



**Introduction**

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## **SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA**

SnowsportGB aims to identify a clear performance pathway with a defined selection criteria and process for selection to the appropriate age categories and follow this process to select athletes qualifying for the British Alpine Ski Teams.

The objective of the British Alpine Ski teams is to support a long-term performance pathway, the development of athletes and the delivery of programmes to produce World Class performances.

### **1.1 Aim**

The aim of this document is to identify the selection criteria and process for selection to the British Alpine Ski Teams. Criteria are laid out within the age group categories as defined by the International Ski Federation (FIS) and identified within this document.

The aim of this policy is to provide a fair pathway and clear selection criteria and selection process.

### **1.2 Remit**

Selection committees are appointed by the SnowsportGB board and are tasked to select the British Teams for the age categories as defined by FIS and to ratify the selection of National Squads by the Home Nation Governing Bodies (HNGBs) selection committees.

The SnowsportGB Alpine selection committee will also select the teams for the Senior and Junior World Championships and other events which comprise a Senior or Junior British Team, and are run under the control of the International Ski Federation (FIS).

SnowsportGB will agree and publish the Selection Criteria and Procedures in co-operation with the British Olympic Association (BOA) for the Winter Olympic Games.

### **1.3 Structures**

The selection committee will select athletes in the following categories to the:

- |                                  |                              |
|----------------------------------|------------------------------|
| • Home Nations Team ratification | Age Category Junior & Senior |
| • British Youth Team             | Age Category Junior 1        |
| • British Junior Team            | Age Category Junior 2        |
| • British Senior Team            | Age Category Senior          |

### **1.4 Formation and Members of Selection Committee**

The Chairman of the selection committee may invite others with specialist knowledge to contribute for part of a meeting depending on the availability of individual members and the specific areas for which it is selecting. Committee members should be free from external conflicts of interest in the selection process.

#### **SnowsportGB Alpine Selection Committee**

|                          |                         |
|--------------------------|-------------------------|
| Chairman:                | <i>Konrad Bartelski</i> |
| SnowsportGB Head coach*  | Mark Tilston            |
| English National coach*  | Tim Fawke               |
| Scottish National coach* | Ross Gardner            |
| Welsh National coach*    | Robin Kellen            |

\*Chief executive or other accepted personnel can replace coaches where necessary

### **1.5 General Principles**

The SnowsportGB selection committee will select athletes to the British Alpine Youth, Junior and Senior A, B and C teams as well ratifying the Home Nations team selections.

### **1.6 Process**

## **SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA**

Selections will be made in the week following the British Championships and athletes informed of their selections that week. Any athletes meeting the eligibility criteria will be considered by the Selection committee for trial status on the publication of the selection FIS points list on may 1<sup>st</sup>.

**2.0 Youth & Junior Team Selection**

Criteria are set according to the age group that athletes will be in for the following season and only Junior athletes are eligible to be selected to the Youth & Junior Teams.

**2.1 Youth & Junior Eligibility**

Junior athletes are eligible for selection to the:

Home Nations Team      All Junior years  
 British Youth Team      First 3 years Junior\*  
 British Junior Team      Last 3 years Junior\*

\*3<sup>rd</sup> year Junior athletes can be selected to either Youth or Junior teams depending on their FIS point levels. This will allow athletes with different development rates to spend a longer period developing more basic skills in the youth team or to join the Junior team for the transition towards Europa Cup.

Athletes will be selected to teams using the criteria for the performance indicators relative to their corresponding year of FIS registration in the following season as shown **table 1**.

**Table 1. Performance indicators for selection to the SnowsportGB and Home Nations Junior teams**

| Year of FIS following season | FIS point results | Time Trials | Technical Skills Assessment | Cycle Ergo meter Tests | Field Tests |
|------------------------------|-------------------|-------------|-----------------------------|------------------------|-------------|
| Year 1                       | Yes               | Yes         | Yes                         |                        | Yes         |
| Year 2                       | Yes               | Yes         | Yes                         |                        | Yes         |
| Year 3                       | Yes               |             |                             | Yes                    | Yes         |
| Year 4                       | Yes               |             |                             | Yes                    | Yes         |
| Year 5                       | Yes               |             |                             | Yes                    | Yes         |

**2.2 Youth & Junior Team Selection Criteria**

Youth and Junior Team Selection criteria are shown in **Tables 3 and 4**.

Assessment will be made using the following performance indicators where applicable:

1. Current FIS Performance levels (2 results under relevant SnowsportGB FIS Matrix levels for SL, GS, SG & DH. SuperCombined will not be considered for 2008 / 2009).
2. Last year Children and Junior 1 team athletes time trials\*<sup>1</sup>
3. Technical Skills assessments\*<sup>2</sup>
4. Cycle Ergo meter test results
5. Field Test results
6. Injury Status

\*<sup>1</sup> Last Year children athletes winning a British Children’s Championships overall discipline and athletes from the British Children’s team entering Junior Category in the following season will be included in time trials with all **current junior 1** Home Nations and British Team athletes.

Time trials will take place on a separate day immediately prior to or after British Junior Championships and run by Home Nations and British team coaches.

\*<sup>2</sup> Technical Skills assessments will be run at the british Junior and Children’s championships by Home Nations and British Children’s team coaching staff.

**SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA**

**Table 3. SnowsportGB British Youth Team Performance Criteria: Home Nations Youth Team / Home Nations Junior Team / British Youth Team Performance Criteria:**

Year FIS is defined as the year of FIS registration that Athletes will be entering the following year.

| Year FIS                 | Minimum number of criteria | Team      | Minimum of 2 results under SnowsportGB FIS Points Matrix levels and number of disciplines for average | Time Trials (Maximum %age behind fastest time) | Technical Skills Assessment | Cycle Ergo meter Tests | Field Tests (Min average Level) |
|--------------------------|----------------------------|-----------|---|--|-----------------------------|------------------------|---------------------------------|
| 1 <sup>st</sup> Year FIS | 2                          | HN B team | N/A   | 12% <b>(mandatory)</b>                         | 30%                         | Max W/BWkg             | Level 3                         |
|                          | 2                          | HN A team | N/A   | 8% <b>(mandatory)</b>                          | 40%                         | Max W/BWkg             | Level 3                         |
|                          | 2                          | GBR Youth | N/A   | 4% <b>(mandatory)</b>                          | 50%                         | Max W/BWkg             | Level 3                         |
| 2 <sup>nd</sup> Year FIS | 2                          | HN B team | Level 7 for 2   | 9% <b>(mandatory)</b>                          | 40%                         | Max W/BWkg             | Level 3                         |
|                          | 3                          | HN A team | Level 6 for 2   | 6% <b>(mandatory)</b>                          | 50%                         | Max W/BWkg             | Level 3                         |
|                          | 3                          | GBR Youth | Level 5 for 3 <b>(mandatory)</b>  | 3% <b>(mandatory)</b>                          | 60%                         | Max W/BWkg             | Level 3                         |
| 3 <sup>rd</sup> Year FIS | 2                          | HN B team | Level 7 for 2   | 8% <b>(mandatory)</b>                          | N/A                         | Max W/BWkg             | Level 3                         |
|                          | 3                          | HN A team | Level 6 for 2 <b>(mandatory)</b>  | 4% <b>(mandatory)</b>                          | N/A                         | Max W/BWkg             | Level 3                         |
|                          | 3                          | GBR Youth | Level 5 for 3 <b>(mandatory)</b>  | 1% <b>(mandatory)</b>                          | N/A                         | Max W/BWkg             | Level 3                         |
| 4 <sup>th</sup> Year FIS | 2                          | HN B team | Level 7 for 2 <b>(mandatory)</b>  | N/A  | N/A                         | Max W/BWkg             | Level 3                         |
|                          | 2                          | HN A team | Level 6 for 2 <b>(mandatory)</b>  | N/A  | N/A                         | Max W/BWkg             | Level 3                         |
| 5 <sup>th</sup> Year FIS | 2                          | HN B team | Level 7 for 2 <b>(mandatory)</b>  | N/A  | N/A                         | Max W/BWkg             | Level 3                         |
|                          | 2                          | HN A team | Level 6 for 2 <b>(mandatory)</b>  | N/A  | N/A                         | Max W/BWkg             | Level 3                         |

**Table 4. SnowsportGB British Junior Team Selection Criteria: Minimum 3 criteria must be met, including Current FIS Performance Levels and Cycle Ergo meter Tests.**

| Year FIS | Minimum number of criteria | Team                | FIS Points – Minimum of 2 results under Matrix levels <b>(mandatory)</b> | Cycle Ergometer Tests <b>(mandatory)</b> | Field Tests             |
|----------|----------------------------|---------------------|--|--|-------------------------|
| 3 - 5    | 3                          | British Junior Team | Average level 4 for 3 disciplines  | Max W/BWkg                               | Minimum Average level 3 |

- A 2.0 FIS point buffer zone will be used to further consider athletes that are either just inside or just outside the criteria. Athletes within the buffer zone may be included or not included according to criteria 5 and 6 above.
- Athletes may be selected provisionally with the requirement to meet the base limits on the SnowsportGB Cycle Ergometer test protocol performed at the Olympic Medical Institute.

