus, all AOA athletes have access to special equipment pricing from all the best brands.

Simply register and show your card at any Skiis & Biikes locations or use the special discount code online, provided when you register.

Didn't receive a card? Email us at info@skiisandbiikes.com or call 877-352-7547



Age Group		Wear		Helmets			Protection			Enhanced Protection			
		 Snow Jacket and Pant	 Race Suit	 SL Helmet with Soft Ear	 Helmet with Hard Ear	 Hard Ear Helmet and FIS Approved	 SL Chin Guard	 Shin Guards	 Arm Guards	 Pole Guards	 Mouth Guard	 Back Protector	 Cut Resistant Baselayer
U8	Combi	Mandatory	✗	✗	✓	✓	✗	✗	✗	✗	✓		
U10	Combi		✗	✗	✓	✓	✗	✗	✗	✗	✓		
	SL	Mandatory	✗	✓	✓	✓	✓	✓	✓		✓		
	GS		✗	✗	✓	✓	✗	✗	✓	✗	✓	✓	✓
U12	SL	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	GS	✓	✓	✗	✓	✓	✗	✗		✗	✓	✓	✓
U14	SL		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	SG/GS		✓	✗	✗	Mandatory	✗		✓	✗	✓	✓	✓
U16	SL		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
	GS		✓	✗	✗	Mandatory	✗		✓	✗	✓	✓	✓
	SG		✓	✗	✗	Mandatory	✗		✓	✗	✓	Highly Recommended	✓

LEGEND



Not Permitted

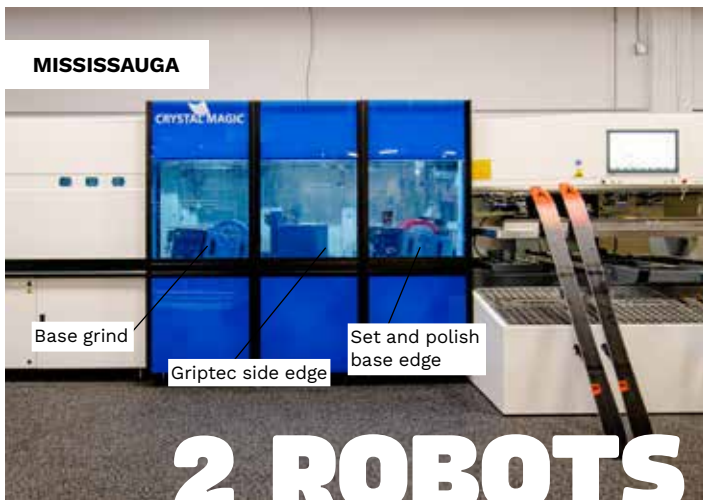


Permitted and Recommended



Mandatory

MISSISSAUGA



NEW IN COLLINGWOOD



2 ROBOTS 1 REVOLUTION

We now have two of the most advanced ski tuning robots in the world. Over the last 18 months we have installed two Montana Crystal Magic machines worth over one million dollars. Now operating in Mississauga and Collingwood these machines provide the most advanced ski and snowboard tunes in the world. Built in Switzerland, Montana is the pinnacle in ski tuning robot manufacturing. Their build quality, attention to advanced robotics and innovation is singular in the market. The Crystal Magic is Montana's most advanced machine and there are only five in North America (two are at Skis & Bikes).

Guided by advanced sensors and robotics, this machine automatically suctions your ski or snowboard and then starts to grind your base by a hundredth of millimeter until it's flat. The grind stone is then programmed with the desired structure and printed on the base. The structure of the ski is responsible for its speed.

The side edges are then tuned to the desired angle with a new technology called **Griptec**. Griptec uses tuning belts, but as traditional belts rotate horizontally, these are flipped vertically to create extremely fine serrations in the edge that lead to **a sharper edge with better hold on ice and a longer lasting**

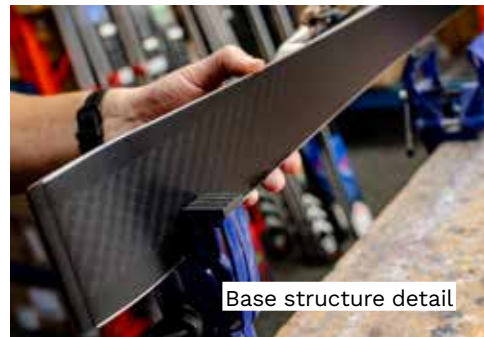
tune. Your edges won't catch or hook. The base edges are then ground, set to specified angles and polished. The ski/snowboard then the ski gets a temperature specific buff wax or upgrade to infrared wax for \$20, for a longer lasting glide.

If your base is damaged, molten base material called P-TEX is added to scratches and gouges.

The result is an effortless, fast and smooth skiing or riding experience.



The Collingwood store's basement was completely reimagined with an updated Wax Room, infrared waxer, Montana Crystal Magic robotic machine and a meeting place for teams. We call it SPEED SHOP. Even Wold Cup athletes like Jack Crawford and Ali Nullmeyer have already stopped by to check it out.



Base structure detail

Ski/Snowboard Tune: \$59.99
add base repair starting at: \$10
add Infrared Hot Wax: \$20

Infrared Hot Wax: \$30
WC Race Tune + CH Wax: \$119.99
WC Base Grind and Structure: \$60



New Collingwood Wax Room



New Griptec

Robotic base grind



ELEVATED



BOOTFITTING



PRO TIP:

Race boots don't have replaceable toe and heel pads, so remember your Cat Traks!

With four locations and a team of over 20 expert bootfitters, we're equipped to cater to every ski boot need. Together, we bring more than 200 years of experience, serving everyone from beginners to World Cup athletes. Our approach is straightforward and highly effective. Schedule an appointment with us, and you'll be paired with a pro bootfitter, ensuring you'll love your ski boots.

FOOTBEDS

The footbed, or insole, is a pivotal element in the boot fitting process. It significantly enhances blood circulation, arch support, alignment and stability.

SKI SOCKS

Often underestimated, the right ski sock is crucial for optimal boot fitting. Its primary roles are moisture control and cushioning. Opt for a blend of merino wool with elastane and a touch of compression to ensure your feet remain comfortable and dry while cranking out turns.

CUSTOM FOOTBEDS

For unparalleled comfort and performance, these insoles are crafted from layers of unique foam and plastic. They're heated and then molded to precisely fit the contour of your foot and distribute pressure evenly.

SKI BOOT

Choosing the right ski boot from numerous options might seem daunting, but the process is straightforward. Once we assess your foot's length, width, and instep, and discuss your skiing objectives, we can pinpoint 2-3 ideal choices for you. Here's what we consider:

Type: Whether you're into racing, touring, or recreational skiing.

Flex: The boot's flexibility is rated by a number; the higher it is, the stiffer the boot. For instance, a flex rating of 130 is suited for experts.

Volume: The boot's shape should align with your foot's shape. Have wider feet? We'll recommend a high-volume boot for you.

MODIFICATIONS

At Skiis & Biikes we have the ability to modify the shell and liner of the ski boot. We use heat and force, called punching, or grinding, to create space in the ankle, 5th or 1st metatarsal, toes, etc. The result is more comfort, a better and a better fit. These modifications are included in the price of the ski boot. Then, add a heater for enhanced comfort.

CUSTOM LINERS

Foam liner technology is not new, but it's experiencing a revival with modern advancements. Instead of using the standard liner, we can fit a liner that's injectable with expanding foam. This foam conforms to every contour of your foot within the ski boot, providing you with the utmost in comfort and precision fit.

1 YEAR BOOT FIT GUARANTEE

Every ski boot bought and fitted in-store at Skiis & Biikes is backed by a one-year fit guarantee. If the fit isn't just right, we can adjust the shell or liner. If the boot isn't suitable, we'll exchange it for a different one. Some conditions apply.

WAX & TUNING KIT



Keeping your skis sharp and sliding fast is essential to reaching the podium. Make sure you get your bases ground in between hand tuning your skis to ensure you bases don't become high and maintain structure. Remember most your speed comes from a proper base structure.

KIT CHECK LIST

WAX

- ✓ Vise
- ✓ Base Cleaner
- ✓ Temp specific base and speed wax
- ✓ Iron
- ✓ Scraper
- ✓ Hand or Speed Brush

TUNING

- ✓ Sidewall remover
- ✓ Base and side guide
- ✓ File
- ✓ Diamond stone
- ✓ Tuning Gloves
- ✓ Gummy Stone

PRO TIP:

Check out the new Skis & Bikes Wax Room in Collingwood, it's free to use and keeps your garage/ hotel room wax-free!

VICE



BRUSH



SIDEWALL REMOVER



SIDE GUIDE



WAX



SPEED WAX



FILE



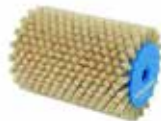
BASE GUIDE



BASE CLEANER



SPEED BRUSH



TUNING GLOVE



DIAMOND FILE



IRON



IRON



GUMMY STONE



SPEED WAX



U8



Shop U8 Gear Here:



Let's lay the foundation! The U8 level in ski racing is designed for children 7 years old and younger, serving as an introductory stage to competitive skiing. The focus is primarily on skill development and instilling a love for the sport, rather than intense competition. Courses are generally less technical and more forgiving, featuring basic gates and turns to help young skiers grasp the fundamentals. Safety is prioritized, with mandatory protective gear, and coaching centers around improving technique and making the experience enjoyable to lay a foundation for future skiing success.

RECOMMENDED GEAR



Mandatory

Jacket and Pants

Shop Jackets and Pants



Hard Ear Helmet

FIS sticker recommended.



Skis

Wood Core Recommended: 1 Pair Combi



Ski Boots

Generally flex of 40-65



Bindings

DIN between 2-6



Back Protector

Not necessary, but can increase safety.



Mouth Guard

Not necessary, but can increase safety.

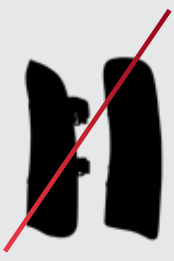
NOT RECOMMENDED



Pole Guards



Arm Guards



Shin Guards



Chin Guard



Race Suit

Not Permitted

U8: SKIS, BINDINGS AND BOOTS

Weight (lbs)	Ski Models	Size (cm)	Size up to:	Bindings	Boots
40-50	Rossignol Hero Junior Multi-Event	110	120	Team 4 GW	HERO Jr 65
	Dynastar Team Comp	110	120	Team 4 GW	RSJ 65
	Blizzard Firebird Comp Jr	100		Marker 4.5	JT4
	Atomic Redster J9 FIS J-RP	116		Colt 7 C	JR40
	Head WC e.Race Team	100	110	JRS 7.5 GW	Raptor 65
	Volkl Racetiger JR GSL Combi	118		Marker 4.5	DRS 60
	Nordica Combi-Pro S	110		Marker 4.5	SEEDMACHINE J4
50-60	Rossignol Hero Junior Multi-Event	120	130	Team 4 GW	HERO Jr 65
	Dynastar Team Comp	120	130	Team 4 GW	RSJ 65
	Blizzard Firebird Comp Jr	120		Marker 4.5	Firebird 65 or JR4
	Atomic Redster J9 FIS J-RP	124		Colt 7 C	JR40 or JR60 RS
	Volkl Racetiger JR GSL Combi	122		Marker 7	DRS 60
	Head WC e.Race Team	110		JRS 7.5 GW	Raptor 65
	Nordica Combi-Pro S	120		Marker 4.5	DOBERMANN 60
60-70	Rossignol Hero Athlete Multi-Event	127	134	NX 7 GW	HERO Jr 65
	Dynastar Team Comp	120	130	NX 7 GW	RSJ 65
	Blizzard Firebird Comp Jr	120		Marker 4.5	Firebird 65 or JR4
	Atomic Redster S9 FIS J-RP	124		Colt 7 C	JR40 or JR60 RS
	Volkl Racetiger JR GSL Combi	122		Marker 7	DRS 60
	Head WC e.Race Team	120		JRS 7.5 GW	Raptor 65
	Nordica Combi-Pro S	120		Marker 7	DOBERMANN 60
70-80	Rossignol Hero Athlete Multi-Event	134	141	NX 7 GW	Hero Jr 65
	Dynastar Team Comp	130	140	NX 7 GW	RSJ 65
	Blizzard Firebird SL Jr Racing	121		Race 8	Firebird 65
	Atomic Redster S9 FIS J-RP	124		Colt 7 C	Jr 60 RS
	Volkl Racetiger JR GSL Combi	122		Race 8	DRS 60
	Head WC e.Race Team	130		JRS 7.5 GW	Raptor 65
	Nordica Combi-Pro S	130		Marker 7	DOBERMANN 60
80-90	Rossignol Hero Athlete Multi-Event	141		NX 7 GW	Hero Jr 65
	Dynastar Team Comp	140		NX 7 GW	RSJ 65
	Blizzard Firebird SL Jr Racing	128	135	Race 8	Firebird 65
	Atomic Redster S9 FIS J-RP	124	131	Colt 7 C	Jr 60 RS
	Volkl Racetiger JR GSL Combi	122		Race 8	DRS 60
	Head WC e.Race Team	130		JRS 7.5 GW	Raptor 65
	Nordica Combi-Pro S	130		Marker 7	DOBERMANN 60

U10



Shop U10 Gear Here:

In Ontario, the U10 (Under 10) level of ski racing is aimed at children aged 8 to 9 years old. This level serves as a bridge between introductory skiing and more competitive events, building on the foundational skills acquired in earlier levels like U8. While the focus remains on skill development, fun, and safety, courses begin to introduce more technical elements and varied terrains. Competitions may include various formats such as slalom and giant slalom, and coaching starts to incorporate more advanced techniques and tactics.



