

RACE DEPARTMENT RECOMMENDATIONS FOR SKIS & BINDINGS 2010/11

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 decisions. 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!

JUNIOR 5 & 6

ages 6 to 10 years old (born 2000 or younger)

athlete weight	recommended Multi Event ski model	recommended Multi Event size	recommended binding
40 - 50 lbs	Team Speed	110cm	Nova Team 7
50 - 60lbs		120cm	
55 - 65lbs	Team Pro	125cm	Nova Team 7 Maxplate
60 - 70 lbs		130cm	
70 - 80 lbs		135cm	
80 - 90 lbs		140cm	
		145cm	

JUNIOR 4

ages 11 to 12 years old (born 1999 & 1998)

athlete weight	recommended GS model	recommended GS size	recommended SL model	recommended SL size	recommended model and size for use as Multi Event ski	recommended binding
70 - 80 lbs	Team Course WC GS	140cm	Team Pro	125cm	Team Pro 135	Nova Team 7 or Nova Team Maxiplate
80 - 90 lbs		145cm		132cm	Team Pro 140	
90 - 100 lbs		150cm				139cm
		155cm	Team Omeglass WC SL	146cm	Team Course 150cm	PX Team
100-120 lbs		160cm		150cm	Team Course 155cm	
120 + lbs		167cm		150cm		

JUNIOR 3

ages 13 to 14 years old (born 1997 & 1996)

athlete weight	recommended GS model	recommended GS size	recommended SL model	recommended SL size	recommended binding
90 - 100 lbs	Team Course WC GS	155cm	Team Omeglass WC SL	139cm	PX Team
100 - 110 lbs		160cm		146cm	
110 - 120 lbs		167cm		150cm	PX Racing 12
120 - 130 lbs	Course WC GS	170cm	Omeglass WC SL	150cm	
130 - 140 lbs		175cm		155cm	PX Racing 15 MXF
140 + lbs		182cm			

***Lighter and/or less aggressive athletes should error on the shorter size and use the Composite Plate when applicable

JUNIOR 1 / 2, Seniors, Masters -WOMEN-

ages 15 & up (born 1995 and older)

athlete weight	High School/USSA RECOMMENDATIONS					F.I.S. RECOMMENDATIONS				
	recommended GS model for High School	recommended GS size High School	recommended SL model for High School	recommended SL size High School	recommended binding High School	recommended GS model for F.I.S./USSA	recommended GS size F.I.S./USSA	recommended GS size F.I.S./USSA	recommended SL size F.I.S./USSA	recommended binding size F.I.S./USSA
100 - 110 lbs	Team Course WC GS	167cm	Team Omeglass WC SL	150cm	PX Team	Speed Course WC GS	175cm	Speed Omeglass WC SL	155cm FIS Rules	PX Racing 12
110 - 120 lbs										
120 - 130 lbs	Speed Course WC GS	170cm	Speed Omeglass WC SL	150cm	PX Racing 12	175cm or 182cm	182cm			PX Racing 15 MXF
130 - 140 lbs		175cm		155cm						
140 - 150 lbs		182cm								
150 - 160 lbs										
160 - 170 lbs										

***Less aggressive athletes should error on the shorter size

JUNIOR 1 / 2, Seniors, Masters -MEN-

ages 15 & up (born 1995 and older)

athlete weight	High School/USSA RECOMMENDATIONS					F.I.S. RECOMMENDATIONS					
	recommended GS model for High School	recommended GS size High School	recommended SL model for High School	recommended SL size High School	recommended binding High School	recommended GS model for F.I.S./USSA	recommended GS size F.I.S./USSA	recommended SL model for F.I.S./USSA	recommended SL size	recommended binding F.I.S./USSA	
100 - 110 lbs	Speed Course WC GS	170cm	Speed Omeglass WC SL	150cm	PX Racing 12	Speed Course WC GS	185cm	Speed Omeglass WC SL	155cm	PX Racing 15 MXF	
110 - 120 lbs		175cm		155cm					165cm		155cm J2 Boys
120 - 130 lbs		182cm		165cm					189cm		
130 - 140 lbs											
140 - 150 lbs											
150 - 160 lbs											
160 - 170 lbs	186cm										
170 + lbs											

NOTE All recommendations comply F.I.S./USSA regulations for radius, minimum length, standheight