

# **NJISRA Alpine Course Setting Guidelines & Start Cadence Basics**

(1 Dec 2019)

**Legal Distances & Nbrs:** (all distances are in meters)

## **Slalom(SL)- 800**

Nbr of Vertical Combinations:	1-3 (min/max)
Nbr of gates per Vertical Combination:	3-4 (min/max)
Nbr of Delays:	1-3 (min/max)
Nbr of Hairpins:	1-3 (min/max)
Combination gate width:	4.5-6m (min/max)
Open gate distances:	6-13m (min/max)
Delay max:	12-18m (min/max)
Distance from turning pole to top of a delay:	6m (min)
Distance between combinations gates:	0.75-1m (min/max)
Total distance on both sides of a delay gate to the nearest turning poles	12-18m: (min/max)
Total nbr of DC (direction change) gates:	30-50 (min/max)
Nbr of DC (Direction Changes) gates:	Based upon additive distances of combinations, delays, & open gates given above specifications
Vertical Drop of SL course:	160m

## **Giant Slalom (GS)- 900**

Nbr of Delays:	No min/max specified
Gate width:	4.5-8m (min/max)
Open gate distances:	15-27m (min/max)
Distance from turning pole to top of a delay:	35m (max)
Distance between open gates:	10m (min)
Nbr of DC (Direction Changes) gates:	Based upon additive distances of, delays & open gates given above specifications
Vertical drop of GS course:	350m (max)

## **Dual Slalom (DSL)- 1300**

Nbr of Delays:	No Delays allowed
Nbr of Vertical Combinations:	No Vertical Combinations allowed
Nbr of Hairpins:	No Hairpins allowed
Gate width:	Always single gate
Open gate distances:	10-13m (min/max) (consistent distance set)
Separation between Dual courses:	8-12m (min/max) (consistent distance set)

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Distance from last gate to Finish-Line:	13m (min)
Nbr of DC (Direction Changes) gates:	Based upon additive distances of, open gates given above specifications; (not to exceed 30)

( Measurement aid: a 200cm ski is 2 meters long )

## **Single Pole SL Gate Rules:**

- A single pole SL course uses outside poles on:
  - 1st & last gates
  - delay gates
  - combination gates (hairpins, flushes)

## **Single Pole GS Gate Rules:**

- A single pole GS course uses outside poles on:
  - 1st & last gates
  - delay gates

## **Start Cadence:**

- **GS Start:**
  - Regular intervals (std 60 secs; min 30 secs)
  - "10" sec warning
  - Start period is 10 sec after "5"
  - "5, 4, 3, 2, 1" - "Go"- "1, 2, 3, 4, 5"
  - DSQ'ed before or after 10 sec start window
- **SL Start:**
  - Irregular intervals (min 30 secs)
  - "Ready", "Go", followed by a 10 sec start window
  - DSQ'ed before or after 10 sec start window