RECOMMENDED GEAR



Mandatory

Jacket and Pants

Shop Jackets and Pants



Hard Ear Helmet

FIS sticker recommended.



Skis

Wood Core Recommended: 1-2 Pair Combi or GS/SL



Ski Boots

Generally flex of 60-70



Bindings

DIN max 7-10



Back Protector

Recommended.



Mouth Guard



Pole Guards

Optional for slalom: talk your coach.



Arm Guards

Slalom or GS.



Shin Guards

Slalom only.



Chin Guard

Slalom only.



Race Suit

Not Permitted

5cm- 10 cm longer can be added for more advanced children. Coaches recommendation.

U10: MULTI EVENT

Weight (lbs)	Ski Models	Size (cm)	Size up to:	Bindings	Boots
50-60	Atomic G9 FIS J-RP	116	124	Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird Comp Jr	110	120	Marker 4.5	Firebird 65 or JT 4
	Dynastar Team Comp	120		Look Team 4	Lange RSJ 65
	Rossignol Hero Junior Multi-Event	120	130	Look Team 4	Rossignol HERO Jr 65
	Head WC e.Race Team	110	120	JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	120		Marker 4.5	Dobermann 60
	Volkl GSL Combi	122		Marker 4.5	Dalbello DRS 60
Fischer RC4 WORLDCUP JR.	120		RC4 Z9 GW AC	RC4 PODIUM LT 70	
60-70	Atomic S9 FIS J-RP	124	131	Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird Comp Jr	120		Marker 4.5 or Race 8	Firebird 65
	Dynastar Team Comp	130		Look NX 7 GW	Lange RSJ 65
	Rossignol Hero Junior Multi-Event	130	140	Look NX 7 GW	Rossignol HERO Jr 65
	Head WC e.Race Team	120		JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	120		Marker 4.5 or Race 8	Dobermann 60
	Volkl Racetiger SLR	122		Marker 4.5 or Race 8	Dalbello DRS 60
Fischer RC4 WORLDCUP JR.	125		RC4 Z9 GW AC	RC4 PODIUM LT 70	
70-80	Atomic S9 FIS J-RP	124	131	Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird SL Racing	121		Marker 4.5 or Race 8	Firebird 65
	Dynastar Speed Team Pro	126		Look NX 7 GW	Lange RSJ 65
	Rossignol Hero Athlete Multi-Event	127	134	Look NX 7 GW	Rossignol HERO Jr 65
	Head WC e.Race Team	120		JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	120	130	Marker 4.5 or Race 8	Dobermann 60
	Volkl Racetiger SLR	129		Marker 4.5 or Race 8	Dalbello DRS 60
Fischer RC4 WORLDCUP JR.	125	130	RC4 Z9 GW AC	RC4 PODIUM LT 70	
80-90	Atomic S9 FIS J-RP	131	138	Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird SL Racing	128		Marker Race 8	Firebird 65
	Dynastar Speed Team Pro	134		Look NX 7 GW	Lange RSJ 65
	Rossignol Hero Athlete Multi-Event	134	141	Look NX 7 GW	Rossignol HERO Jr 65
	Head WC e.Race Team	120	130	JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	130		Marker Race 8	Dobermann 60
	Volkl Racetiger SLR	136		Marker Race 8	Dalbello DRS 60
Fischer RC4 WORLDCUP JR.	130	135	RC4 Z9 GW AC	RC4 PODIUM LT 70	
90+	Atomic S9 FIS J-RP	138		Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird SL Racing	135		Marker Race 8	Firebird 65
	Dynastar Speed Team Pro	134		Look NX 7 GW	Lange RSJ 65
	Rossignol Hero Athlete Multi-Event	141		Look NX 7 GW	Rossignol HERO Jr 65
	Head WC e.Race Team	130	140	JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	130		Marker Race 8	Dobermann 60
	Volkl Racetiger SLR	145		Marker Race 8	Dalbello DRS 60
Fischer RC4 WORLDCUP JR.	135	140	RC4 Z9 GW AC	RC4 PODIUM LT 70	

U10: SKIS

One pair of skis is still generally recommended. Two pairs should be considered if your coach recommend.

GS

SL

Weight (lbs)	GS Ski Model	Size (cm)	up to	Weight (lbs)	SL Ski Model	Size (cm)	up to
60-70	Atomic Redster G9 FIS J-RP ²	124	131	60-70	Atomic Redster S9 FIS J-RP ²	124	
	Dynastar Speed Course Team GS (R21 PRO)	126	134		Dynastar Speed Omeglass TEAM SL (R21 PRO)	128	
	Rossignol Hero Athlete GS PRO (R21 PRO)	126	134		Rossignol Hero Athlete SL PRO (R21 PRO)	128	
	Head WCR e.GS Rebel Team	132	140		Head WCR e.SL Rebel Team	125	
	Doberman Combi Pro S	130			Nordica DOBERMANN SLJ PLATE	121	
	Volkl Racetiger GSR	130			Volkl Racetiger SLR	122	
	Blizzard FIREBIRD COMP Jr or GS JR-RACING	120	136		Blizzard FIREBIRD SL JR-RACING	121	
	Fischer RC4 WORLDCUP GS JR.	133			Fischer RC4 WOLRDCUP SL JR.	120	125
70-80	Atomic Redster G9 FIS J-RP ²	131	138	70-80	Atomic Redster S9 FIS J-RP ²	124	131
	Dynastar Speed Course Team GS (R21 PRO)	134			Dynastar Speed Omeglass TEAM SL (R21 PRO)	128	
	Rossignol Hero Athlete GS PRO (R21 PRO)	134			Rossignol Hero Athlete SL PRO (R21 PRO)	128	
	Head WCR e.GS Rebel Team	140	148		Head WCR e.SL Rebel Team	125	132
	Nordica DOBERMANN GSJ PLATE	136			Nordica DOBERMANN SLJ PLATE	121	126
	Volkl Racetiger GSR	137			Volkl Racetiger SLR	129	
	Blizzard FIREBIRD GS JR-RACING	136			Blizzard FIREBIRD SL JR-RACING	121	128
	Fischer RC4 WORLDCUP GS JR.	133	138		Fischer RC4 WOLRDCUP SL JR.	120	125
80-90	Atomic Redster G9 FIS J-RP ²	138	145	80-90	Atomic Redster S9 FIS J-RP ²	131	138
	Dynastar Speed Course Team GS (R21 PRO)	143			Dynastar Speed Omeglass TEAM SL (R21 PRO)	135	
	Rossignol Hero Athlete GS PRO (R21 PRO)	143			Rossignol Hero Athlete SL PRO (R21 PRO)	135	
	Head WCR e.GS Rebel Team	148			Head WCR e.SL Rebel Team	132	
	Nordica DOBERMANN GSJ PLATE	136			Nordica DOBERMANN SLJ PLATE	128	135
	Volkl Racetiger GSR	144			Volkl Racetiger SLR	129	
	Blizzard FIREBIRD GS JR-RACING	143			Blizzard FIREBIRD SL JR-RACING	128	135
	Fischer RC4 WORLDCUP GS JR.	143	148		Fischer RC4 WOLRDCUP SL JR.	130	135
90 - 100+	Atomic Redster G9 FIS J-RP ²	145	152	90 - 100+	Atomic Redster S9 FIS J-RP ²	138	145
	Dynastar Dynastar Speed Course Team GS (R21 PRO)	150			Dynastar Speed Omeglass TEAM SL (R21 PRO)	135	
	Rossignol Hero Athlete GS PRO (R21 PRO)	150			Rossignol Hero Athlete SL PRO (R21 PRO)	135	
	Head WCR e.GS Rebel Team	148	156		Head WCR e.SL Rebel Team	139	
	Nordica DOBERMANN GSJ PLATE	150			Nordica DOBERMANN SLJ PLATE	128	135
	Volkl Racetiger GSR	151			Volkl Racetiger SLR	129	
	Blizzard FIREBIRD GS JR-RACING	150			Blizzard FIREBIRD SL JR-RACING	135	
	Fischer RC4 WORLDCUP GS JR.	148	153		Fischer RC4 WOLRDCUP SL JR.	135	140

U10: BOOTS AND BINDINGS

Weight (lbs)	Bindings	Boots
60-70	Atomic COLT 7 C	Atomic JR 60 RS
	Look NX 7 GW / SPX 10	Lange RSJ 65
	Look NX 7 GW / NX 10 GW / SPX 10 GW	Rossignol HERO Jr 65
	Tyrolia EVO 9 GW AC	Head Raptor 65
	MARKER RACE 8 JR	Nordica DOBERMANN 60
	MARKER RACE JR 8	Dalbelo DRS 60
	MARKER RACE 8	Tecnica Firebird 65
	Fischer RC4 Z9 GW AC	Fischer RC4 PODIUM LT 70
70-80	Atomic COLT 7 C / COLT 10	Atomic JR 40
	Look NX 7 GW / SPX 10	Lange RSJ 65
	Look NX 7 GW / NX 10 GW / SPX 10 GW	Rossignol HERO Jr 65
	Tyrolia EVO 9 GW AC	Head Raptor 65
	MARKER RACE 8 JR	Nordica DOBERMANN 60
	MARKER RACE JR 8	Dalbelo DRS 60
	MARKER RACE 8 JR	Tecnica Firebird 65
	Fischer RC4 Z9 GW AC	Fischer RC4 PODIUM LT 70
80-90	Atomic COLT 10	Atomic JR 60 RS
	Look NX 7 GW / SPX 10	Lange RSJ 65
	Look NX 7 GW / NX 10 GW / SPX 10 GW	Rossignol HERO Jr 65
	Tyrolia EVO 9 GW AC	Head Raptor 65
	MARKER RACE 8 / 10 TCX	Nordica DOBERMANN 60/ 5 Soft LC
	MARKER RACE JR 8	Dalbelo DRS 60/75
	MARKER RACE 8 / 10 TCX	Tecnica Firebird 65
	Fischer RC4 Z9 GW AC	Fischer RC4 PODIUM LT 70
90-100	Atomic COLT 10	Atomic JR 60 RS
	Look NX 7 GW / SPX 10	Lange RSJ 65/RS 70 SC
	Look NX 7 GW / NX 10 GW / SPX 10 GW	Rossignol HERO Jr 65/WC 70 SC
	Tyrolia EVO 9 GW AC	HEAD Raptor 65/70
	MARKER RACE 8 / 10 TCX	Nordica DOBERMANN 60/ 5 Soft LC
	MARKER RACE JR 8	Dalbelo DRS 60/75
	MARKER RACE 8 / 10 TCX	Tecnica Firebird 65/R70 SC
	Fischer RC4 Z9 GW AC	Fischer RC4 PODIUM LT 70

U12



Shop U12 Gear Here:



U12 targets children aged 10 and 11 and serves as a transitional stage towards more competitive ski racing. At this level, athletes encounter increasingly technical courses that include more complex turns and gates, such as slalom and giant slalom, with a greater emphasis on speed and precision. Coaching focuses on refining advanced techniques and introducing race tactics. While skill development and enjoyment remain important, the U12 level represents a shift towards a more competitive framework, often featuring regional competitions and a higher level of commitment from both athletes and coaches.

