



*Skiis  
& Biikes*



ALPINE  
ONTARIO  
ALPIN

## GEAR GUIDE 2025-26



**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](mailto: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 | Highly Recommended      |

## LEGEND



Not Permitted

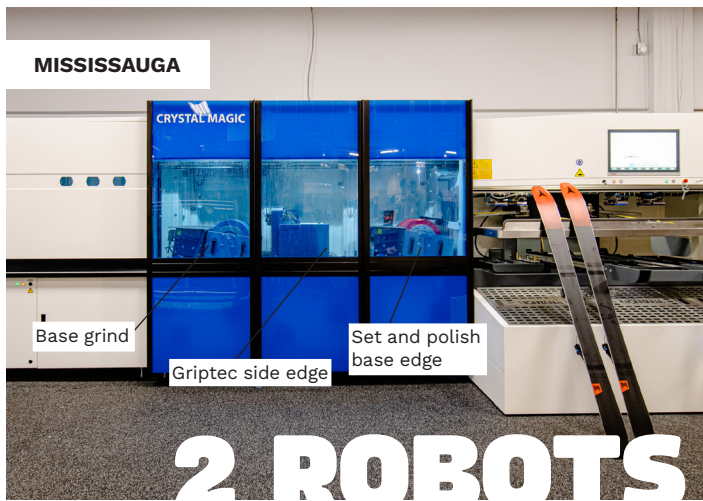


Permitted and Recommended

Mandatory

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 Skiis & Biikes).

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 in 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.

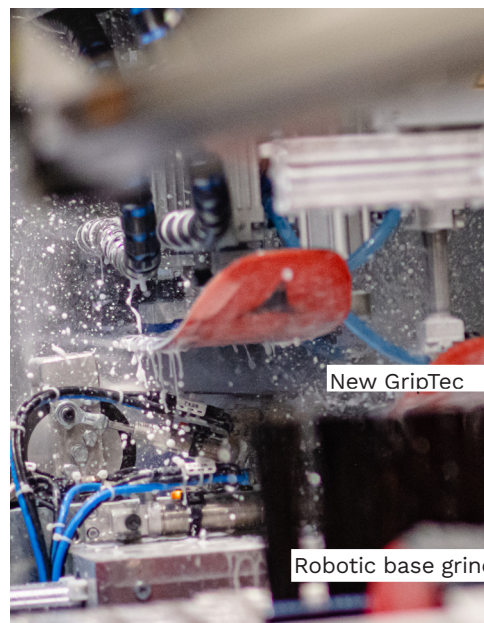
The result is an effortless, fast and smooth skiing or riding experience.



|                                     |                |
|-------------------------------------|----------------|
| <b>Ski/Snowboard Tune:</b>          | <b>\$59.99</b> |
| <b>add base repair starting at:</b> | <b>\$10</b>    |
| <b>add Infrared Hot Wax:</b>        | <b>\$20</b>    |

|                                     |                 |
|-------------------------------------|-----------------|
| <b>Infrared Hot Wax:</b>            | <b>\$30</b>     |
| <b>WC Race Tune + CH Wax:</b>       | <b>\$119.99</b> |
| <b>WC Base Grind and Structure:</b> | <b>\$60</b>     |

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.





#### 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 in-step, 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 Skiis & Biikes Wax Room in Collingwood, it's free to use and keeps your garage/ hotel room wax-free!

### VICE



### BRUSH



### SIDEWALL REMOVER



### SIDE GUIDE



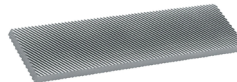
### WAX



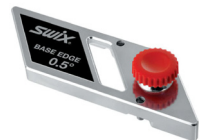
### SPEED WAX



### FILE



### BASE GUIDE



### BASE CLEANER



### SPEED BRUSH



### TUNING GLOVE



### DIAMOND FILE



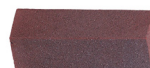
### IRON



### 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 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.

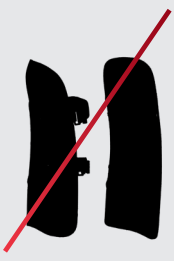
## NOT RECOMMENDED



### 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



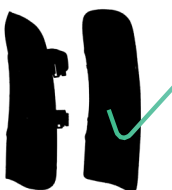
### Pole Guards

Optional for slalom: talk your coach.



### Arm Guards

Slalom or GS.



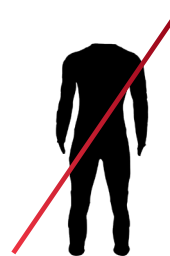
### Shin Guards

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           | Dalbelo 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 | Dalbelo DRS 60       |
|              | Fischer RC4 WORLDCUP JR.           | 125       |             | RC4 Z9 GW AC         | RC4 PODIUM LT 70     |
| Weight (lbs) | Ski Models                         | Size (cm) | Size up to: | Bindings             | Boots                |
| 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 | Dalbelo DRS 60       |
|              | Fischer RC4 WORLDCUP JR.           | 125       | 130         | RC4 Z9 GW AC         | RC4 PODIUM LT 70     |
| Weight (lbs) | Ski Models                         | Size (cm) | Size up to: | Bindings             | Boots                |
| 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        | Dalbelo 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        | Dalbelo 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-RP²                      | 124       | 131   | 60-70        | Atomic Redster S9 FIS J-RP²               | 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 WC e-Race Team                              | 130       |       |              | Head WC e.SL Rebel Team                   | 120       | 126   |
|              | 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-RP²                      | 131       | 138   | 70-80        | Atomic Redster S9 FIS J-RP²               | 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 WC e-Race Team                              | 130       |       |              | Head WC e.SL Rebel Team                   | 120       | 126   |
|              | 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-RP²                      | 138       | 145   | 80-90        | Atomic Redster S9 FIS J-RP²               | 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 WC e.GS Rebel Team                          | 145       |       |              | Head WC e.SL Rebel Team                   | 120       | 126   |
|              | 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-RP²                      | 145       | 152   | 90 - 100+    | Atomic Redster S9 FIS J-RP²               | 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 Head WC e.GS Rebel Team                     | 152       |       |              | Head WC e.SL Rebel Team                   | 126       | 132   |
|              | 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                    | Dalbello 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                    | Dalbello 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                    |
|              | Lok 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                    | Dalbello 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           |
|              | Lok NX 7 GW / NX 10 GW / SPX 10 GW  | Rossingol 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                    | Dalbello 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.



### 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

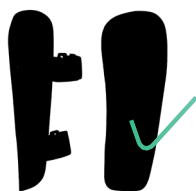


### Mouth Guard



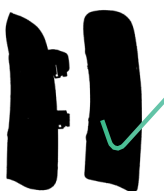
### Pole Guards

Slalom only.



### Arm Guards

Slalom or GS.



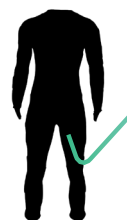
### Shin Guards

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  | GS Ski Model                               | Size (cm) | up to |
|---------|--------------------------------------------|-----------|-------|
| 70-80   | Atomic Redster G9 FIS J-RP²                | 131       | 138   |
|         | Dynastar Speed Course Team GS (R21 PRO)    | 143       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO)    | 143       |       |
|         | Head WC e.GS Rebel Team                    | 145       | 152   |
|         | Nordica DOBERMANN GSJ PLATE                | 143       |       |
|         | Volkl Racetiger GS                         | 137       |       |
|         | Blizzard FIREBIRD GS JR-RACING             | 143       |       |
|         | Fischer RC4 WORLDCUP GS JR.                | 143       | 148   |
| 80-90   | GS Ski Model                               | Size (cm) | up to |
|         | Atomic Redster G9 FIS J-RP²                | 138       | 145   |
|         | Dynastar Speed Course Team GS (R21 PRO)    | 150       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO)    | 150       |       |
|         | Head WC e.GS Rebel Team                    | 145       | 152   |
|         | Nordica DOBERMANN GSJ PLATE                | 150       |       |
|         | Volkl Racetiger GS                         | 144       |       |
|         | Blizzard FIREBIRD GS JR-RACING             | 143       | 150   |
|         | Fischer RC4 WORLDCUP GS JR.                | 148       | 153   |
| 90-100  | GS Ski Model                               | Size (cm) | up to |
|         | Atomic Redster G9 FIS Revoshock J or J-RP² | 145       | 152   |
|         | Dynastar Speed Course Team GS (R21 PRO)    | 158       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO)    | 158       |       |
|         | Head WC e.GS Rebel Team                    | 152       | 159   |
|         |                                            | 150       | 157   |
|         | Volkl Racetiger GS                         | 151       | 158   |
|         | Blizzard FIREBIRD GS JR-RACING             | 157       | 164   |
|         | Fischer RC4 WORLDCUP GS JR.                | 153       | 158   |
| 100-110 | GS Ski Model                               | Size (cm) | up to |
|         | Atomic Redster G9 FIS Revoshock J or J-RP² | 159       | 166   |
|         | Dynastar Speed Course Team GS (R21 PRO)    | 164       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO)    | 164       |       |
|         | Head WC e.GS Rebel Team                    | 152       | 159   |
|         | Nordica DOBERMANN GSJ PLATE                | 157       |       |
|         | Volkl Racetiger GS                         | 158       |       |
|         | Blizzard FIREBIRD GS JR-RACING             | 157       | 164   |
|         | Fischer RC4 WORLDCUP GS JR.                | 158       | 163   |
| 110-120 | GS Ski Model                               | Size (cm) | up to |
|         | Atomic Redster G9 FIS Revoshock J or J-RP² | 159       | 166   |
|         | Dynastar Speed Course Team GS (R21 PRO)    | 164       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO)    | 164       |       |
|         | Head WC 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-RP²               | 124       | 131   |
|         | Dynastar Speed Omeglass TEAM SL (R21 PRO) | 135       |       |
|         | Rossignol Hero Athlete SL PRO (R21 PRO)   | 135       |       |
|         | Head WC e.SL Rebel Team                   | 120       | 126   |
|         | Nordica DOBERMANN SLJ PLATE               | 128       |       |
|         | Volkl Racetiger SL                        | 129       |       |
|         | Blizzard FIREBIRD SL JR-RACING            | 121       | 128   |
|         | Fischer RC4 WOLRDCUP SL JR.               | 125       | 130   |
| 80-90   | SL Ski Model                              | Size (cm) | up to |
|         | Atomic Redster S9 FIS J-RP²               | 131       | 138   |
|         | Dynastar Speed Omeglass TEAM SL (R21 PRO) | 135       | 142   |
|         | Rossignol Hero Athlete SL PRO (R21 PRO)   | 135       | 142   |
|         | Head WC e.SL Rebel Team                   | 120       | 126   |
|         | Nordica DOBERMANN SLJ PLATE               | 128       | 135   |
|         | Volkl Racetiger SL                        | 129       |       |
|         | Blizzard FIREBIRD SL JR-RACING            | 128       | 135   |
|         | Fischer RC4 WOLRDCUP SL JR.               | 130       | 135   |
| 90-100  | SL Ski Model                              | Size (cm) | up to |
|         | Atomic Redster S9 FIS J-RP²               | 138       | 145   |
|         | Dynastar Speed Omeglass TEAM SL (R21 PRO) | 142       |       |
|         | Rossignol Hero Athlete SL PRO (R21 PRO)   | 142       |       |
|         | Head WC e.SL Rebel Team                   | 126       | 132   |
|         | Nordica DOBERMANN SLJ PLATE               | 128       | 135   |
|         | Volkl Racetiger SL                        | 136       |       |
|         | Blizzard FIREBIRD SL JR-RACING            | 135       | 142   |
|         | Fischer RC4 WOLRDCUP SL JR.               | 135       | 140   |
| 100-110 | SL Ski Model                              | Size (cm) | up to |
|         | Atomic Redster S9 FIS J-RP²               | 145       | 152   |
|         | Dynastar Speed Omeglass TEAM SL (R21 PRO) | 149       |       |
|         | Rossignol Hero Athlete SL PRO (R21 PRO)   | 149       |       |
|         | Head WC e.SL Rebel Team                   | 132       | 138   |
|         | Nordica DOBERMANN SLJ PLATE               | 135       |       |
|         | Volkl Racetiger SL                        | 136       | 143   |
|         | Blizzard FIREBIRD SL JR-RACING            | 135       | 142   |
|         | Fischer RC4 WOLRDCUP SL JR.               | 140       | 145   |
| 110-120 | SL Ski Model                              | Size (cm) | up to |
|         | Atomic Redster S9 FIS J                   | 145       | 152   |
|         | Dynastar Speed Omeglass TEAM SL (R21 PRO) | 149       |       |
|         | Rossignol Hero Athlete SL PRO (R21 PRO)   | 149       |       |
|         | Head WC e.SL Rebel Team                   | 132       | 138   |
|         | 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                          | <b>Boots</b>                              | <b>Bindings</b>                     |
|                                | 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                |
| 90-100                         | <b>Boots</b>                              | <b>Bindings</b>                     |
|                                | 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                |
| 100-110                        | <b>Boots</b>                              | <b>Bindings</b>                     |
|                                | 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            |
| 110-120                        | <b>Boots</b>                              | <b>Bindings</b>                     |
|                                | 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

