

NJISRA Course Setting Basics

(2011)

Legal Distances & Nbrs: (all distances are in meters)

- .75m/1m: Min/Max distance between two SL gates
- 10m: Min distance between GS gates
- 4-8m: Min/Max distance between two GS paneled gates
- 13m: Max distance between turning poles in SL
- 4-6m: Min/Max distance between SL gate poles
- 1 & 3: Min number of Flushes in a SL race
- 3: Min number of Hairpins in a SL race
- 1-3: Min/Max number of Delay gates in a SL race
- 12/18m: Min/Max total distance on both sides of a Delay gate to the nearest turning poles
- 6/13m: Min/Max distance between SL turning gates

- Measurement rule: a 200cm ski is 2 meters