RECOMMENDED GEAR



Jacket and Pants

Speed suits are encouraged.



Mandatory

Hard Ear Helmet

FIS sticker mandatory.



Skis

Wood Core Recommended: 2 Pair: SL and GS



Ski Boots

Flex generally 70-110



Bindings

DIN max 7-10



Back Protector

Recommended



Mouth Guard



Pole Guards

Slalom only.



Arm Guards

Slalom or GS.



Shin Guards

Slalom only.



Chin Guard

Slalom only.



Race Suit

Permitted at all races except NCD races.

5cm- 10 cm longer can be added for more advanced athletes. Coaches recommendation.

U12: SKIS

GS

Weight (lbs)	GS Ski Model	Size (cm)	up to
70-80	Atomic Redster G9 FIS J-RP ²	131	138
	Dynastar Speed Course Team GS (R21 PRO)	143	
	Rossignol Hero Athlete GS PRO (R21 PRO)	143	
	Head WCR e.GS Rebel Team	140	148
	Nordica DOBERMANN GSJ PLATE	143	
	Volkl Racetiger GS	137	
	Blizzard FIREBIRD GS JR-RACING	143	
	Fischer RC4 WORLDCUP GS JR.	143	148
	GS Ski Model	Size (cm)	up to
80-90	Atomic Redster G9 FIS J-RP ²	138	145
	Dynastar Speed Course Team GS (R21 PRO)	150	
	Rossignol Hero Athlete GS PRO (R21 PRO)	150	
	Head WCR e.GS Rebel Team	140	148
	Nordica DOBERMANN GSJ PLATE	150	
	Volkl Racetiger GS	144	
	Blizzard FIREBIRD GS JR-RACING	143	150
	Fischer RC4 WORLDCUP GS JR.	148	153
	GS Ski Model	Size (cm)	up to
90-100	Atomic Redster G9 FIS Revoshock J or J-RP ²	145	152
	Dynastar Speed Course Team GS (R21 PRO)	158	
	Rossignol Hero Athlete GS PRO (R21 PRO)	158	
	Head WCR e.GS Rebel Team	148	156
	Nordica DOBERMANN GSJ PLATE	150	157
	Volkl Racetiger GS	151	158
	Blizzard FIREBIRD GS JR-RACING	157	164
	Fischer RC4 WORLDCUP GS JR.	153	158
	GS Ski Model	Size (cm)	up to
100-110	Atomic Redster G9 FIS Revoshock J or J-RP ²	159	166
	Dynastar Speed Course Team GS (R21 PRO)	164	
	Rossignol Hero Athlete GS PRO (R21 PRO)	164	
	Head WCR e.GS Rebel Team	156	172
	Nordica DOBERMANN GSJ PLATE	157	
	Volkl Racetiger GS	158	
	Blizzard FIREBIRD GS JR-RACING	157	164
	Fischer RC4 WORLDCUP GS JR.	158	163
	GS Ski Model	Size (cm)	up to
110-120	Atomic Redster G9 FIS Revoshock J or J-RP ²	159	166
	Dynastar Speed Course Team GS (R21 PRO)	164	
	Rossignol Hero Athlete GS PRO (R21 PRO)	164	
	Head WCR e.GS Rebel Team	152	159
	Nordica DOBERMANN GSJ PLATE	157	
	Volkl Racetiger GS	158	165
	Blizzard FIREBIRD GS JR-RACING	164	
	Fischer RC4 WORLDCUP GS JR.	163	168

SL

Weight	SL Ski Model	Size (cm)	up to
70-80	Atomic Redster S9 FIS J-RP ²	124	131
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	135	
	Rossignol Hero Athlete SL PRO (R21 PRO)	135	
	Head WCR e.SL Rebel Team	132	
	Nordica DOBERMANN SLJ PLATE	128	
	Volkl Racetiger SL	129	
	Blizzard FIREBIRD SL JR-RACING	121	128
	Fischer RC4 WOLRDCUP SL JR.	125	130
	SL Ski Model	Size (cm)	up to
80-90	Atomic Redster S9 FIS J-RP ²	131	138
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	135	142
	Rossignol Hero Athlete SL PRO (R21 PRO)	135	142
	Head WCR e.SL Rebel Team	132	139
	Nordica DOBERMANN SLJ PLATE	128	135
	Volkl Racetiger SL	129	
	Blizzard FIREBIRD SL JR-RACING	128	135
	Fischer RC4 WOLRDCUP SL JR.	130	135
	SL Ski Model	Size (cm)	up to
90-100	Atomic Redster S9 FIS J-RP ²	138	145
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	142	
	Rossignol Hero Athlete SL PRO (R21 PRO)	142	
	Head WCR e.SL Rebel Team	139	
	Nordica DOBERMANN SLJ PLATE	128	135
	Volkl Racetiger SL	136	
	Blizzard FIREBIRD SL JR-RACING	135	142
	Fischer RC4 WOLRDCUP SL JR.	135	140
	SL Ski Model	Size (cm)	up to
100-110	Atomic Redster S9 FIS J-RP ²	145	152
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	149	
	Rossignol Hero Athlete SL PRO (R21 PRO)	149	
	Head WCR e.SL Rebel Team	139	146
	Nordica DOBERMANN SLJ PLATE	135	
	Volkl Racetiger SL	136	143
	Blizzard FIREBIRD SL JR-RACING	135	142
	Fischer RC4 WOLRDCUP SL JR.	140	145
	SL Ski Model	Size (cm)	up to
110-120	Atomic Redster S9 FIS J	145	152
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	149	
	Rossignol Hero Athlete SL PRO (R21 PRO)	149	
	Head WCR e.SL Rebel Team	146	
	Nordica DOBERMANN SLJ PLATE	135	142
	Volkl Racetiger SL	136	143
	Blizzard FIREBIRD SL JR-RACING	142	
	Fischer RC4 WOLRDCUP SL JR.	145	

U12: BOOTS & BINDINGS

Weight (lbs)	Boots	Bindings
70-80	Atomic JR 40/JR 60 RS	Atomic COLT 7 C or 10
	Lange RSJ 65	Look NX 7 GW / SPX 10
	Rossignol HERO Jr 65	Look NX 7 GW / NX 10 GW / SPX 10 GW
	Head Raptor 65	Tyrolia EVO 9 GW AC
	Nordica DOBERMANN 60	MARKER RACE 8 JR
	Dalbello DRS 60	MARKER RACE 8 JR
	Fischer RC4 PODIUM LT 70	Fischer RC4 Z9 GW AC
	Tecnica Firebird 65	MARKER RACE 8 JR
80-90	Boots	Bindings
	Atomic STI 70	Atomic COLT 7 C or 10
	Lange RSJ 70 SC	Look SPX 10
	Rossignol HERO WC 70 SC	Look NX 10 GW / SPX 10 GW
	Head Raptor WCR 70	Tyrolia EVO 9 GW AC
	Nordica DOBERMANN 5 Soft LC 70	MARKER RACE 8 JR/RACE 10 TCX
	Dalbello DRS 75	MARKER RACE 8 JR/RACE 10 TCX
	Fischer RC4 PODIUM LT 70	Fischer RC4 Z9 GW AC
Tecnica Firebird 70 SC	MARKER RACE 8 JR/RACE 10 TCX	
90-100	Boots	Bindings
	Atomic STI 70	Atomic COLT 10
	Lange RSJ 70 SC	Look SPX 10
	Rossignol HERO WC 70 SC	Look NX 10 GW / SPX 10 GW
	Head Raptor WCR 70	Tyrolia EVO 9 GW AC
	Nordica DOBERMANN 5 Soft LC 70	Marker RACE 10 TCX
	Dalbello DRS 75	Marker RACE 10 TCX
	Fischer RC4 PODIUM LT 70 / 90	Fischer RC4 Z9 GW AC
Tecnica Firebird 70 SC	Marker RACE 10 TCX	
100-110	Boots	Bindings
	Atomic STI 90	Atomic COLT 10 / 12 / X 12 GW
	Lange RSJ 90 SC	Look SPX 10
	Rossignol HERO WC 90 SC	Look NX 10 GW / SPX 10 GW
	Head Raptor WCR 90	Tyrolia EVO 9 GW AC / FF 11 Race
	Nordica DOBERMANN M L.C./RD Soft L.C. 100	Marker RACE 10 TCX
	Dalbello DRS 90 LC	Marker RACE 10 TCX
	Fischer RC4 PODIUM LT 90	Fischer RC4 Z11 FREEFLEX
Tecnica Firebird 90 SC	Marker RACE 10 TCX	
110-120	Boots	Bindings
	Atomic STI 110	Atomic COLT 12 / X 12 GW
	Lange RS 110 SC	Look SPX 10
	Rossignol HERO 110 SC	Look NX 10 GW / SPX 10 GW
	Head RAPTOR WCR 5 SC	Tyrolia FF 11 Race
	Nordica DOBERMANN M L.C./RD M 110	Marker RACE 10 TCX / XCOMP 12
	Dalbello DRS XS (90) or SS (110)	Marker RACE 10 TCX / XCOMP 12
	Fischer RC4 PODIUM LT 90 / 110	Fischer RC4 Z11 FREEFLEX
Tecnica Firebird 90 SC / WC110	Marker RACE 10 TCX / XCOMP 12	

U14



Shop U14 Gear Here:

U14 level is designed for young athletes aged 12 and 13 and marks a significant step up in terms of competition and skill development. At this level, courses are more challenging and include a variety of race formats such as slalom, giant slalom, and even super-G, depending on the program. The focus of coaching shifts more distinctly toward competitive performance, emphasizing advanced techniques, speed, and race strategy. Regional and even national competitions may become part of the experience, requiring a higher level of commitment from the athletes.



RECOMMENDED GEAR



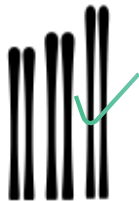
Race Suit



Hard Ear Helmet

Mandatory

FIS sticker mandatory.



Skis

2-3 Pair: SL, GS and SG Recommended.
Minimum 30 meter radius for SG skis.



Ski Boots

Generally flex of 90-110



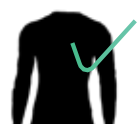
Bindings

DIN max 12-14



Back Protector

Back Protection is highly recommended.



Cut Resistant Baselayer

Cut Resistant Baselayer is recommended.



Pole Guards

Slalom only.



Arm Guards

Slalom or GS.



Shin Guards

Slalom only.



Chin Guard

Slalom only.



Mouth Guard

5cm- 10 cm longer can be added for more advanced athletes. Coaches recommendation.

