

Course Length Recommendations

The following are recommended course length targets measured by the winning time. These would be used as a reference to determine the appropriateness of the venue and course set for the given age. Factors taken into consideration include:

- Physiological factors - anaerobic system not well developed until post-puberty,
- Attention span - young athletes are less capable of remembering a course and of concentrating on a task throughout a course,
- Psychological factors - short courses make for smaller time gaps between racers, more racers feel they are in the mix,
- Maturation rates - longer courses may advantage early maturers. In age class competition, this can be leveled. Early maturers should be able to compete against their older, biological age peers, on longer courses based on the rules for older ages in designated competitions.

	U10	U12	U14	U16
Downhill	X	X	30 - 60 sec.	45 - 75 sec.
Slalom	25 - 35 sec.	30 - 40 sec.	35 - 45 sec.	40 - 50 sec.
GS	30 - 40 sec.	35 - 45 sec.	45 - 55 sec.	55 - 65 sec.
Super-G	X	35 - 45 sec.	40 - 60 sec.	45 - 70 sec.
Kombi	30 - 40 sec.	35 - 45 sec.	40 - 50 sec.	45 - 60 sec.
Parallel *	20 - 30 sec.	20 - 30 sec.	20 - 30 sec.	25 - 35 sec.