NJISRA Course Setting & Start Cadence Basics

(2012) (V3)

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

- 10m: Min distance between GS gates

- 4-8m: Min/Max distance between two GS paneled gates

- .75m-1m: Min/Max distance between two SL <u>combination</u> gates

- 13m: Max distance between turning poles in SL

- 4-6m: Min/Max distance between SL gate poles

- 1-3:   Min/Max 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)

Single Pole SL Gate Rules:

- A single pole SL course uses outside poles only on:
    - 1st & last gates
    - delay gates
    - combination gates (hairpins, flushes)

Start Cadence:

- GS Start:
    - Regular intervals (std 60 secs; min 30 secs)
    - "10" sec warning
    - Start period is 10 sec after "5"
    - "5, 4, 3, 2, 1" - "Go"- "1, 2, 3, 4, 5"
    - DSQ'ed after 10 sec start window

- SL Start:
    - Irregular intervals (min 30 secs)
    - "Ready", "Go", followed by a 10 sec window
    - DSQ'ed after 10 sec start window