U14: SKIS

GS

SL

Weight	GS Ski Model	Size (cm)	up to	Weight	SL Ski Model	Size (cm)	up to
70-80	Atomic Redster G9 FIS J-RP ²	131	138	70-80	Atomic Redster S9 FIS J-RP ²	131	
	Dynastar Speed Course Team GS (R21 PRO)	144			Dynastar Speed Omeglass Team SL (R21 Pro)	135	
	Rossignol Hero Athlete GS PRO (R21 PRO)	143			Rossignol Hero Athlete SL Pro (R21 Pro)	135	
	Head WCR e.GS Rebel Team	148	156		HEAD WCR e.SL Rebel Team	132	139
	Nordica DOBERMANN GSJ PLATE	150			Nordica DOBERMANN SLJ PLATE	135	143
	Volkl Racetiger GS	151			Volkl Race Tiger SL	129	
	Fischer RC4 WORLDCUP GS JR.	153	158		Fischer RC4 WOLRDCUP SL JR.	130	135
	Blizzard FIREBIRD GS JR-RACING	150			Blizzard Firebird SL JR-Racing	128	
80-90	GS Ski Model	Size (cm)	up to	80-90	SL Ski Model	Size (cm)	up to
	Atomic Redster G9 FIS J-RP ²	145			Atomic Redster S9 FIS J-RP ²	131	138
	Dynastar Speed Course Team GS (R21 PRO)	151			Dynastar Speed Omeglass Team SL (R21 Pro)	135	142
	Rossignol Hero Athlete GS PRO (R21 PRO)	150			Rossignol Hero Athlete SL Pro (R21 Pro)	135	142
	Head WCR e.GS Rebel Team	156	164		HEAD WCR e.SL Rebel Team	139	146
	Nordica DOBERMANN GSJ PLATE	157			Nordica DOBERMANN SLJ PLATE	135	143
	Volkl Racetiger GS	150	158		Volkl Race Tiger SL	136	
	Fischer RC4 WORLDCUP GS JR.	158			Fischer RC4 WOLRDCUP SL JR.	135	140
Blizzard FIREBIRD GS JR-RACING	150	157	Blizzard Firebird SL JR-Racing	135			
90-100	GS Ski Model	Size (cm)	up to	90-100	SL Ski Model	Size (cm)	up to
	Atomic Redster G9 FIS REVOSHOCK J-RP ² / J	152			Atomic Redster S9 FIS J-RP ²	138	145
	Dynastar Speed Course Team GS (R21 PRO)	158			Dynastar Speed Omeglass Team SL (R21 Pro)	142	
	Rossignol Hero Athlete GS PRO (R21 PRO)	158			Rossignol Hero Athlete SL Pro (R21 Pro)	142	
	Head WCR e.GS Rebel Team	156	164		HEAD WCR e.SL Rebel Team	146	153
	Nordica DOBERMANN GSJ PLATE	157			Nordica DOBERMANN SLJ PLATE	142	149
	Volkl Racetiger GS	158			Volkl Race Tiger SL	136	143
	Fischer RC4 WORLDCUP GS JR.	158	163		Fischer RC4 WOLRDCUP SL JR.	140	145
Blizzard FIREBIRD GS JR-RACING	157	164	Blizzard Firebird SL JR-Racing	135	142		
100-110	GS Ski Model	Size (cm)	up to	100-110	SL Ski Model	Size (cm)	up to
	Atomic Redster G9 FIS REVOSHOCK J-RP ² / J	159	166		Atomic Redster S9 FIS J-RP ²	145	152
	Dynastar Speed Course Team GS (R21 PRO)	165			Dynastar Speed Omeglass Team SL (R21 Pro)	149	
	Rossignol Hero Athlete GS PRO (R21 PRO)	164			Rossignol Hero Athlete SL Pro (R21 Pro)	149	
	Head WCR e.GS Rebel Team	164			HEAD WCR e.SL Rebel Team	146	153
	Nordica DOBERMANN GSJ PLATE	164			Nordica DOBERMANN SLJ PLATE	149	
	Volkl Racetiger GS	165			Volkl Race Tiger SL	136	143
	Fischer RC4 WORLDCUP GS JR.	163			Fischer RC4 WOLRDCUP SL JR.	145	150
Blizzard FIREBIRD GS JR-RACING	164		Blizzard Firebird SL JR-Racing	142	149		
110-120	GS Ski Model	Size (cm)	up to	110-120	SL Ski Model	Size (cm)	up to
	Atomic Redster G9 FIS REVOSHOCK J-RP ² / J	159	166		Atomic Redster S9 FIS J	145	152
	Dynastar Speed Course Team GS (R21 PRO) or WC GS (R22)	170			Dynastar Speed Omeglass WC SL (R22)	150	
	Rossignol Hero Athlete GS PRO (R21 PRO) or Athlete GS (R22)	171/170			Rossignol Hero Athlete SL (R22)	150	
	Head WCR e.GS Rebel Team	164	172		HEAD WCR e.SL Rebel Team	146	153
	Nordica DOBERMANN GSJ PLATE	171			Nordica DOBERMANN SLJ PLATE	149	
	Volkl Racetiger GS	170			Volkl Race Tiger SL	143	150
	Fischer RC4 WORLDCUP GS JR.	168	173		Fischer RC4 WOLRDCUP SL JR.	150	
Blizzard FIREBIRD GS JR-RACING	171		Blizzard Firebird SL JR-Racing	149			
120+	GS Ski Model	Size (cm)	up to	120+	SL Ski Model	Size (cm)	up to
	Atomic Redster G9 FIS REVOSHOCK J	166			Atomic Redster S9 FIS J	152	
	Dynastar Speed Course GS WC GS (R22)	170			Dynastar Speed Omeglass WC SL (R22)	150	
	Rossignol Hero Athlete GS (R22)	171			Rossignol Hero Athlete SL (R22)	150	
	Volkl Racetiger GS	174			Volkl Race Tiger SL	150	
	Head WCR e.GS Rebel	176			HEAD WCR e.SL Rebel	151	156
	Fischer RC4 WORLDCUP GS JR.	173	178		Fischer RC4 WOLRDCUP SL JR.	150	
	Blizzard FIREBIRD GS JR-RACING	171			Blizzard Firebird SL JR-Racing	149	

U14: BOOTS & BINDINGS

Weight (lbs)	Boots	Bindings
70-80	Atomic JR 60 RS	Atomic COLT 10
	Lange RSJ 65	Look NX 7 GW
	Rossignol HERO Jr 65	Look NX 10 GW / SPX 10 GW
	Head Raptor 65	Tyrolia FF 11 Race
	Nordica DOBERMANN 60	MARKER RACE 8 JR/RACE 10 TCX
	Dalbello DRS 60	MARKER RACE 8 JR/RACE 10 TCX
	Fischer RC4 PODIUM LT 70	Fischer RC4 Z9 GW AC
Tecnica Firebird 65	MARKER RACE 8 JR/RACE 10 TCX	
80-90	Boots	Bindings
	Atomic STI 70	Atomic COLT 10
	Lange RSJ 70 SC	Look NX 10 / SPX 10
	Rossignol HERO WC 70 SC	Look NX 10 GW / SPX 10 GW
	Head Raptor WCR 70	Tyrolia FF 11 Race
	Nordica DOBERMANN 5 Soft LC 70	RACE 10 TCX
	Dalbello DRS 75	RACE 10 TCX
	Fischer RC4 PODIUM LT 70	Fischer RC4 Z9 GW AC
Tecnica Firebird 70 SC	RACE 10 TCX	
90-100	Boots	Bindings
	Atomic STI 70	Atomic COLT 10 / X12
	Lange RSJ 70 SC	Look SPX 10
	Rossignol HERO WC 70 SC	Look SPX 10
	Head Raptor WCR 70	Tyrolia FF 11 Race/ FF ST 14
	Nordica DOBERMANN 5 Soft LC 70	Marker RACE 10 TCX/XCOMP 12
	Dalbello DRS 75	Marker RACE 10 TCX/XCOMP 12
	Fischer RC4 PODIUM LT 90	Fischer RC4 Z11 FREEFLEX
Tecnica Firebird 70 SC	Marker RACE 10 TCX/XCOMP 12	
100-110	Boots	Bindings
	Atomic STI 90	Atomic COLT 10 / COLT 12 / X12
	Lange RSJ 90 SC	Look SPX 10
	Rossignol HERO WC 90 SC	Look SPX 10
	Head Raptor WCR 90	Tyrolia FF 11 Race/ FF ST 14
	Nordica DOBERMANN M L.C./RD Soft L.C. 100	Marker RACE 10 TCX/XCOMP 12
	Dalbello DRS 90 LC	Marker RACE 10 TCX/XCOMP 12
	Fischer RC4 PODIUM LT 90	Fischer RC4 Z11 FREEFLEX
Tecnica Firebird 90 SC	Marker RACE 10 TCX/XCOMP 12	
110-120	Boots	Bindings
	Atomic STI 110	Atomic COLT 10 / COLT 12 / X12
	Lange RS 110 SC / RS WC Z SOFT+	Look SPX 12 (R21 PRO) / SPX 12 Rockerace (R22)
	Rossignol HERO 110 SC / HERO WC Z SOFT+	Look SPX 12 (R21 PRO) / SPX 12 Rockerace (R22)
	Head RAPTOR WCR 5 SC	Tyrolia FF 11 Race/ FF ST 14
	Nordica DOBERMANN M L.C./RD M 110	Marker XCOMP 12
	Dalbello DRS XS (90) or SS (110)	Marker XCOMP 12
	Fischer RC4 PODIUM LT 90 / 110	Fischer RC4 Z11 FREEFLEX
Tecnica Firebird 90 SC / WC110		
120+	Boots	Bindings
	Atomic STI 110	Atomic COLT 12 / X12 / X 14
	Lange RS WC Z SOFT+	Look SPX 12 Rockerace (R22)
	Rossignol HERO WC Z SOFT+	Look SPX 12 Rockerace (R22)
	Head RAPTOR WCR 5 SC	Tyrolia FF 11 Race/ FF ST 14
	Nordica DOBERMANN M L.C./RD M 110	Marker XOMP12/XCOMP 16
	Dalbello DRS XS (90) or SS (110)	Marker XOMP12
	Fischer RC4 PODIUM LT 110	Fischer RC4 Z11 FREEFLEX
Tecnica Firebird 90 SC / WC110	Marker XOMP12/XCOMP 16	

REDSTER FIS USER RECOMMENDATIONS 2023 (SKI, BINDING, BOOT)

Ski selection of FIS products, both length and model, will be always very individual and a subjective decision. We noticed some common trends and following chart should help you to make the right decisions. The optimal skis FIS model and length is determined by the ability, the weight and also the strength of the user.

