



SKI-CROSS PROGRESSION TABLE

GLOBAL TERMINOLOGY YOB 2012-13		LTAD STAGE		YEAR 1 -2013		SKI CROSS PROGRESSION YEAR 2 -2014		YEAR 3 -2015		COURSE GUIDELINES**		COMPETITION/RANKINGS		PERFORMANCE BENCHMARK EVENTS	
U21	1992-1994	Train to Race/Train to Win								L/XL	FIS POINTS	NorAm, WJChamps, Wcup			
U18	1995-1996	Train to Race								M/L	FIS POINTS	FIS (NorAm), WJChamps, YOWG			
U16	1997-1998	Learn to Race/train to Race		4-up team event, Quali indiv Event		4-up Heats, Quali Time Trial		4-up Heats, Quali Time Trial		S/M		Provincial/CAN-AM/Canada Games			
U14	1999-2000	Learn to Train/Learn to Race		4-up team event, Quali indiv Event		4-up Heats, Quali Time Trial		4-up Heats, Quali Time Trial		S		Zone/Provincial/Provincial Winter Games			
U12	2001-2002	Ski Essentials/Learn to Train		2-up team event, Quali Indiv Event		4-up team event, Quali Indiv Event		4-up team event, Quali Indiv Event		S		Club/Zone			
U10	2003 & later	Gliding Start/Skier Essentials				FUN/SX-Speed Skills/Timed Runs				S		Club			

GOAL - FIS FORMAT

Day 1 - Inspection - Training
 Day2 - Inspection - Training - Individual Qualification Time Trial
 Day 3 - Inspection - Training -Finals [heats 4 up head to head]

2-UP TEAM EVENT + QUALIFICATION INDIVIDUAL EVENT

Skiers have a one run individual race - "Crown Winner"
 Pair athletes into groups of two -finish time is for 2nd skier

4-UP TEAM EVENT + QUALIFICATION INDIVIDUAL EVENT

Skiers have a one run individual race - "Crown Winner"
 Pair athletes into groups of four -finish time is for 3rd skier

4-UP HEATS + QUALIFICATION TIME TRIAL

FIS FORMAT

COURSE GUIDELINES

- S /** Resort Built Courses
 Minimal or NO Airtime
 Rollers/Bank Features
 Intro to SX start gate
- M /** Resort Built with ACA Guidance
 Rollers/Banks/Jumps/Features
- L /** Purpose built courses
 meeting all FIS standards/requirements
- XL /** Purpose built courses
 meeting all FIS standards/requirements

