



ALBERTA ALPINE

Updated setting guidelines for AASA 2019-2020

U12 SLALOM

- Competition: Recommend 25-35 +/- 5 direction changes
 - o Maximum vertical distance: 9m
 - o Typical distance between 7-9m
 - o One delay optional: 11-14m
 - o Typical distance in vertical combinations 4-5m. Max 5.5m
 - o Races runs should vary from stubbies, panels and full 25mm gates when sanctioned by AASA
 - o Set rhythm changes requiring different turn shape but nothing tactically challenging

U12 GIANT SLALOM

- Competition: 25-35 direction changes +/- 2
 - o Maximum vertical distance: 20m
 - o Typical distance between 15-18m
 - o 1-2 delays (optional) Minimum 8m in delay, Max 24m
 - o Set rhythm changes requiring different turn shape but nothing tactically challenging



ALBERTA ALPINE

U14 SLALOM

- Competition: 100-160m Vertical drop
 - o Recommend 32-38% +/- 3 direction changes
 - o Maximum vertical distance: 10m
 - o Typical distance between 7-9m
 - o 2-4 hairpins, 1-2 flushes (3 gates), 1 delay (12-15m Max)
 - o Typical distance in vertical combinations 4-5.5m
 - o Set rhythm changes requiring different turn shape but nothing tactically challenging
 - No reverse hairpins, etc.

U14 GIANT SLALOM

- Competition: 200-350m vertical drop
 - o Recommend 13-18% direction changes
 - o Maximum vertical distance: 24m
 - o Typical distance between 18-22m
 - o 1-3 delays (optional) Minimum 9m in delay, Max 30m.
 - o Set rhythm changes requiring different turn shape but nothing tactically challenging

U14 Super G

- Competition: 250-450m vertical drop
 - o Recommended 8-12% direction changes
 - o Maximum vertical distance: 40m
 - o Typical distance 30-40m
 - o Minimum distance in a delay 15m, Max 45m
 - o Main objective is to set a course that flows well using natural terrain features and controls the athletes speed creating an environment that inspires confidence. Avoid abrupt turns.
 - o If a small jump is in play or athletes are suspected to catch air, set in a manner that gives the athletes plenty of time to get into an athletic ready position and set so the skis are unloaded and headed straight off the jump/bump with plenty of time and space to land prior to engaging the new edge.



ALBERTA ALPINE

U16 SLALOM

- Competition: 100-160m Vertical drop
 - o 32%-38% +/- 3 direction changes
 - o Maximum vertical distance: 11m
 - o Typical distance between 7.5-10m
 - o 3-6 hairpins, 1-3 flushes (3-4 gates), 1-3 delays (12-15m Max)
 - o Typical distance in vertical combinations 4.5-5.5m, 6m Max
 - o Set rhythm changes requiring different turn shape and tactics

U16 GIANT SLALOM

- Competition: 200-350m Vertical drop
 - o 13%-18% +/- 2 direction changes
 - o Maximum vertical distance: 27m
 - o Typical distance between 21-25m
 - o 1-3 delays (optional) Minimum 10m in delay, Max 35m
 - o Set rhythm changes requiring different turn shape and tactics

U16 Super G

- Competition: 250-450m Vertical drop
 - o 8-12% direction changes
 - o Vertical distance between gates: 35-50m
 - o Minimum distance in delay: 15m
 - o Main objective is to set a course that flows well using natural terrain features and controls the athletes speed creating an environment that inspires confidence. Avoid abrupt turns.
 - o If racing on a suitable track with a properly built jump, setting over jumps is encouraged. If setting over a jump you should allow the athletes enough time to get into a balanced ready position and take off with an unloaded ski.