AGE	WEIGHT (kg)	WEIGHT (lbs)	SLALOM	LENGTH (cm)	BINDING	GIANT SLALOM	LENGTH (cm)	BINDING	BOOT
U8 AGES 6 - 7	18 - 23	40 - 50	REDSTER J9 FIS J-RP ²	116	COLT 7 C	REDSTER J9 FIS J-RP ² REDSTER G9 FIS J-RP ²	116 / 124	COLT 7 C	JR 40
	23 - 27	50 - 60	REDSTER S9 FIS J-RP ²	124	COLT 7 C	REDSTER G9 FIS J-RP ²	124 / 131	COLT 7 C	JR 40 / JR 60 RS
	27 - 32	60 - 70	REDSTER S9 FIS J-RP ²	124	COLT 7 C	REDSTER G9 FIS J-RP ²	124 / 131	COLT 7 C	JR 60 RS
U10 AGES 8 - 9	32 - 36	70 - 80	REDSTER S9 FIS J-RP ²	124 / 131	COLT 7 C	REDSTER G9 FIS J-RP ²	131 / 138	COLT 7 C, COLT 10	JR 40
	36 - 41	80 - 90	REDSTER S9 FIS J-RP ²	131 / 138	COLT 7 C, COLT 10	REDSTER G9 FIS J-RP ²	138 / 145	COLT 10	JR 40 / JR 60 RS
	41 - 45	90 - 100	REDSTER S9 FIS J-RP ²	138 / 145	COLT 10	REDSTER G9 FIS J-RP ²	145 / 152	COLT 10	JR 60 RS
U12 AGES 10 - 11	32 - 36	70 - 80	REDSTER S9 FIS J-RP ²	131	COLT 7 C, COLT 10	REDSTER G9 FIS J-RP ²	131 / 138	COLT 10	JR 60 RS
	36 - 41	80 - 90	REDSTER S9 FIS J-RP ²	131 / 138	COLT 7 C, COLT 10	REDSTER G9 FIS J-RP ²	138 / 145	COLT 10	STI 70
	41 - 45	90 - 100	REDSTER S9 FIS J-RP ²	138 / 145	COLT 10	REDSTER G9 FIS REVOSHOCK J-RP ² REDSTER G9 FIS REVOSHOCK J	145 / 152	COLT 10 X 12 GW	STI 70
	45 - 50	100 - 110	REDSTER S9 FIS J-RP ²	145 / 152	COLT 10, COLT 12	REDSTER G9 FIS REVOSHOCK J-RP ² REDSTER G9 REVOSHOCK J	159 / 166	COLT 10, COLT 12 X 12 GW	STI 90
	50 - 54	110 - 120	REDSTER S9 FIS J	145 / 152	X 12 GW	REDSTER G9 FIS REVOSHOCK J-RP ² REDSTER G9 REVOSHOCK J	159 / 166	COLT 10, COLT 12 X 12 GW	STI 110
U14 AGES 12 - 13	32 - 36	70 - 80	REDSTER S9 FIS J-RP ²	131	COLT 7 C, COLT 10	REDSTER G9 FIS J-RP ²	131 / 138	COLT 10	JR 60 RS
	36 - 41	80 - 90	REDSTER S9 FIS J-RP ²	131 / 138	COLT 7 C, COLT 10	REDSTER G9 FIS J-RP ²	138 / 145	COLT 10	STI 70
	41 - 45	90 - 100	REDSTER S9 FIS J-RP ²	138 / 145	COLT 10	REDSTER G9 FIS REVOSHOCK J-RP ² REDSTER G9 FIS REVOSHOCK J	145 / 152	COLT 10, X 12 GW	STI 70
	45 - 50	100 - 110	REDSTER S9 FIS J-RP ²	145 / 152	COLT 10, COLT 12	REDSTER G9 FIS REVOSHOCK J-RP ² REDSTER G9 REVOSHOCK J	159 / 166	COLT 10, COLT 12, X 12 GW	STI 90
	50 - 54	110 - 120	REDSTER S9 FIS J	145 / 152	X 12 GW	REDSTER G9 FIS REVOSHOCK J-RP ² REDSTER G9 REVOSHOCK J	159 / 166	COLT 10, COLT 12, X 12 GW	STI 110
U16 AGES 14 - 15	54 +	120 +	REDSTER S9 FIS J	152	X 12 GW, X 14 GW	REDSTER G9 FIS J-RP ² REDSTER G9 FIS REVOSHOCK J	166	COLT 12, X 12 GW, X 14 GW	STI 110
	41 - 45	90 - 100	REDSTER S9 FIS J-RP ² REDSTER S9 FIS J	138 / 145	COLT 10, COLT 12, X 12 GW, X 14 GW	REDSTER G9 FIS J-RP ² REDSTER G9 REVOSHOCK J	152 / 159	COLT 10, COLT 12, X 12 GW, X 14 GW	STI 70
	45 - 50	100 - 110	REDSTER S9 FIS J-RP ² REDSTER S9 FIS J	145 / 152	COLT 12, X 12 GW, X 14 GW	REDSTER G9 FIS J-RP ² REDSTER G9 REVOSHOCK J	159/166	COLT 12, X 12 GW, X 14 GW	STI 70 / STI 90
	50 - 54	110 - 120	REDSTER S9 FIS J REDSTER S9 FIS	152 / 155	X 12 GW, X 14 GW, X 12 VAR	REDSTER G9 FIS J-RP ² REDSTER G9 REVOSHOCK J	166	COLT 12, X 12 GW, X 14 GW	STI 110 / TI 110
	54 - 59	120 - 130	REDSTER S9 FIS J REDSTER S9 FIS	152 / 155	X 12 GW, X 14 GW, X 12 VAR	REDSTER G9 FIS REVOSHOCK	173	X 12 VAR	STI 110 / TI 110
	59 - 68	130 - 150	REDSTER S9 FIS REDSTER S9 FIS W	155 / 157	X 12 VAR, X 16 VAR	REDSTER G9 FIS REVOSHOCK	173/180	X 12 VAR, X 16 VAR	STI 130 / TI 130
	68 +	150	REDSTER S9 FIS W	157	X 16 VAR	REDSTER G9 FIS REVOSHOCK	180 / 187	X 16 VAR	STI 130 / TI 130
FIS WOMEN AGES 16 + UP	50 - 54	110 - 120	REDSTER S9 FIS W	157	X 16 VAR	REDSTER G9 FIS REVOSHOCK W	WC/EC 188, FIS 183	X 16 VAR	STI 110
	54 - 59	120 - 130	REDSTER S9 FIS W	157	X 16 VAR	REDSTER G9 FIS REVOSHOCK W	WC/EC 188, FIS 183	X 16 VAR	STI 110
	59 - 64	130 - 140	REDSTER S9 FIS W	157	X 16 VAR	REDSTER G9 FIS REVOSHOCK W	WC/EC 188, FIS 183	X 16 VAR	STI 110 / STI 130
	64 - 69	140 - 150	REDSTER S9 FIS W	157	X 16 VAR, ICON 24	REDSTER G9 FIS REVOSHOCK W	WC/EC 188, FIS 183	X 16 VAR, ICON 24	STI 130
	69 - 73	150 - 160	REDSTER S9 FIS W	157	X 16 VAR, ICON 24	REDSTER G9 FIS REVOSHOCK W	WC/EC 188, FIS 183	X 16 VAR, ICON 24	STI 130 / STI 150
FIS MEN AGES 16 + UP	73 +	160 +	REDSTER S9 FIS W	157	X 16 VAR, ICON 24	REDSTER G9 FIS REVOSHOCK W	WC/EC 188, FIS 183	X 16 VAR, ICON 24	STI 150
	54 - 59	120 - 130	REDSTER S9 FIS M	165	X 16 VAR	REDSTER G9 FIS REVOSHOCK M REDSTER G9 FIS REVOSHOCK W	WC/EC 193, FIS 188	X 16 VAR	TI 110
	59 - 64	130 - 140	REDSTER S9 FIS M	165	X 16 VAR, X 19 MOD	REDSTER G9 FIS REVOSHOCK M REDSTER G9 FIS REVOSHOCK W	WC/EC 193, FIS 188	X 19 VAR, X 19 MOD	TI 110 / TI 130
	64 - 69	140 - 150	REDSTER S9 FIS M	165	X 16 VAR, X 19 MOD, ICON 24	REDSTER G9 FIS REVOSHOCK M REDSTER G9 FIS REVOSHOCK W	WC/EC 193, FIS 188	X 16 VAR, X 19 MOD, ICON 24	TI 130
	69 - 73	150 - 160	REDSTER S9 FIS M	165	X 16 VAR, X 19 MOD, ICON 24	REDSTER G9 FIS REVOSHOCK M REDSTER G9 FIS REVOSHOCK W	WC/EC 193, FIS 188	X 16 VAR, X 19 MOD, ICON 24	TI 150
	73 - 77	160 - 170	REDSTER S9 FIS M	165	X 16 VAR, X 19 MOD, ICON 24	REDSTER G9 FIS REVOSHOCK M REDSTER G9 FIS REVOSHOCK W	WC/EC 193, FIS 188	X 16 VAR, X 19 MOD, ICON 24	TI 150
77 +	170 +	REDSTER S9 FIS M	165	X 16 VAR, X 19 MOD, ICON 24	REDSTER G9 FIS REVOSHOCK M REDSTER G9 FIS REVOSHOCK W	WC/EC 193, FIS 188	X 16 VAR, X 19 MOD, ICON 24	TI 150 / TI 170	

DYNASTAR

DYNASTAR RACE DEPARTMENT RECOMMENDATIONS (SKIS, BINDINGS, SKIBOOTS)

General Observations: Ski selection, both model and length, always will be a very personal and, to a large degree, a very subjective decision. The following chart shows some of the common trends we noticed as a result of our ongoing testing, which should be taken into consideration when making model and length decision. Optimal ski length is determined by the following order: ability, weight and strength. The Rossignol Race Department hopes you will find this information useful and wishes you an excellent winter of racing. Good luck at the races!

	Weight (lbs) Poids (lbs)	Weight (kg) Poids (kg)	Multi-Event Multi-Evenement	Size (cm) LEARNING Taille (cm) APPRENTISSAGE	Size (cm) RACERS CONFIRMED Taille (cm) RACERS CONFIRMES		Bindings Fixations	Boots Chaussures
U8 AGE 6-7 BIRTH YEAR 2015/2016	40-50	18-23	TEAM COMP	110	110		TEAM 4 GW	RSJ 60
	50-60	23-27		110	120			NX 7 GW
	60-70	27-32		120	130			
	70-80	32-36		130	140			
U10 - 1 SKI AGE 8-9 BIRTH YEAR 2013/2014 (Microbe)	50-60	23-27	TEAM COMP		120		TEAM 4 GW	RSJ65
	60-70	27-32			130			
	70-80	32-36	SPEED TEAM PRO		126		NX 7 GW	
	80-90	36-41			134			
U10 - 2 SKIS AGE 8-9 BIRTH YEAR 2013/2014 (Microbe)	50-60	23-27	GS	126	TEAM COMP	120	TEAM 4 GW	RSJ 65
	60-70	27-32	SPEED COURSE TEAM GS (R21 PRO)	126/134	SPEED OMEGLASS TEAM SL (R21 PRO)	128	NX 7 GW SPX 10	
	70-80	32-36		134		135		
	80-90	36-41		143				
U12 AGE 10-11 BIRTH YEAR 2011/2012 (Poussin)	60-70	27-32	GS	134	SL	128	NX 7 GW	RSJ 65
	70-80	32-36	SPEED COURSE TEAM GS (R21 PRO)	143	SPEED OMEGLASS TEAM SL (R21 PRO)	135	NX 7 GW / NX 10 GW	
	80-90	36-41		150		135 / 142	NX 10 GW / SPX 10 GW	
	90-100	41-45		158		142		
	100-110	45-50		164		149		
U14 AGE 12-13 BIRTH YEAR 2009/2010 (Benjamin)	70-80	32-36	SPEED COURSE TEAM GS (R21 PRO)	144	SPEED OMEGLASS TEAM SL (R21 PRO)	135	NX 7 GW / NX 10 GW	RSJ 65
	80-90	36-41		151		135/142	NX 10 GW / SPX 10 GW	
	90-100	41-45		158		142		
	100-110	45-50		165		149	SPX 10 GW	RS 90 SC
	110-120	50-54		SPEED COURSE TEAM GS (R21 PRO) SPEED COURSE WC GS (R22)		170	SPEED OMEGLASS WC SL (R22)	150
U16 AGE 14-15 BIRTH YEAR 2007/2008 (Minime)	90-100	41-45	SPEED COURSE TEAM GS (R21 PRO)	164/171	SPEED OMEGLASS TEAM SL (R21 PRO)	142	SPX 10 GW / SPX12 GW (R21 PRO) SPX 12 Rockerace (R22)	RS 90 SC
	100-110	45-50	SPEED COURSE WC GS (R22)	170	SPEED OMEGLASS WC FIS SL (R22) SPEED OMEGLASS WC FIS SL FACTORY (R22)	149	SPX 12 Rockerace	RS 110 SC RS WC Z SOFT+
	110-120	50-54		175		150		
	120-130	54-59		182		157	RS WC Z SOFT+ RS WC ZJ+	
	130-150+	59-68+		182 / 185*		157 / 165		SPX 12 Rockerace / SPX 15 Rockerace
U18 U21 U30 FIS WOMEN AGE 16 & + BIRTH YEAR U18 (2005/2006) U21 (2002/2003/2004) U30 (1993 to 2001) (Cadet, Junior, Senior)	100-110	45-50	SPEED COURSE WC FIS GS (R22)	188	SPEED OMEGLASS WC FIS SL (R22)	157	SPX 12 / SPX 15 Rockerace	RS WC Z SOFT+/ RS WC ZJ+
	110-120	50-54					SPX 15 / PX 18 WC Rockerace	RS WC ZJ+
	120-130	54-59						
	130-140	59-63,5						
	140-150	63,5-68						
	150-160	68-73						
160-170+	73-77+							
U18 U21 U30 FIS MEN AGE 16 & + BIRTH YEAR U18 (2005/2006) U21 (2002/2003/2004) U30 (1993 to 2001) (Cadet, Junior, Senior)	100-110	45-50	GS	188	SL	157	SPX 15 Rockerace	RSJ Z J+
	110-120	50-54	SPEED COURSE WC FIS GS (R22) *OPTION FOR 1ST YEAR FIS*	193	SPEED OMEGLASS WC FIS SL FACTORY (R22) PRO MODEL CLEMENT NOEL	165		RS WC ZA+ or RS WC ZA
	120-130	54-59						
	130-140	59-63,5	SPEED WC FIS GS FACTORY (R22)				PX 18 WC Rockerace Clement NOEL Signature	
	140-150	63,5-68						
	150-160	68-73						
	160-170	73-77						
	170+	77+						

