

Chart for FIS max length of classic poles

Skier Height w/Boots (cm)	Skier Height w/Boots (in.)	Max FIS Classic Pole length (cm)
84	2'9"	69.7
91.5	3'	75.9
99.1	3'3"	82.3
106.7	3'6"	88.6
114.3	3'9"	94.9
121.9	4'	101.2
129.5	4'3"	107.5
137.2	4'6"	113.9
144.8	4'9"	120.2
147.3	4'10"	122.3
149.9	4'11"	124.4
152.4	5'	126.5
155	5'1"	128.7
157.5	5'2"	130.7
160	5'3"	132.8
162.6	5'4"	135.0
165	5'5"	137.0
167.6	5'6"	139.1
170.2	5'7"	141.3
172.7	5'8"	143.3
175.3	5'9"	145.5
177.8	5'10"	147.6
180.3	5'11"	149.6
182.9	6'	151.8
185.4	6'1"	153.9
188	6'2"	156.0
190.5	6'3"	158.1
193	6'4"	160.2
195.6	6'5"	162.3
198.1	6'6"	164.4