



# NEW CROSS COUNTRY POLE SIZING

2022/2023

## What's My New Pole Size?

Previous Pole Size  
(pole models prior to 2022)

Your NEW Pole Size

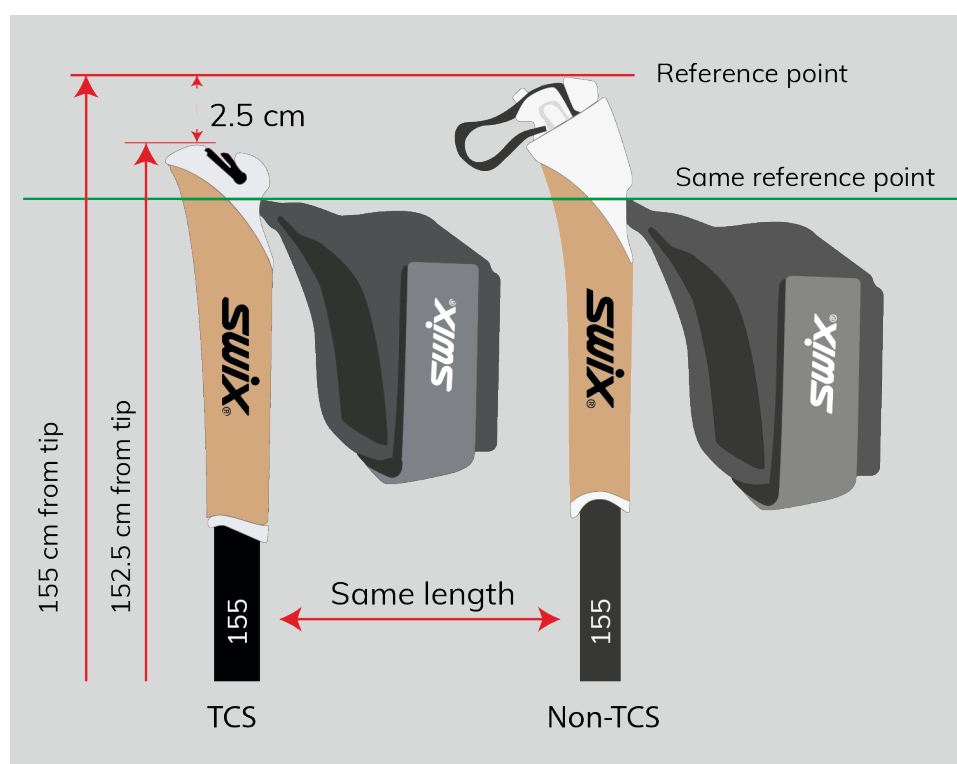
(2022 pole models w/ the **NEW LENGTH** label on the hangtag)

135cm	130cm
137.5	132.5
140	135
142.5	137.5
145	140
147.5	142.5
150	145
152.5	147.5
155	150
157.5	152.5
160	155
162.5	157.5
165	160
167.5	162.5
170	165
172.5	167.5
175	170
177.5	172.5
180	175

### Old Measurement Diagram

\*Applies to pole models prior to 2022

\*Measured from ferrule tip to the top of the handle



### NEW Measurement Diagram

\*Applies to 2022 pole models w/ **NEW LENGTH** label

\*Measured from ferrule tip to the top of the strap

