

Shoe Size Conversion Chart

Boots	US Size (girls/women)	US Size (boys/men)
26	8.5	
27	9.5	
28	10.5	
29	11.5	11.5
30	12	12
31	13	13
32+	1	13.5
33+	1.5	1
34+	2.5/4.5	2
35	3/5	3
36	6	4
37	6.5	4.5
38	7.5	5.5
39	8.5	6.5
40	9.5	7
41	10	8
42	10.5	8.5
43		9.5
44		10
45		11

Classic Ski Length Guidelines:

Ages 0-5: Not taller than child

Ages 6-8: Child's height

Ages 9-12: move to 10 cm taller than child

A child ought to grow out of the skis not into them.

About Body Weight:

There are no flex ranges for waxless (fish scale) skis.

If child is light for their height, go for a shorter ski.

A sample of flex ranges for junior waxable classic skis

Rossignol Delta Classic Junior

136 cm 45-60 pounds

146 cm 55-70 pounds

156 cm 65-80 pounds

166 cm 75-90 pounds

176 cm 85-100 pounds

Ski Sizing Recommendations

Height (in)	Child Height (cm)	CL ski (cm)	CL pole (cm)	SK Ski (cm)	SK pole (cm)
37	94	100			
38	97	100			
39	99	100			
40	102	100			
41	104	100			
42	107	110	80		
43	109	110	82.5		
44	112	110	85		
45	114	110	87.5		
46	117	120	90		
47	119	120	92.5		
48	122	130	95		
49	124	130	97.5		
50	127	130	100		
51	130	140	102.5	130	117
52	132	140	105	130	119
53	135	140	107.5	130	121
54	137	150	110	140	123
55	140	150	112.5	140	126
56	142	150	115	140	128
57	145	160	117.5	150	130
58	147	160	120	150	133
59	150	160	122.5	150	135
60	152	160	125	150	137
61	155	170	127.5	160	139
62	157	170	130	160	142
63	160	170	132.5	160	144
64	163	170	135	160	146
65	165	176	137.5	160	149
66	168	176	137.5	160	149
67	170	176	137.5	160	149



Minnesota Youth Ski League

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