

OMS/Okemo Comp Center Alpine Ski Racing Equipment List

| <b>Age Class</b>                       | <b>Skis Needed and Suggested Lengths</b>   | <b>Boots</b>   | <b>Other Equipment</b>  |
|--|--|--|---|
| <i>U10 (7-9 yrs old by 12/31/23)</i>   | One pair of junior SL skis sized to about nose/eyebrow height; 9 year olds may benefit from a GS ski in addition to the SL ski - consult a coach   | Comfortable, well-fitting boots that are not too stiff - need not be a "race" boot! Likely in a 50/60 flex range, depending on the individual                    | Full shell helmet, Poles (any properly fit poles are fine), shin guards (optional for stubby SL), GS suit (optional), full side zip ski pants (if planning to wear a GS suit)                                     |
| <i>U12 (10-11 yrs old by 12/31/23)</i> | One pair of junior SL skis sized about chin/nose height; One pair of junior GS skis sized at top of head to a few inches over; NO need for a SG ski  | Comfortable, well-fitting boots that are not too stiff - usually a junior race boot is the right boot. Likely in a 60-70 flex range, depending on the individual | Full shell helmet and compatible SL chin bar, shin guards, GS suit (optional - but most U12s race in one); SL poles and compatible SL guards; GS poles (optional - SL guards can be removed from SL poles for GS) |
| <i>U14 (12-13 yrs old by 12/31/23)</i> | 1-2 pairs each of SL and GS skis (depending on training volume); one pair of SG skis (can be rented); generally still a junior size is still best.   | A junior race boot in approximately a 90 flex, depending on the individual. Fit should be snug, but still comfortable, and boot should flex well.                | Full shell helmet and compatible, removable SL chin bar (or SL specific helmet with chin bar), shin guards, GS suit, SL poles and compatible SL guards, GS poles  |
| <i>U16 (14-15 yrs old by 12/31/23)</i> | 1-2 pairs each of SL and GS skis (depending on training volume); one pair of SG skis (can be rented); sizing will be very dependent on the individual athlete; "tweener" versions of skis are offered by all brands to meet U16 needs/rules. <a href="#">22-23 USSS Rules on sizing are linked here.</a> | A race boot in about a 90-110 range, depending on the athlete. Fit should be snug, but still comfortable, and boot should flex well.                             | Full shell helmet and compatible, removable SL chin bar (or SL specific helmet with chin bar), shin guards, GS suit, SL poles and compatible SL guards, GS poles  |
| <i>U18+ (16+ by 12/31/23)</i>          | Work directly with a coach to determine needs/fit for all equipment  |  |   |

