

## 2015-16 Course Setting Specifications for U16 and Younger (Scored and Non-Scored)

		U10 and younger	U12	U14	U16
<b>Train to Race Ratio</b> (strongly recommended minimum)		6:1 (days)		5:1 (days)	
<b>GS/SL Race Days</b> <sup>3</sup> (recommended)		Max. 10 Division/State organized, all events	Max. 12 Division/State organized, all events	Max. 14 Division/State organized, all events	Max. 18 Division/State organized, all events
<b>Downhill (DH)</b> 700 and U1253	Distance between gates <sup>1</sup>	<b>X</b>	<b>X</b>	50 m max.	As required
	Vertical drop			350 m max.	500 m max.
	Direction changes			8% of vertical drop	As required
<b>Slalom (SL)</b> 800 and U1254	Distance between gates <sup>1</sup>	Combination 4-6 m; Open 6-10 m; Delay max. 15 m			Combination 4-6 m; Open 6-12 m; Delay max. 18 m
	Vertical drop	Max. 100 m	Max. 120 m	Max. 140 m	Max. 160 m
	Additional requirements	Max. 3 hairpins; Max. 1 vertical combination; Max. 1 delay gate			Min. 3 hairpins; 1-3 vertical combinations; 1-3 delay gates
<b>Giant Slalom (GS)</b> 900 and U1255	Distance between gates <sup>1</sup>	Open 15-22 m; Delay max. 30 m		Open 15-25 m; Delay max. 35 m	Open 15-27 m; Delay max. 35 m
	Vertical drop	Max. 200 m	Max. 250 m	Max. 300 m	Max. 350 m
	Additional requirements	Min. of 1 delay; Variety of terrain suggested			
<b>Super G (SG)</b> 1000 and U1256	Distance between gates <sup>1</sup>	<b>X</b>	22-35 m	Open 25-40 m; Delay min. 15 m	Open 25-45 m; Delay min. 15 m
	Vertical drop		Max. 300 m	Max. 350 m	Max. 450 m
	Direction changes		8-12% of vertical drop <sup>2</sup>	8-12% of vertical drop <sup>2</sup>	8-12% of vertical drop
	Additional requirements		Training run required (U1256.4)	Min. of 1 jump recommended Training run required (U1256.4)	Min. of 1 jump recommended Training run recommended (U1003.2.1)
<b>Parallel</b>	Distance between gates <sup>1</sup>	10-15 m	15-20 m		
	Maximum vertical drop	60 m	100 m		
<b>Kombi - SL/GS</b> U1259	Distance between gates <sup>1</sup>	SL 6-10 m, GS 12-20 m	SL 6-10 m, GS 12-20 m		
	Maximum vertical drop	150 m	180 m	200 m	
<b>Kombi - GS/SG</b> U1259	Distance between gates <sup>1</sup>	<b>X</b>	GS 12-20 m, SG 18-28 m		
	Maximum vertical drop		250 m		
<b>Other Events</b>		All of above plus SkillsQuest events	All of above plus SkillsQuest events		All of the above plus combined and SkillsQuest events
<b>Ski Recommendation - Maximum</b> (strongly recommended)		1 pair - Multi-event Length - skill/size appropriate	2 pair - SL, GS Length - skill/size appropriate	3 pair - SL, GS, SG Length - skill/size appropriate	SL, GS, SG, DH

<sup>1</sup> Gate distances correspond to distance between turning gates, with the exception of SL combination distance, which refers to gate width.

<sup>2</sup> Per USSA ACR U1256.3, based upon hill topography and field ability, the Jury may increase the gates to a maximum of 14% of vertical drop (counting only those requiring change of direction).

<sup>3</sup> Does not include Regional or National Championships.

\*\* Crossover between age categories for SL, GS, SG, Kombi and SkillsQuest is encouraged. Where multiple age classes are competing, course setting guidelines will be based on the guidelines for one class older than the youngest class (for example, if a race has U10, U12 and U14 racers, it should use the U12 guidelines) except in DH where course setting guidelines will be based on the youngest class participating.