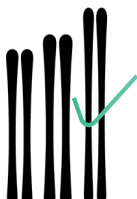


**Race Suit**



**Hard Ear Helmet**

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.



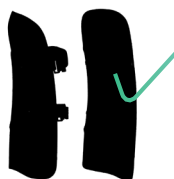
**Pole Guards**

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

| Weight  | GS Ski Model                                                | Size (cm) | up to |
|---------|-------------------------------------------------------------|-----------|-------|
| 70-80   | Atomic Redster G9 FIS J-RP²                                 | 131       | 138   |
|         | Dynastar Speed Course Team GS (R21 PRO)                     | 144       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO)                     | 143       |       |
|         | Head WC e.GS Rebel Team                                     | 152       | 159   |
|         | Nordica DOBERMANN GSJ PLATE                                 | 150       |       |
|         | Volkl Racetiger GS                                          | 151       |       |
|         | Fischer RC4 WORLD CUP GS JR.                                | 153       | 158   |
|         | Blizzard FIREBIRD GS JR-RACING                              | 150       |       |
| 80-90   | GS Ski Model                                                | Size (cm) | up to |
|         | Atomic Redster G9 FIS J-RP²                                 | 145       |       |
|         | Dynastar Speed Course Team GS (R21 PRO)                     | 151       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO)                     | 150       |       |
|         | Head WC e.GS Rebel Team                                     | 159       |       |
|         | Nordica DOBERMANN GSJ PLATE                                 | 157       |       |
|         | Volkl Racetiger GS                                          | 150       | 158   |
|         | Fischer RC4 WORLD CUP GS JR.                                | 158       |       |
| 90-100  | GS Ski Model                                                | Size (cm) | up to |
|         | Atomic Redster G9 FIS REVOSHOCK J-RP² / J                   | 152       |       |
|         | Dynastar Speed Course Team GS (R21 PRO)                     | 158       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO)                     | 158       |       |
|         | Head WC e.GS Rebel Team                                     | 166       |       |
|         | Nordica DOBERMANN GSJ PLATE                                 | 157       |       |
|         | Volkl Racetiger GS                                          | 158       |       |
|         | Fischer RC4 WORLD CUP GS JR.                                | 158       | 163   |
| 100-110 | GS Ski Model                                                | Size (cm) | up to |
|         | Atomic Redster G9 FIS REVOSHOCK J-RP² / J                   | 159       | 166   |
|         | Dynastar Speed Course Team GS (R21 PRO)                     | 165       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO)                     | 164       |       |
|         | Head WC e.GS Rebel Team                                     | 166       |       |
|         | Nordica DOBERMANN GSJ PLATE                                 | 164       |       |
|         | Volkl Racetiger GS                                          | 165       |       |
|         | Fischer RC4 WORLD CUP GS JR.                                | 163       |       |
| 110-120 | GS Ski Model                                                | Size (cm) | up to |
|         | Atomic Redster G9 FIS REVOSHOCK J-RP² / J                   | 159       | 166   |
|         | Dynastar Speed Course Team GS (R21 PRO) or WC GS (R22)      | 170       |       |
|         | Rossignol Hero Athlete GS PRO (R21 PRO) or Athlete GS (R22) | 171/170   |       |
|         | Head WC e.GS Rebel Team                                     | 173       |       |
|         | Nordica DOBERMANN GSJ PLATE                                 | 171       |       |
|         | Volkl Racetiger GS                                          | 170       |       |
|         | Fischer RC4 WORLD CUP GS JR.                                | 168       | 173   |
| 120+    | GS Ski Model                                                | Size (cm) | up to |
|         | Atomic Redster G9 FIS REVOSHOCK J                           | 166       |       |
|         | Dynastar Speed Course GS WC GS (R22)                        | 170       |       |
|         | Rossignol Hero Athlete GS (R22)                             | 171       |       |
|         | Volkl Racetiger GS                                          | 174       |       |
|         | Head WC e.GS Rebel Team - jr plate                          | 173       | 176   |
|         | Fischer RC4 WORLD CUP GS JR.                                | 173       | 178   |
|         | Blizzard FIREBIRD GS JR-RACING                              | 171       |       |

## SL

| Weight  | SL Ski Model                                 | Size (cm) | up to |
|---------|----------------------------------------------|-----------|-------|
| 70-80   | Atomic Redster S9 FIS J-RP²                  | 131       |       |
|         | Dynastar Speed Omeglass Team SL (R21 Pro)    | 135       |       |
|         | Rossignol Hero Athlete SL Pro (R21 Pro)      | 135       |       |
|         | HEAD WC e.SL Rebel Team                      | 132       | 138   |
|         | Nordica DOBERMANN SLJ PLATE                  | 135       | 143   |
|         | Volkl Race Tiger SL                          | 129       |       |
|         | Fischer RC4 WOLRDCUP SL JR.                  | 130       | 135   |
|         | Blizzard Firebird SL JR-Racing               | 128       |       |
| 80-90   | SL Ski Model                                 | Size (cm) | up to |
|         | Atomic Redster S9 FIS J-RP²                  | 131       | 138   |
|         | Dynastar Speed Omeglass Team SL (R21 Pro)    | 135       | 142   |
|         | Rossignol Hero Athlete SL Pro (R21 Pro)      | 135       | 142   |
|         | HEAD WC e.SL Rebel Team                      | 138       | 144   |
|         | Nordica DOBERMANN SLJ PLATE                  | 135       | 143   |
|         | Volkl Race Tiger SL                          | 136       |       |
|         | Fischer RC4 WOLRDCUP SL JR.                  | 135       | 140   |
| 90-100  | SL Ski Model                                 | Size (cm) | up to |
|         | Atomic Redster S9 FIS J-RP²                  | 138       | 145   |
|         | Dynastar Speed Omeglass Team SL (R21 Pro)    | 142       |       |
|         | Rossignol Hero Athlete SL Pro (R21 Pro)      | 142       |       |
|         | HEAD WC e.SL Rebel Team                      | 144       | 150   |
|         | Nordica DOBERMANN SLJ PLATE                  | 142       | 149   |
|         | Volkl Race Tiger SL                          | 136       | 143   |
|         | Fischer RC4 WOLRDCUP SL JR.                  | 140       | 145   |
| 100-110 | SL Ski Model                                 | Size (cm) | up to |
|         | Atomic Redster S9 FIS J-RP²                  | 145       | 152   |
|         | Dynastar Speed Omeglass Team SL (R21 Pro)    | 149       |       |
|         | Rossignol Hero Athlete SL Pro (R21 Pro)      |           |       |
|         | HEAD WC e.SL Rebel Team                      | 144       | 150   |
|         | Nordica DOBERMANN SLJ PLATE                  | 149       |       |
|         | Volkl Race Tiger SL                          | 136       | 143   |
|         | Fischer RC4 WOLRDCUP SL JR.                  | 145       | 150   |
| 110-120 | SL Ski Model                                 | Size (cm) | up to |
|         | Atomic Redster S9 FIS J                      | 145       | 152   |
|         | Dynastar Speed Omeglass WC SL (R22)          | 150       |       |
|         | Rossignol Hero Athlete SL (R22)              | 150       |       |
|         | HEAD WC e.SL Rebel Team                      | 144       | 150   |
|         | Nordica DOBERMANN SLJ PLATE                  | 149       |       |
|         | Volkl Race Tiger SL                          | 143       | 150   |
|         | Fischer RC4 WOLRDCUP SL JR.                  | 150       |       |
| 120+    | SL Ski Model                                 | Size (cm) | up to |
|         | Atomic Redster S9 FIS J                      | 152       |       |
|         | Dynastar Speed Omeglass WC SL (R22)          | 150       |       |
|         | Rossignol Hero Athlete SL (R22)              | 150       |       |
|         | Volkl Race Tiger SL                          | 150       |       |
|         | HEAD WC e.SL Rebel Team / e SL Rebel non-FIS | 150       | 151   |
|         | Fischer RC4 WOLRDCUP SL JR.                  | 150       |       |
|         | 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        | <b>Boots</b>                              | <b>Bindings</b>                                |
|              | 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       | <b>Boots</b>                              | <b>Bindings</b>                                |
|              | 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      | <b>Boots</b>                              | <b>Bindings</b>                                |
|              | 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      | <b>Boots</b>                              | <b>Bindings</b>                                |
|              | 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+         | <b>Boots</b>                              | <b>Bindings</b>                                |
|              | 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                         |

