

Whaleback Nordic

Pole Sizing Charts



Whaleback Nordic Ski Club

Skier Height	Classic Length (cm)	Skate Length (cm)
5'0"	125	135
5'1"	125	135
5'2"	130	140
5'3"	130	140
5'4"	135	145
5'5"	135	145
5'6"	140	150
5'7"	140	150
5'8"	145	155
5'9"	145	155
5'10"	150	160
5'11"	150	160
6'0"	155	165
6'1"	155	165
6'2"	160	170
6'3"	160	170
6'4"	165	175
6'5"	165	175
6'6"	175	175

Skier Height	Classic Length (cm)	Skate Length (cm)
3'6"	85	95
3'9"	90	100
4'0"	95	105
4'3"	100	110
4'6"	105	115
4'7"	110	120
4'8"	115	125
4'9"	115	125
4'10"	120	130
4'11"	120	130
5'0"	125	135