

2019-2020 U.S. Ski & Snowboard Alpine Course Setting Specifications (Masters)

		US Masters		FIS Masters
Downhill (DH) 700 and M1284	Distance between gates	as required	<i>M1284.1</i>	<i>(N/A - no FIS masters DH regulations)</i>
	Vertical Drop (VD)	Max 600m		
	Direction changes (DC)	as required		
	Additional requirements	min of 2 official training runs scheduled prior to race day required; min 1 training start required	<i>M1284.4.1⁽¹⁾</i>	
Slalom (SL) 800 and M1287	Distance between gates	Combination 5-6 m; Open 10-13 m; Delay 14-18 m	<i>M1287.1.2</i>	<i>[ICR 801.2.3: 4-6 m combination, 6-13 m open, 12-18m delay]</i> 120 m - 180 m <i>[ICR 801.2.4: 30-35% VD]</i> <i>[ICR 803.2]</i>
	Vertical Drop (VD)	Max 180 m	<i>M1287.1.1</i>	
	Direction changes (DC)			
	Additional requirements	3-6 hairpins; 1-3 verticals (3-4 gates); 1-3 delays	<i>ACR/ICR 803.2</i> <i>ACR Flex Poles⁽²⁾</i>	
Giant Slalom (GS) 900 and M1286	Distance between gates	Open 23-30 m; Delay min. 10 m between successive gates and max. 35 m from turning pole to turning pole	<i>M1286.1.2</i>	<i>[ICR 901.2.3: min 10 m]</i> 250 m - 350 m (men A) 200 m - 300 m (men B, women C) <i>[ICR 901.2.4: 11-15% VD]</i>
	Vertical Drop (VD)	Max 350 m	<i>M1286.1.1</i>	
	Direction changes (DC)			
	Additional requirements	Variety of terrain suggested		
Super G (SG) 1000 and M1285	Distance between gates	Open 30-50 m; Delay min. 15 m between successive gates and max. 55 m from turning pole to turning pole	<i>M1285.1.2</i>	<i>[ICR 1001.3.4: min 25 m open]</i> <i>[ICR 1003.1.1: min 15 m delay]</i> 300 m - 400 m <i>[ICR 1001.3.4: min 7% VD]</i>
	Vertical Drop (VD)	Max. 450 m	<i>M1285.1.1</i>	
	Direction changes (DC)			
	Additional requirements	Variety of terrain suggested Training run or fast free-ski on race hill highly recommended	<i>M1285.4(b)</i>	
Parallel U1220 and M1288	Distance between gates	10-20m ⁽³⁾	<i>ACR</i>	<i>(N/A - no FIS masters parallel rules)</i>
	Vertical Drop (VD)	Max 100 m		

⁽¹⁾ scheduling at least 2 days of DH training recommended; one training run may be scheduled on the same day as the race

⁽²⁾ FIS type B poles (25-28.9mm) should be used

⁽³⁾ Distance between courses should be 8-12 m.