# U16

U16 is for athletes aged 14-15. The races often include multiple events, such as Slalom, Giant Slalom, and Super-G. These events serve as a pathway for junior athletes to progress into more elite levels of competition. Participation in U16 ski racing usually requires athletes to be registered with AOA and adhere to regulations regarding equipment and safety protocols. Performances in U16 races can affect future opportunities, such as selection for regional and provincial teams, as well as eligibility for scholarships and sponsorships. Overall, U16 ski racing in Ontario is an important stepping stone for young athletes aspiring to compete at higher levels.



## RECOMMENDED GEAR

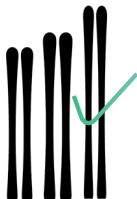


**Race Suit**



**Hard Ear Helmet**

FIS sticker mandatory.



**Skis**

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



**Ski Boots**

Generally flex of 110-130



**Bindings**

DIN max 14-15



**Back Protector**

Back Protection is highly recommended and mandatory for SG.



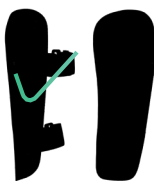
**Cut Resistant Baselayer**

Cut Resistant Baselayer is highly recommended.



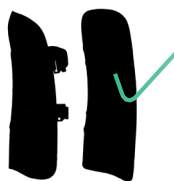
**Pole Guards**

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.

U16: SKIS

GS

| Weight   | GS Ski Model                                          | Size (cm) | up to      |
|----------|-------------------------------------------------------|-----------|------------|
| 90-100   | Atomic REDSTER G9 FIS J-RP²<br>REDSTER G9 REVOSHOCK J | 152       | 159        |
|          | Dynastar Speed Course Team GS (R21 PRO)               | 164       | 171        |
|          | Rossignol Hero Athlete GS PRO (R21 PRO)               | 164       | 171        |
|          | Head WC e.GS Rebel Team or Jr Plate                   | 173       | 176        |
|          | Nordica DOBERMANN GSJ PLATE                           | 164       |            |
|          | Volkl Racetiger GS                                    | 174       |            |
|          | Fischer RC4 WORLDCUP GS JR.                           | 168       | 173        |
|          | Blizzard FIREBIRD GS JR-RACING                        | 157       |            |
| 100-110  | GS Ski Model                                          | Size (cm) | up to      |
|          | Atomic REDSTER G9 FIS J-RP²<br>REDSTER G9 REVOSHOCK J | 159       | 166        |
|          | Dynastar Speed Course WC GS (R22)                     | 170       |            |
|          | Rossignol Hero Athlete GS (R22)                       | 170       |            |
|          | Head WC e.GS Rebel Team or Jr Plate                   | 173       | 176        |
|          | Nordica DOBERMANN GSJ PLATE                           | 171       |            |
|          | Volkl Racetiger GS                                    | 178       |            |
|          | Fischer RC4 WORLDCUP GS JR.                           | 173       |            |
| 110-120  | GS Ski Model                                          | Size (cm) | up to      |
|          | Atomic REDSTER G9 FIS J-RP²<br>REDSTER G9 REVOSHOCK J | 166       |            |
|          | Dynastar Speed Course WC GS (R22)                     | 175       |            |
|          | Rossignol Hero Athlete GS (R22)                       | 175       |            |
|          | Head WC e.GS Jr Plate                                 | 176       |            |
|          | Nordica DOBERMANN GSJ or GS RACE PLATE                | 171       | 178        |
|          | Volkl Racetiger GS                                    | 178       |            |
|          | Fischer RC4 WORLDCUP GS JR.                           | 178       |            |
| 120-130  | GS Ski Model                                          | Size (cm) | up to      |
|          | Atomic REDSTER G9 FIS REVOSHOCK                       | 173       |            |
|          | Dynastar Speed Course WC GS (R22)                     | 182       |            |
|          | Rossignol Hero Athlete GS (R22)                       | 182       |            |
|          | Head WC e.GS Jr Plate                                 | 176       | 181        |
|          | Nordica DOBERMANN GS RACE PLATE                       | 178       | 183        |
|          | Volkl Racetiger GS                                    | 183       |            |
|          | Fischer RC4 WORLDCUP GS (FIS JUNIOR)                  | 183       |            |
| 130-150+ | GS Ski Model                                          | Size (cm) | up to      |
|          | Atomic REDSTER G9 FIS REVOSHOCK                       | 173       | 180 or 187 |
|          | Dynastar Speed Course WC GS (R22)                     | 182       | 185        |
|          | Rossignol Hero Athlete GS (R22)                       | 182       | 185        |
|          | Head WC e.GS Jr Plate                                 | 181       | 186 or 188 |
|          | Nordica DOBERMANN GS RACE PLATE                       | 183       | 188        |
|          | Volkl Racetiger GS                                    | 183       | 188        |
|          | RC4 WORLDCUP GS (FIS JUNIOR)                          | 183       | 188        |
|          | Blizzard FIREBIRD GS RACING                           | 183       | 188        |

SL

| Weight   | SL Ski Model                                          | Size (cm) | up to     |
|----------|-------------------------------------------------------|-----------|-----------|
| 90-100   | Atomic REDSTER S9 FIS J-RP²<br>REDSTER S9 FIS J       | 138       | 145       |
|          | Dynastar Speed Omeglass Team SL (R21 Pro)             | 142       |           |
|          | Rossignol Hero Athlete SL Pro (R21 Pro)               | 142       |           |
|          | HEAD WC e.SL Rebel Team                               | 144       | 150       |
|          | Nordica DOBERMANN SL RACE PLATE                       | 149       |           |
|          | Volkl Racetiger SL                                    | 143       |           |
|          | Fischer RC4 WOLRDCUP SL JR.                           | 140       | 145       |
|          | Blizzard Firebird SL JR-Racing                        | 136       |           |
| 100-110  | SL Ski Model                                          | Size (cm) | up to     |
|          | Atomic REDSTER S9 FIS J-RP²<br>REDSTER S9 FIS J       | 145       | 152       |
|          | Dynastar Speed Omeglass Team SL (R21 Pro)             | 149       |           |
|          | Rossignol Hero Athlete SL Pro (R21 Pro)               | 135       | 142       |
|          | HEAD WC e.SL Rebel Team                               | 138       | 144       |
|          | Nordica DOBERMANN SL RACE PLATE                       | 149       |           |
|          | Volkl Race Tiger SL                                   | 150       |           |
|          | Fischer RC4 WOLRDCUP SL JR.                           | 145       | 150       |
| 110-120  | SL Ski Model                                          | Size (cm) | up to     |
|          | Atomic REDSTER S9 FIS J<br>REDSTER S9 FIS             | 152       | 155       |
|          | Dynastar Speed Omeglass WC SL (R22)                   | 150       |           |
|          | Rossignol Hero Athlete SL (R22)                       | 150       |           |
|          | HEAD WC e.SL Rebel Team                               | 144       | 150       |
|          | Nordica DOBERMANN SL RACE or WC PLATE                 | 149       | 156       |
|          | Volkl Racetiger SL                                    | 150       | 143       |
|          | Fischer RC4 WOLRDCUP SL JR.                           | 150       |           |
| 120-130  | SL Ski Model                                          | Size (cm) | up to     |
|          | Atomic REDSTER S9 FIS J<br>REDSTER S9 FIS             | 152       | 155       |
|          | Dynastar Speed Omeglass WC FIS SL or<br>FACTORY (R22) | 157       |           |
|          | Rossignol Hero Athlete FIS SL or FACTORY (R22)        | 157       |           |
|          | HEAD WC e.SL Rebel Team or non-FIS                    | 150       | 151       |
|          | Nordica DOBERMANN SL WC PLATE                         | 156       |           |
|          | Volkl Racetiger SL                                    | 150       | 155       |
|          | Fischer RC4 WORLDCUP SL WOMEN                         | 155       |           |
| 130-150+ | SL Ski Model                                          | Size (cm) | up to     |
|          | Atomic REDSTER S9 FIS J<br>REDSTER S9 FIS W           | 155       | 157       |
|          | Dynastar Speed Omeglass WC FIS SL or<br>FACTORY (R22) | 157       | 165       |
|          | Rossignol Hero Athlete FIS SL or FACTORY (R22)        | 157       | 165       |
|          | HEAD WC e.SL Rebel, non-FIS or FIS                    | 150 - 151 | 156 - 158 |
|          | Nordica DOBERMANN SL WC PLATE                         | 156       | 165       |
|          | Volkl Racetiger SL                                    | 155       | 157 - 165 |
|          | Fischer RC4 WORLDCUP SL WOMEN                         | 155       |           |
|          | Blizzard Firebird SL FIS                              | 156       |           |