**3.0 Senior Team Selection**

Criteria are set for athletes that will be in the Senior FIS category the following season and only Senior athletes will be eligible for selection using the senior criteria. Athletes may not qualify to the Junior team using senior team criteria.

**3.1 Senior Eligibility**

Athletes will be eligible for selection, to the appropriate teams, that meet the criteria 1 – 3 as defined below.

Senior athletes will be selected to the Home Nations Senior Team or the British Senior Team.

All athletes selected to Senior Teams must also meet agreed fitness targets set by Strength & Conditioning provider in collaboration with SnowsportGB Performance Staff.

**3.2 Senior Team Selection Criteria**

Senior Criteria:

1. World Cup points and Trends
2. Europa Cup points and Trends
3. FIS point matrix (2 results)

**Table 5. SnowsportGB Senior Team Entry and Inclusion criteria**

**Minimum 1 criterion must be met**

|                            | <i>World Cup Results</i> | <i>World Cup Points trends (over 3 years)</i> | <i>Europa Cup Results</i> | <i>Europa Cup Points trends</i> | <i>Current FIS Performance levels (SnowsportGB FIS point Matrix)* Athletes must have 2 results within the SnowsportGB Matrix levels**</i> |
|----------------------------|--------------------------|---|---------------------------|---------------------------------|---|
| <b>HN Senior Team</b>      | N/A                      | N/A   | N/A                       | N/A                             | Minimum Level 6 for 2 disciplines   |
| <b>British Senior Team</b> | 1 x Top 30               | + ve over 3 year period*                      | 2 x top 10                | +ve over 3 year period*         | Minimum average level:<br>2 for 1 discipline<br>3 for 2 disciplines<br>4 for 3 disciplines  |

\*+ve trends for World Cup and Europa Cup must only be attained if the athlete has competed in a minimum of the same number of races within this Category with less starts, points per start can be used. For Europa cup points trends further consideration will be given by the selection committee when there are a great deal more starts in the last season.

\*\* *Super Combined will not be considered for 2008 / 2009*

- A 2.0 point buffer zone will be used to further consider athletes that are either just inside or just outside the criteria. Athletes within the buffer zone may be included or not included according to criteria 5 and 6 above.
- Athletes may be selected provisionally with the requirement to meet the base limits on the SnowsportGB Cycle Ergometer test protocol performed at the Olympic Medical Institute.

### 4.0 Performance Staff 'Wild Cards'

The Selection Committee may select or include a maximum of **one** 'Wild Card' athlete per season that does not meet the selection criteria and in the case that there is one male and one female athlete recommended the selection panel should vote to reach a decision.

### 4.1 Team Commitment & Status

To accept their position on the Home Nations and British Senior, Junior and Youth Alpine Ski Teams, athletes must commit to the programme agreed by the coach, athlete and parent when under 18. All athletes must also sign the Athletes' Agreement, which includes the code of conduct.

Team status is for one Alpine year (May to April) and is not affected by programme inclusion / exclusion. Team status may be removed during disciplinary procedures as detailed in the SnowsportGB discipline procedure as seen at [www.snowsportgb.com/policies](http://www.snowsportgb.com/policies).

### 4.2 Injury Status

Every British Team athlete who suffers an injury and has successfully applied for injury status as defined by section 4.6 of the rules of FIS points will be given a conditional re-selection to the British Alpine Ski Team. This will apply across Age categories. (e.g. if an athlete is injured as a last year Junior they will be given a conditional selection to the Senior Team). Athletes must rehabilitate and develop physically as expected by the appropriate Coaching and support staff. Athletes may follow an extended period of physical re-training before returning to snow.

The injured athlete will be required to produce a medical certificate from the relevant consultant and physiotherapy report passing them fit to join the programme and be signed off by the SnowsportGB medical officer. Once the returning athlete has skied up to four weeks on snow with the team, undertaken either 2 competitions or timed run stages with their peer group, and undertaken the relevant fitness tests, the selection committee may meet at the request of the head performance staff to either confirm or deny their reselection to the Team. Each case will be considered individually and there will be no automatic reselection to the team.

Athletes who have suffered injury and do not qualify for the injury status as defined by section 4.6 of the Rules of FIS points will not be given automatic conditional re-selection to the British Team. However if a medical certificate is supplied to the selection committee then their case will be individually considered.

Athletes who have suffered an injury and still meet the appropriate selection criteria may be selected to the relevant team on the basis of meeting those criteria, in such a case this injury status need not apply.

## SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

### 5.0 Major Championship and FIS category eligibility

Selection to represent Britain at Major Championships will be made without bias or discrimination, and is open to any British athlete that meets the following criteria:

- Athletes must meet the Selection Criteria below.
- Athletes must hold a British passport.
- Athletes must be registered with the FIS as British
- Athletes must meet the British Olympic Qualifying Standards and International Olympic Committee eligibility criteria in the case of Olympic Winter Games.
- Athletes must be registered with a Home Nation.

Athletes will not be eligible for selection if:

- They are currently serving a suspension for a doping offence.
- The SnowsportGB medical officer considers after a medical examination, or report from the official medical support team of the athlete, that an athlete is not physically fit to perform.

**Table 6. SnowsportGB Major Championship and FIS Category Qualifying Standards**  
Criteria must be met at the time of Selection meeting.

| <b>FIS Licence</b>                            | Criteria for FIS Licence is published on <a href="http://www.snowsportGB.com">www.snowsportGB.com</a>  |
|---|--|
| <b>EYOF<br/>*2</b>                            | <ul style="list-style-type: none"> <li>▪ SnowsportGB FIS Matrix Minimum level 6 at time of qualifications.</li> <li>▪ Home Nations Coach recommendation.</li> <li>▪ Qualification timed runs.</li> </ul>   |
| <b>Junior World Championships<br/>*1 / *2</b> | <ul style="list-style-type: none"> <li>▪ 2 Results less than 40 FIS points in that season.</li> <li>▪ Recommendation by British Ski Team Head Coach.</li> </ul>  |
| <b>Europa Cup<br/>*1 / *2</b>                 | <ul style="list-style-type: none"> <li>▪ SnowsportGB FIS Matrix Minimum level 3 in that discipline.</li> <li>▪ Recommendation by British Ski Team Head Coach.</li> </ul>   |
| <b>World Cup<br/>*1 / *2</b>                  | <ul style="list-style-type: none"> <li>▪ Top 30 in World Cup within the last year.</li> <li>▪ Top 20 in Europa Cup within 5% of winner's time.</li> <li>▪ Top 10 in NorAm when penalty is less than 10 and within 5% of winner's time.</li> <li>▪ Top 10 in FIS race when penalty less than 50<sup>th</sup> ranked skier, within 5% of winner's time.</li> <li>▪ SnowsportGB FIS Matrix Minimum level 2 in that discipline.</li> <li>▪ Recommendation by British Ski Team Head Coach.</li> </ul> |
| <b>Senior World Championships<br/>*1/ *2</b>  | <ul style="list-style-type: none"> <li>▪ Top 30 in World Cup within the last year.</li> <li>▪ Top 20 in Europa Cup (within 5% of winner's time).</li> <li>▪ Top 20 in NorAm when penalty less than 10 and within 5% of winner's time.</li> <li>▪ Top 10 in FIS race when penalty less than 50<sup>th</sup> ranked skier, within 5% of winner's time.</li> <li>▪ Recommendation by SnowsportGB Performance Staff.</li> </ul>  |

**\*1 Athletes that meet the Selection Criteria in one discipline may compete in other disciplines if recommended by the appropriate coaching staff representing SnowsportGB at that event, providing that they meet the eligibility criteria stated by FIS.**

**\*2 When more athletes qualify than quota spots qualification will be through timed runs, training records and Coaches decision.**



### **5.1 EYOF (European Youth Olympic Festival)**

Only junior 1 age category athletes are eligible. The selection committee will consider athletes nominated by the Home Nations Coaches and make nominations to the BOA. All athletes must have qualified in the appropriate quota as given by the BOA as best male and the best female athletes in the time trials held as per the SnowsportGB Grand Prix format by the Home Nations coaches in December.

### **5.2 Junior World Championships**

#### **Process**

The selection committee will consider all eligible athletes 14 days prior to the start of the Championships. Athletes will be considered eligible if they meet the selection criteria above in Table 8. Athletes will immediately be informed of their selection, and the British Team will be announced. Appeals should be lodged within 48 hours.

The selection committee will assess athletes who have not been selected for the Championships team yet meet the selection criteria during the 14 days between the team announcement and the start of the championships. Additional selections to the team may be made on that basis by the selection committee to provide for exceptional results after the selections have been announced.

N.B. Southern Hemisphere races will not be included.

### **5.3 Senior World Championships**

**Process.** The selection committee will consider all eligible athletes 14 days prior to the start of the Championships. Athletes will be considered eligible if they meet the selection criteria above in Table 6. Athletes will immediately be informed of their selection, and the British Team will be announced. Appeals should be lodged within 24 hours.

The selection committee will assess athletes who have not been selected for the Championships team yet meet the selection criteria during the 14 days between the team announcement and the start of the championships. Additional selections to the team may be made on that basis by the selection committee to provide for exceptional results after the selections have been announced.

N.B. Southern Hemisphere races will not be included.

