

Alpine Skiing



Alpine ski racing is among the most exciting Olympic Winter Games events! Downhill skiing is fast and dangerous. Skiers travel straight down the mountain at break neck speed. The super-G is a flight down 700 meters through 30 gates; giant slalom requires strength and precision as skiers race through gates with wide, sweeping turns. The slalom tests a racer's sense of balance, speed and agility as he or she zigzags through dozens of quick turns.

Olympic alpine events include five events: super GS, downhill, slalom, giant slalom (GS), and combined with separate events of each for men and women. Different courses and terrain are required for each alpine event. During the 2002 Olympic Winter Games, Snowbasin will host the super G, downhill and combined events.



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Downhill

Downhill is the fastest alpine event. Competitors get only one run. Racers wear skintight, elastic one-piece suits with padded forearms and travel at high speeds. A few gates are used to control speed. A series of dips and bumps often cause the skier to "take flight." The men reach speeds of up to 85 mph and the women up to 70mph. The winner is often one hundredths of a second faster than the other competitors. Some downhill gates are set to control speed while others give direction. Downhill courses are designed specifically for speed.

Super G

The super G is a relatively new event involving only one run. The super G is a shorter course with more gates than downhill. The racers wear one-piece suits and approved helmets. They make long sweeping turns at high speeds for the entire length of the course. A cross between the giant slalom and downhill, super G combines the wide, high-speed turns of giant slalom with the openness of a downhill course.

Slalom/Giant Slalom

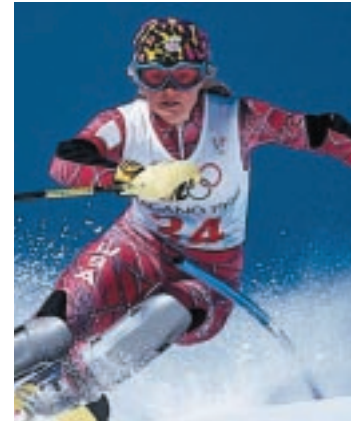
Slalom

The gates in slalom are formed by alternating pairs of red and blue poles set in a rhythmic pattern down the hill.

Giant slalom (GS)

The giant slalom has a longer course and wider gates than the slalom. Skiers must race through breakaway poles with wide, sweeping turns. The giant slalom tests the skier's strength, technique

and ability to choose the fastest line down the course. Racers complete two runs; the fastest combined time earns the gold. Racers wear skintight, elastic one-piece suits with padded forearms. The gates for the giant slalom use two pairs of alternating red and blue poles set to conform to the terrain.



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Alpine combined

The alpine combined includes one downhill run and two slalom runs. The slalom run tests the racer's balance, speed and agility as they zigzag through hinged breakaway poles. Skiers must finish all three runs to qualify, and the racer with the fastest combined time wins.



Biathlon

Sprinting up a long flight of stairs before threading a needle gives an idea of what it's like to compete in biathlon. This sport combines the endurance of cross-country skiing with the precision and calm of marksmanship.

Competitions, combining skiing and shooting, were first organized in 1776 in Norway, where participants fired rifles while racing. The first Olympic Winter Games in Chamonix, France, included a ski patrol race. This event was organized as a demonstration and was repeated at the 1928, 1936, and 1948 Olympic Winter Games. It was not until 1949, that the International Olympic Committee decided to accept Sweden's proposal to include a combination of cross country skiing and shooting in the Olympic program. Biathlon is an individual competition, open to civilian competitors. The first Olympic biathlon was held in Squaw Valley, California, in 1960.



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There are eight biathlon events in the Olympic program. Men and women compete in sprint, pursuit, individual and relay. The specific distances are as follows:

MEN'S EVENTS	WOMEN'S EVENTS
10km sprint	7.5km sprint
12.5km pursuit	10km pursuit
20km individual	15km individual
4x7.5km relay	4x7.5km relay

Bobsled or Bobsleigh



Bobsledding is a sport of skill, strength, and speed, in which 2 or 4 man teams race down a 1500-meter, banked ice track. The bobsled team's success depends on four factors: the speed of the start, the pilot's ability to drive, the condition of the runners and the aerodynamics of the sled.

There are two types of racing sleds—a 2-man sled weighing approximately 200 kg (440 lbs) and a 4-man sled, weighing and 275 kg (605 lbs). 'Junior Bobs,' sleds for beginners, are significantly lighter, weighing about 70 kg (154 lbs). The weight and dimensions of the sleds are standardized for competition purposes, but components, such as steering reins, seats and



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push bars, are often customized to fit individual pilots and crew.