# U16: BOOTS & BINDINGS

| Weight   | Boots                                      | Bindings                                           |
|----------|--------------------------------------------|----------------------------------------------------|
| 90-100   | Atomic STI 70                              | Atomic COLT 10 or 12                               |
|          | Lange RS 90 SC                             | Look SPX 10 GW / 12 (R21 PRO) / 12 Rockerace (R22) |
|          | Rossignol HERO WC 90 SC                    | Look SPX 10 GW / 12 (R21 PRO) / 12 Rockerace (R22) |
|          | Head Raptor WCR 90                         | Tyrolia FF 11 Race/ FF ST 14                       |
|          | Nordica DOBERMANN RD SOFT LC or RD M       | MARKER RACE TCX 10 / XCOMP 12                      |
|          | Dalbello DRS 90 or DRS X(J) 90             | MARKER RACE TCX 10 / XCOMP 12                      |
|          | Fischer RC4 PODIUM LT 90 / 110             | Fischer RC4 Z11 FREEFLEX                           |
|          | Tecnica Firebird R70 SC                    | MARKER RACE TCX 10 / XCOMP 12                      |
| 100-110  | <b>Boots</b>                               | <b>Bindings</b>                                    |
|          | Atomic STI 70 or 90                        | Atomic COLT 12 or X 12 or X 14                     |
|          | Lange RS 110 SC or WC Z SOFT+              | Look SPX 10 GW / 12 (R21 PRO) / 12 Rockerace (R22) |
|          | Rossignol HERO WC 110 SC SOFT or Z SOFT+   | Look SPX 10 GW / 12 (R21 PRO) / 12 Rockerace (R22) |
|          | Head RAPTOR WCR 5 SC                       | Tyrolia FF 11 Race/ FF ST 14                       |
|          | Nordica DOBERMANN RD SOFT LC or RD M       | MARKER RACE TCX 10 / XCOMP 12                      |
|          | Dalbello DRS 90 or DRS X(J) 90             | MARKER RACE TCX 10 / XCOMP 12                      |
|          | Fischer RC4 PODIUM LT 90 / 110             | Fischer RC4 Z11 FREEFLEX                           |
| 110-120  | <b>Boots</b>                               | <b>Bindings</b>                                    |
|          | Atomic STI 70                              | Atomic X 12 or X 14                                |
|          | Lange RS 110 SC or WC Z SOFT+              | Look SPX 12 Rockerace (R22)                        |
|          | Rossignol HERO WC 110 SC SOFT or Z SOFT+   | Look SPX 12 Rockerace (R22)                        |
|          | Head RAPTOR WCR 5 SC                       | Tyrolia FF ST 14                                   |
|          | Nordica DOBERMANN RD SOFT LC or RD M       | MARKER XCOMP 12                                    |
|          | Dalbello DRS 90 or DRS X(J) 90             | MARKER XCOMP 12                                    |
|          | Fischer RC4 PODIUM LT 90 / 110             | Fischer RC4 Z14 FREEFLEX ST                        |
| 120-130  | <b>Boots</b>                               | <b>Bindings</b>                                    |
|          | Atomic STI 110 / TI 110                    | Atomic X 12 VAR                                    |
|          | Lange RS WC Z SOFT+ or WC ZJ+              | Look SPX 12 Rockerace (R22)                        |
|          | Rossignol HERO WC Z SOFT+ or WC ZJ+        | Look SPX 12 Rockerace (R22)                        |
|          | Head Raptor WCR 5 or 6 SC                  | Tyrolia FF ST 14                                   |
|          | Nordica DOBERMANN 5 Soft L.C./RD Soft L.C. | MARKER XCOMP 12 / 16                               |
|          | Dalbello DRS X(J) 90 or DRS SS 110         | MARKER XCOMP 12 / 16                               |
|          | Fischer RC4 PODIUM LT 90 / 110             | Fischer RC4 Z14 FREEFLEX ST                        |
| 130-150+ | <b>Boots</b>                               | <b>Bindings</b>                                    |
|          | Atomic STI 130 or TI 130                   | Atomic X 12 VAR or X 16 VAR                        |
|          | Lange RS WC Z SOFT+ or WC ZJ+              | Look SPX 12 or 15 Rockerace (R22)                  |
|          | Rossignol HERO WC Z SOFT+ or WC ZJ+        | Look SPX 12 or 15 Rockerace (R22)                  |
|          | Head Raptor WCR 6 SC                       | Tyrolia FF ST 14 or 16                             |
|          | Nordica DOBERMANN 5 Soft L.C./RD Soft L.C. | Marker XCOMP 16                                    |
|          | Dalbello DRS SS 110 or DRS 130             | Marker XCOMP 16                                    |
|          | Fischer RC4 PODIUM RD WORLDCUP STD         | Fischer RC4 Z14 FREEFLEX ST                        |
| 150-170  | <b>Boots</b>                               | <b>Bindings</b>                                    |
|          | Tecnica Firebird WC 110 or R110            | Marker XCOMP 16                                    |

| Age                       | Weight<br>(kg) | Weight<br>(lbs) | Slalom                                             | Lenght<br>(cm) | Binding                  | Giant Slalom                                                           | Lenght<br>(cm)     | Binding                  | Boot                 |
|---------------------------|----------------|-----------------|----------------------------------------------------|----------------|--------------------------|------------------------------------------------------------------------|--------------------|--------------------------|----------------------|
| U8<br>Ages 6 – 7          | 18 – 23        | 40 – 50         | Redster J9 FIS J-RP <sup>2</sup>                   | 110            | Colt 7                   | Redster J9 FIS J-RP <sup>2</sup><br>Redster G9 FIS J-RP <sup>2</sup>   | 110/124            | Colt 7                   | TJ 55                |
|                           |                | 50 – 60         | Redster S9 FIS J-RP <sup>3</sup>                   | 124            | Colt 7                   | Redster G9 FIS J-RP <sup>3</sup>                                       | 124/131            | Colt 7                   | TJ 55<br>TJ 65       |
|                           |                | 27 – 32         | Redster S9 FIS J-RP <sup>3</sup>                   | 124            | Colt 7                   | Redster G9 FIS J-RP <sup>3</sup>                                       | 124/131            | Colt 7                   | TJ 65                |
| U10<br>Ages 8 – 9         | 32 – 36        | 70 – 80         | Redster S9 FIS J-RP <sup>3</sup>                   | 124/131        | Colt 7                   | Redster G9 FIS J-RP <sup>3</sup>                                       | 131/138            | Colt 7<br>Icon 10        | TJ 55                |
|                           | 36 – 41        | 80 – 90         | Redster S9 FIS J-RP <sup>3</sup>                   | 131/138        | Colt 7<br>Icon 10        | Redster G9 FIS J-RP <sup>3</sup>                                       | 138/145            | Icon 10                  | TJ 55<br>TJ 65       |
|                           | 41 – 45        | 90 – 100        | Redster S9 FIS J-RP <sup>2</sup>                   | 138/145        | Icon 10                  | Redster G9 FIS J-RP <sup>3</sup>                                       | 145/152            | Icon 10                  | TJ 65                |
| U12<br>Ages 10 – 11       | 32 – 36        | 70 – 80         | Redster S9 FIS J-RP <sup>3</sup>                   | 131            | Colt 7<br>Icon 10        | Redster G9 FIS J-RP <sup>3</sup>                                       | 131/138            | Icon 10                  | TJ 65                |
|                           | 36 – 41        | 80 – 90         | Redster S9 FIS J-RP <sup>3</sup>                   | 131/138        | Colt 7<br>Icon 10        | Redster G9 FIS J-RP <sup>3</sup>                                       | 138/145            | Icon 10                  | STR 1 LC             |
|                           | 41 – 45        | 90 – 100        | Redster S9 FIS J-RP <sup>2</sup>                   | 138/145        | Icon 10                  | Redster G9 FIS Revoshock J-RP <sup>3</sup><br>Redster G9 FIS Revoshock | 145/152            | Icon 10<br>Icon 12       | STR 1 LC             |
|                           | 45 – 50        | 100 – 110       | Redster S9 FIS J-RP <sup>2</sup>                   | 145/152        | Icon 10<br>Icon 12       | Redster G9 FIS Revoshock J-RP <sup>3</sup><br>Redster G9 Revoshock     | 159/166            | Icon 10<br>Icon 12       | STR 2 LC             |
|                           | 50 – 54        | 110 – 120       | Redster S9 FIS                                     | 145/152        | Icon 10<br>Icon 12       | Redster G9 FIS Revoshock J-RP <sup>3</sup><br>Redster G9 Revoshock     | 159/166            | Icon 10<br>Icon 12       | STR 3                |
| U14<br>Ages 12 – 13       | 32 – 36        | 70 – 80         | Redster S9 FIS J-RP <sup>3</sup>                   | 131            | Colt 7<br>Icon 10        | Redster G9 FIS J-RP <sup>3</sup>                                       | 131/138            | Icon 10                  | STR 1 LC             |
|                           | 36 – 41        | 80 – 90         | Redster S9 FIS J-RP <sup>3</sup>                   | 131/138        | Colt 7<br>Icon 10        | Redster G9 FIS J-RP <sup>3</sup>                                       | 138/145            | Icon 10                  | STR 1 LC             |
|                           | 41 – 45        | 90 – 100        | Redster S9 FIS J-RP <sup>2</sup>                   | 138/145        | Icon 10                  | Redster G9 FIS J-RP <sup>3</sup><br>Redster G9 Revoshock               | 145/152            | Icon 10<br>Icon 12       | STR 1 LC             |
|                           | 45 – 50        | 100 – 110       | Redster S9 FIS J-RP <sup>2</sup>                   | 145/152        | Icon 10<br>Icon 12       | Redster G9 FIS J-RP <sup>3</sup><br>Redster G9 Revoshock               | 152/159            | Icon 10<br>Icon 12       | STR 2 LC             |
|                           | 50 – 54        | 110 – 120       | Redster S9 FIS J-RP <sup>3</sup><br>Redster S9 FIS | 145/152        | Icon 10<br>Icon 12       | Redster G9 FIS J-R <sup>3</sup><br>Redster G9 Revoshock                | 159/166            | Icon 10<br>Icon 12       | STR 2 LC             |
|                           | 54 +           | 120 +           | Redster S9 FIS                                     | 152            | Icon 12                  | Redster G9 FIS J-R <sup>3</sup><br>Redster G9 Revoshock                | 166                | Icon 12                  | STR 3                |
| U16<br>Ages 14 – 15       | 41 – 45        | 90 – 100        | Redster S9 FIS J-RP <sup>3</sup><br>Redster S9 FIS | 138/145        | Icon 10<br>Icon 12       | Redster G9 FIS J-RP <sup>2</sup><br>Redster G9 Revoshock J             | 152/159            | Icon 10<br>Icon 12       | STR 1 LC             |
|                           | 45 – 50        | 100 – 110       | Redster S9 FIS J-RP <sup>3</sup><br>Redster S9 FIS | 145/152        | Icon 10<br>Icon 12       | Redster G9 FIS J-RP <sup>2</sup><br>Redster G9 Revoshock J             | 159/166            | Icon 12                  | STR 1 LC<br>STR 2 LC |
|                           | 50 – 54        | 110 – 120       | Redster S9 FIS                                     | 152/155        | Icon 12<br>Icon RS 12    | Redster G9 FIS J-RP <sup>2</sup><br>Redster G9 Revoshock J             | 166                | Icon 12                  | STR 3<br>TR 3        |
|                           | 54 – 59        | 120 – 130       | Redster S9 FIS                                     | 152/155        | Icon 12<br>Icon RS 12    | Redster G9 FIS Revoshock                                               | 173                | Icon RS 12               | STR 3<br>TR 3        |
|                           | 59 – 68        | 130 – 150       | Redster S9 FIS<br>Redster S9 FIS W                 | 155/157        | Icon RS 12<br>Icon RS 16 | Redster G9 FIS Revoshock                                               | 173/180            | Icon RS 12<br>Icon RS 16 | STR F4<br>TR F4      |
|                           | 68 +           | 150             | Redster S9 FIS W                                   | 157            | Icon RS 16               | Redster G9 FIS Revoshock                                               | 184/187            | Icon RS 16               | STR F4<br>TR F4      |
| FIS Women<br>Ages 16 + Up | 50 – 54        | 110 – 120       | Redster S9 FIS W                                   | 157            | Icon RS 16               | Redster G9 FIS Revoshock W                                             | WC/EC 188, FIS 183 | Icon RS 16               | STR 3                |
|                           | 54 – 59        | 120 – 130       | Redster S9 FIS W                                   | 157            | Icon RS 16               | Redster G9 FIS Revoshock W                                             | WC/EC 188, FIS 183 | Icon RS 16               | STR 3                |
|                           | 59 – 64        | 130 – 140       | Redster S9 FIS W                                   | 157            | Icon RS 16               | Redster G9 FIS Revoshock W                                             | WC/EC 188, FIS 183 | Icon RS 16               | STR 3<br>STR F4      |
|                           | 64 – 69        | 140 – 150       | Redster S9 FIS W                                   | 157            | Icon RS 16<br>Icon 24    | Redster G9 FIS Revoshock W                                             | WC/EC 188, FIS 183 | Icon RS 16<br>Icon 24    | STR F4               |
|                           | 69 – 73        | 150 – 160       | Redster S9 FIS W                                   | 157            | Icon RS 16<br>Icon 24    | Redster G9 FIS Revoshock W                                             | WC/EC 188, FIS 183 | Icon RS 16<br>Icon 24    | STR F4<br>STR F5     |
|                           | 73 +           | 160 +           | Redster S9 FIS W                                   | 157            | Icon RS 16<br>Icon 24    | Redster G9 FIS Revoshock W                                             | WC/EC 188, FIS 183 | Icon RS 16<br>Icon 24    | STR F5               |
| FIS Men<br>Ages 16 + Up   | 54 – 59        | 120 – 130       | Redster S9 FIS M                                   | 165            | Icon RS 16               | Redster G9 FIS Revoshock M<br>Redster G9 FIS Revoshock W               | WC/EC 193, FIS 188 | Icon RS 16               | TR 3                 |
|                           | 59 – 64        | 130 – 140       | Redster S9 FIS M                                   | 165            | Icon RS 16               | Redster G9 FIS Revoshock M<br>Redster G9 FIS Revoshock W               | WC/EC 193, FIS 188 | Icon RS 16               | TR 3<br>TR F4        |
|                           | 64 – 69        | 140 – 150       | Redster S9 FIS M                                   | 165            | Icon RS 16<br>Icon 24    | Redster G9 FIS Revoshock M<br>Redster G9 FIS Revoshock W               | WC/EC 193, FIS 188 | Icon RS 16<br>Icon 24    | TR F4                |
|                           | 69 – 73        | 150 – 160       | Redster S9 FIS M                                   | 165            | Icon RS 16<br>Icon 24    | Redster G9 FIS Revoshock M<br>Redster G9 FIS Revoshock W               | WC/EC 193, FIS 188 | Icon RS 16<br>Icon 24    | TR F5                |
|                           | 73 – 77        | 160 – 170       | Redster S9 FIS M                                   | 165            | Icon RS 16<br>Icon 24    | Redster G9 FIS Revoshock M<br>Redster G9 FIS RevoshocksW               | WC/EC 193, FIS 188 | Icon RS 16<br>Icon 24    | TR F5                |
|                           | 77 +           | 170 +           | Redster S9 FIS M                                   | 165            | Icon RS 16<br>Icon 24    | Redster G9 FIS Revoshock M<br>Redster G9 FIS Revoshock W               | WC/EC 193, FIS 188 | Icon RS 16<br>Icon 24    | TR F5<br>TR F6       |

