

POLE LENGTH		
Your Height	Skate	Classic
6.2	167.5	157.5
6.1	165	155
6	162.5	152.5
5.11	160	150
5.10	157.5	147.5
5.9	155	145
5.8	152.5	142.5
5.7	150	140
5.6	147.5	137.5
5.5	145	135
5.4	142.5	132.5
5.3	140	130
5.2	137.5	127.5
5.1	135	125
5	132.5	122.5
4.11	130	120

SKI LENGTH		
Your Weight	Skate	Classic
165+	190-195	205-210
140-165	185-190	200-205
120-140	180-185	195-200
100-120	175-180	190-195
90-100	170-175	185-190
80-90	165-170	180-185

When purchasing Skis or Poles, check the sizes below first. It is very important that they fit your weight and height