The bobsleigh competition contains four runs (or heats) per team, over two consecutive days. The winner is the team with the fastest combined time over the four runs. Spotters and timers along the track monitor the bobs. The total combined weight (sled plus riders) is restricted to 390 kg (858 lbs) for 2-man and 630 kg (1386 lbs) for 4-man.



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Cross Country/Nordic Skiing



Cross-country skiing is a popular recreational and professional sport. Many of Utah's hiking and bike paths become great cross-country ski trails during the winter. People enjoy strapping on their cross-country skis and heading out across a quiet expanse of untouched snow.

Cross-country skiing might look like an easy glide through the woods, but it is a difficult sport that requires both speed and endurance. Competitors ski on courses that test many skills. Racers cross rolling hills, endure uphill climbs and brave downhill speed. Although many people do not consider cross-country skiing to be a spectator sport, one of the most exciting moments of the Nagano Games was during the 4x10-kilometer cross-country relay. The skier from Norway won by a foot after a neck-and-neck race against Italy and Finland.

Cross-country skiing includes four distance and sprint races for individual competitions and one race for team competitions. Race distances range from 5 to 50 km. Men compete in races of the following distances: 15 km, 30 km, 50 km, and 4 x 10 km (relay). Women compete in races at the distances of 5 km, 10 km, 20 km, and 4 x 5 km (relay).

Curling



Curling originated in Scotland in the 16th century. Scottish marshes froze during the winter, and the local farmers played a sport consisting of sliding heavy "Kuting Stones" across frozen ice sheets. The player placed his fingers into small niches scraped into the stone. He threw the stone with a twist, causing the stone to curl in the direction of the twist. Curling stones were "channel stones," worn smooth by moving water. Brooms were used to clear the snow from the path of the stones. Around the 17th century, handles began to appear on stones allowing for greater control. Although the marshes of Scotland have been drained and there are no ice sheets, the spirit of curling lives on. Early Scots felt that curlers should play to win but never to humble their opponents. Competitors demonstrated their skill in a spirit of good sportsmanship and honorable conduct. Today's curling enthusiasts are proud of their sport and the values it promotes.



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Curling is a game of strategy and is often referred to as "chess on ice." Competitors slide 42-pound stones of granite toward the target, or house, while trying to knock their opponents' stones out. Two sweepers use their brush heads to reduce friction in front of the stone and keep the rock on target. Vigorous sweeping requires upper-body and cardiovascular training. The game involves great precision and teamwork.



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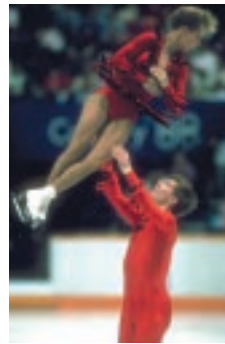
Figure Skating

Figure skating has often been described as “ballet on ice.” Skaters blend dance and athletics to create routines that dazzle audiences and demon-

strate grace and skill. Figure skating became a popular pastime in the 1800’s. Today, figure skating is a highly competitive and popular spectator sport enjoyed worldwide. The four Olympic figure skating events include: men’s singles, ladies’ singles, pairs and ice dancing.

Form, style, technique, concentration and the ability to perform under pressure are the key requirements in men’s and ladies’ singles events. The rules are similar for both men’s and ladies’ divisions. Each competition is composed of two separate parts: the short program and the free skating program.

Pairs skating is free skating performed in unison by partners. The routines include daring and some-



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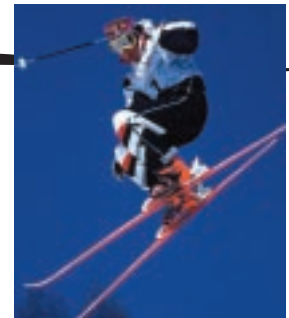
times dangerous overhead lifts, throw jumps and spins. The key to pair skating is exact timing and unison. Whether the partners are together or apart, their movements should be synchronized with matching body lines, gestures and footwork. The pair competition has a short program, that counts for 33.3 percent of the team’s total score and must be completed within 2 minutes, 40 seconds. The pairs free program requires both skaters to perform together, with the results accounting for 66.7 percent of their mark.

Ice dancing is the newest Olympic figure skating event. Unlike pair skating, which features overhead lifts and jumps, ice dancing is based on the different aspects of dance. The emphasis in ice dancing is on rhythm, interpretation of the music, and precise steps. Its beauty lies in its limitless creativity, interesting choreography and its theatrical and innovative aspects. An ice dancing competition is made up of three parts: two compulsory dances, a two-minute original dance and a four-minute free dance.