### **5.4 Olympic Winter Games**

The Selection Criteria and Process and appeals process for each Olympic Winter Games will be published separately.

### **6.0 Appeals Process**

The SnowsportGB appeals processes are structured to conform to UKSport guidelines. All appeals must be made in writing, with accompanying evidence and additional information to the SnowsportGB office.

For British team Selections appeals must be made within 5 days of the announcement of the teams.

All appeals will be considered on an individual basis. Appeals will first be reconsidered by the original selection committee, who will explain their reasons for the decision to the athlete. If the athlete is not happy with the process or the outcome of the selection committee's final decision, then the athlete may opt to refer the matter to an internal appeals committee.

The SnowsportGB appeals chairman will constitute an internal appeal's committee made up of at least three people, who did not sit on the original selection committee.

If the dispute remains unresolved, it will be submitted for an exclusive, final and binding determination to the Sports Dispute Resolution Panel (SDRP). SnowsportGB understands that both parties will undertake and to execute in good faith any decision of the SDRP.

## SNOWSPORTGB SELECTION POLICY 2005 - 2006 BRITISH ALPINE SKIING

**Selection processes and performance standards  
for entry and inclusion to the British Alpine Ski Teams and  
SnowsportGB Alpine Programmes.**

### Appendix 1.5.1: Time Trial Format and Grand Prix points table

#### Time Trial formats

#### Grand Prix points

Time trials will be run by the coaches of all groups involved using portable timing and will follow the Time Trial format. Time trials will take place for each discipline as conditions and athlete performance status dictate.

- Athletes for each time trial will be given an equal number of attempts with the fastest 2 times counting from each stage of the time trials.
- Number of stages of time trial will vary between 1 and 4 depending on number of disciplines being selected for and weather / snow conditions.
- Athletes will be ranked according to their fastest times and points awarded as per the SnowsportGB Grand Prix points table.
- Grand prix total points for each stage of the time trials will count for race qualification and start order when appropriate.
- Special consideration will only be given to athletes receiving minor injuries during a programme element with time trials.

| SnowsportGB Time Trial Grand Prix Points table                      |                |
|---|----------------|
| Finish position   | Points awarded |
| 1   | 20             |
| 2   | 15             |
| 3   | 11             |
| 4   | 8              |
| 5   | 6              |
| 6   | 5              |
| 7   | 4              |
| 8   | 3              |
| 9   | 2              |
| 10  | 1              |
| 11 and greater  | 0              |
| Points will not be allocated if time is over 8% behind winning time |                |

#### Percentage behind Winner format

Time trials will be run by the coaches of all groups involved using portable timing and will follow the Time Trial format. Time trials will take place for GS and other disciplines as conditions and athlete performance status dictate.

- Athletes for each time trial will be given an equal number of attempts with the fastest 2 times counting from each stage of the time trials.
- Number of stages of time trial will vary between 1 and 4 depending on number of disciplines being selected for and weather / snow conditions.
- Athletes will be ranked according to their fastest times and the 2 fastest times from each stage added together to give total time.
- Percentage behind the fastest total time will be used.
- Special consideration will only be given to athletes receiving injuries during a programme element with time trials.

| Test           | Environment                   | Equipment                            | Test   | Control parameters   |
|----------------|-------------------------------|--------------------------------------|--|--|
| Cooper Test    | Tartan surfaced<br>400m track |                                      | Distance in<br>12 minutes.                           | Maximum distance in time<br>Distance rounded down to nearest 50m increment<br>Running spikes are not allowed   |
| Box Jumps      | Tartan surface                | 40 cm box                            | Number of jumps<br>in 90 secs                        | Maximum lateral jumps onto and over box<br>Body and feet always facing forwards<br>Both feet contact box and ground at same time<br>Start on box, count each time land on box  |
| 5 Jump         | Tartan surface                |                                      | Reps until<br>Failure                                | Maximum distance for 5 consecutive jumps<br>No pause / stop between jumps<br>Distance measured from front of toes at start<br>Distance measured to back of heels at finish<br>Best of 3 attempts   |
| Press ups      | Indoor                        |                                      | Reps until<br>Failure                                | Forefoot / toes on floor. Females - knees also on floor<br>Maximum repetitions until failure<br>Straight arms, head neutral at top, no locking of joints.<br>Repetition counts when touch floor with chest & chin<br>Straight body at all times (hips, back & neck)  |
| Crunches       | Indoor                        | Padded mat<br>Heels on top<br>of Box | Reps until<br>Failure                                | Maximum repetitions until failure<br>Lie on back on a padded mat<br>heels on box with ankle bone in line with edge of box<br>Hips and knees at 90 degree angle (bones)<br>Arms outstretched towards box at all times<br>Shoulders off ground throughout test<br>Touch top of box with fingertips for each rep<br>Controlled smooth movement, no bouncing |
| Hurdle Agility | Tartan surface                | adjustable<br>hurdles                | 2 circuits<br>Starting and<br>finishing in<br>centre | see diagram for circuit<br>minimum time for 2 circuits<br>4 hurdles set at top of hip bone. 3m from centre point<br>centre cone as start and finish with foot contact<br>restart whenever hurdles knocked over<br>3 restarts allowed<br>always pass on left of cone and turn 90 deg to the right   |
| Pull ups       | Indoor                        | Integrated<br>pull-up' bar           | Reps until<br>Failure                                | Maximum repetitions until failure<br>Straight arms to chin over bar, no locking of joints.<br>Straight body at all times<br>No swinging momentum   |

All tests to be carried out at 0 - 1000m elevation above sea level

| <b>Cooper Test (mtrs)</b>        |        | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
|----------------------------------|--------|-----------------|-----------------|------------|----------------|----------------|----------------|----------------|----------------|
| Male<br><br>Level 3 = Min target | Youth  | 1               | 15              | 2800       | 2600           | 2400           | 2300           | 2200           |                |
|                                  | Youth  | 2               | 16              | 2900       | 2700           | 2500           | 2350           | 2250           |                |
|                                  | Junior | 3               | 17              | 3000       | 2800           | 2600           | 2400           | 2300           |                |
|                                  | Junior | 4               | 18              | 3100       | 2900           | 2700           | 2500           | 2400           |                |
|                                  | Junior | 5               | 19              | 3200       | 3000           | 2800           | 2600           | 2500           |                |
| Senior                           | 6+     | 20+             | 3300            | 3100       | 2900           | 2700           | 2600           |                |                |
| <b>90s Box Jump (reps)</b>       |        | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Male<br><br>Level 3 = Min target | Youth  | 1               | 15              | 85         | 81             | 77             | 73             | 69             |                |
|                                  | Youth  | 2               | 16              | 90         | 86             | 82             | 78             | 74             |                |
|                                  | Junior | 3               | 17              | 95         | 92             | 89             | 86             | 83             |                |
|                                  | Junior | 4               | 18              | 100        | 97             | 94             | 91             | 88             |                |
|                                  | Junior | 5               | 19              | 105        | 102            | 99             | 96             | 93             |                |
| Senior                           | 6+     | 20+             | 107             | 105        | 103            | 101            | 99             |                |                |
| <b>5 Jump (mtrs)</b>             |        | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Male<br><br>Level 3 = Min target | Youth  | 1               | 15              | 11.5       | 11.1           | 10.7           | 10.3           | 9.9            |                |
|                                  | Youth  | 2               | 16              | 12.25      | 11.9           | 11.55          | 11.2           | 10.85          |                |
|                                  | Junior | 3               | 17              | 12.75      | 12.45          | 12.15          | 11.85          | 11.55          |                |
|                                  | Junior | 4               | 18              | 13.25      | 13             | 12.75          | 12.5           | 12.25          |                |
|                                  | Junior | 5               | 19              | 13.5       | 13.25          | 13             | 12.75          | 12.5           |                |
| Senior                           | 6+     | 20+             | 13.75           | 13.5       | 13.25          | 13             | 12.75          |                |                |
| <b>Press Ups (reps)</b>          |        | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Male<br><br>Level 3 = Min target | Youth  | 1               | 15              | 38         | 34             | 29             | 24             | 18             |                |
|                                  | Youth  | 2               | 16              | 41         | 36             | 31             | 25             | 19             |                |
|                                  | Junior | 3               | 17              | 44         | 39             | 33             | 27             | 20             |                |
|                                  | Junior | 4               | 18              | 47         | 41             | 35             | 28             | 21             |                |
|                                  | Junior | 5               | 19              | 50         | 44             | 37             | 30             | 22             |                |
| Senior                           | 6+     | 20+             | 53              | 46         | 39             | 31             | 23             |                |                |
| <b>Crunches (reps)</b>           |        | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Male<br><br>Level 3 = Min target | Youth  | 1               | 15              | 59         | 54             | 49             | 47             | 45             |                |
|                                  | Youth  | 2               | 16              | 61         | 56             | 51             | 49             | 47             |                |
|                                  | Junior | 3               | 17              | 63         | 58             | 53             | 51             | 49             |                |
|                                  | Junior | 4               | 18              | 65         | 60             | 55             | 53             | 51             |                |
|                                  | Junior | 5               | 19              | 67         | 62             | 57             | 55             | 53             |                |
| Senior                           | 6+     | 20+             | 69              | 64         | 59             | 57             | 55             |                |                |
| <b>Hurdle Agility (Secs)</b>     |        | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Male<br><br>Level 3 = Min target | Youth  | 1               | 15              | 28         | 30             | 32             | 34             | 36             |                |
|                                  | Youth  | 2               | 16              | 26         | 28             | 30             | 32             | 34             |                |
|                                  | Junior | 3               | 17              | 25         | 27             | 29             | 31             | 33             |                |
|                                  | Junior | 4               | 18              | 24         | 26             | 28             | 30             | 32             |                |
|                                  | Junior | 5               | 19              | 23         | 25             | 27             | 29             | 31             |                |
| Senior                           | 6+     | 20+             | 22              | 24         | 26             | 28             | 30             |                |                |
| <b>Pull ups</b>                  |        | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Male<br><br>Level 3 = Min target | Youth  | 1               | 15              | 12         | 9              | 6              | 5              | 4              |                |
|                                  | Youth  | 2               | 16              | 13         | 10             | 7              | 6              | 5              |                |
|                                  | Junior | 3               | 17              | 14         | 11             | 8              | 7              | 6              |                |
|                                  | Junior | 4               | 18              | 15         | 12             | 9              | 8              | 7              |                |
|                                  | Junior | 5               | 19              | 16         | 13             | 10             | 9              | 8              |                |
| Senior                           | 6+     | 20+             | 16              | 13         | 10             | 9              | 8              |                |                |