ADDITIONAL NOTES / REMARQUES SUPPLEMENTAIRES

U10 2 OPTIONS FOR ATHLETES LOOKING FOR 1 SKI or 2 SKIS (GS & SL)

* Size 185cm could be used for Adults race, non FIS ! But also for U16 FIS Race

** La taille 185cm peut être utilisée pour des courses Adultes non FIS mais aussi par des U16 en FIS.

**Second Year U16 Boys should consider use of 188 or 193, 30m GS skis based on coaches discretion

**Les coureurs en deuxième année U16 devraient considérer les tailles 188 ou 193 (ski de GS avec rayon de 30m) à la discrétion de leur entraîneur

FIS Rules > www.fis-ski.com

FISCHER RACE DEPARTMENT SIZE RECOMMENDATIONS

CATEGORY	WEIGHT (LBS.)	SL MODEL	LENGTH	GS MODEL	LENGTH	SG MODEL	LENGTH	DH MODEL	LENGTH	BINDINGS	BOOTS
FIS WOMEN AGES 16+	125-135	RC4 WC SL	158cm	RC4 WC GS	188**	RC4 WC JR SG	204cm	RC4 WC DH	218cm	RC4 Z18	6:1 RD (120)
	135-145	RC4 WC SL	158cm	RC4 WC GS	188**	RC4 WC JR SG	204cm	RC4 WC DH	218cm	RC4 Z18	5:1 RD (130)
	145-155	RC4 WC SL	158cm	RC4 WC GS	188**	RC4 WC JR SG	213cm	RC4 WC DH	218cm	RC4 Z20	5:1 RD (130)
	155+	RC4 WC SL	158cm	RC4 WC GS	188**	RC4 WC JR SG	213cm	RC4 WC DH	218cm	RC4 Z20	5:1 RD (130)
FIS MEN AGES 16+	135-145	RC4 WC SL	165cm*	RC4 WC GS	193**	RC4 WC SG	215cm	RC4 WC DH	218cm	RC4 Z18	5:1 RD 130
	145-155	RC4 WC SL	165cm*	RC4 WC GS	193**	RC4 WC SG	215cm	RC4 WC DH	218cm	RC4 Z20	5:1 RD 130
	155-165	RC4 WC SL	165cm*	RC4 WC GS	193**	RC4 WC SG	215cm	RC4 WC DH	218cm	RC4 Z20	4:1 RD 150
	165-175	RC4 WC SL	165cm*	RC4 WC GS	193**	RC4 WC SG	215cm	RC4 WC DH	218cm	RC4 Z20	4:1 RD 150
	175+	RC4 WC SL	165cm*	RC4 WC GS	193**	RC4 WC SG	215cm	RC4 WC DH	218cm	RC4 Z20	4:1 RD 150
U16 AGES 14-15	95-105	RC4 WC SL JR	135cm	RC4 WC GS JR	158-163cm	RC4 WC JR GS	180cm	N/A	-	RC4 Z13	Podium LT 90
	105-115	RC4 WC SL JR	140cm	RC4 WC GS JR	168-173cm	RC4 WC JR SG	180cm	N/A	-	RC4 Z13	Podium LT 90
	115-125	RC4 WC SL JR	145cm	RC4 WC GS JR	178cm	RC4 WC JR SG	188cm	N/A	-	RC4 Z17	Podium RD 110
	125-135	RC4 WC SL JR	150cm	RC4 WC GS JR	183cm	RC4 WC JR SG	188cm	N/A	-	RC4 Z17	6:1 RD 120
	135-145	RC4 WC SL JR	155cm	RC4 WC GS JR	183-188cm	RC4 WC JR SG	188cm	N/A	-	RC4 Z17	6:1 RD 120
U14 AGES 12-13	78-85	RC4 WC SL JR	125cm	RC4 WC GS JR	133-138cm	N/A	-	N/A	-	RC4 Z11	Podium LT 70
	85-95	RC4 WC SL JR	130-135cm	RC4 WC GS JR	143-148cm	N/A	-	N/A	-	RC4 Z11	Podium LT 70
	95-105	RC4 WC SL JR	135-140cm	RC4 WC GS JR	153-158cm	N/A	-	N/A	-	RC4 Z11	Podium LT 90
	105-115	RC4 WC SL JR	140-145cm	RC4 WC GS JR	163cm	N/A	-	N/A	-	RC4 Z13	Podium LT 90
	115-125	RC4 WC SL JR	145-150cm	RC4 WC GS JR	168cm	N/A	-	N/A	-	RC4 Z13	Podium LT 110
	125+	RC4 WC SL JR	150cm	RC4 WC GS JR	173cm	N/A	-	N/A	-	RC4 Z13	Podium LT 110
U12 AGES 10-11	60-70	RC4 WC SL JR	115-120cm	N/A	-	N/A	-	N/A	-	RC4 FJ7	RC4 60 JR
	70-80	RC4 WC SL JR	120-130cm	N/A	-	N/A	-	N/A	-	RC4 Z9	RC4 60/70 JR
	80-90	RC4 WC SL JR	130-135cm	N/A	-	N/A	-	N/A	-	RC4 Z9	RC4 70 JR
	90-100	RC4 WC SL JR	135-140cm	N/A	-	N/A	-	N/A	-	RC4 Z9	RC4 70 JR
U10 AGES 4-9	40-50	RC4 Race JR	100-110cm	N/A	-	N/A	-	N/A	-	RC4 FJ4	RC4 60 JR
	50-60	RC4 Race JR	110-120cm	N/A	-	N/A	-	N/A	-	RC4 FJ4	RC4 60 JR
	60-70	RC4 WC JR	115-120cm	N/A	-	N/A	-	N/A	-	RC4 FJ7	RC4 60 JR
	70-80	RC4 WC SL JR	125cm	N/A	-	N/A	-	N/A	-	RC4 FJ7	RC4 60/70 JR
	80-90	RC4 WC SL JR	130-140cm	N/A	-	N/A	-	N/A	-	RC4 FJ7	RC4 70 JR

** -5cm tolerance for FIS * -10cm tolerance - FIS Men (first year)

NORDICA SIZING CHART

Age	Discipline	Article Number	Model	Length (cm)	Radius on Ski	Marker Binding	Boot	Flex	Last	Gender
U8 6-7	GS/SL Junior	0A0350 ME 001	DOBERMANN COMBI PRO S	120-130			SPEEDMACHINE J3	30		MEN/WOMEN
	GS/SL Junior	0A0350 ME 002	DOBERMANN COMBI PRO S	100-110			SPEEDMACHINE J4	40		MEN/WOMEN
	GS/SL Junior	0A0350 ME 003	DOBERMANN COMBI PRO S	110-120			DOBERMANN 60	60	98	MEN/WOMEN
	GS/SL Junior	0A0350 ME 004	DOBERMANN COMBI PRO S	100			DOBERMANN 60	60	98	MEN/WOMEN
U10 8-9	GS Junior	0A122000001	DOBERMANN GSJ PLATE	136	>13	RACE 10 TCX	DOBERMANN 60 / 5 Soft L.C.	60/70	98	MEN/WOMEN
	SL Junior	0A122200001	DOBERMANN SLJ PLATE	128	>9	RACE 10/RACE 8 JR Lug Only	DOBERMANN 60 / 5 Soft L.C.	60/70	98	MEN/WOMEN
	SL Junior	0A122200001	DOBERMANN SLJ PLATE	121	>9	RACE 8 JR Lug Only	DOBERMANN 60	60	98	MEN/WOMEN
U12 10-11	GS Junior	0A122000001	DOBERMANN GSJ PLATE	157	>17	RACE 10 TCX	DOBERMANN 5 Soft L.C.	70	96	MEN/WOMEN
	GS Junior	0A122000001	DOBERMANN GSJ PLATE	150	>14	RACE 10 TCX	DOBERMANN 5 Soft L.C.	70	98	MEN/WOMEN
	GS Junior	0A122000001	DOBERMANN GSJ PLATE	143	>14	RACE 10 TCX	DOBERMANN 60/5 Soft L.C.	60/70	98	MEN/WOMEN
	SL Junior	0A122200001	DOBERMANN SLJ PLATE	135	>9	RACE 10 TCX	DOBERMANN 60/5 Soft L.C.	60/70	98	MEN/WOMEN
	SL Junior	0A122200001	DOBERMANN SLJ PLATE	128	>9	RACE 10/RACE 8 JR Lug Only	DOBERMANN 60/5 Soft L.C.	60/70	98	MEN/WOMEN
U14 12-13	SL FIS	0A121400001	DOBERMANN SL RACE PLATE	149	>12	RACE 10 TCX	DOBERMANN 5 Soft L.C.	70	98	MEN/WOMEN
	SG Junior	0A120400001	DOBERMANN SGJ WC PLATE	185	>30	XCOMP12/XCOMP 16	DOBERMANN M L.C./RD Soft L.C.	100	98/93	MEN/WOMEN
	GS Junior	0A122000001	DOBERMANN GSJ PLATE	171	>17	XOMP12/XCOMP 16	DOBERMANN M L.C./RD Soft L.C.	100	98/93	MEN/WOMEN
	GS Junior	0A122000001	DOBERMANN GSJ PLATE	164	>17	XOMP12/XCOMP 16	DOBERMANN M L.C./RD M	100/110	98	MEN/WOMEN
	GS Junior	0A122000001	DOBERMANN GSJ PLATE	157	>17	RACE 10 TCX/XCOMP 12	DOBERMANN 5 Soft L.C.	70/90	96	MEN/WOMEN
	GS Junior	0A122000001	DOBERMANN GSJ PLATE	150	>14	RACE 10 TCX/XCOMP 12	DOBERMANN 5 Soft L.C.	70	96	MEN/WOMEN
	SL Junior	0A122200001	DOBERMANN SLJ PLATE	149	>12	RACE 10 TCX	DOBERMANN 5 Soft L.C.	70	96	MEN/WOMEN
U16 14-15	SL Junior	0A122200001	DOBERMANN SLJ PLATE	142	>10	RACE 10 TCX	DOBERMANN 5 Soft L.C.	70	98	MEN/WOMEN
	GS FIS	0A121600001	DOBERMANN GS RACE PLATE	188	>25	XCOMP 16/XCOMP 18	DOBERMANN 5 Soft L.C./RD Soft L.C.	90/100	96/93	MEN/WOMEN
	GS FIS	0A121600001	DOBERMANN GS RACE PLATE	183	>23	XCOMP 16/XCOMP 18	DOBERMANN 5 Soft L.C./RD Soft L.C.	90/100	96/93	MEN/WOMEN
	GS FIS	0A121600001	DOBERMANN GS RACE PLATE	178	>17	XCOMP 16/XCOMP 18	DOBERMANN 5 Soft L.C./RD Soft L.C.	90/100	96/93	MEN/WOMEN
	GS Junior	0A122000001	DOBERMANN GSJ PLATE	171	>17	XCOMP 12/XCOMP 16	DOBERMANN 5 Soft M L.C./5 M	100/110	93	MEN/WOMEN
	GS Junior	0A122000001	DOBERMANN GSJ PLATE	164	>17	XCOMP 12/XCOMP 16	DOBERMANN 5 Soft M L.C./5 M	100/110	93	MEN/WOMEN
	SL FIS	0A121400001	DOBERMANN SL WC PLATE	165	R&D	XCOMP 12/XCOMP 16	DOBERMANN RD Soft L.C./RD M	100/110	93	MEN
	SL FIS	0A121400001	DOBERMANN SL WC PLATE	156	R&D	XCOMP 12/XCOMP 16	DOBERMANN RD Soft L.C./RD M	100/110	93	MEN/WOMEN
	SL FIS	0A121400001	DOBERMANN SL RACE PLATE	149	>12	XCOMP 12/XCOMP 16	DOBERMANN RD Soft L.C./RD M	100/110	93	MEN/WOMEN
	SG Junior	0A120400001	DOBERMANN SGJ WC PLATE	202	>35	XCOMP 16/XCOMP 18	DOBERMANN 5 Soft M L.C./5 M	100/110	93	MEN/WOMEN
U19 & Older 16 & up	SG Junior	0A120400001	DOBERMANN SGJ WC PLATE	195	>33	XCOMP 16/XCOMP 18	DOBERMANN 5 Soft M L.C./5 M	100/110	93	MEN/WOMEN
	SG Junior	0A120400001	DOBERMANN SGJ WC PLATE	185	>30	XCOMP 16/XCOMP 18	DOBERMANN 5 Soft M L.C./5 M	100/110	93	MEN/WOMEN
	DH	0A120200001	DOB. DH WC DEPT EDT PLATE	218	>50	XCOMP 24	DOBERMANN RD S/RD ES	130/150	93	MEN
	DH	0A120200001	DOB. DH WC DEPT EDT PLATE	212	>50	XCOMP18/XCOMP 24	DOBERMANN RD M/RD S	110/130	93	WOMEN
	SG Worldcup	0A120400001	DOB. SG WC DEPT EDT PLATE	212	>45	XCOMP 24	DOBERMANN RD S/RD ES	130/150	93	MEN
	SG Worldcup	0A120400001	DOB. SG WC DEPT EDT PLATE	205	>40	XCOMP18/XCOMP 24	DOBERMANN RD M/RD S	110/130	93	WOMEN
	GS Worldcup	0A120600001	DOB. GS WC DEPT PLATE	193	>30	XCOMP 18/XCOMP 24	DOBERMANN RD M/RD S	110/130	93	MEN
	GS Worldcup	0A120600001	DOB. GS WC DEPT PLATE	188	>30	XCOMP 18/XCOMP 24	DOBERMANN RD M	110	93	WOMEN
SL Worldcup	0A120800001	DOB. SL WC DEPT PLATE	165	R&D	XCOMP 18	DOBERMANN RD M/RD S	110/130	93	MEN	
SL Worldcup	0A120800001	DOB. SL WC DEPT PLATE	156	R&D	XCOMP 18	DOBERMANN RD M	110	93	WOMEN	

