













RACE DEPARTMENT RECOMMENDATIONS

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.

	 lb	 kg	MULTI-EVENT	SIZE (cm)	 BINDINGS	BOOTS				
U8 AGE 6-7	40-50	18-23	HERO JR MULTI-EVENT TEAM COMP	100	 BINDINGS	BOOTS				
	50-60	23-27		110						
	60-70	27-32	HERO ATHLETE MULTI-EVENT SPEED TEAM PRO	127			TEAM 4 GW / NX JR 7 GW	JR 65		
	70-80	32-36		134						
U10 AGE 8-9	50-60	23-27	HERO JR MULTI-EVENT TEAM COMP	120	 BINDINGS	BOOTS				
	60-70	27-32		130						
	70-80	32-36	HERO ATHLETE MULTI-EVENT SPEED TEAM PRO	127/134			NX 7 GW LIFTER	JR 65		
	80-90	36-41		141/148						
	 lb	 kg	GS	SIZE (cm)	SL	SIZE (cm)	 BINDINGS	BOOTS		
U12 AGE 10-11	60-70	27-32	HERO ATHLETE GS PRO (R21) SPEED COURSE TEAM GS (R21)	135	HERO ATHLETE SL PRO (R21) SPEED OMEGLASS TEAM SL (R21)	128	 BINDINGS	BOOTS		
	70-80	32-36		144		135			NX 7 GW / NX 10 GW	70 SC
	80-90	36-41		151		135 / 142			NX 10 GW / SPX 10 GW	70 SC / 90 SC
	90-100	41-45		158		142				
	100-110	45-50		165		149				
U14 AGE 12-13	70-80	32-36	HERO ATHLETE GS PRO (R21) SPEED COURSE TEAM GS (R21)	144	HERO ATHLETE SL PRO R21 PRO & R22(150) SPEED OMEGLASS TEAM SL R21 PRO & R22(150)	135	 BINDINGS	BOOTS		
	80-90	36-41		151		135/142			NX 7 GW / NX 10 GW	JR 65 / 70 SC
	90-100	41-45		158		142			NX 10 GW / SPX 10 GW	70 SC / 90 SC
	100-110	45-50	165	149		SPX 10 GW (R21) SPX 12 ROCKERACE (R22)				
	110-120	50-54	170	149/150						
U16 AGE 14-15	90-100	41-45	HERO ATHLETE GS PRO (R21) SPEED COURSE TEAM (R21)	165	HERO ATHLETE SL PRO (R21) SPEED OMEGLASS TEAM SL (R21)	142	 BINDINGS	BOOTS		
	100-110	45-50	HERO ATHLETE GS (R22) SPEED COURSE WC GS (R22)	170	HERO ATHLETE SL (R22) SPEED OMEGLASS WC (R22)	149			SPX 10 GW / SPX 12 ROCKERACE	70 SC / 90 SC
	110-120	50-54		175		150			SPX 12 ROCKERACE	90 SC / 110 SC
	120-130	54-59		182		157				
	130-150 +	59-68 +		182		157/165				
NON FIS WOMEN & MEN (U19-SR)	100-110	45-50	HERO ATHLETE FIS GS (R22) SPEED COURSE WC FIS GS (R22)	165	HERO ATHLETE FIS SL (R22) SPEED OMEGLASS WC FIS SL (R22)	150	 BINDINGS	BOOTS		
	110-120	50-54		170		150			SPX 10 GW / SPX 12 ROCKERACE	WC Z SOFT (Lange only) / WC ZJ+
	120-130	54-59		175		157			SPX 12 / 15 ROCKERACE	
	130-140	59-63,5		182		157				
	140-150	63,5-68	182	157						
	150-160	68-73	185	165						
	160-170	73-77	185	165						
	170 & +	77 & +	188	165						
FIS WOMEN & MEN	FIS WOMEN		HERO ATHLETE FIS GS FACTORY (R22) SPEED COURSE WC FIS GS FACTORY (R22)	188	HERO ATHLETE FIS SL (R22) SPEED OMEGLASS WC FIS SL (R22)	157	 BINDINGS	BOOTS		
				188 / 193		157 / 165			SPX 15 / SPX 18 WC	
	FIS MEN			193		165				WC ZA / ZB / ZC

1st year **FIS Men** can race on skis -5cm in NON-Continental Cup Events. (188 GS or 157 SL)

*PLEASE FOLLOW FIS RULES WHEN SELECTING THE PROPER RACE PRODUCT