Freestyle Skiing

Freestyle skiers are the adventurous athletes of the Olympic Winter Games. The Freestyle aerialists fly into the air from specially designed ski ramps. There they perform acrobatics 50 feet in the air. Freestyle mogul skiers seek speed and style, while they race between and over mounds of snow. These freestyle events are fairly new to the Olympic Winter Games. At Deer Valley Resort in 2002, the moves and tricks will be better than ever.



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Freestyle Aerials



Skiers ski down a run, jump off a ramp (called a “kicker”), and perform twists, flips, and spins, in mid-air.

Freestyle Moguls

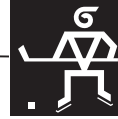


Skiers race through and over mounds of snow. They perform tricks off two eight-foot jumps, including such moves as the spread eagle, twister, helicopter, daffy, kosac, iron cross and backscratcher. Jonny Moseley, an award winning mogul skier, won the gold at the Nagano Olympic Winter Games and moved the moguls event into the spotlight.

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Ice Hockey



Sticks slap against the ice, pucks whiz around the rink, and players clash together in

one of the most exciting and popular events of the Olympic Winter Games.

Hockey is played with two teams. Each team has five skaters and a goalie. Skaters reach speeds of 40-60 km/hr. Players are substituted as often as every 40-60 seconds. Hockey sticks are made of aluminum or plastic. The game is played with a hard rubber disk called a puck. The puck is hit with the hockey stick and can reach speeds of more than 150 km/hr. Players wear protective gear that includes shin guards, gloves, elbow pads, shoulder pads, helmets and visors.

Penalties are called on players for a variety of offenses. When a penalty is called, the player is

sent off the ice for two, five or ten minutes. Players are occasionally suspended for the remainder of the game.

To play at the international level, players must be proficient in the following skills:

SKATING - Skaters must be able to change directions and stop quickly.

SHOOTING - Players must be skilled in a variety of shots using the hockey stick. Some of the shots are called the wrist, the snap, the slap, flips and backhand shots.

PUCK CONTROL - Players must control the puck during passing, receiving and shooting.

CHECKING- Players are required to react to changing situations and to know the position of their own teammates and those of the opposition at all times.



Luge

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The word luge comes from the French word for sled. Although luge is a relatively new Olympic Winter Games sport, sled racing is a very old winter pastime. References to sled racing in Norway date to 1480.

The sport of luge is an exciting timed sport! Competitors lie on a small sled, feet first. They hurtle up to 90 mph through 17 curves on 4,318 ft of track in less than one minute. There are no brakes. Lugers can go upwards of 85 to 90 mph. In a doubles

race, the heavier of the two lies in front, and the two work together as a team throughout the race. Luge races can be won or lost by the slimmest of margins, often as little as 1/1,000th of a second.

Luge has been an Olympic event since the 1964 Innsbruck Games. The sport consists of three events: men's singles, women's singles and doubles.

Nordic Combined



To compete in nordic combined, an athlete must have the physical strength of a cross-country skier and the nerve of a ski jumper. Often called the decathlon of skiing, nordic combined requires excellence in two different sports. At the Salt Lake 2002 Games, athletes will spend the first day of the competition soaring off the normal or large ski jump (90K or 120K). The next

the case with the other nordic events (cross-country, jumping, biathlon), athletes from Scandinavian countries generally win the greatest number of medals. It wasn't until 1960, that a German postal worker named Georg Thoma, who stood 1.59 meters (5 feet 2.5 inches) tall,



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day, the athlete, who scored the highest in the jumping competition, starts first in a pursuit cross-country ski race around a challenging trail. Competitors chase after him in the order of the jumping results, attempting to make up the lost time and overtake the leader. The first skier to cross the finish line is the overall winner.

By the mid-19th century, nordic ski carnivals were popular throughout Norway. The nordic combined was the most important event at these carnivals. Nordic combined has been part of the Olympic Games since the inaugural Olympic Winter Games in Chamonix, France, in 1924. At the Oslo 1952 Games, officials switched the order of the events—jumping first, racing second—to make for a more exciting finish. As is



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became the first non-Scandinavian to win the nordic combined title. Women do not compete in nordic combined.

There are three events in nordic combined: the individual K90 and 15 km, the sprint K120 and 7.5 km, and the team K90 and 4x5 relay. Normal ski jumping rules and scoring apply.

