



## 2019 Winter State Games

### *Cross Country*

**Location:** Leavenworth Sports Club (Fish Hatchery)

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

**Time:**

- Friday 12:30pm – 2:30pm
- Saturday 9:00am – 4:00pm
- Sunday 9:30am – 3:30pm



**Participation:** 4 Teams / 44 Athletes / 28 Unified Partners / 4 Coaches / 50 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. Please refer to the Cross Country competition schedule for event start times.

### **Sport Overview:**

Cross Country Skiing has been a Special Olympics official sport with events at the World Games since 1977. There are over 41,000 athletes in the sport of Cross Country Skiing across 6 global regions. Cross-country skiing (commonly abbreviated XC skiing) is a winter sport in which participants propel themselves across snow-covered terrain using skis and poles.



Events offered for Cross Country: (Athletes may compete in, up to two events and a relay)

- 10 Meter Ski Race (*Classical Technique*)
- 25 Meter Ski Race (*Classical Technique*)
- 50 Meter Ski Race (*Classical Technique*) (*Country Skiing Race*)
- 100 Meter Race (*Classical Technique*) (*Country Skiing Race*)
- 500 Meter Race (*Country Skiing Race*)
- 1 Kilometer Race (*Country Skiing Race*)
- 2.5 Kilometer Race (*Country Skiing Race*)
- 5 Kilometer Race (*Country Skiing Race*)
- 7.5 Kilometer Race (*Country Skiing Race*)
- 10 Kilometer Race (*Country Skiing Race*)
- 4 x 1 Kilometer Relay Race (*Country Skiing Relay*)
- 4 x 1 Kilometer Unified Relay Race (*Country Skiing Relay*)

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

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

[2019 Winter State Games Webpage](#)