| <b>Cooper Test (mtrs)</b>      | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
|--------------------------------|-----------------|-----------------|------------|----------------|----------------|----------------|----------------|----------------|
| Female<br>Level 3 = Min target | Youth           | 1               | 15         | 2100           | 2050           | 1850           | 1700           | 1600           |
|                                | Youth           | 2               | 16         | 2200           | 2100           | 1900           | 1750           | 1650           |
|                                | Junior          | 3               | 17         | 2300           | 2200           | 2000           | 1850           | 1700           |
|                                | Junior          | 4               | 18         | 2400           | 2300           | 2100           | 1950           | 1800           |
|                                | Junior          | 5               | 19         | 2500           | 2400           | 2200           | 2050           | 1900           |
|                                | Senior          | 6+              | 20+        | 2600           | 2500           | 2300           | 2150           | 2000           |
| <b>90s Box Jump (reps)</b>     | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Female<br>Level 3 = Min target | Youth           | 1               | 15         | 66             | 63             | 60             | 57             | 54             |
|                                | Youth           | 2               | 16         | 73             | 70             | 67             | 64             | 61             |
|                                | Junior          | 3               | 17         | 79             | 77             | 75             | 73             | 71             |
|                                | Junior          | 4               | 18         | 84             | 82             | 80             | 78             | 76             |
|                                | Junior          | 5               | 19         | 88             | 86             | 84             | 82             | 80             |
|                                | Senior          | 6+              | 20+        | 91             | 89             | 87             | 85             | 83             |
| <b>5 Jump (mtrs)</b>           | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Female<br>Level 3 = Min target | Youth           | 1               | 15         | 10.4           | 10.05          | 9.7            | 9.35           | 9              |
|                                | Youth           | 2               | 16         | 10.5           | 10.2           | 9.9            | 9.6            | 9.3            |
|                                | Junior          | 3               | 17         | 10.55          | 10.25          | 9.95           | 9.65           | 9.35           |
|                                | Junior          | 4               | 18         | 10.6           | 10.35          | 10.1           | 9.85           | 9.6            |
|                                | Junior          | 5               | 19         | 10.65          | 10.4           | 10.15          | 9.9            | 9.65           |
|                                | Senior          | 6+              | 20+        | 10.7           | 10.5           | 10.3           | 10.1           | 9.9            |
| <b>Press Ups (reps)</b>        | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Female<br>Level 3 = Min target | Youth           | 1               | 15         | 22             | 19             | 16             | 13             | 9              |
|                                | Youth           | 2               | 16         | 22             | 19             | 16             | 13             | 9              |
|                                | Junior          | 3               | 17         | 23             | 20             | 17             | 14             | 10             |
|                                | Junior          | 4               | 18         | 23             | 20             | 17             | 14             | 10             |
|                                | Junior          | 5               | 19         | 23             | 20             | 17             | 14             | 10             |
|                                | Senior          | 6+              | 20+        | 24             | 21             | 18             | 15             | 11             |
| <b>Crunches (reps)</b>         | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Female<br>Level 3 = Min target | Youth           | 1               | 15         | 50             | 46             | 42             | 37             | 32             |
|                                | Youth           | 2               | 16         | 55             | 51             | 47             | 42             | 37             |
|                                | Junior          | 3               | 17         | 59             | 55             | 51             | 46             | 41             |
|                                | Junior          | 4               | 18         | 62             | 58             | 54             | 49             | 44             |
|                                | Junior          | 5               | 19         | 64             | 60             | 56             | 51             | 46             |
|                                | Senior          | 6+              | 20+        | 65             | 61             | 57             | 52             | 47             |
| <b>Hurdle Agility (Secs)</b>   | <b>Category</b> | <b>Year FIS</b> | <b>Age</b> | <b>Level 1</b> | <b>Level 2</b> | <b>Level 3</b> | <b>Level 4</b> | <b>Level 5</b> |
| Female<br>Level 3 = Min target | Youth           | 1               | 15         | 30             | 32             | 34             | 36             | 38             |
|                                | Youth           | 2               | 16         | 29             | 31             | 33             | 35             | 37             |
|                                | Junior          | 3               | 17         | 28             | 30             | 32             | 34             | 36             |
|                                | Junior          | 4               | 18         | 27             | 29             | 31             | 33             | 35             |
|                                | Junior          | 5               | 19         | 26             | 28             | 30             | 32             | 34             |
|                                | Senior          | 6+              | 20+        | 25             | 27             | 29             | 31             | 33             |



## Alpine Technical skills Assessment

### Selection processes and performance standards for entry and inclusion to the British Alpine Ski Teams and SnowsportGB Alpine Programmes.

#### Appendix 1.5.3: SnowsportGB Technical Skills Assessment

#### SnowsportGB technical skills assessment Aims & Objectives:

1. The Technical Skills Assessment is to use a variety of skiing conditions and tasks for assessment of the technical skiing basics of athletes, and their ability to adapt to different snow conditions and terrain, through adjustment of position, ski pressure and rhythm.
2. Through the endeavours of club programmes to develop young athletes in Skiing, they should expose skiers to the conditions, tasks and situations as described in the assessment protocol. This will act as a tool for guidance of club programmes and individuals wishing to progress within the SnowsportGB structure and as a training tool the assessment criteria will assist in developing good technical basics for athletes.
3. The principal objective of the SnowsportGB Technical Skills Assessment is to ensure a full development of athletes. The Technical Skills Assessment is to be used along with physical assessment and competition performance as described in the Alpine Physical Assessment criteria and the Alpine Competition Criteria.

#### SnowsportGB technical skills assessment Protocol:

Athletes will be nominated and selected to the technical skills assessment as described in the SnowsportGB Selection policy

Athletes nominated and selected will carry out the Technical Skills Assessment at the specified times and locations or by providing video of prescribed tasks on agreement with the appropriate selection committee.

Athletes will be required to carry out Assessments A,B & C relative to age group

|   |                                |
|---|--------------------------------|
| Athletes entering Children1 & Children 2        | Assessment A, B & C            |
| Athletes entering 1 <sup>st</sup> year Junior 1 | Assessment A & B               |
| Athletes entering 2 <sup>nd</sup> year Junior 1 | Assessment A                   |
| Athletes entering Junior 2                      | No Technical Skills Assessment |

Assessment will be carried out by a minimum of 6 SnowsportGB coaching staff from throughout the SnowsportGB performance structure as follows:

Performance Director  
 World Class Performance Coaching Staff  
 World Class Potential Coaching Staff  
 World Class Start Coaching Staff  
 Home Nations Coaching Staff  
 SnowsportGB Children's Team Coaching Staff



**SnowsportGB technical skills assessment Format:**

The Technical skills Assessment is to be carried out, on snow, through 3 skiing assessments

**Assessment A: Free Skiing: Adaptation to terrain & snow conditions**

*2 from the following 6 tasks will be assessed*

- **Control of turn size and shape in varied terrain**
  - Task 1.* Short to long Radius: steep to flat
  - Task 2.* Long to short radius: steep to flat
  - Task 3.* Long to short radius: flat to steep
  
- **Control of turn size and shape in unprepared snow**
  - Task 4.* Unprepared snow: constant short radius turns
  - Task 5.* Unprepared snow: constant long radius turns
  - Task 6.* Unprepared snow: Long to short radius turns

*Short Radius = 6 – 10m*  
*Long Radius = 18 – 25m*

**Assessment B: Technical Drills: Timing & co-ordination**

*2 from the following 5 drills will be assessed*

- Drill 1.* Short turns on one foot
- Drill 2.* Long turns on one foot
- Drill 3.* Turning with 3 steps
- Drill 4.* Turning on the outside ski
- Drill 5.* Short swings

**Assessment C: Stubby Corridor: Turn size & rhythm adjustment**

*2 from the following 5 tasks will be assessed*

- Task 1.* Rhythm change med / long
- Task 2.* Rhythm change short / long
- Task 3.* Long radius turns
- Task 4.* Medium radius turns
- Task 5.* Short radius turns



### SnowsportGB technical skills assessment Protocol: Assessment A:

#### Assessment A: Free Skiing: Adaptation to terrain & snow conditions

The free skiing element of the assessment will take place in 2, of the following 3, conditions & parameters in Table 1.

