**SLALOM (with delay gate shown)**

HAIRPIN– Two closed gates in succession and vertical to each other

BASICS OF SLALOM

* Set 10- 12 m fall line distance (5- 6 gate pole lengths) **[13m MAX]**
* Offset: 4m – 6m (2 -3 gate poles) **[4m MIN]**
* Rhythm change suggested every 4 to 5 gates with a course offset or feature

FLUSH – 3-4 closed gates in succession and vertical to each other

START

* Hairpin gate pairs at **6m vertical distance** (2 gate pole lengths)
* Exit of hairpin is **6m vertical distance** from double gates
* Turning gate below the paired gates is **10m – 12m vertical distance with typical 4m-6m offset**

6

5

4

3

2

1

FALL LINE

Open Gate

* Set flush gate pairs at 6m vertical distance from entrance gate
* Distance between paired gates is **0.75 to 1m** (length of drill /bit)

distance; same for hairpin

* Exit of hairpin is **6m vertical distance** from double gates
* Turning gate below the paired gates is **10m – 12m vertical distance with typical 4m-6m offset**
* Same color from turning gate to turning gate
* **Vertical distance between delay gates is 12m – 18m**
* Top of (closed) delay gate [shown in red] is > 6m from first turning gate [shown in blue]
* Color order of turns reverses after the delay

*Note: flush and hairpin double gates shown off-set for clarity only…should be set down fall line*

*Course offset (delay gate)*

Open Gate

*FLUSH OBJECTIVES:*

*- Change of rhythm*

*- Challenge agility*

*- Change of speed*

*- Change of turn radius*

*- Usually on flatter sections of the course*

*DELAY GATE OBJECTIVES:*

*- Change of speed and rhythm*

*- Allow time and distance to regain balance*

*- Move the line across the hill*

*HAIRPIN OBJECTIVES:*

*- Change of rhythm*

*- Avoid poor snow conditions*

*- Avoid obstacles*

Course Set Instructions for Southwest Michigan HS Ski Race League

Reflects 2018/2019 MHSAA Ski Race Rules for Courses

**GIANT SLALOM (with delay gate shown)**

BASICS OF GS

* Set at 18m -19m vertical distance (~ 6.5 to 7 gate pole lengths) in early course
* Set at 21m – 23m vertical distance in later course (~7.5 - to 8.2 gate pole lengths)
* Offset: **4m -8m** (2.4 - 4.8 ski lengths of a 165cm ski)
* Set initial 1-2 gates with less offset if possible to allow racers to get to speed.
* Set gates to create rounder arcs on steeper terrain

Course Set Instructions for Southwest Michigan HS Ski Race League

Reflects 2018/2019 MHSAA Ski Race Rules for Courses

DELAY GATE

* Distance between open gate and the closed gate of the delay >10m
* Delay gate set at 22 - 26m gate to gate
* The delay gate is set at 1/3 the distance between top open gate and bottom open gate
* Offset of delay gate 8m – 10m (4.8 – 6 ski lengths of a 165cm ski)

Open Gate

Open Gate

1/3

Delay Offset

Delay Offset

Space between closed gates set”