

Suggested Hollow Grinds for Sharpening Figure Skating

The chart below illustrates your choices of hollow grind for hockey skates:

**CHOICES OF
HOLLOW GRIND FOR FIGURE SKATING**

ICE 15°F	GLACE -9°C	WEIGHT LBS	POUNDS KG	1/4"	3/16"	1/2"	3/8"	7/16"	1/2"	9/16"	5/8"	11/16"	3/4"	13/16"	7/8"	15/16"	1"	1 1/16"	1 1/8"	1 1/4"	1 3/8"	1 1/2"	1 5/8"	1 3/4"	1 7/8"	INCH			
				6MM	8	10	12	14	15	16	17	18	20	22	24	26	27	29	31	32	33	35	37	38	39	40	41	43	MM
45	20	D+	SL DM	D-	C+	F-	CM	C-FM	FM	F+	F+																		SL = FREE STYLE
55	25	D+	SL DM	D-	D-	C+	F-CM	C-	FM	FM	F+	F+																	D = DANCE
65	30		SL DM	D-		C+	F-CM	C-	FM	FM	F+	F+																	C = COMBINATION
75	35		SL DM	D-	D-	C+	CM	F-	C-	FM	FM	F+	F+																F = FIGURE
85	40		SL DM	D-	D-	C+	CM	F-	C-F-	FM	FM	F+	F+																+ = ADVANCED
95	45		SL DM	D-	D-	C+	CM	C-F-		FM	FM	F+	F+																M = AVERAGE
110	50		SL DM	D-		C+	CM	C-F-		FM	FM	F+	F+																- = RECREATIONAL
125	55		SL DM	D-	C+		CM	C-	F-		FM	FM	F+	F+															
135	60		SL DM	D-	C+		CM	C-	F-		FM	FM	F+	F+															
150	65		SL DM	D-	C+		CM	C-	F-		FM	FM	F+	F+															
155	70		SL DM	D-	C+		CM	C-	F-		FM	FM	F+	F+															
165	75		SL DM	D-	C+		CM	C-	F-		FM	FM	F+	F+															
175	80		SL DM	D-	C+		CM	C-	F-		FM	FM	F+	F+															
185	85		SL DM	D-	C+		CM	C-	F-		FM	FM	F+	F+															
200	90		SL DM	D-	C+		CM	C-	F-		FM	FM	F+	F+															