



ALBERTA ALPINE

Approved By: AASA & Age Class
Groups
Effective date: November 2021
Updated: October 2022

Updated setting guidelines for AASA 2022-2023

****for setting at races it is strongly recommended that you are at least DL trained and you should select a mentor coach to assist you on your first ever set at a Race. If you have been assigned a set and are uncomfortable with setting please pass on it, you will be given more opportunities when you are confident and ready****

U10 SLALOM (Paneled Gates)

- Competition: Recommend 25-30 direction changes
 - o Vertical distance: 7-10
 - o Typical distance between 7-9m
 - o No combos or delay gates

U10 GIANT SLALOM

- Competition: Maximum 25 direction changes
 - o Vertical distance: 14-18m
 - o No delay gates

U10 Kinder Combi

- Competition: Maximum 25 direction changes
 - o vertical distance: 7-18m
 - o No combos or delay gates

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 gates when sanctioned by AASA (a progression through the season from stubbies early season progressing to 60" OTS gates at the finals)
 - o Set rhythm changes requiring different turn shape but nothing tactically challenging
 - o No outside gate for combinations, regardless of gate type being used

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



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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 (Into) hairpins, etc.

U14 GIANT SLALOM

- Competition: 200-350m vertical drop
 - o Recommend 13-18% +/- 2 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.



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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.