

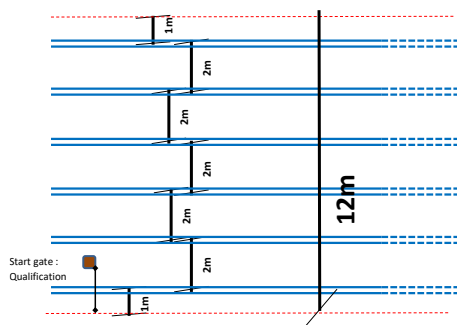
WPNS Competition Formats

Cross Country	sprint	2-6
Cross Country	short distance	7 - 8
Cross Country	middle distance	9 – 10
Cross Country	long distance	11 – 15
Cross Country	relay	16 – 17
Biathlon	sprint	18
Biathlon	middle distance	19
Biathlon	individual	20
Biathlon	pursuit middle	21-22
Track setting sit ski		23

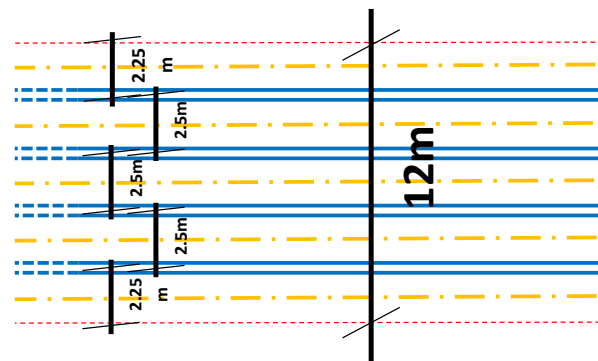
Cross Country : Sprint standing classic (+ Sprint sit ski)

Competition	Class	Gender	Total distance	Course	Loops
CC Sprint standing	LW 2-9/B1-3	men/women	1200m	1200m	1
CC Sprint sit ski	LW 10 - 12	men/women	800m	800m	1
Homologation	1.2km standing	TC: 0 - 60m	MC: 30m	A-hills :	B-hills :
Homologation	800 m Sit ski	TC : 0 - 30m	MC : 15m	A-hills :	B-hills :

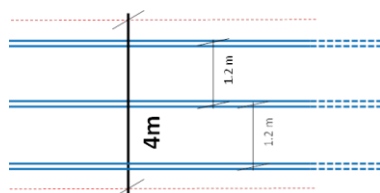
Layout start :



Layout finish :



Track setting on course :

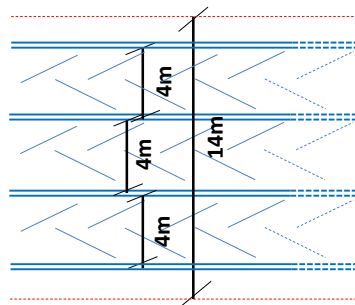


Remarks : The inside of turns have to be marked very clearly to avoid short cuts and technique violations. No tracks in sharp turns and steep downhill.

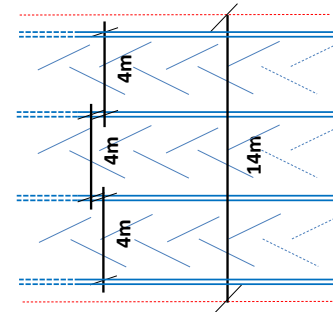
Cross Country : Sprint standing free (+ Sprint sit ski)

Competition	Class	Gender	Total distance	Course	Loops
CC Sprint standing	LW 2-9/B1-3	men/women	1200m	1200m	1
CC Sprint sit ski	LW 10 - 12	men/women	800m	800m	1
Homologation	1.2km standing	TC: 0 - 60m	MC: 30m	A-hills :	B-hills :
Homologation	800 m Sit ski	TC : 0 - 30m	MC : 15m	A-hills :	B-hills :

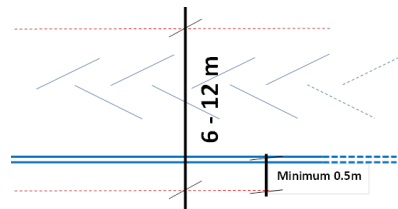
Layout start :



Layout finish :



Track setting on course :



Remarks : 1 track has to be set along the whole course on the outside (for standing)
 In sections where standing and sit ski are together, 2 tracks have to be set and the standing course has to be fenced off with V-boards to avoid short cuts (especially in turns).

Organisation CC Sprint Free technique



Marshals are no longer used for each skier (except team officials for VI). Stickers are no longer placed on athletes arm/glove, they are responsible to start on time by follow the start clock

First athlete shall be started with a start pistol at 00:00:0

Until this line, athletes have to keep the lane. Distance from start (min. 10m) to be decided by Jury.

