

ROSSIGNOL RACE DEPARTMENT RECOMMENDATIONS FOR SKIS AND BINDINGS



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 Rossignol 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 2001 or younger)

| athlete weight | recommended Multi Event ski model & size for J6 | | recommended Multi Event ski model & size for J5 | | recommended binding |
|----------------|---|-------------|---|-----|------------------------|
| 45 - 50 lbs | Radical RSX | 110cm | Radical RSX | 110 | Comp J Pro 45 S |
| 50 - 55 lbs | | 120cm | | 120 | |
| 55 - 60 lbs | | 130cm | | 125 | |
| 60 - 70 lbs | | Radical Pro | 130cm | 130 | Axium Jr Pro Race 70 S |
| 70 - 80 lbs | | | 140cm | 135 | |
| 80 - 90 lbs | | | 140cm | 140 | |
| 100 - 110 lbs | | | 140cm | 145 | |

***Lighter and/or less aggressive athletes should error on the shorter size

***Lighter and/or less aggressive J5 racers should opt for Radical RSX model

JUNIOR 4 ages 11 to 12 years old (born 2000 & 1999)

| 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 | Radical GS Pro w/ I-Box Composite Plate | 135cm | Radical SL Pro w/ I-Box Composite Plate | 125cm | Radical Pro | Axium Jr Pro Race 70 S | |
| 80 - 90 lbs | | 140cm | | 132cm | | | |
| 90 - 100 lbs | | 145cm | | 139cm | | 135cm | |
| | | 150cm | | | | | |
| 100 - 110 lbs | | 155cm | | 146cm | | 140cm | Axial ² 100 S |
| 110 - 120 lbs | | 160cm | | | | | |
| 120 + lbs | 165cm | | | | | | |

***Lighter and/or less aggressive athletes should error on the shorter size

JUNIOR 3 ages 13 to 14 years old (born 1998 & 1997)

| athlete weight | recommended GS model | recommended GS size | recommended SL model | recommended SL size | recommended binding |
|----------------|--|---------------------|--|---------------------|---------------------------|
| 90 - 100 lbs | Radical GS Pro w/ I-Box Composite Plate | 155cm | Radical SL Pro w/ I-Box Composite Plate | 132cm | Axial ² 100 S |
| 100 - 110 lbs | | 160cm | | 139cm | |
| 110 - 120 lbs | | 165cm | | 146cm | |
| 120 - 130 lbs | Radical WC GS w/ I-Box Composite Plate | 170cm | Radical WC SL w/ I-Box Composite Plate | 150cm | Axial ² WC 120 |
| 130 - 140 lbs | | 175cm | | | |
| 140 - 150 lbs | Radical WC GS w/ I-Box WC Plate | 182cm | Radical WC SL w/ I-Box WC Plate | 155cm | WC MFX 150 |
| 150 + lbs | | | | | |

***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 1996 and older)

| athlete weight | High School / USSA RECOMMENDATIONS | | | | | F.I.S. RECOMMENDATIONS | | | | |
|----------------|---|---------------------|---|---------------------|---------------------------|------------------------------------|---------------------|------------------------------------|---------------------|---------------------|
| | recommended GS model | recommended GS size | recommended SL model | recommended SL size | recommended binding | recommended GS model | recommended GS size | recommended SL model | recommended SL size | recommended binding |
| 100 - 110 lbs | Radical WC GS w/ I-Box Composite Plate | 170cm | Radical WC SL w/ I-Box Composite Plate | 150cm | Axial ² WC 120 | Radical WC GS w/ I-Box WC Plate | 175cm | Radical WC SL w/ I-Box WC Plate | 155cm FIS Rules | WC MFX 150 |
| 110 - 120 lbs | | | | | | | | | | |
| 120 - 130 lbs | | 175cm | | | | | | | | |
| 130 - 140 lbs | Radical WC GS w/ I-Box WC Plate | 182cm | Radical WC SL w/ I-Box WC Plate | 155cm | WC MFX 150 | 182cm | 185cm | Radical WC SL w/ I-Box WC Plate | 165cm FIS rules | WC MXF 200 |
| 140 - 150 lbs | | | | | | | | | | |
| 150 - 160 lbs | | | | | | | | | | |
| 160 - 170 lbs | | | | | | | | | | |
| 170 + lbs | | | | | | | | | | |

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

JUNIOR 1 / 2, Seniors, Masters **-MEN-** ages 15 & up (born 1996 and older)

| athlete weight | High School / USSA RECOMMENDATIONS | | | | | F.I.S. RECOMMENDATIONS | | | | |
|----------------|---|---------------------|---|---------------------|---------------------------|------------------------------------|---------------------|------------------------------------|---------------------|---------------------|
| | recommended GS model | recommended GS size | recommended SL model | recommended SL size | recommended binding | recommended GS model | recommended GS size | recommended SL model | recommended SL size | recommended binding |
| 100 - 110 lbs | Radical WC GS w/ I-Box Composite Plate | 170cm | Radical WC SL w/ I-Box Composite Plate | 150cm | Axial ² WC 120 | Radical WC GS w/ I-Box WC Plate | 185cm | Radical WC SL w/ I-Box WC Plate | 165cm FIS rules | WC MXF 200 |
| 110 - 120 lbs | | | | | | | | | | |
| 120 - 130 lbs | | 175cm | | | | | | | | |
| 130 - 140 lbs | Radical WC GS w/ I-Box WC Plate | 182cm | Radical WC SL w/ I-Box WC Plate | 155cm | WC MFX 150 | 191cm | 185cm | Radical WC SL w/ I-Box WC Plate | 165cm FIS rules | WC MXF 200 |
| 140 - 150 lbs | | | | | | | | | | |
| 150 - 160 lbs | | | | | | | | | | |
| 160 - 170 lbs | | | | | | | | | | |
| 170 + lbs | | | | | | | | | | |

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

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