**Table 1. Free skiing conditions**

| Condition | Terrain and Snow condition parameters  |
|-----------|--|
| 1.        | 200 – 300m. Prepared piste with marked terrain change from steep into flat around mid point, marked by a single gate.                              |
| 2.        | 200 – 300m. Prepared piste with marked terrain change from flat into steep around mid point, marked by a single gate.                              |
| 3.        | 200 – 300m. Unprepared piste of reasonably constant gradient, or off-piste if conditions and staff appropriate. Mid point marked by a single gate. |

Assessors will allocate pistes on which to carry out the assessment. Details will be given at the beginning of each assessment.

Pistes may be selected for Children and Juniors separately, with steeper gradients and greater degrees of terrain change for junior assessments.

Athletes must perform a variety of short and long radius turns in the terrain and snow conditions as specified in table 2.

- Short radius turns (6 – 10m radius)
- Long radius turns (18 – 25m radius)
- **During each assessment athletes will perform, and be assessed on, 2 from the 6 tasks as specified in table 2.**
- **Athletes will only be told which tasks will be performed at the beginning of the assessment or on a predefined date.**
- **Each drill will be demonstrated first by a SnowportGB nominated team athlete. This athlete will perform each drill as a baseline for assessors to standardise their scoring.**

**All assessments submitted by club / private programmes will be assessed WITHOUT consideration of snow conditions.**

**Table 2. Free Skiing: Adaptation to terrain & snow conditions**

| Task   | Condi-tions | Objective  | Guidelines   | Scoring   |
|--|-------------|--|--|---|
| 1. Short turns to long turns. Changing at mid way marker.      | 1.          | Rhythmical short turns of constant radius, changing to rhythmical long turns of constant radius at the mid way marker. Change of rhythm must be apparent for both turn radius and speed. | Athletes must maintain technically sound skiing in the basic position;   | Athletes will be scored out of 10 for each task.  |
| 2. From long turns to short turns. Changing at mid way marker. | 1.          | As above with long turns to short turns  | <ul style="list-style-type: none"> <li>• Neutral alignment</li> <li>• Balanced over the feet</li> <li>• Equal flexion of all lower limb joints</li> <li>• Angulation as appropriate</li> </ul> Athletes should use turn shape and body position to control speed, without skidding the skis. | 10 will be set as the maximum score possible if demonstrated perfectly.                                 |
| 3. From long turns to short turns. Changing at mid way marker. | 2.          | As above   |  |   |
| 4. Constant short radius turns                                 | 3.          | Rhythmical short turns of constant radius  |  |   |
| 5. Constant long radius turns                                  | 3.          | Rhythmical long turns of constant radius   |  | Assessors will consider rhythm, control of speed, ground speed, basic position & adaptation to terrain. |





## Alpine Technical skills Assessment

|   |    |   |  |
|---|----|---|--|
| 6. Long radius turns into short radius turns. Changing at mid way marker. | 3. | Rhythmical long turns of constant radius, changing to rhythmical short turns of constant radius at the mid way marker | Standards will be set to evaluate conditions by a SnowsportGB nominated team athlete who's ability is known by all assessors and will perform all assessments. |
|---|----|---|--|

**SnowsportGB technical skills assessment Protocol: Assessment B:****Assessment B: Technical Drills: Timing & co-ordination**

The Technical drills element of the assessment will take place on prepared pistes nominated by the assessors at the outset of the assessment, within the guidelines specified in table 3.

**Table 3. Technical drills conditions**

| Age group                           | Terrain and Snow condition parameters                          |
|-------------------------------------|--|
| Children 1.                         | Prepared piste of constant low gradient slope                  |
| Children 2.                         | Prepared piste of constant medium gradient slope               |
| Junior 1. (1 <sup>st</sup> yr only) | Unprepared piste with gradient varying between low and medium. |

- During each assessment athletes will perform, and be assessed on, 2 from the 5 drills as specified in table 4.
- Athletes will only be told which tasks will be performed at the beginning of the assessment or on a predefined date.
- Each drill will be demonstrated first by a SnowsportGB nominated team athlete. This athlete will perform each drill as a baseline for assessors to standardise their scoring.
- All assessments submitted by club / private programmes will be assessed WITHOUT consideration of snow conditions.

**Table 4. Technical Drills: Timing and Co-ordination**

| Drill                                      | Technical Specifics  | Parameters  | Scoring  |
|--|--|---|--|
| <i>Drill 1.</i><br>Short turns on one foot | <ul style="list-style-type: none"> <li>• 10 linked short turns on 1 foot, followed by</li> <li>• 10 linked short turns on the other foot</li> </ul> To change from one ski to the other, one turn will be allowed before scoring starts for the next 10 turns<br><br>Stubbies will be set between 8 & 12 m as a guideline for turn radius. | Successful turns are counted as every carved turn within a radius of 8 – 12m. Each time the other ski touches the snow or the ski is skidded, the turn will not be counted. | Athletes will start with 10 marks. Each unsuccessful turn will result in a 1/2 point being deducted.<br><br>Standards will be set to evaluate conditions by a SnowsportGB nominated team athlete who's ability is known by all assessors and will perform all assessments. |
| <i>Drill 2.</i><br>Long turns on one foot  | <ul style="list-style-type: none"> <li>• 5 linked long turns on 1 foot, followed by</li> <li>• 5 linked long turns on the other foot</li> </ul> To change from one ski to the other, one turn will be  | As above  | Athletes will start with 10 points. Each unsuccessful turn will result   |



Alpine Technical skills Assessment

|   |   |   |   |
|---|---|---|---|
|   | <p>allowed before scoring starts for the next 5 turns</p> <p>Turns must be carved, with a radius between 18 – 25m.</p> <p>The drill should be completed in 180 to 250m</p>  |   | <p>in 1 point being deducted.</p> <p>Standards will be set to evaluate conditions by a SnowsportGB nominated team athlete who's ability is known by all assessors and will perform all assessments.</p>   |
| <p><i>Drill 3.</i><br/>Turning with 3 steps</p> | <ul style="list-style-type: none"> <li>• 5 linked turns within the parameters set by the piste.</li> <li>• Turns should be finished completely.</li> <li>• Each turn should start from the point of crossing the fall line.</li> <li>• During each turn athletes should so 3 steps from the outside ski to the inside ski. <ul style="list-style-type: none"> <li><i>step 1.</i> before the fall line</li> <li><i>step 2.</i> in the fall line</li> <li><i>step 3.</i> after the fall line</li> </ul> </li> </ul> | <p>Successful steps are counted as steps where athletes:</p> <ul style="list-style-type: none"> <li>• Clearly and dynamically shift from outside ski to inside ski.</li> <li>• Skis stay parallel throughout step.</li> <li>• Step onto middle of ski.</li> <li>• Step onto inside edge.</li> <li>• Turns should be linked</li> </ul> | <p>Athletes will start with 10 points.</p> <p>Each turn before the fall line will count as 1/2 mark. The turn in fall line and turn after fall line will count together as a 1/2 point. Each un-successful step before the fall line will result in a 1/2 point being deducted. Either un-successful turn on or after the fall line will result in a 1/2 turn being deducted.</p> <p>Standards will be set to evaluate conditions by a SnowsportGB nominated team athlete who's ability is known by all assessors and will perform all assessments.</p> |

**SnowsportGB technical skills assessment Protocol: Assessment B (cont'd):**

Assessment B: Technical Drills: Timing &amp; co-ordination (cont'd)

**Table 4. Technical Drills: Timing and Co-ordination (cont'd)**

|   |   |   |   |
|---|---|---|---|
| <p><i>Drill 4.</i><br/>Turning on the outside ski</p> | <p>10 linked turns on the outside ski. Changing skis at the point of crossing the fall line.</p> <p>Inside ski should be clearly off the snow throughout the turn. Inside ski tip can cross the outside ski tip slightly.</p> | <p>Successful turns will be counted as turns where:</p> <ul style="list-style-type: none"> <li>• Inside ski stays off the ground throughout the turn.</li> <li>• There is no hesitation while changing skis.</li> <li>• Inside ski tail should be higher than the ski tip.</li> </ul>         | <p>Athletes will start with 10 points. Each un-successful turn will result in 1 point being deducted.</p> <p>Standards will be set to evaluate conditions by a SnowsportGB nominated team athlete who's ability is known by all assessors and will perform all assessments.</p> |
| <p><i>Drill 5.</i><br/>Short swings</p>               | <p>10 short swings.</p> <p>Skis should be turned in the air with clear and correct pole plant to manage timing</p>  | <p>Successful short swings will be counted when:</p> <ul style="list-style-type: none"> <li>• Skis are clearly turned across the fall line in the air.</li> <li>• There is no noticeable pause between turns.</li> <li>• Pole plant is in the correct place and at the right time.</li> </ul> | <p>Athletes will start with 10 points. Each un-successful turn will result in 1 point being deducted.</p> <p>Standards will be set to evaluate conditions by a SnowsportGB nominated team athlete who's ability is known by all assessors and will perform all assessments.</p> |


**SnowsportGB technical skills assessment Protocol: Assessment C:**
**Assessment C: Stubby Corridor: Turn size & rhythm adjustment**

Stubby corridor will be set on a medium gradient of constant slope.