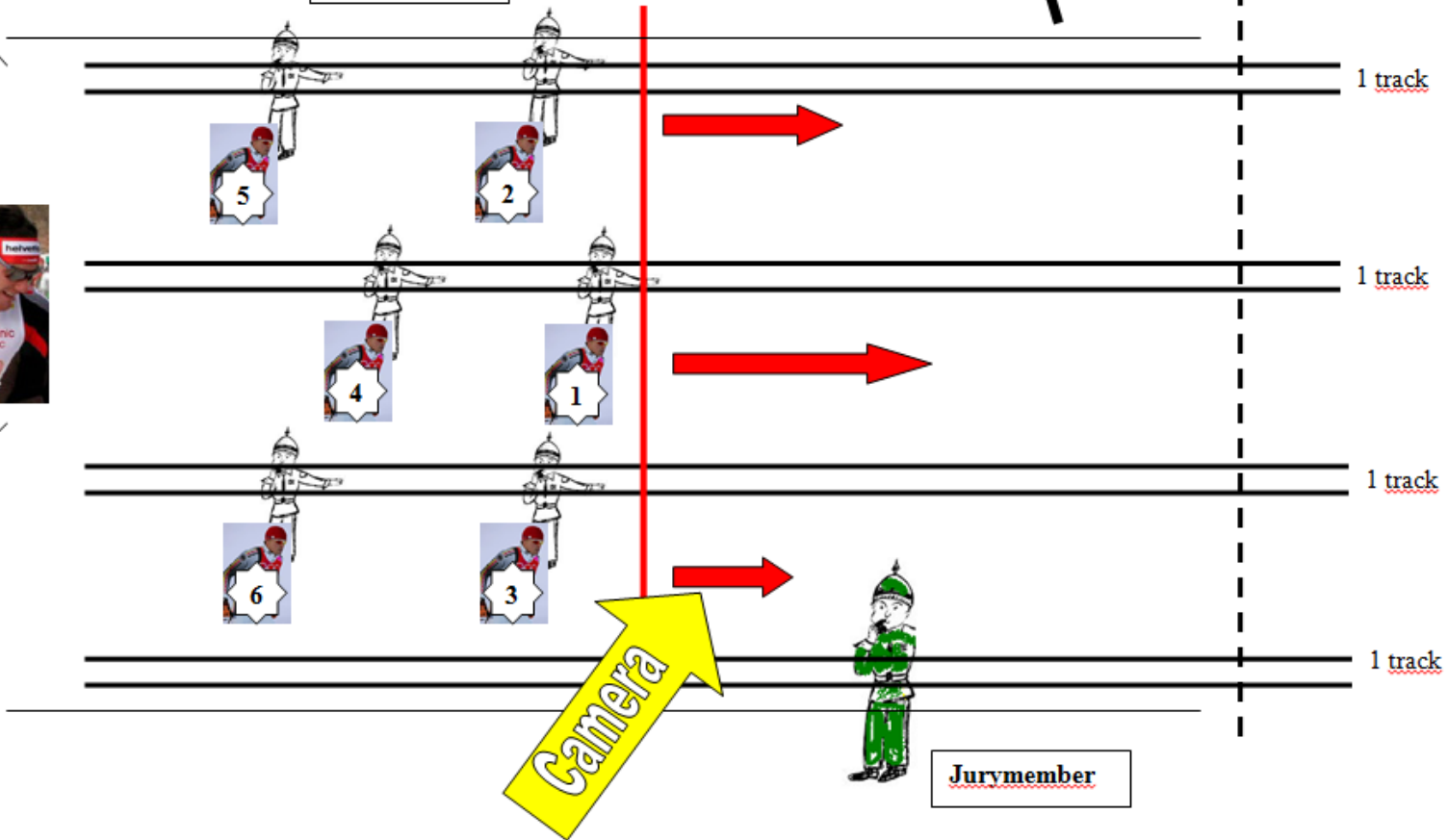
Start clock
00 : 00 : 00

START

Officials 1 - 6

Sticker with start time.

0:23



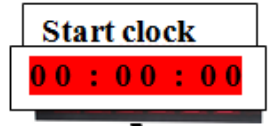
Organisation CC Sprint Classical Technique



Marshals are no longer used for each skier (except team officials for VI). Stickers are no longer placed on athletes arm/glove, they are responsible to start on time by follow the start clock

First athlete shall be started with a start pistol at 00:00:0

Until this line, athletes have to keep the lane. Distance from start (min. 10m) to be decided by Jury.