ROSSIGNOL

ROSSIGNOL RACE DEPARTMENT RECOMMENDATIONS (Skis, Bindings, Skiboosts)

General Observations: Ski selection, both model and length, always will be a very personal and, to a large degree, a very subjective decision. The following chart shows some of the common trends we noticed as a result of our ongoing testing, which should be taken into consideration when making model and length decision. Optimal ski length is determined by the following order: ability, weight and strength. The Rossignol Race Department hopes you will find this information useful and wishes you an excellent winter of racing. Good luck at the races!

	Weight (lbs) Poids (lbs)	Weight (kg) Poids (kg)	Multi-Event Multi-Evenement	Size (cm) LEARNING Taille (cm) APPRENTISSAGE	Size (cm) RACERS CONFIRMED Taille (cm) COUREURS CONFIRMES		Bindings Fixations	Boots Chaussures
U8 AGE 6-7 BIRTH YEAR 2016/2017	40-50	18-23	HERO JUNIOR MULTI-EVENT	110	120		TEAM 4 GW	HERO Jr 65
	50-60	23-27		120	130			
	60-70	27-32	HERO ATHLETE MULTI-EVENT	127	134		NX 7 GW	
	70-80	32-36		134	141			
U10 - 1 SKIS AGE 8-9 BIRTH YEAR 2014/2015	50-60	23-27	HERO JUNIOR MULTI-EVENT	120	130		TEAM 4 GW / NX 7 GW	HERO Jr 65
	60-70	27-32		130	140			
	70-80	32-36	HERO ATHLETE MULTI-EVENT	127	134		NX 7 GW LITFER	
	80-90	36-41		134	141			
U10 - 2 SKIS AGE 8-9 BIRTH YEAR 2014/2015	50-60	23-27	HERO ATHLETE GS PRO (R21 PRO)	126	HERO JUNIOR MULTI-EVENT	120	NX 7 / NX 7 GW LITFER (SL)	HERO Jr 65
	60-70	27-32		126/134	HERO ATHLETE SL PRO (R21 PRO)	128	NX 7 GW / NX 10 GW SPX 10 GW	
	70-80	32-36		134		135		
	80-90	36-41		143		135		
U12 AGE 10-11 BIRTH YEAR 2012/2013	60-70	27-32	HERO ATHLETE GS PRO (R21 PRO)	134	HERO ATHLETE SL PRO (R21 PRO)	128	NX 7 GW	HERO Jr 65
	70-80	32-36		143		135	NX 7 GW / NX 10 GW	
	80-90	36-41		150		135 / 142	NX 10 GW SPX 10 GW	HERO WC 70 SC
	90-100	41-45		158		142		
	100-110	45-50		164		149		HERO WC 90 SC
	U14 AGE 12-13 BIRTH YEAR 2010/2011	70-80		32-36		HERO ATHLETE GS PRO (R21 PRO)	143	HERO ATHLETE SL PRO (R21 PRO)
80-90		36-41	150	135/142	NX 10 GW SPX 10 GW		HERO WC 70 SC	
90-100		41-45	158	142				
100-110		45-50	164	149	SPX 10 GW		HERO WC 90 SC	
110-120		50-54	HERO ATHLETE GS PRO (R21 PRO) HERO ATHLETE GS (R22)	171/170	HERO ATHLETE SL (R22)	150	SPX 12 GW (R21 PRO) / SPX 12 Rockerace (R22)	HERO 110 SC / HERO WC Z SOFT+
U16 AGE 14-15 BIRTH YEAR 2008/2009		90-100	41-45	HERO ATHLETE GS PRO (R21 PRO)	164/171	HERO ATHLETE SL PRO (R21 PRO)	142	SPX 10 GW / SPX12 GW (R21 PRO) SPX 12 Rockerace (R22)
	100-110	45-50	HERO ATHLETE GS (R22)	170	HERO ATHLETE FIS SL (R22) HERO ATHLETE FIS SL FACTORY (R22)	149	SPX 12 Rockerace	HERO WC 110 SC HERO WC Z SOFT+
	110-120	50-54		175		150		
	120-130	54-59		182		157	SPX 12 Rockerace / SPX 15 Rockerace	HERO WC Z SOFT+ HERO WC ZJ+
	130-150+	59-68+		182/185*		157/165		
	U18 U21 U30 FIS WOMEN AGE 16 & + BIRTH YEAR U18 2006/2007 U21 2003/2004/2005	100-110	45-50	HERO ATHLETE FIS GS (R22)	188	HERO ATHLETE FIS SL (R22)	157	SPX 12 / SPX 15 Rockerace
110-120		50-54	SPX 15 / PX 18 WC Rockerace					HERO WC ZJ+
120-130		54-59						
130-140		59-63.5	HERO WC ZA or ZA+					
140-150		63.5-68						
150-160		68-73						
160-170+		73-77+						
U18 U21 U30 FIS MEN AGE 16 & + BIRTH YEAR U18 2006/2007 U21 2003/2004/2005 U30 1994 to 2002	100-110	45-50	HERO ATHLETE FIS GS (R22) / *OPTION FOR 1ST YEAR FIS*	188	HERO ATHLETE FIS SL FACTORY (R22)	165	SPX 15 Rockerace	HERO WC Z J+
	110-120	50-54					SPX 15 / PX 18 WC Rockerace	HERO WC ZA or ZA+
	120-130	54-59						
	130-140	59-63.5	PX 18 WC Rockerace	HERO WC ZB				
	140-150	63.5-68						
	150-160	68-73						
	160-170	73-77						
	170+	77+						

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FIS Rules > www.fis-ski.com

RACING

RECOMMENDATION CHART SEASON 24/25

lbs	KG	GS			SL			BOOT CHAUSSURES	BINDING FIXATION	
		SIZE (cm) TAILLE (cm)	RADIUS (m)		SIZE (cm) TAILLE (cm)					
33-55	15-25	WCR e.Race Team	110	6,7			Raptor 40	SX 7.5 GW AC		
55-66	25-30	WC e.Race Team	110/120	7,7			Raptor 40	SX 7.5 GW AC		
55-66	25-30	WCR e.GS Rebel Team	116	10			Raptor 40	SX 7.5 GW AC		
55-77	25-35	WCR e.GS Rebel Team	124	13			Raptor 60	EVO 9 GW AC		
77-88	35-40	WCR e.GS Rebel Team	132	14			Raptor 70	EVO 9 GW AC		
U8										
	15-25	WCR e.GS Rebel Team	140	15			WCR e.SL Rebel Team	125	Raptor 70	EVO 9 AC Race
55-77	25-35	WCR e.GS Rebel Team	148	16			WCR e.SL Rebel Team	132	Raptor WCR 70	EVO 9 / FF 11 Race
77-100	35-45	WCR e.GS Rebel Team	148/156	16/17			WCR e.SL Rebel Team	139	Raptor WCR 70 / 90	FF 11 Race
100+	45+	WCR e.GS Rebel Team	172	21			WCR e.SL Rebel Team	146	Raptor WCR 5/6	FF ST 14x
U10										
	30-40	WCR e.GS Rebel Team	140	15			WCR e.SL Rebel Team	132/139	Raptor WCR 70	FF 11 Race
66-88	40-45	WCR e.GS Rebel Team	148/156	16/17			WCR e.SL Rebel Team	139	Raptor WCR 6 / WCR 70	FF 11 Race
88-100	45+	WCR e.GS Rebel Team	172	21			WCR e.SL Rebel Team	146	Raptor WCR 5/6	FF ST 14x
100+	45+	WCR e.GS Rebel Team	172	21			WCR e.SL Rebel Team	146	Raptor WCR 5/6	FF ST 14x
U12										
	35-50	WCR e.GS Rebel Team	156/164	17/19			WCR e.SL Rebel Team	139/146	Raptor WCR 6 / 90	FF 11 Race
77-110	50-60	WCR e.GS Rebel Team	164/172	19/21			WCR e.SL Rebel Team	146/153	Raptor WCR 5	11 Race/ST 14x
110-132	60+	WCR e.GS Rebel	176/181	23 / 25			WCR e.SL Rebel	151/156 (FIS)	Raptor WCR 4	FF ST 14x
132+	60+	WCR e.GS Rebel	181/186	25			WCR e.SL Rebel FIS	156/158	Raptor WCR 3/4	FF ST 14x
U14										
	35-50	WCR e.GS Rebel Team	172	21			WCR e.SL Rebel Team	146/153	Raptor WCR 6/5	FF ST 14x
77-110	50-60	WCR e.GS Rebel	176	23			WCR e.SL Rebel	151	Raptor WCR 5/4	FF ST 14x
110-132	60+	WCR e.GS Rebel	181/186	25			WCR e.SL Rebel FIS	156/158	Raptor WCR 3/4	FF ST 14x
132+	60+	WCR e.GS Rebel	181/186	25			WCR e.SL Rebel FIS	156/158	Raptor WCR 3/4	FF ST 14x
U16 Women										
	45-60	WCR e-GS Rebel	176	23			WCR e-SL Rebel	151	Raptor WCR 5	FF ST 14x
77-110	60-70	WCR e-GS Rebel	181/186	25			WCR e-SL Rebel FIS	156/158	Raptor WCR 4	FF ST 14x
110-132	70+	WCR e-GS Rebel	188	27,5			WCR e-SL Rebel FIS	165	Raptor WCR 3	FF ST 16x
132+	70+	WCR e-GS Rebel	188	27,5			WCR e-SL Rebel FIS	165	Raptor WCR 3	FF ST 16x
U16 Men										
	45-60	WCR e-GS Rebel	176	23			WCR e-SL Rebel	151	Raptor WCR 5	FF ST 14x
77-110	60-70	WCR e-GS Rebel	181/186	25			WCR e-SL Rebel FIS	156/158	Raptor WCR 4	FF ST 14x
110-132	70+	WCR e-GS Rebel	188	27,5			WCR e-SL Rebel FIS	165	Raptor WCR 3	FF ST 16x
132+	70+	WCR e-GS Rebel	188	27,5			WCR e-SL Rebel FIS	165	Raptor WCR 3	FF ST 16x