Gates set with 6 – 8 metre horizontal offset and 8m vertical distance.

- **During each assessment athletes will perform, and be assessed on, 2 from the 5 drills as specified in table 5.**
- **Athletes will only be told which tasks will be performed at the beginning of the assessment or on a predefined date.**
- **Each drill will be demonstrated first by a SnowsportGB nominated team athlete. This athlete will perform each drill as a baseline for assessors to standardise their scoring.**
- **All assessments submitted by club / private programmes will be assessed WITHOUT consideration of snow conditions.**

**Table 5. Free Skiing: Adaptation to terrain & snow conditions**

| Task   | Objective   | Guidelines  | Scoring  |
|--|---|---|--|
| <i>Task 1.</i><br>Rhythm change med / long   | 4 turns inside the corridor followed by 4 turns crossing to the outside of the corridor.<br><br>Corridor should be used as a set of parallel lines. Not as a course.  | Turns inside the corridor should be linked turns of medium radius and rhythm.<br><br>Turns outside the corridor should be linked turns of long radius and rhythm. | Athletes will be scored out of 10 for each task.<br><br>10 will be set as the maximum score possible if demonstrated perfectly.                                |
| <i>Task 2.</i><br>Rhythm change short / long | 3 short turns on the right side of the corridor around 3 stubby gates, followed by one long turn to the left side of the corridor,<br>3 short turns on the left side of the corridor around 3 stubby gates.<br>Repeat till end of the corridor<br><br>(first turn must pass to right hand side of right corridor to ensure 3 turns leads you to the other side of the corridor) | 3 short rhythmical turns on either side of the corridor should be linked with one long turn to cross the corridor.  | Standards will be set to evaluate conditions by a SnowsportGB nominated team athlete who's ability is known by all assessors and will perform all assessments. |
| <i>Task 3.</i><br>Long radius turns          | Turns to the outside of the corridor always round 2 stubby gates  | Turns should be long and rhythmical with good control of speed.   | Assessors will consider rhythm, control of speed, ground speed, basic position & turn radius.  |
| <i>Task 4.</i><br>Medium radius turns        | Turns around every second stubby on alternate sides   | Turns should be rhythmical and of medium / long radius.   |  |
| <i>Task 5.</i><br>Short radius turns         | Turns around every stubby on one side of the corridor   | Turns should be of a fast rhythm and high speed   |  |

| 207     |          | 308     |          | 07/08<br>Average | Selection List 08 Targets |            |            |            |            |            |            | Ladies | F Factor<br>1350<br>DH Oct 07<br>100 sec race<br>points |
|---------|----------|---------|----------|------------------|---------------------------|------------|------------|------------|------------|------------|------------|--------|---|
| 1991    | Downhill | 1992    | Downhill | 1993             |                           |            |            |            |            |            |            |        |   |
| Average | 136.33   | Average | 179.51   | 157.92           |                           |            |            |            |            |            |            |        |   |
| 1990    | Downhill | 1991    | Downhill | 1992             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 66.81    | Average | 63.50    | 65.16            | 70.56                     | 78.66      | 102.2<br>8 | 132.66     | 170.46     | 205.56     | 237.9<br>6 |        | 13.5  |
| 1989    | Downhill | 1990    | Downhill | 1991             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 31.48    | Average | 40.34    | 35.91            | 41.31                     | 49.41      | 72.36      | 100.71     | 135.81     | 168.21     | 197.9<br>1 |        | 13.5  |
| 1988    | Downhill | 1989    | Downhill | 1990             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 25.04    | Average | 26.20    | 25.62            | 31.02                     | 39.12      | 61.40      | 87.72      | 120.12     | 149.82     | 176.8<br>2 |        | 13.5  |
| 1987    | Downhill | 1988    | Downhill | 1989             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 21.38    | Average | 19.72    | 20.55            | 25.95                     | 34.05      | 55.65      | 79.95      | 109.65     | 136.65     | 160.9<br>5 |        | 13.5  |
| 1986    | Downhill | 1987    | Downhill | 1988             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 15.18    | Average | 19.72    | 17.45            | 22.85                     | 30.95      | 51.88      | 74.15      | 101.15     | 125.45     | 147.0<br>5 |        | 13.5  |
| 1985    | Downhill | 1986    | Downhill | 1987             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 11.35    | Average | 16.84    | 14.10            | 19.50                     | 27.60      | 47.85      | 68.10      | 92.40      | 114.00     | 132.9<br>0 |        | 13.5  |
| 1984    | Downhill | 1985    | Downhill | 1986             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 6.31     | Average | 10.33    | 8.32             | 13.72                     | 21.82      | 41.40      | 59.62      | 81.22      | 100.12     | 116.3<br>2 |        | 13.5  |
| 1983    | Downhill | 1984    | Downhill | 1985             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 5.29     | Average | 5.43     | 5.36             | 10.76                     | 18.86      | 37.76      | 53.96      | 72.86      | 89.06      | 102.5<br>6 |        | 13.5  |
| 1982    | Downhill | 1983    | Downhill | 1984             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 4.74     | Average | 4.22     | 4.48             | 9.88                      | 17.98      | 36.21      | 50.38      | 66.58      | 80.08      | 90.88      |        | 13.5  |
| 1981    | Downhill | 1982    | Downhill | 1983             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 3.89     | Average | 4.12     | 4.01             | 9.41                      | 17.51      | 35.06      | 47.21      | 60.71      | 71.51      | 79.61      |        | 13.5  |
| 1980    | Downhill | 1981    | Downhill | 1982             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 3.85     | Average | 3.88     | 3.87             | 9.27                      | 17.37      | 34.24      | 44.37      | 55.17      | 63.27      | 68.67      |        | 13.5  |
| 1979    | Downhill | 1980    | Downhill | 1981             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 3.85     | Average | 3.88     | 3.87             | 9.27                      | 17.37      | 33.57      | 41.67      | 49.77      | 55.17      | 57.87      |        | 13.5  |
| 1978    | Downhill | 1979    | Downhill | 1980             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 3.80     | Average | 3.88     | 3.84             | 9.24                      | 17.34      | 32.87      | 38.94      | 44.34      | 47.04      | 47.04      |        | 13.5  |
| 1977    | Downhill | 1978    | Downhill | 1979             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 3.73     | Average | 3.73     | 3.73             | 9.13                      | 17.23      | 32.08      | 36.13      | 38.83      | 38.83      | 38.83      |        | 13.5  |
| 1976    | Downhill | 1977    | Downhill | 1978             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 3.73     | Average | 3.73     | 3.73             | 9.13                      | 17.23      | 31.41      | 33.43      | 33.43      | 33.43      | 32.08      |        | 13.5  |
| 1975    | Downhill | 1976    | Downhill | 1977             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 3.40     | Average | 3.73     | 3.57             | 8.97                      | 17.07      | 31.24      | 33.27      | 33.27      | 33.27      | 31.92      |        | 13.5  |
| 1974    | Downhill | 1975    | Downhill | 1976             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 3.40     | Average | 3.27     | 3.34             | 8.74                      | 16.84      | 31.01      | 33.04      | 33.04      | 33.04      | 31.69      |        | 13.5  |
| 1973    | Downhill | 1974    | Downhill | 1975             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |   |
| Average | 2.88     | Average | 3.27     | 3.08             | 8.48                      | 16.58      | 30.75      | 32.78      | 32.78      | 32.78      | 31.43      |        | 13.5  |