# BLIZZARD

| WEIGHT (lbs) | BLIZZARD SL                 | LENGTH (CM)    | Blizzard GS                       | WOMEN FIS / UI8       | LENGTH (CM)   | MARKER BINDING         | TECNICA BOOTS                       |
|--------------|-----------------------------|----------------|-----------------------------------|-----------------------|---------------|------------------------|-------------------------------------|
| --           | --                          | --             | FIREBIRD DH R.D.                  | WOMEN FIS / UI8       | 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.                  | MEN FIS / UI8         | 188cm         | RACE XCOMP 16 / 18     | FIREBIRD WC 110 / R 110 / 130       |
| --           | --                          | --             | 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.                  | U 16 / 14-15 YEAR OLD | 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        |
| --           | --                          | --             | 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             | U 14 / 12-13 YEAR OLD | 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               |
| --           | --                          | --             | FIREBIRD SG R.D.                  |                       | 185cm         | RACE XCOMP 12 / 16     | --                                  |
| 75-85        | FIREBIRD SL JR-RACING       | 128cm          | FIREBIRD GS JR-RACING             | U12 / 10-11 YEAR OLD  | 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             | U10 / 8-9 YEAR OLD    | 171cm         | RACE XCOMP 12          | FIREBIRD R90 SC                     |
| 65 -         | FIREBIRD SL JR-RACING       | 121cm          | FIREBIRD GS JR-RACING             |                       | 138cm         | 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             | U8 / 6-7 YEAR OLD     | 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                     |
| 50-60        | FIREBIRD COMP JR            | 110cm          | --                                |                       | --            | 4.5                    | FIREBIRD 65 - JT4                   |
| 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                         |
| 40-50        | FIREBIRD COMP JR            | 100cm          | --                                | Blizzard GS           | --            | 4.5                    | JT4                                 |
| 50-60        | FIREBIRD COMP JR            | 110cm          | --                                |                       | --            | 4.5                    | JT4                                 |
| WEIGHT (lbs) | BLIZZARD SL                 | LENGTH (CM)    | Blizzard GS                       |                       | LENGTH (CM)   | MARKER BINDING         | TECNICA BOOTS                       |

# DYNASTAR

## DYNASTAR RACE DEPARTMENT RECOMMENDATIONS (SKIS, BINDINGS, SKIBOOT)

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 Dynastar Race Department hopes you will find this information useful and wishes you an excellent winter of racing. Good luck at the races!