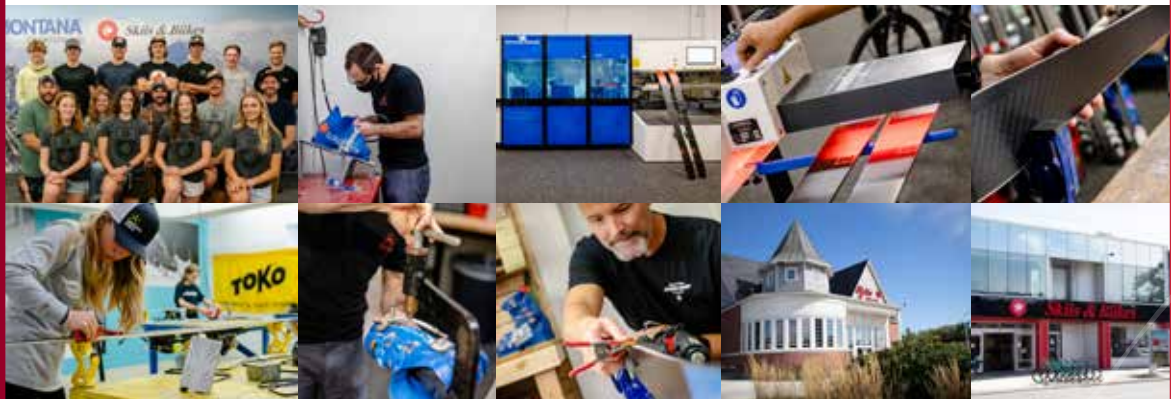
Race Sizing Chart 2023-2024														
SKIS / BOOTS / BINDINGS														
ATHLETE INFO		MULTI-EVENT	SLALOM	GIANT	SUPER-G	SKI CROSS	DH	DRS 60	DRS 75	DRS 90 LC	DRS XS (J) (90)	DRS SS (110)	DRS S (130)	DRS M (150+)
RECOMMENDED BINDING: MARKER RACE JR 8 (Jr boot sole), RACE 10 TCX OR XCOMP 12 + UNIVERSAL TUNING KIT											DRS WORLD CUP 92mm LAST			
ENTRY LEVEL	40-50 LBS	118 GSL combi	118 GSL combi					X						
	50-60	122 combi	122 combi					X						
	60-70	122 combi	122 combi	130 >12m				X						
U12	70-80	129 cm	129cm	137 >14m				X	X					
	80-90	136cm	129 cm	144 >14m				X	X					
	90-100	145cm	136cm	151 >17m				X	X					
RECOMMENDED BINDING: MARKER RACE 10 TCX, XCOMP 12 + UNIVERSAL TUNING KIT														
U14	70-80 LBS		129cm >9m	151 >17m				X						
	80-90		136cm	151/158					X					
	90-100		136/143cm >10m	158 >17m					X					
	100-110		136/143cm >10m	165 >18m						X				
	110-120		143/150cm >10m	170 >19m	183					X	X			
	120+		150cm >12m	174 >21m	183					X	X			
RECOMMENDED BINDING: MARKER XCOMP 12 XCOMP 16 + UNIVERSAL TUNING KIT														
U16	90-100 LBS		143cm	174 >21m	183cm				X	X				
	100-110		150cm	178 >23m	183/192				X	X				
	110-120		150cm	178/183	192				X	X				
	120-135		150/155cm RE	183-25m	192/203						X	X		
	135-150		155cm RE	183-25m	203-30m						X	X	X	X
	150+		157WC/165cm RE	188-27m	203-30m						X	X	X	X
RECOMMENDED BINDING: MARKER Xcomp 18+ UNIVERSAL TUNING KIT, TECH, SPEED & NOR-AM														
FIS WMN	100-125 LBS		155cm RE	183cm 30m RE	208cm						X	X	X	X
	125+		157cm WC	188cm 30m WC	208cm						X	X	X	X
RECOMMENDED BINDING: MARKER XCOMP 18 OR XCOMP 24 + UNIVERSAL TUNING KIT, TECH, SPEED & NOR-AM														
FIS MN	100-130 LBS		157cm WC	188 WC	211cm						X	X	X	X
	130-160		165cm WC	188 WC/193 WC	211cm						X	X	X	X
	160+		165cm WC	193cm WC	211cm						X	X	X	X
RECOMMENDED BINDING: MARKER XCOMP 18 Or Xcomp 24+ UNIVERSAL TUNING KIT, ALU-PLATE optional for MNS 191 U14/16, FIS & NOR-AM														
SKI CROSS FIS WMN				183-25m				GS X WC 185				X	X	
SKICROSS FIS MN				188-27m				GS X WC 191				X	X	X
SKICROSS U14/16				175/188				175 21/188 27			X	X		

Equipment selection is a personal choice. This is only a guide. Your individual selection may vary.

ELEVATE OUTDOOR COLLECTIVE Canada 1 Westside Drive, Unit #7 Toronto ON M9C1B2

Marker Dabbelo Volkl

WEIGHT (lbs)	BLIZZARD SL	LENGTH (CM)	Blizzard GS	WOMEN FIS / U18	LENGTH (CM)	MARKER BINDING	TECNICA BOOTS
--	--	--	FIREBIRD DH R.D.		212cm	RACE XCOMP 16 /18	--
--	--	--	FIREBIRD SG R.D.		205cm	RACE XCOMP 16 /18	--
105-115	FIREBIRD SL FIS / R.D.	156cm	FIREBIRD GS R.D.		188cm	RACE XCOMP 16 /18	FIREBIRD WC 110/ R 110
115-125	FIREBIRD SL FIS / R.D.	156cm	FIREBIRD GS R.D.		188cm	RACE XCOMP 16 /18	FIREBIRD WC 110 / R 110
125-145	FIREBIRD SL FIS / R.D.	156cm	FIREBIRD GS R.D.		188cm	RACE XCOMP 16 /18	FIREBIRD WC 110 / R 110/ 130
145 +	FIREBIRD SL FIS / R.D.	156cm	FIREBIRD GS R.D.		188cm	RACE XCOMP 16 /18	FIREBIRD WC 110 / R 110/ 130
MEN FIS / U18							
--	--	--	FIREBIRD DH R.D.		218cm	RACE XCOMP 18 / 24	--
--	--	--	FIREBIRD SG R.D.		212cm	RACE XCOMP 18 / 24	--
135-145	FIREBIRD SL FIS / R.D.	165cm	FIREBIRD GS R.D.		193cm	RACE XCOMP 16 /18	FIREBIRD WC 110/ 130 - R110/ 130
145-165	FIREBIRD SL FIS / R.D.	165cm	FIREBIRD GS R.D.		193cm	RACE XCOMP 16 /18	FIREBIRD WC 110 / 130 - R 110/ 130
165-175	FIREBIRD SL FIS / R.D.	165cm	FIREBIRD GS R.D.		193cm	RACE XCOMP 16 / 18	FIREBIRD WC 130 / 150 - R130
175 +	FIREBIRD SL FIS / R.D.	165cm	FIREBIRD GS R.D.		193cm	RACE XCOMP 18	FIREBIRD WC 130 / 150 - R130
U16 / 14-15 YEAR OLD							
--	--	--	FIREBIRD SG R.D.		185cm / 195cm	RACE XCOMP 16 / 18	--
95-105	FIREBIRD SL JR-RACING	136cm	FIREBIRD GS JR-RACING		157cm	RACE TCX 10 / XCOMP 12	FIREBIRD R70 SC
105-115	FIREBIRD SL JR-RACING	143cm	FIREBIRD GS JR-RACING		164cm	RACE XCOMP 12	FIREBIRD R70 / R90 SC
115-125	FIREBIRD SL RACING	149cm	FIREBIRD GS JR-RACING		171cm	RACE XCOMP 12	FIREBIRD R90 SC
125-135	FIREBIRD SL RACING / SL FIS	149cm/ 156cm	FIREBIRD GS JR-RACING / GS RACING		171cm / 178cm	RACE XCOMP 12 / 16	FIREBIRD R90 SC
135-145	FIREBIRD SL FIS	156cm	FIREBIRD GS RACING		178cm / 183cm	RACE XCOMP 12 / 16	FIREBIRD WC110 - R110
145 +	FIREBIRD SL FIS	156cm	FIREBIRD GS RACING		183cm / 188cm	RACE XCOMP 16	FIREBIRD WC110 - R110
U14 / 12-13 YEAR OLD							
--	--	--	FIREBIRD SG R.D.		185cm	RACE XCOMP 12 /16	--
75-85	FIREBIRD SL JR-RACING	128cm	FIREBIRD GS JR-RACING		150cm	RACE TCX 10	FIREBIRD R70 SC
85-95	FIREBIRD SL JR-RACING	135cm	FIREBIRD GS JR-RACING		157cm	RACE TCX 10	FIREBIRD R70 SC
95-105	FIREBIRD SL JR-RACING	135cm / 142cm	FIREBIRD GS JR-RACING		157cm / 164cm	RACE TCX 10 / XCOMP 12	FIREBIRD R70 SC
105-115	FIREBIRD SL JR-RACING	142cm	FIREBIRD GS JR-RACING		164cm	RACE XCOMP 12	FIREBIRD R70 SC
115-125	FIREBIRD SL RACING	149cm	FIREBIRD GS JR-RACING		171cm	RACE XCOMP 12	FIREBIRD R70 SC / R90 SC
125 +	FIREBIRD SL RACING	149cm	FIREBIRD GS JR-RACING		171cm	RACE XCOMP 12	FIREBIRD R90 SC
U12 / 10-11 YEAR OLD							
65 -	FIREBIRD SL JR-RACING	121cm	FIREBIRD GS JR-RACING		136cm	RACE 8	FIREBIRD 65
65-75	FIREBIRD SL JR-RACING	121cm	FIREBIRD GS JR-RACING		143cm	RACE 8	FIREBIRD 65 - R70 SC
75-85	FIREBIRD SL JR-RACING	128cm	FIREBIRD GS JR-RACING		150cm	RACE 8 / 10 TCX	FIREBIRD R70 SC
85-95	FIREBIRD SL JR-RACING	135cm	FIREBIRD GS JR-RACING		157cm	RACE TCX 10	FIREBIRD R70 SC
95-105	FIREBIRD SL JR-RACING	135cm / 142 cm	FIREBIRD GS JR-RACING		157cm / 164cm	RACE TCX 10 / XCOMP 12	FIREBIRD R70 SC
105 +	FIREBIRD SL JR-RACING	135cm / 142 cm	FIREBIRD GS JR-RACING		157cm / 164cm	RACE XCOMP 12	FIREBIRD R70 SC
U10 / 8-9 YEAR OLD							
50-60	FIREBIRD COMP JR	110cm	--		--	4.5	FIREBIRD 65 - J74
60-70	FIREBIRD COMP JR	120cm	--		--	4.5	FIREBIRD 65
70-80	FIREBIRD SL JR-RACING	121cm	--		--	RACE 8	FIREBIRD 65
80-90	FIREBIRD SL JR-RACING	128cm	--		--	RACE 8	FIREBIRD 65
90 +	FIREBIRD SL JR-RACING	135cm	--		--	RACE 8	FIREBIRD 65
U8 / 6-7 YEAR OLD							
40-50	FIREBIRD COMP JR	100cm	--		--	4.5	J74
50-60	FIREBIRD COMP JR	110cm	--		--	4.5	J74
WEIGHT (lbs)	BLIZZARD SL	LENGTH (CM)	Blizzard GS		LENGTH (CM)	MARKER BINDING	TECNICA BOOTS



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& Biikes*



**ALPINE
ONTARIO
ALPIN**

TORONTO
2063 Yonge St.
Toronto ON
416-391-0654

COLLINGWOOD
445 First St.
Collingwood, ON
705-445-9777

MISSISSAUGA
1945 Dundas St. East
Mississauga, ON
905-896-1206



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