| 207     |        | 308     |        | 07/08<br>Average | Selection List 08 Targets |         |         |         |         |         |         | Ladies              | F Factor<br>610<br>SI Oct 07 |
|---------|--------|---------|--------|------------------|---------------------------|---------|---------|---------|---------|---------|---------|---------------------|------------------------------|
| 1991    | Slalom | 1992    | Slalom | 1993             |                           |         |         |         |         |         |         |                     |                              |
| Average | 110.97 | Average | 110.76 | 110.87           |                           |         |         |         |         |         |         |                     |                              |
| 1990    | Slalom | 1991    | Slalom | 1992             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | 100 sec race points |                              |
| Average | 31.33  | Average | 32.66  | 32.00            | 34.44                     | 38.10   | 48.77   | 62.50   | 79.58   | 95.44   | 110.08  | 6.1                 |                              |
| 1989    | Slalom | 1990    | Slalom | 1991             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 16.29  | Average | 22.32  | 19.31            | 21.75                     | 25.41   | 35.78   | 48.59   | 64.45   | 79.09   | 92.51   | 6.1                 |                              |
| 1988    | Slalom | 1989    | Slalom | 1990             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 13.91  | Average | 12.57  | 13.24            | 15.68                     | 19.34   | 29.41   | 41.30   | 55.94   | 69.36   | 81.56   | 6.1                 |                              |
| 1987    | Slalom | 1988    | Slalom | 1989             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 11.77  | Average | 11.11  | 11.44            | 13.88                     | 17.54   | 27.30   | 38.28   | 51.70   | 63.90   | 74.88   | 6.1                 |                              |
| 1986    | Slalom | 1987    | Slalom | 1988             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 8.56   | Average | 9.39   | 8.98             | 11.42                     | 15.08   | 24.53   | 34.60   | 46.80   | 57.78   | 67.54   | 6.1                 |                              |
| 1985    | Slalom | 1986    | Slalom | 1987             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 5.99   | Average | 7.10   | 6.55             | 8.99                      | 12.65   | 21.80   | 30.95   | 41.93   | 51.69   | 60.23   | 6.1                 |                              |
| 1984    | Slalom | 1985    | Slalom | 1986             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 4.56   | Average | 5.29   | 4.93             | 7.37                      | 11.03   | 19.87   | 28.11   | 37.87   | 46.41   | 53.73   | 6.1                 |                              |
| 1983    | Slalom | 1984    | Slalom | 1985             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 4.36   | Average | 4.36   | 4.36             | 6.80                      | 10.46   | 19.00   | 26.32   | 34.86   | 42.18   | 48.28   | 6.1                 |                              |
| 1982    | Slalom | 1983    | Slalom | 1984             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 3.85   | Average | 4.13   | 3.99             | 6.43                      | 10.09   | 18.33   | 24.73   | 32.05   | 38.15   | 43.03   | 6.1                 |                              |
| 1981    | Slalom | 1982    | Slalom | 1983             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 3.16   | Average | 3.96   | 3.56             | 6.00                      | 9.66    | 17.59   | 23.08   | 29.18   | 34.06   | 37.72   | 6.1                 |                              |
| 1980    | Slalom | 1981    | Slalom | 1982             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 3.05   | Average | 3.36   | 3.21             | 5.65                      | 9.31    | 16.93   | 21.51   | 26.39   | 30.05   | 32.49   | 6.1                 |                              |
| 1979    | Slalom | 1980    | Slalom | 1981             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 3.05   | Average | 3.24   | 3.15             | 5.59                      | 9.25    | 16.57   | 20.23   | 23.89   | 26.33   | 27.55   | 6.1                 |                              |
| 1978    | Slalom | 1979    | Slalom | 1980             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 3.05   | Average | 3.24   | 3.15             | 5.59                      | 9.25    | 16.26   | 19.01   | 21.45   | 22.67   | 22.67   | 6.1                 |                              |
| 1977    | Slalom | 1978    | Slalom | 1979             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 3.05   | Average | 3.24   | 3.15             | 5.59                      | 9.25    | 15.96   | 17.79   | 19.01   | 19.01   | 19.01   | 6.1                 |                              |
| 1976    | Slalom | 1977    | Slalom | 1978             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 3.05   | Average | 3.24   | 3.15             | 5.59                      | 9.25    | 15.65   | 16.57   | 16.57   | 16.57   | 15.96   | 6.1                 |                              |
| 1975    | Slalom | 1976    | Slalom | 1977             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |                     |                              |
| Average | 3.05   | Average | 3.24   | 3.15             | 5.59                      | 9.25    | 15.65   | 16.57   | 16.57   | 16.57   | 15.96   | 6.1                 |                              |

| 207     |              | 308     |              | 07/08<br>Average | Selection List 08 Targets |         |         |         |         |         |         | Ladies | F Factor            |
|---------|--------------|---------|--------------|------------------|---------------------------|---------|---------|---------|---------|---------|---------|--------|---------------------|
| 1991    | Giant Slalom | 1992    | Giant Slalom | 1993             |                           |         |         |         |         |         |         |        | 880                 |
| Average | 101.55       | Average | 103.93       | 102.74           |                           |         |         |         |         |         |         |        | GS Oct 07           |
| 1990    | Giant Slalom | 1991    | Giant Slalom | 1992             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        | 100 sec race points |
| Average | 31.56        | Average | 32.06        | 31.81            | 35.33                     | 40.61   | 56.01   | 75.81   | 100.45  | 123.33  | 144.45  |        | 8.8                 |
| 1989    | Giant Slalom | 1990    | Giant Slalom | 1991             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 14.33        | Average | 22.98        | 18.66            | 22.18                     | 27.46   | 42.42   | 60.90   | 83.78   | 104.90  | 124.26  |        | 8.8                 |
| 1988    | Giant Slalom | 1989    | Giant Slalom | 1990             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 12.72        | Average | 10.25        | 11.49            | 15.01                     | 20.29   | 34.81   | 51.97   | 73.09   | 92.45   | 110.05  |        | 8.8                 |
| 1987    | Giant Slalom | 1988    | Giant Slalom | 1989             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 11.29        | Average | 8.53         | 9.91             | 13.43                     | 18.71   | 32.79   | 48.63   | 67.99   | 85.59   | 101.43  |        | 8.8                 |
| 1986    | Giant Slalom | 1987    | Giant Slalom | 1988             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 8.18         | Average | 8.24         | 8.21             | 11.73                     | 17.01   | 30.65   | 45.17   | 62.77   | 78.61   | 92.69   |        | 8.8                 |
| 1985    | Giant Slalom | 1986    | Giant Slalom | 1987             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 5.47         | Average | 5.90         | 5.69             | 9.21                      | 14.49   | 27.69   | 40.89   | 56.73   | 70.81   | 83.13   |        | 8.8                 |
| 1984    | Giant Slalom | 1985    | Giant Slalom | 1986             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 4.78         | Average | 5.03         | 4.91             | 8.43                      | 13.71   | 26.47   | 38.35   | 52.43   | 64.75   | 75.31   |        | 8.8                 |
| 1983    | Giant Slalom | 1984    | Giant Slalom | 1985             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 3.94         | Average | 4.47         | 4.21             | 7.73                      | 13.01   | 25.33   | 35.89   | 48.21   | 58.77   | 67.57   |        | 8.8                 |
| 1982    | Giant Slalom | 1983    | Giant Slalom | 1984             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 3.58         | Average | 3.70         | 3.64             | 7.16                      | 12.44   | 24.32   | 33.56   | 44.12   | 52.92   | 59.96   |        | 8.8                 |
| 1981    | Giant Slalom | 1982    | Giant Slalom | 1983             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 3.06         | Average | 3.54         | 3.30             | 6.82                      | 12.10   | 23.54   | 31.46   | 40.26   | 47.30   | 52.58   |        | 8.8                 |
| 1980    | Giant Slalom | 1981    | Giant Slalom | 1982             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 2.63         | Average | 3.37         | 3.00             | 6.52                      | 11.80   | 22.80   | 29.40   | 36.44   | 41.72   | 45.24   |        | 8.8                 |
| 1979    | Giant Slalom | 1980    | Giant Slalom | 1981             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 2.63         | Average | 3.05         | 2.84             | 6.36                      | 11.64   | 22.20   | 27.48   | 32.76   | 36.28   | 38.04   |        | 8.8                 |
| 1978    | Giant Slalom | 1979    | Giant Slalom | 1980             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 2.63         | Average | 3.05         | 2.84             | 6.36                      | 11.64   | 21.76   | 25.72   | 29.24   | 31.00   | 31.00   |        | 8.8                 |
| 1977    | Giant Slalom | 1978    | Giant Slalom | 1979             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 2.63         | Average | 3.05         | 2.84             | 6.36                      | 11.64   | 21.32   | 23.96   | 25.72   | 25.72   | 25.72   |        | 8.8                 |
| 1976    | Giant Slalom | 1977    | Giant Slalom | 1978             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 2.51         | Average | 3.05         | 2.78             | 6.30                      | 11.58   | 20.82   | 22.14   | 22.14   | 22.14   | 21.26   |        | 8.8                 |
| 1975    | Giant Slalom | 1976    | Giant Slalom | 1977             | Level 1                   | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 |        |                     |
| Average | 2.17         | Average | 3.00         | 2.59             | 6.11                      | 11.39   | 20.63   | 21.95   | 21.95   | 21.95   | 21.07   |        | 8.8                 |

