

## 7.10. TECHNICAL DATA & COURSE SETTING

603.7.3.1-ON If multiple age categories are competing in the same course, course setting should be based on the specifications for **one category older than the youngest category** e.g., in a course set for U14 U12 U10, use **U12** specifications. Maximum vertical drop for the youngest category should be respected.

EVENT		FIS	U16	U14	U12	U10
SL	VD	W 120 - 200m M 140 - 220m	100 - 160m	100 - 160m	100 - 120m	as terrain allows
	DC	30% - 35% of VD (+/-3)	32% - 38% of VD (+/-3)	32% - 38% of VD (+/-3)	25 - 50	25 - 50
	Distance	6 - 13m	7 - 11m	7 - 11m	5 - 10m	5 - 10m
	Delay	12 - 18m	12 - 15m	12 - 15m	13m max.	13m max.
	Combinations	1 - 3 delay	1 - 3 delay	1 - 2 delay <sup>1</sup>	0 - 1 delay	0 - 1 delay
		3 hairpin min	3 - 6 hairpin	2 - 4 hairpin	1 - 3 hairpin	0 - 2 hairpin
		1 - 3 flush 3 or 4-gate	1 - 3 flush 3 or 4-gate	1 - 2 flush 3-gate only	0 - 1 flush 3-gate only	0 - 1 flush 3-gate only
Poles	25 - 32mm 72" OTS	25 - 27mm	25 - 27mm 60" OTS	25mm or stubby	25mm or stubby	
GS	VD	W 250 - 400m M 250 - 450m	150 - 350m <sup>3</sup>	150 - 350m <sup>3</sup>	200m max	as terrain allows
	DC	11% - 15% of VD	13% - 18% of VD	13% - 18% of VD	13% - 18% of VD	35 max.
	Distance	10m min	10 - 27m	10 - 27m	14 - 20m	11 - 17m
	Delay		35m max.	35m max.	25m max.	20m max.
	Combinations		1 - 3 delay	0 - 3 delay	0 - 1 delay	0 - 1 delay
	Poles				27mm max. 60" OTS	27mm max. 60" OTS
SG	VD	W 350 - 600m M 350 - 650m	200 - 450m <sup>4</sup>	200 - 450m <sup>4</sup>	Use sections, terrain (jump, drop-off, sidehill, bank, speed trap, pump track) for skill development: start, stop, glide, absorb, jump, tuck, skate	Use sections, terrain (jump, drop-off, sidehill, bank, speed trap, pump track) for skill development: start, stop, glide, absorb, jump, tuck, skate
	DC	7% of VD min	8% - 12% of VD	8% - 12% of VD		
	Distance	25m min	25m min	25m min		
	Combinations	15m min	15m min	15m min		
PAR SL	VD	50m min	35m min	35m min	as terrain allows	as terrain allows
	DC	15 min	12 min	12 min		
	Length	160m min	120m min	120m min		
	Jumps	1 rec	1 rec	0	0	0
	Between courses	8m min	8m min	8m min	8m min	8m min
EVENT		FIS	U16	U14	U12	U10

<sup>1</sup> SL U14 1-3 delay

<sup>2</sup> GS U16-U14 VD 200-350m

<sup>3</sup> SG U16-U14 VD 250-450m