



2023 Winter State Games

Cross Country

Location:

Leavenworth Sports Club (Fish Hatchery)

Date:

Friday, March 3rd - Sunday, March 5th

Time:

- Friday Check-In, 12:00pm – 12:20pm
- Friday Preliminary Rounds, 12:30pm-2:30pm
- Saturday Check-In, 8:30am-9:15am
- Saturday Competition, 9:30am – 3:30pm
- Sunday Check-In, 8:30am-9:15am
- Sunday Competition, 9:30am – 3:30pm
- *Awards will be presented at the conclusion of competition each day*

Participation:

3 Teams / 30 Athletes / 21 Unified Partners / 4 Coaches / 50 Volunteers

Competition Overview:

Preliminaries will take place on Friday, March 3rd 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)
- 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)
- *7.5K race will not be offered due to low registration*

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

Learn more about the 2023 Winter State Games by going to the
[2023 Winter State Games Webpage](#)