Skeleton



Try to imagine lying headfirst on a small sled and speeding down an icy track at over 137 km/h (over 80 mph)! For those brave enough to try it, skeleton is one of the most unusual and exciting sports of the Olympic Winter Games. In 2002, for the first time in Olympic competition, skeleton athletes will race on the bobsled track at the Utah Olympic Park. Women will have their first Olympic opportunity to participate in skeleton races.

Skeleton is an individual sport. A single athlete rides a thin, steel sled steered by shifting weight or lightly dragging a toe. The competitor holds onto the sled while taking a running start on spiked shoes. The athlete then boards the sled face-down, with the chin nearly scraping the ice. The athlete with the fastest time takes the gold.



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Ski Jumping



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Have you ever wished you could fly? Ski jumpers realize this goal as they soar above the snow in hopes of long flights and high scores. The competitor travels down a steep ramp and then catapults high into the air. Through a combination of body and ski positioning, air currents, and skill, the skier seeks to stay airborne as long as possible. Ski jumpers are able to soar more than the length of a football field. In 2002, the thin air at the Utah Olympic Park should produce even more spectacular jumps.

Elements of ski jumping include: the in-run section, the long ramp leading toward the takeoff where the skier jumps; the landing hill, the steep downward slope over which the jumper flies; and the out-run area, where the jumper comes to a stop.

Jumpers perform on a normal ski hill (K90) and a large ski hill (K120). In competition, each athlete jumps twice. Style is judged from the takeoff to the landing. Points for a jump are decided by a formula for the distance plus "style" points, which are awarded by five judges, who look at form in the air and while landing.

Along with the individual ski jumping event, the team competition has been on the Olympic program since the 1924 Winter Games in Chamonix, France.

In the team competition, four jumpers comprise a team. The cumulative score of all jumpers is used to determine the team rank. A maximum of four points can be deducted if the skier does not land in the Telemark position, with one leg before the other. Jumpers receive a maximum of 10 penalty points for a fall.



Snowboarding

Snowboarding was developed in the United States in the 1960s as people across the country began to seek out new wintertime activities. The United States held its first national championships in 1982 and hosted the first World Championships in 1983. In 1987, a four-stop, World Cup tour was established with two stops in the United States and two in Europe. The International Snowboarding Federation (ISF) was formed in 1990, to govern international competition, and the International Ski Federation (FIS) followed suit in 1994, making snowboarding an officially sanctioned discipline eligible for the Olympics. The FIS pushed for snowboarding's inclusion in the 1998 Games and still acts as the international federation for the sport.

There are two snowboard events each for men and women halfpipe and parallel giant slalom.

Halfpipe is performed on a funnel-shaped run and consists of a qualifying round and a final round. The top six in the qualifying round proceed to the final round. Judges score the competitors on many criteria, paying close attention to form and overall impression. Competitors complete a series of twists, flips, spins, and handsprings, exciting the crowd with their acrobatics on the snow, much like skiers do in the freestyle events.

Parallel giant slalom is much like a downhill ski race. The course is 500 m long and consists of 23 to 25 gates, around which each boarder must pass. The top 16 boarders in the qualifying round continue to the final round. Two boarders race on the same course at a time.



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Speed Skating



There are two different types of speed skating—short track and long track. Both require speed and agility on the ice while circling the rink. The object of speed skating is to skate a specific distance in the fastest time.

Short track skating is a sport in which several skaters compete on the ice at the same time in individual and relay competitions. In long track speed skating, two skaters compete at a time skating longer distances on a longer track.



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1,000m, 1,500m, 3000m (women's relay), and 5,000m (men's relay) events.

Several skaters work as a team in relay races. The short track relay requires one skater to finish two laps. Team members may trade off at any time in any order, as long as, the skaters complete the relay touch-off.

Long Track

Short Track

In the individual event, four skaters start together on the same line. The first skater to cross the finish line is declared the winner. They race head to head in an oval without designated lanes. Seven rubber blocks in each turn mark the course. Skaters may cross into the infield ice, but they must always skate around the blocks in the corners. They may touch the ice inside the blocks with their hands.

Passing must be done without body contact. Pushing, bumping and blocking may be grounds for disqualification. Short track skaters lean as they turn and often bump into one another. In the first rounds, four to six skaters start each race. The two who finish first and second advance to the next round. The winner is the first to cross the finish line.

There are four short track speed skating competitions each for men and women: 500m,

Long track skating is done in designated lanes, with only two skaters on the ice at a time. There is no body contact between skaters. There are five speed skating competitions each for men and women: 500m, 1,000m, 1,500m, 3000m (women), 5,000m, and 10,000m (men) events.



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