| 207     |         | 308     |         | 07/08<br>Average | Selection List 08 Targets |            |            |            |            |            |            | Ladies | F Factor<br>1030<br>SG Oct 07 |
|---------|---------|---------|---------|------------------|---------------------------|------------|------------|------------|------------|------------|------------|--------|-------------------------------|
| 1991    | Super G | 1992    | Super G | 1993             |                           |            |            |            |            |            |            |        |                               |
| Average | 177.55  | Average | 152.09  | 164.82           |                           |            |            |            |            |            |            |        |                               |
| 1990    | Super G | 1991    | Super G | 1992             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        | 100 sec<br>race points        |
| Average | 46.37   | Average | 42.31   | 44.34            | 48.46                     | 54.64      | 72.67      | 95.84      | 124.68     | 151.46     | 176.18     |        | 10.3                          |
| 1989    | Super G | 1990    | Super G | 1991             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 25.23   | Average | 25.53   | 25.38            | 29.50                     | 35.68      | 53.19      | 74.82      | 101.60     | 126.32     | 148.98     |        | 10.3                          |
| 1988    | Super G | 1989    | Super G | 1990             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 21.12   | Average | 14.90   | 18.01            | 22.13                     | 28.31      | 45.31      | 65.39      | 90.11      | 112.77     | 133.37     |        | 10.3                          |
| 1987    | Super G | 1988    | Super G | 1989             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 18.49   | Average | 11.59   | 15.04            | 19.16                     | 25.34      | 41.82      | 60.36      | 83.02      | 103.62     | 122.16     |        | 10.3                          |
| 1986    | Super G | 1987    | Super G | 1988             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 14.01   | Average | 10.46   | 12.24            | 16.36                     | 22.54      | 38.50      | 55.50      | 76.10      | 94.64      | 111.12     |        | 10.3                          |
| 1985    | Super G | 1986    | Super G | 1987             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 10.61   | Average | 8.28    | 9.45             | 13.57                     | 19.75      | 35.20      | 50.65      | 69.19      | 85.67      | 100.09     |        | 10.3                          |
| 1984    | Super G | 1985    | Super G | 1986             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 7.15    | Average | 7.21    | 7.18             | 11.30                     | 17.48      | 32.42      | 46.32      | 62.80      | 77.22      | 89.58      |        | 10.3                          |
| 1983    | Super G | 1984    | Super G | 1985             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 5.24    | Average | 5.15    | 5.20             | 9.32                      | 15.50      | 29.92      | 42.28      | 56.70      | 69.06      | 79.36      |        | 10.3                          |
| 1982    | Super G | 1983    | Super G | 1984             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 4.86    | Average | 4.35    | 4.61             | 8.73                      | 14.91      | 28.81      | 39.63      | 51.99      | 62.29      | 70.53      |        | 10.3                          |
| 1981    | Super G | 1982    | Super G | 1983             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 4.53    | Average | 4.24    | 4.39             | 8.51                      | 14.69      | 28.08      | 37.35      | 47.65      | 55.89      | 62.07      |        | 10.3                          |
| 1980    | Super G | 1981    | Super G | 1982             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 4.53    | Average | 4.04    | 4.29             | 8.41                      | 14.59      | 27.46      | 35.19      | 43.43      | 49.61      | 53.73      |        | 10.3                          |
| 1979    | Super G | 1980    | Super G | 1981             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 4.53    | Average | 3.94    | 4.24             | 8.36                      | 14.54      | 26.90      | 33.08      | 39.26      | 43.38      | 45.44      |        | 10.3                          |
| 1978    | Super G | 1979    | Super G | 1980             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 4.35    | Average | 3.94    | 4.15             | 8.27                      | 14.45      | 26.29      | 30.93      | 35.05      | 37.11      | 37.11      |        | 10.3                          |
| 1977    | Super G | 1978    | Super G | 1979             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 4.31    | Average | 3.94    | 4.13             | 8.25                      | 14.43      | 25.76      | 28.85      | 30.91      | 30.91      | 30.91      |        | 10.3                          |
| 1976    | Super G | 1977    | Super G | 1978             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 4.31    | Average | 3.94    | 4.13             | 8.25                      | 14.43      | 25.24      | 26.79      | 26.79      | 26.79      | 25.76      |        | 10.3                          |
| 1975    | Super G | 1976    | Super G | 1977             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 4.31    | Average | 3.94    | 4.13             | 8.25                      | 14.43      | 25.24      | 26.79      | 26.79      | 26.79      | 25.76      |        | 10.3                          |
| 1974    | Super G | 1975    | Super G | 1976             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |
| Average | 4.31    | Average | 3.45    | 3.88             | 8.00                      | 14.18      | 25.00      | 26.54      | 26.54      | 26.54      | 25.51      |        | 10.3                          |
| 1973    | Super G | 1974    |         | 1975             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |        |                               |









| 207+A38 |         | 308     |         | 07/08<br>Average | Selection List 08 Targets |            |            |            |            |            |            | Men | F Factor<br>1030<br>SG Oct 07 |  |
|---------|---------|---------|---------|------------------|---------------------------|------------|------------|------------|------------|------------|------------|-----|-------------------------------|--|
| 1991    | Super G | 1992    | Super G | 1993             |                           |            |            |            |            |            |            |     |                               |  |
| Average | 155.16  | Average | 159.46  | 157.31           |                           |            |            |            |            |            |            |     |                               |  |
| 1990    | Super G | 1991    | Super G | 1992             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     | 100 sec<br>race points        |  |
| Average | 65.75   | Average | 55.85   | 60.80            | 64.92                     | 71.10      | 89.13      | 112.30     | 141.14     | 167.92     | 192.64     |     | 10.3                          |  |
| 1989    | Super G | 1990    | Super G | 1991             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 42.00   | Average | 41.12   | 41.56            | 45.68                     | 51.86      | 69.37      | 91.00      | 117.78     | 142.50     | 165.16     |     | 10.3                          |  |
| 1988    | Super G | 1989    | Super G | 1990             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 34.07   | Average | 31.41   | 32.74            | 36.86                     | 43.04      | 60.04      | 80.12      | 104.84     | 127.50     | 148.10     |     | 10.3                          |  |
| 1987    | Super G | 1988    | Super G | 1989             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 29.26   | Average | 24.52   | 26.89            | 31.01                     | 37.19      | 53.67      | 72.21      | 94.87      | 115.47     | 134.01     |     | 10.3                          |  |
| 1986    | Super G | 1987    | Super G | 1988             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 20.95   | Average | 21.17   | 21.06            | 25.18                     | 31.36      | 47.33      | 64.32      | 84.92      | 103.46     | 119.94     |     | 10.3                          |  |
| 1985    | Super G | 1986    | Super G | 1987             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 17.21   | Average | 18.55   | 17.88            | 22.00                     | 28.18      | 43.63      | 59.08      | 77.62      | 94.10      | 108.52     |     | 10.3                          |  |
| 1984    | Super G | 1985    | Super G | 1986             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 11.82   | Average | 15.32   | 13.57            | 17.69                     | 23.87      | 38.81      | 52.71      | 69.19      | 83.61      | 95.97      |     | 10.3                          |  |
| 1983    | Super G | 1984    | Super G | 1985             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 10.31   | Average | 10.36   | 10.34            | 14.46                     | 20.64      | 35.06      | 47.42      | 61.84      | 74.20      | 84.50      |     | 10.3                          |  |
| 1982    | Super G | 1983    | Super G | 1984             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 7.93    | Average | 8.23    | 8.08             | 12.20                     | 18.38      | 32.29      | 43.10      | 55.46      | 65.76      | 74.00      |     | 10.3                          |  |
| 1981    | Super G | 1982    | Super G | 1983             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 5.39    | Average | 5.43    | 5.41             | 9.53                      | 15.71      | 29.10      | 38.37      | 48.67      | 56.91      | 63.09      |     | 10.3                          |  |
| 1980    | Super G | 1981    | Super G | 1982             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 3.70    | Average | 3.47    | 3.59             | 7.71                      | 13.89      | 26.76      | 34.49      | 42.73      | 48.91      | 53.03      |     | 10.3                          |  |
| 1979    | Super G | 1980    | Super G | 1981             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 3.70    | Average | 3.32    | 3.51             | 7.63                      | 13.81      | 26.17      | 32.35      | 38.53      | 42.65      | 44.71      |     | 10.3                          |  |
| 1978    | Super G | 1979    | Super G | 1980             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 3.36    | Average | 3.32    | 3.34             | 7.46                      | 13.64      | 25.49      | 30.12      | 34.24      | 36.30      | 36.30      |     | 10.3                          |  |
| 1977    | Super G | 1978    | Super G | 1979             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 3.14    | Average | 3.30    | 3.22             | 7.34                      | 13.52      | 24.85      | 27.94      | 30.00      | 30.00      | 30.00      |     | 10.3                          |  |
| 1976    | Super G | 1977    | Super G | 1978             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 3.11    | Average | 2.85    | 2.98             | 7.10                      | 13.28      | 24.10      | 25.64      | 25.64      | 25.64      | 24.61      |     | 10.3                          |  |
| 1975    | Super G | 1976    | Super G | 1977             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 3.11    | Average | 2.63    | 2.87             | 6.99                      | 13.17      | 23.47      | 23.47      | 23.47      | 23.47      | 23.47      |     | 10.3                          |  |
| 1974    | Super G | 1975    | Super G | 1976             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 3.11    | Average | 2.63    | 2.87             | 6.99                      | 13.17      | 23.47      | 23.47      | 23.47      | 23.47      | 23.47      |     | 10.3                          |  |
| 1973    | Super G | 1974    | Super G | 1975             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 2.79    | Average | 2.34    | 2.57             | 6.69                      | 12.87      | 23.17      | 23.17      | 23.17      | 23.17      | 23.17      |     | 10.3                          |  |
| 1972    | Super G | 1973    | Super G | 1974             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 2.38    | Average | 2.34    | 2.36             | 6.48                      | 12.66      | 22.96      | 22.96      | 22.96      | 22.96      | 22.96      |     | 10.3                          |  |
| 1971    | Super G | 1972    | Super G | 1973             | Level<br>1                | Level<br>2 | Level<br>3 | Level<br>4 | Level<br>5 | Level<br>6 | Level<br>7 |     |                               |  |
| Average | 2.02    | Average | 2.09    | 2.06             | 6.18                      | 12.36      | 22.66      | 22.66      | 22.66      | 22.66      | 22.66      |     | 10.3                          |  |