

Age	Grandeur	Poids	Flex Recommandé	Longueur Recommandée
Youth (3-8)	3'0" – 4'8"	40 – 80 lbs.	40/42	46 – 49"
Junior(7-13)	4'4" – 5'1"	70 – 110 lbs	50/52	50 – 54"
Intermediate (11-14)	4'11" – 5'8"	95 – 140 lbs.	60/67	55 – 58"
Senior (14+)	5'5" – 5'10"	125 – 175 lbs.	75/77	57 – 61"
Senior (14+)	5'7" – 6'1"	150 – 200 lbs.	85/87	58 – 62"
Senior (14+)	5'10" – 6'4"	180 – 235 lbs.	100/102	60 – 63"