| U8<br><br>AGE 6-7<br>BIRTH YEAR<br>2017/2018                                                                                                         | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg) | Multi-Event<br>Multi-Evenement                             | Size (cm)<br>LEARNING<br>Taille (cm)<br>APPRENTIS-<br>SAGE | Size (cm) RACERS CONFIR-<br>MED<br>Taille (cm) RACERS<br>CONFIRMÉS          |                          | Bindings<br>Fixations               | Boots<br>Chaussures         |                       |                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------------|------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------|-------------------------------------|-----------------------------|-----------------------|---------------------|
|                                                                                                                                                      | 40-50                       | 18-23                     | TEAM COMP                                                  | 110                                                        | 110                                                                         |                          | TEAM 4 GW                           | RSJ 60                      |                       |                     |
|                                                                                                                                                      | 50-60                       | 23-27                     |                                                            | 110                                                        | 120                                                                         |                          |                                     | RSJ 65                      |                       |                     |
|                                                                                                                                                      | 60-70                       | 27-32                     |                                                            | 120                                                        | 130                                                                         |                          | NX 7 GW                             |                             |                       |                     |
|                                                                                                                                                      | 70-80                       | 32-36                     |                                                            | 130                                                        | 140                                                                         |                          |                                     |                             |                       |                     |
| U10 - 1 SKI<br><br>AGE 8-9<br>BIRTH YEAR<br>2015/2016                                                                                                | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg) | Multi-Event<br>Multi-Evenement                             | Size (cm)<br>Taille (cm)                                   | Size (cm) RACERS CONFIRMED<br>Taille (cm) RACERS CONFIRMÉS                  |                          | Bindings<br>Fixations               | Boots<br>Chaussures         |                       |                     |
|                                                                                                                                                      | 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<br><br>AGE 8-9<br>BIRTH YEAR<br>2015/2016                                                                                               | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg) | GS                                                         | Size (cm)<br>Taille (cm)                                   | SL                                                                          | Size (cm)<br>Taille (cm) | Bindings<br>Fixations               | Boots<br>Chaussures         |                       |                     |
|                                                                                                                                                      | 50-60                       | 23-27                     | SPEED COURSE TEAM GS<br>(R21 PRO)                          | 126                                                        | TEAM COMP                                                                   | 120                      | TEAM 4 GW                           | RSJ 65                      |                       |                     |
|                                                                                                                                                      | 60-70                       | 27-32                     |                                                            | 126/134                                                    | SPEED OMEGLASS<br>TEAM SL<br>(R21 PRO)                                      | 128                      | NX 10 GW / SPX 11 GW                |                             |                       |                     |
|                                                                                                                                                      | 70-80                       | 32-36                     |                                                            | 134                                                        |                                                                             |                          |                                     |                             |                       |                     |
|                                                                                                                                                      | 80-90                       | 36-41                     |                                                            | 143                                                        |                                                                             |                          |                                     |                             | 135                   |                     |
| U12<br><br>AGE 10-11<br>BIRTH YEAR<br>2013/2014                                                                                                      | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg) | GS                                                         | Size (cm)<br>Taille (cm)                                   | SL                                                                          | Size (cm)<br>Taille (cm) | Bindings<br>Fixations               | Boots<br>Chaussures         |                       |                     |
|                                                                                                                                                      | 60-70                       | 27-32                     | SPEED COURSE TEAM GS<br>(R21 PRO)                          | 134                                                        | SPEED OMEGLASS<br>TEAM SL<br>(R21 PRO)                                      | 128                      | NX 7 GW                             | RSJ 65                      |                       |                     |
|                                                                                                                                                      | 70-80                       | 32-36                     |                                                            | 143                                                        |                                                                             | 135                      | NX 7 GW / NX 10 GW                  |                             |                       |                     |
|                                                                                                                                                      | 80-90                       | 36-41                     |                                                            | 150                                                        |                                                                             | 135 / 142                | NX 10 GW / SPX 11 GW                | RS 70 SC                    |                       |                     |
|                                                                                                                                                      | 90-100                      | 41-45                     |                                                            | 158                                                        |                                                                             | 142                      |                                     |                             |                       |                     |
|                                                                                                                                                      | 100-110                     | 45-50                     |                                                            | 164                                                        |                                                                             | 149                      |                                     |                             | RS 90 SC              |                     |
|                                                                                                                                                      | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg) |                                                            | GS                                                         |                                                                             | Size (cm)<br>Taille (cm) | SL                                  | Size (cm)<br>Taille (cm)    | Bindings<br>Fixations | Boots<br>Chaussures |
| U14<br><br>AGE 12-13<br>BIRTH YEAR<br>2012/2011                                                                                                      | 70-80                       | 32-36                     | SPEED COURSE TEAM GS<br>(R21 PRO)                          | 144                                                        | SPEED OMEGLASS<br>TEAM SL<br>(R21 PRO)                                      | 135                      | NX 7 GW / NX 10 GW                  | RSJ 65                      |                       |                     |
|                                                                                                                                                      | 80-90                       | 36-41                     |                                                            | 150                                                        |                                                                             | 135/142                  | NX 10 GW / SPX 11 GW                | RS 70 SC                    |                       |                     |
|                                                                                                                                                      | 90-100                      | 41-45                     |                                                            | 158                                                        |                                                                             | 142                      |                                     |                             |                       |                     |
|                                                                                                                                                      | 100-110                     | 45-50                     |                                                            | 164                                                        |                                                                             | 149                      | SPX 11 GW                           | RS 90 SC                    |                       |                     |
|                                                                                                                                                      | 110-120                     | 50-54                     | SPEED COURSE TEAM GS (R21 PRO)<br>SPEED COURSE WC GS (R22) | 170                                                        | SPEED OMEGLASS WC SL<br>(R22)                                               | 150                      | SPX 12 Rockerace (R22)              | RS 110 SC<br>RS WC Z SOFT+  |                       |                     |
|                                                                                                                                                      | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg) | GS                                                         | Size (cm)<br>Taille (cm)                                   | SL                                                                          | Size (cm)<br>Taille (cm) | Bindings<br>Fixations               | Boots<br>Chaussures         |                       |                     |
| U16<br><br>AGE 14-15<br>BIRTH YEAR<br>2010/2009                                                                                                      | 90-100                      | 41-45                     | SPEED COURSE TEAM GS (R21 PRO)                             | 164/171                                                    | SPEED OMEGLASS TEAM SL<br>(R21 PRO)                                         | 142                      | SPX 11 GW / SPX 12 Rockerace (R22)  | RS 90 SC                    |                       |                     |
|                                                                                                                                                      | 100-110                     | 45-50                     | SPEED COURSE WC GS (R22)                                   | 170                                                        |                                                                             | 149                      |                                     | RS 110 SC<br>RS WC Z SOFT+  |                       |                     |
|                                                                                                                                                      | 110-120                     | 50-54                     |                                                            | 175                                                        | SPEED OMEGLASS WC SL (R22)                                                  | 150                      | SPX 12 Rockerace                    | RS WC Z SOFT+<br>RS WC ZJ+  |                       |                     |
|                                                                                                                                                      | 120-130                     | 54-59                     |                                                            | 182                                                        | SPEED OMEGLASS WC FIS SL (R22)<br>SPEED OMEGLASS WC FIS SL<br>FACTORY (R22) | 157                      |                                     |                             |                       |                     |
|                                                                                                                                                      | 130-150+                    | 59-68+                    |                                                            | 182 / 185*                                                 |                                                                             | 157 / 165                | SPX 12 Rockerace / SPX 15 Rockerace |                             |                       |                     |
|                                                                                                                                                      | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg) | GS                                                         | Size (cm)<br>Taille (cm)                                   | SL                                                                          | Size (cm)<br>Taille (cm) | Bindings<br>Fixations               | Boots<br>Chaussures         |                       |                     |
| U18 U21 U30<br>FIS WOMEN<br><br>AGE 16 & +<br>BIRTH YEAR<br>U18 (2008/2007)<br>U21 (2006/2005/2004)<br>U30 (1995 to 2003)<br>(Cadet, Junior, Senior) | 100-110                     | 45-50                     | SPEED COURSE WC FIS GS<br>(R22)                            | 188                                                        | SPEED OMEGLASS WC FIS<br>SL (R22)                                           | 157                      | SPX 12 / SPX 15 Rockerace           | RS WC Z SOFT+/<br>RS WC ZJ+ |                       |                     |
|                                                                                                                                                      | 110-120                     | 50-54                     |                                                            |                                                            |                                                                             |                          | SPX 15 / PX 18 WC Rockerace         | RS WC ZJ+                   |                       |                     |
|                                                                                                                                                      | 120-130                     | 54-59                     |                                                            |                                                            |                                                                             |                          |                                     | RS WC ZA or ZA+             |                       |                     |
|                                                                                                                                                      | 130-140                     | 59-63,5                   |                                                            |                                                            |                                                                             |                          |                                     |                             |                       |                     |
|                                                                                                                                                      | 140-150                     | 63,5-68                   |                                                            |                                                            |                                                                             |                          |                                     |                             |                       |                     |
|                                                                                                                                                      | 150-160                     | 68-73                     |                                                            |                                                            |                                                                             |                          |                                     |                             |                       |                     |
| 160-170+                                                                                                                                             | 73-77+                      |                           |                                                            |                                                            |                                                                             |                          |                                     |                             |                       |                     |
|                                                                                                                                                      | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg) | GS                                                         | Size (cm)<br>Taille (cm)                                   | SL                                                                          | Size (cm)<br>Taille (cm) | Bindings<br>Fixations               | Boots<br>Chaussures         |                       |                     |
| U18 U21 U30<br>FIS MEN<br><br>AGE 16 & +<br>BIRTH YEAR<br>U18 (2008/2007)<br>U21 (2006/2005/2004)<br>U30 (1995 to 2003)<br>(Cadet, Junior, Senior)   | 100-110                     | 45-50                     | SPEED COURSE WC FIS GS (R22)<br>*OPTION FOR 1ST YEAR FIS*  | 188                                                        | SPEED OMEGLASS WC FIS<br>SL FACTORY (R22)                                   | 157                      | SPX 15 Rockerace                    | RSJ Z J+                    |                       |                     |
|                                                                                                                                                      | 110-120                     | 50-54                     |                                                            |                                                            |                                                                             | 165                      |                                     | RS WC ZA+ or RS<br>WC ZA    |                       |                     |
|                                                                                                                                                      | 120-130                     | 54-59                     | SPEED WC FIS GS FACTORY<br>(R22)                           | 193                                                        |                                                                             |                          | SPX 15 Rockerace Hot red            |                             |                       |                     |
|                                                                                                                                                      | 130-140                     | 59-63,5                   |                                                            |                                                            |                                                                             |                          | RS WC ZB                            |                             |                       |                     |
|                                                                                                                                                      | 140-150                     | 63,5-68                   |                                                            |                                                            |                                                                             |                          |                                     | PX 18 Rockerace Hot red     |                       |                     |
|                                                                                                                                                      | 150-160                     | 68-73                     |                                                            |                                                            |                                                                             |                          |                                     |                             |                       |                     |
|                                                                                                                                                      | 160-170                     | 73-77                     |                                                            |                                                            |                                                                             |                          |                                     |                             |                       |                     |
| 170+                                                                                                                                                 | 77+                         |                           |                                                            |                                                            |                                                                             |                          |                                     |                             |                       |                     |

### ADDITIONAL NOTES

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

\* Size 185cm can be used for Master, non FIS, and U16 FIS Race

FIS Rules > [www.fis-ski.com](http://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<br>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<br>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<br>AGES 14-15     | 95-105        | RC4 WC SL JR | 135cm     | RC4 WC GS JR | 158-163cm | RC4 WC JR SG | 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<br>AGES 12-13     | 145+          | RC4 WC SL JR | 155cm     | RC4 WC GS JR | 188cm     | RC4 WC JR SG | 188cm  | N/A       | -      | RC4 Z17  | 5:1 RD 130    |
|                       | 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<br>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<br>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)

