

OLYMPIC PRIMER

Nordic events

NORDIC COMBINED: The event is broken down into three categories: Individual, sprint and team. The first day of each competition involves two jumps by each athlete followed by a freestyle cross country race on the second day. Starting positions on the second day are determined by standings from ski jumping competition.

Cross country

THE HISTORY: Cross country is the oldest form of skiing. It has been used as a form of transportation in northern European countries for thousands of years. The first recorded competition was held in Tromsø, Norway, in 1843. In competition, skiers use two distinctive styles – classical technique, which incorporates parallel leg strides; and free technique, which uses more of a skating motion. Free technique was popularized in the 1970s by an American,

POLES

Longer poles than those used in classical technique. Baskets are designed to grip the snow

Ski boots

Designed for durability and to protect the ankles.

Skis

Shorter, with less arch and a tip that curves less than classical technique skis.

Wax

Wax is applied to aid in gripping and to prevent sliding backward.

EVENT	JUMP IN FT.	CROSS COUNTRY MILE
INDIVIDUAL	295	15km
SPRINT	394	7.5km
TEAM*	295	4x5km

*There are 4 member on each team. Members are staggered in a line behind each other during the cross country competition.

Wind

A headwind is most desirable, because it provides added lift. Tailwinds are generally avoided. When the jumper is signaled that the winds are favorable, he has 15 seconds to begin his jump.

Ski jumping

THE HISTORY: The oldest ski jump is located in Holmenkollen, Norway. The first competition was held there in 1892. Two different towers are used for competition. Points are awarded for distance and form.

Skis

A wide, hollow ski (up to 11.5 cm) provides more lift in flight. Grooves on the underside aid in keeping the jumper moving in a straight line.

Bindings

Only the toe is secured to the heel. A cord connected to the heel prevents wobbling in flight.

Ski boots

Made of soft material that allows the jumper to lean forward.

