



Ski Race Equipment Recommendations

	Weight (lbs)	Dual Event or Giant Slalom Size	Slalom Size	Boot Flex
U8	40 – 50	110/120		40
	50 – 60	120		40
	60 -75	125		50
	75 -85	125		50
U10	50 - 60	120	120	50
	60 – 75	125	120	50
	75 – 85	130	125/135	70
	85 – 100	140	135/140	70
	100+	145/150	140	70
U12	60 -75	130/140	125/135	70
	75 – 85	140/145	135	70
	85 – 100	145/155	140/145	70
	100+	160/165	145	80/90
U14	60 - 90	145/155	140	80/90
	90 - 110	160/165	145	80/90
	110 – 130	165/175	145/150	80/90
	130+	175	150	120
U16 Women	80 – 100	160/165	145	120
	100 – 120	165/175	145/150	120
	120 – 130	175	150	120
	130+	175/180	155	120/140
U16 Men	100 – 120	170	145/150	120/140
	120 – 140	175	150	140
	140 – 160	180/185	155/160	140
	160+	185/190	165	140

*Each manufactures product may vary by a few CM in ski length per category