RACE DEPARTMENT RADIUS SPECIFICATIONS

|                   | 155   | 158   | 165 | 180 | 183   | 188 | 189   | 193 | 196 | 204 | 210 | 213 | 215 | 218 |
|-------------------|-------|-------|-----|-----|-------|-----|-------|-----|-----|-----|-----|-----|-----|-----|
| RC4 WC DH M       |       |       |     |     |       |     |       |     |     |     |     |     |     | >50 |
| RC4 WC DH W       |       |       |     |     |       |     |       |     |     |     |     |     |     | >50 |
| RC4 WC SG M       |       |       |     |     |       |     |       |     |     |     |     |     | >45 |     |
| RC4 WC SG W       |       |       |     |     |       |     |       |     |     |     |     | >40 |     |     |
| RC4 WC SG W/Jr    |       |       |     |     |       |     |       |     | >36 | >41 | >43 |     |     |     |
| RC4 WC SG Jr      |       |       |     | >31 |       | >33 |       |     |     |     |     |     |     |     |
| RC4 WC GS M       |       |       |     |     |       | >30 |       | >30 |     |     |     |     |     |     |
| RC4 WC GS W       |       |       |     |     | >30   | >30 |       |     |     |     |     |     |     |     |
| RC4 WC GS MASTERS |       |       |     |     | >23.4 |     | >27.6 |     |     |     |     |     |     |     |
| RC4 WC SL M       |       |       | >12 |     |       |     |       |     |     |     |     |     |     |     |
| RC4 WC SL W       | >10.9 | >11.4 |     |     |       |     |       |     |     |     |     |     |     |     |

|                        | 110   | 120   | 125  | 130 | 133   | 135  | 138   | 140  | 143   | 145   | 148   | 150   | 153   | 158   | 163   | 168   | 173   | 178   | 183   | 188 |
|------------------------|-------|-------|------|-----|-------|------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| RC4 WC GS Jr           |       |       |      |     |       |      |       |      |       |       |       |       |       |       |       |       |       |       | >25.3 | >27 |
| RC4 WC GS Jr (168-173) |       |       |      |     |       |      |       |      |       |       |       |       |       |       |       | >20.9 | >22.3 | >23.8 |       |     |
| RC4 WC GS Jr (133-163) |       |       |      |     | >12.6 |      | >13.5 |      | >14.6 |       | >15.7 |       | >16.9 | >18.2 | >19.6 |       |       |       |       |     |
| RC4 WC GS Jr (130-150) |       |       |      | >8  |       | >8.6 |       | >9.3 |       | >10.1 |       | >10.4 |       |       |       |       |       |       |       |     |
| RC4 WC GS Jr (120-125) |       | >6.6  | >7.3 |     |       |      |       |      |       |       |       |       |       |       |       |       |       |       |       |     |
|                        | >11.3 | >11.3 |      |     |       |      |       |      |       |       |       |       |       |       |       |       |       |       |       |     |

M = Mens

W = Womens

Jr = Junior

| Category | Weight      | Length     | Ski Model       | Binding           | Boots        |
|----------|-------------|------------|-----------------|-------------------|--------------|
| U8       | 30-39 lbs   | 100 cm     | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 40    |
| U8       | 40-49 lbs   | 110 cm     | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 40    |
| U8       | 50-59 lbs   | 120 cm     | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 40    |
| U8       | 60-75 lbs   | 130 cm     | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 65    |
| U8       | 75-90 lbs   | 140 cm     | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 65    |
| U8       | 90+ lbs     | 150/160 cm | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 65    |
| U10 GS   | 50-59 lbs   | 120 cm     | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 65    |
| U10 GS   | 60-75 lbs   | 130 cm     | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 65    |
| U10 GS   | 75-90 lbs   | 140 cm     | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 65    |
| U10 GS   | 90+ lbs     | 150/160 cm | e.Race Team JRS | Head JRS 7.5 GW   | Raptor 65    |
| U10 SL   | 50-59 lbs   | 118 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor 65    |
| U10 SL   | 60-75 lbs   | 125 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor 65    |
| U10 SL   | 75-85 lbs   | 132 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor 65    |
| U10 SL   | 85-100 lbs  | 139 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor 70    |
| U10 SL   | 100+ lbs    | 146 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor 70    |
| U12 SL   | ≤65 lbs     | 118 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor 65    |
| U12 SL   | 65-75 lbs   | 125 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor 70    |
| U12 SL   | 75-85 lbs   | 132 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor 70    |
| U12 SL   | 85-100 lbs  | 139 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor WCR 6 |
| U12 SL   | 100+ lbs    | 146 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 | Raptor WCR 6 |
| U12 GS   | <55 lbs     | 116 cm     | e.GS Rebel Team | Evo 9/Freeflex 11 | Raptor 65    |
| U12 GS   | 55-65 lbs   | 124 cm     | e.GS Rebel Team | Evo 9/Freeflex 11 | Raptor 65    |
| U12 GS   | 65-75 lbs   | 132 cm     | e.GS Rebel Team | Evo 9/Freeflex 11 | Raptor 70    |
| U12 GS   | 75-85 lbs   | 140 cm     | e.GS Rebel Team | Evo 9/Freeflex 11 | Raptor 70    |
| U12 GS   | 85-100 lbs  | 148/156 cm | e.GS Rebel Team | Evo 9/Freeflex 11 | Raptor WCR 6 |
| U12 GS   | 100+ lbs    | 164/172 cm | e.GS Rebel Team | Evo 9/Freeflex 11 | Raptor WCR 6 |
| U14 SL   | 60-90 lbs   | 139 cm     | e.SL Rebel Team | Evo 9/Freeflex 11 |              |
| U14 SL   | 90-110 lbs  | 146 cm     | e.SL Rebel Team | Freeflex 11/14    |              |
| U14 SL   | 110-130 lbs | 153 cm     | e.SL Rebel Team | Freeflex 11/14    |              |
| U14 SL   | 130+ lbs    | 153 cm     | e.SL Rebel Team | Freeflex 11/14    |              |
| U14 GS   | 60-90 lbs   | 148 cm     | e.GS Rebel Team | Evo 9/Freeflex 11 |              |
| U14 GS   | 90-110 lbs  | 156 cm     | e.GS Rebel Team | Freeflex 11/14    |              |
| U14 GS   | 110-130 lbs | 164 cm     | e.GS Rebel Team | Freeflex 11/14    |              |
| U14 GS   | 130+ lbs    | 172 cm     | e.GS Rebel Team | Freeflex 11/14    |              |
| U14 SG   | 90-100 lbs  | 175 cm     | Rebels e-SG RD  | Freeflex 14/16    |              |
| U14 SG   | 100+ lbs    | 185 cm     | Rebels e-SG RD  | Freeflex 14/16    |              |

NORDICA SIZING CHART

| Age                    | Discipline   | Article Number | Model                     | Length (cm) | Radius on Ski | Marker Binding             | Boot                               | Flex    | Last  | Gender    |
|------------------------|--------------|----------------|---------------------------|-------------|---------------|----------------------------|------------------------------------|---------|-------|-----------|
| U8<br>6-7              | GS/SL Junior | 0A0350 ME 001  | DOBERMAN COMBI PRO S      | 120-130     |               |                            | SPEEDMACHINE J3                    | 30      |       | MEN/WOMEN |
|                        | GS/SL Junior | 0A0350 ME 002  | DOBERMAN COMBI PRO S      | 100-110     |               |                            | SPEEDMACHINE J4                    | 40      |       | MEN/WOMEN |
|                        | GS/SL Junior | 0A0350 ME 003  | DOBERMAN COMBI PRO S      | 110-120     |               |                            | DOBERMANN 60                       | 60      | 98    | MEN/WOMEN |
|                        | GS/SL Junior | 0A0350 ME 004  | DOBERMAN COMBI PRO S      | 100         |               |                            | DOBERMANN 60                       | 60      | 98    | MEN/WOMEN |
| U10<br>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<br>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<br>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           | XCOMP12/XCOMP 16           | DOBERMANN M L.C./RD Soft L.C.      | 100     | 98/93 | MEN/WOMEN |
|                        | GS Junior    | 0A122000001    | DOBERMANN GSJ PLATE       | 164         | >17           | XCOMP12/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 |
|                        | SL Junior    | 0A122200001    | DOBERMANN SLJ PLATE       | 142         | >10           | RACE 10 TCX                | DOBERMANN 5 Soft L.C.              | 70      | 98    | MEN/WOMEN |
| U16<br>14-15           | 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 |
|                        | 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 |
| U19 & Older<br>16 & up | 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     |

You will be required to follow all FIS/USSA rules and regulations. This chart represents brand sizing recommendations.



