

Whaleback Nordic

Cross Country Ski Sizing



Cross Country Skis are Sized and Fit Based on Three Things:

1) **Skiers Weight:** This is the first and most important thing when sizing or fitting a cross country ski, because skis have different stiffnesses. The stiffness of a ski will determine how a ski behaves under the skier.

2) **Skiers Height:** Longer skis are naturally stiff because of the amount of material used in their construction. So often the skier's weight will dictate the length of the ski, but it gives the choice of two lengths the skier's ability should be considered.

3) **Skiers Ability Level:** Longer skis are generally faster, but can be difficult to control or maneuver for beginning skiers.

Please use the chart below to determine the length of a classic or skate ski:

<u>Skier Weight</u>	<u>Classic Ski Length</u>	<u>Skate Ski Length</u>
100-110lbs	180-190 cm	170-180 cm
110-120lbs	182-192 cm	172-182 cm
120-130lbs	185-195 cm	175-185 cm
130-140lbs	187-200cm	177-187 cm
140-150lbs	190-205 cm	180-190 cm
150-160lbs	195-210 cm	185-195 cm
160-180lbs	200-210 cm	190-200 cm
Greater 180	205-210 cm	190-200 cm