



## 2019 Winter State Games

### *Alpine and Snowboarding*

**Location:** Mission Ridge

**Date:** March 1<sup>st</sup> – 3<sup>rd</sup>

**Time:**

- Friday 1:00pm – 3:30pm
- Saturday 9:30am – 2:30pm
- Sunday 9:30am – 12:00pm

**Participation:** 9 Teams / 142 Athletes / 46 Unified Partners / 13 Coaches / 100 Volunteers

**Competition Overview:**

Preliminaries will take place on Friday, March 1<sup>st</sup> and each competitor will be divisioned for competition on Saturday and Sunday according to the times they place on Friday. Competition schedule;

- Saturday - 9:30am – 12:00pm (Giant Slalom - *two runs*)
- Saturday - 1:00pm – 2:30pm (Downhill, Super G - *one run*)
- Sunday - 9:30am – 12:00pm (Slalom - *two runs*)

Time slots will be given to each division and ran accordingly. This will allow awards to flow more smoothly and help ensure everyone in the division may be present at the time of the awards presentation.

**Sport Overview:**

Alpine skiing is a demanding sport, and athletes will benefit by being in good physical condition to compete successfully and safely. Alpine skiing requires, in addition to a basic combination of endurance and strength, a high capacity of quickness and action/reaction endurance. Through proper training, the athletes improve their physical, psychological and mental efficiency.

The physical demands of snowboarding are challenging for any athlete. At a minimum, snowboarding requires quick reflexes, good balance and strong physical fitness. It is a fun way to stay fit, push the boundaries, and enjoy the beautiful mountains that Washington has to offer.





Special Olympics snowboarding was first introduced at the 2001 Special Olympics World Winter Games in Anchorage, Alaska. Twenty-three athletes from three programs competed. Special Olympics Washington has been honored to send athletes to compete in Unified Snowboarding at the last two X-Games.

Events offered for Alpine and Snowboarding: (Athletes may compete in, up to three events)

**Alpine**

- Glide
- 10 Meter Ski Race
- Slalom (Novice, Intermediate, Advanced)
- Giant Slalom (Novice, Intermediate, Advanced)
- Downhill (Novice, Intermediate, Advanced)

**Snowboarding**

- Glide
- 10 Meter Skate
- Slalom (Novice, Intermediate, Advanced)
- Giant Slalom (Novice, Intermediate, Advanced)
- Super G (Novice, Intermediate, Advanced)

Learn more about **Special Olympics Alpine** by reviewing the [Rules](#)

Learn more about **Special Olympics Snowboarding** by reviewing the [Rules](#)

Learn more about the **2019 Winter State Games** by going to the

[2019 Winter State Games Webpage](#)