# ROSSIGNOL

## ROSSIGNOL 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)<br>Poids (lbs) | Weight (kg)<br>Poids (kg)                              | Multi-Event<br>Multi-Evenement                           | Size (cm)<br>LEARNING<br>Taille (cm)<br>APPRENTISSAGE | Size (cm) RACERS CONFIRMED<br>Taille (cm) RACERS CONFIRMES     | Bindings<br>Fixations                        | Boots<br>Chaussures                                      |                                   |
|--------------------------------------------|-----------------------------|--------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------|----------------------------------------------------------|-----------------------------------|
| U8<br><br>AGE 6-7                          | 40-50                       | 18-23                                                  | HERO JUNIOR<br>MULTI -EVENT                              | 110                                                   | 110                                                            | TEAM 4 GW                                    | HERO JR 65                                               |                                   |
|                                            | 50-60                       | 23-27                                                  |                                                          | 110                                                   | 120                                                            |                                              |                                                          |                                   |
|                                            | 60-70                       | 27-32                                                  | HERO JUNIOR<br>MULTI -EVENT                              | 127                                                   | 134                                                            | NX 7 GW                                      |                                                          |                                   |
|                                            | 70-80                       | 32-36                                                  |                                                          | 134                                                   | 141                                                            |                                              |                                                          |                                   |
| U10 - 1 SKI<br><br>AGE 8-9                 | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg)                              | Multi-Event<br>Multi-Evenement                           | Size (cm)<br>Taille (cm)                              | Size (cm) RACERS CONFIRMED<br>Taille (cm) RACERS CONFIRMES     | Bindings<br>Fixations                        | Boots<br>Chaussures                                      |                                   |
|                                            | 50-60                       | 23-27                                                  | HERO JUNIOR<br>MULTI -EVENT                              | 110                                                   | 130                                                            | TEAM 4 GW / NX 7 GW                          | HERO JR 65                                               |                                   |
|                                            | 60-70                       | 27-32                                                  |                                                          | 110                                                   | 140                                                            | NX 7 GW LITFER                               |                                                          |                                   |
|                                            | 70-80                       | 32-36                                                  | HERO JUNIOR<br>MULTI -EVENT                              | 127                                                   | 134                                                            |                                              |                                                          |                                   |
| 80-90                                      | 36-41                       |                                                        | 134                                                      | 141                                                   |                                                                |                                              |                                                          |                                   |
| U10 - 2 SKIS<br><br>AGE 8-9                | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg)                              | GS                                                       | Size (cm)<br>Taille (cm)                              | SL                                                             | Size (cm)<br>Taille (cm)                     | Bindings<br>Fixations                                    | Boots<br>Chaussures               |
|                                            | 50-60                       | 23-27                                                  | HERO ATHLETE GS PRO<br>(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<br>(R21 PRO)                               | 128                                          | NX 7 GW / NX 10 GW<br>SPX 10 GW                          |                                   |
|                                            | 70-80                       | 32-36                                                  |                                                          | 134                                                   |                                                                | 135                                          |                                                          |                                   |
|                                            | 80-90                       | 36-41                                                  |                                                          | 143                                                   |                                                                |                                              |                                                          |                                   |
| U12<br><br>AGE 10-11                       | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg)                              | GS                                                       | Size (cm)<br>Taille (cm)                              | SL                                                             | Size (cm)<br>Taille (cm)                     | Bindings<br>Fixations                                    | Boots<br>Chaussures               |
|                                            | 60-70                       | 27-32                                                  | HERO ATHLETE GS PRO<br>(R21 PRO)                         | 134                                                   | HERO ATHLETE SL PRO<br>(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                                          |                                                          | HERO WC 90 SC                     |
|                                            | 100-110                     | 45-50                                                  |                                                          | 164                                                   |                                                                | 149                                          |                                                          |                                   |
| U14<br><br>AGE 12-13                       | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg)                              | GS                                                       | Size (cm)<br>Taille (cm)                              | SL                                                             | Size (cm)<br>Taille (cm)                     | Bindings<br>Fixations                                    | Boots<br>Chaussures               |
|                                            | 70-80                       | 32-36                                                  | HERO ATHLETE GS PRO<br>(R21 PRO)                         | 144                                                   | HERO ATHLETE SL PRO<br>(R21 PRO)                               | 135                                          | NX 7 GW / NX 10 GW                                       | HERO JR 65                        |
|                                            | 80-90                       | 36-41                                                  |                                                          | 151                                                   |                                                                | 135/142                                      | NX 10 GW / SPX 10 GW                                     | HERO WC 70 SC                     |
|                                            | 90-100                      | 41-45                                                  |                                                          | 158                                                   |                                                                | 142                                          |                                                          |                                   |
|                                            | 100-110                     | 45-50                                                  |                                                          | 165                                                   |                                                                | 149                                          | SPX 10 GW                                                | HERO WC 90 SC                     |
| 110-120                                    | 50-54                       | HERO ATHLETE GS PRO (R21 PRO)<br>HERO ATHLETE GS (R22) | 170                                                      | HERO ATHLETE SL (R22)                                 | 150                                                            | SPX 12 GW (R21 PRO) / SPX 12 Rockerace (R22) | HERO 110 SC / HERO WC Z SOFT+                            |                                   |
| U16<br><br>AGE 14-15                       | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg)                              | GS                                                       | Size (cm)<br>Taille (cm)                              | SL                                                             | Size (cm)<br>Taille (cm)                     | Bindings<br>Fixations                                    | Boots<br>Chaussures               |
|                                            | 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)<br>SPX 12 Rockerace (R22) | HERO WC 90 SC                     |
|                                            | 100-110                     | 45-50                                                  | HERO ATHLETE GS<br>(R22)                                 | 170                                                   | HERO ATHLETE SL (R22)                                          | 149                                          | SPX 12 Rockerace                                         | HERO WC 110 SC<br>HERO WC Z SOFT+ |
|                                            | 110-120                     | 50-54                                                  |                                                          | 175                                                   | HERO ATHLETE FIS SL (R22)<br>HERO ATHLETE FIS SL FACTORY (R22) | 157                                          |                                                          | HERO WC Z SOFT+<br>HERO WC ZJ+    |
|                                            | 120-130                     | 54-59                                                  |                                                          | 182                                                   |                                                                | 157 / 165                                    |                                                          |                                   |
|                                            | 130-150+                    | 59-68+                                                 |                                                          | 182 / 185*                                            |                                                                |                                              |                                                          |                                   |
| U18 U21 U30<br>FIS WOMEN<br><br>AGE 16 & + | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg)                              | GS                                                       | Size (cm)<br>Taille (cm)                              | SL                                                             | Size (cm)<br>Taille (cm)                     | Bindings<br>Fixations                                    | Boots<br>Chaussures               |
|                                            | 100-110                     | 45-50                                                  | HERO ATHLETE FIS GS (R22)                                | 188                                                   | HERO ATHLETE FIS SL<br>(R22)                                   | 157                                          | SPX 12 / SPX 15 Rockerace                                | HERO WC Z SOFT+<br>HERO WC ZJ+    |
|                                            | 110-120                     | 50-54                                                  |                                                          |                                                       |                                                                |                                              | SPX 15 / PX 18 WC Rockerace                              | HERO WC ZJ+                       |
|                                            | 120-130                     | 54-59                                                  |                                                          |                                                       |                                                                |                                              |                                                          | HERO WC ZA or<br>ZA+              |
|                                            | 130-140                     | 59-63,5                                                |                                                          |                                                       |                                                                |                                              |                                                          |                                   |
|                                            | 140-150                     | 63,5-68                                                |                                                          |                                                       |                                                                |                                              |                                                          |                                   |
|                                            | 150-160                     | 68-73                                                  |                                                          |                                                       |                                                                |                                              |                                                          |                                   |
| 160-170+                                   | 73-77+                      |                                                        |                                                          |                                                       |                                                                |                                              |                                                          |                                   |
| U18 U21 U30<br>FIS MEN<br><br>AGE 16 & +   | Weight (lbs)<br>Poids (lbs) | Weight (kg)<br>Poids (kg)                              | GS                                                       | Size (cm)<br>Taille (cm)                              | SL                                                             | Size (cm)<br>Taille (cm)                     | Bindings<br>Fixations                                    | Boots<br>Chaussures               |
|                                            | 100-110                     | 45-50                                                  | HERO ATHLETE FIS GS (R22) /<br>*OPTION FOR 1ST YEAR FIS* | 188                                                   | HERO ATHLETE FIS SL<br>FACTORY (R22)                           | 157                                          | SPX 15 Rockerace                                         | HERO WC Z J+                      |
|                                            | 110-120                     | 50-54                                                  |                                                          |                                                       |                                                                | 165                                          |                                                          | SPX 15 / PX 18 WC Rockerace       |
|                                            | 120-130                     | 54-59                                                  | HERO ATHLETE FIS GS<br>FACTORY (R22)                     | 193                                                   |                                                                |                                              | PX 18 WC Rockerace                                       |                                   |
|                                            | 130-140                     | 59-63,5                                                |                                                          |                                                       |                                                                |                                              |                                                          |                                   |
|                                            | 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 use for Adultes race, non FIS ! But also for U16 FIS Race

\* La taille 185cm peut être utilisé 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



|       |        |        | SLALOM  |         | GIANT SLALOM |         | SUPER-G |         |         |
|-------|--------|--------|---------|---------|--------------|---------|---------|---------|---------|
| Age   | M/W    | Weight | Ski     | Binding | Ski          | Binding | Ski     | Binding | Boot    |
| FIS M | MEN    | ALL    | 165     | 24-16   | 193          | 30-24   | 212     | 30-24   | 130-140 |
| FIS W | WOMEN  | ALL    | 157     | 24-16   | 188          | 24-16   | 207     | 24      | 110-130 |
|       | MEN    | <70    | 157-165 | 16      | 187          | 16      | 200-207 | 16      | 110-130 |
| U16   |        |        |         |         |              |         |         |         |         |
|       | WOMEN  | <60    | 157     | 16      | 180-184      | 16      | 200     | 16      | 110-130 |
|       | MEN    | <60    | 155-157 | 12-16   | 184-187      | 12-16   | 200     | 16      | 110     |
| U15   |        |        |         |         |              |         |         |         |         |
|       | WOMEN  | <60    | 155-157 | 12-16   | 173-184      | 12-16   | 200     | 16      | 90-110  |
|       | MEN    | <55    | 152-155 | 12      | 180-184      | 12      | 192-200 | 12-16   | 90-110  |
| U14   |        |        |         |         |              |         |         |         |         |
|       | WOMEN  | <55    | 152-155 | 12      | 173-180      | 12      | 192     | 12-16   | 90      |
|       | MEN    | <50    | 145-152 | 12      | 166-173      | 12      | 192     | 12      | 70-90   |
| U13   |        |        |         |         |              |         |         |         |         |
|       | WOMEN  | <45    | 138-145 | 10-12   | 166-173      | 10-12   | 185-192 | 12      | 70-90   |
| U12   | UNISEX | <40    | 131-138 | 10      | 159-166      | 10-12   |         |         | 70      |
| U11   | UNISEX | <35    | 131     | 10      | 152-159      | 10      |         |         | 65-70   |
| U10   | UNISEX | <30    | 124-131 | 7-10    | 145-152      | 10      |         |         | 60-65   |
| U9    | UNISEX | <30    | 124     | 7       | 138-145      | 7-10    |         |         | 60-65   |
| U8    | UNISEX | <25    | 110-120 | 7       | 131-138      | 7       |         |         | 60      |

| Race Sizing Chart 2023-2024                                                                                                 |             |               |                         |               |         |               |    |        |        |                       |                         |              |             |              |
|-----------------------------------------------------------------------------------------------------------------------------|-------------|---------------|-------------------------|---------------|---------|---------------|----|--------|--------|-----------------------|-------------------------|--------------|-------------|--------------|
| MARKERDALBELLOVÖIKI                                                                                                         |             |               | 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                       |              |             |              |
|                                                                                                                             | 135-150     |               | 155cm RE                | 183-25m       | 203-30m |               |    |        |        |                       |                         | X            | X           | x            |
|                                                                                                                             | 150+        |               | 157WC/165cm RE          | 188-27m       | 203-30m |               |    |        |        |                       |                         | 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           |              |
|                                                                                                                             | 130-160     |               | 165cm WC                | 188 WC/193 WC | 211cm   |               |    |        |        |                       |                         | X            | X           | X            |
|                                                                                                                             | 160+        |               | 165cm WC                | 193cm WC      | 211cm   |               |    |        |        |                       |                         | 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            |
| 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.                         |             |               |                         |               |         |               |    |        |        |                       |                         |              |             |              |
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