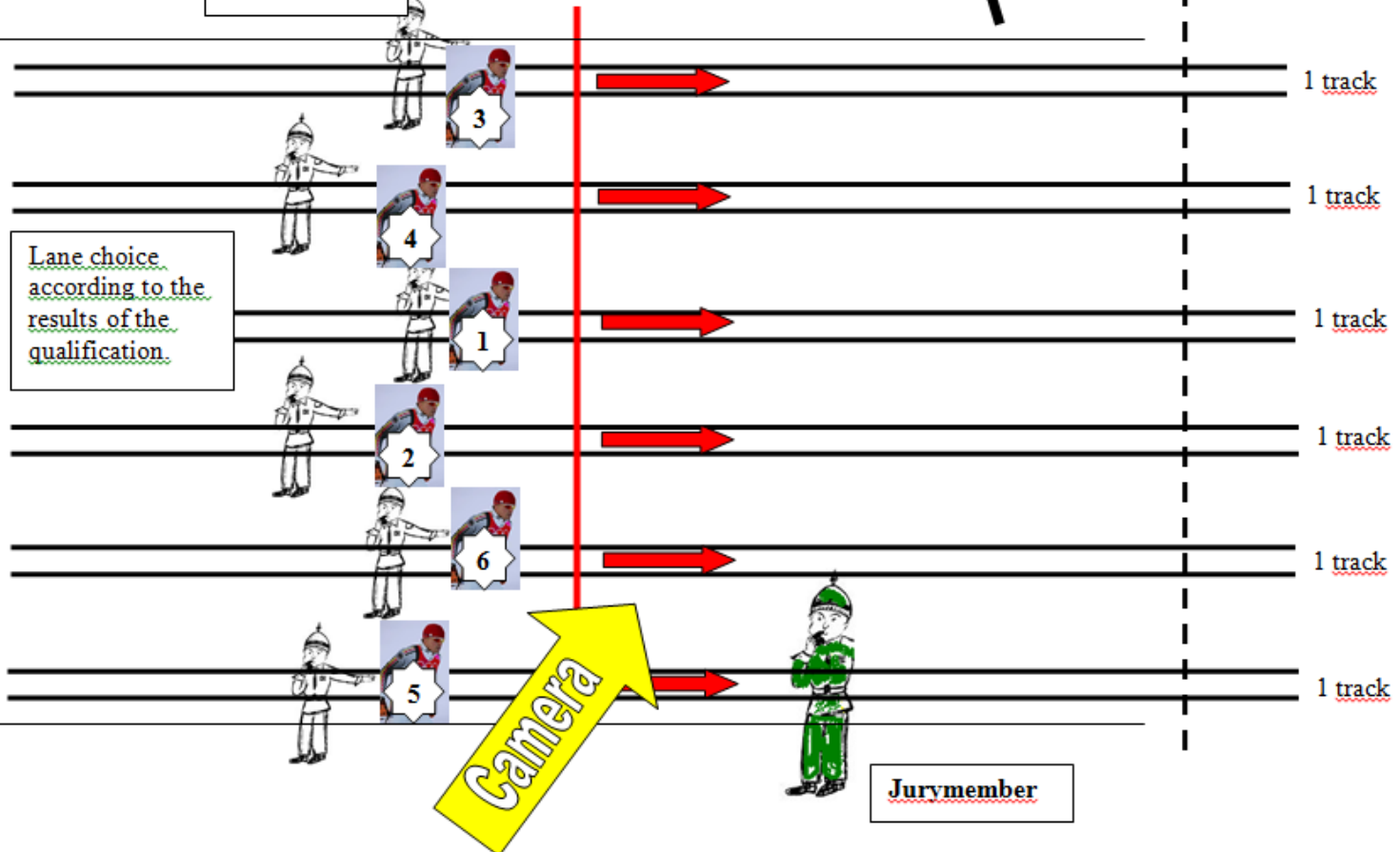


START

Officials 1 - 6

Sticker with start time.

0:23

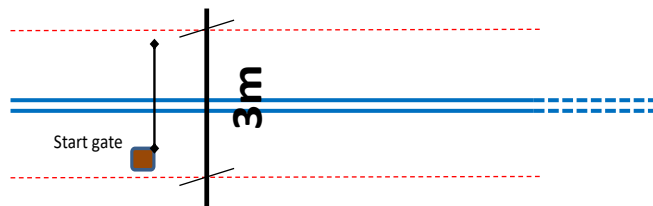




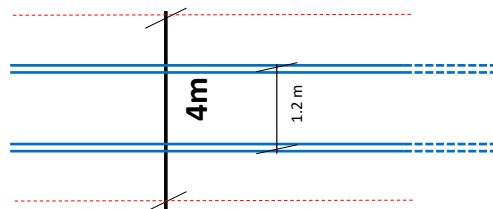
Cross Country : short distance standing classic (+ short distance sit ski)

Competition	Class	Gender	Total distance	Course	Loops
CC short stand	LW 2-9/B1-3	men	7.5 km	2.5km	3
CC short stand	LW 2-9/B1-3	women	5 km	2.5km	2
CC short sit ski	LW 10-12	men	5 km	2.5 km	2
CC short sit ski	LW 10-12	women	5 km	2.5 km	2
Homologation	2.5km standing	TC : 75-90m	MC : 30m	A-hills :	B-hills : 2 - 3
Homologation	2.5km sit ski	TC : 30-60 m	MC : 15 m	A-hills : 0-1	B-hills : 1-3

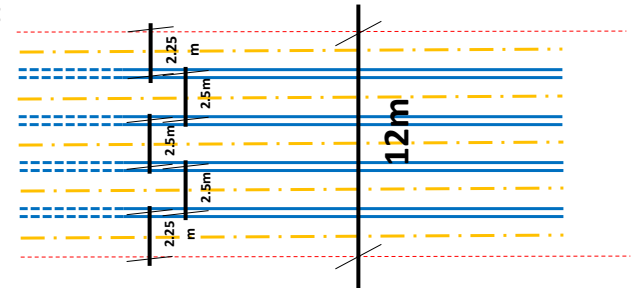
Layout start :



Track setting on course :



Layout finish :

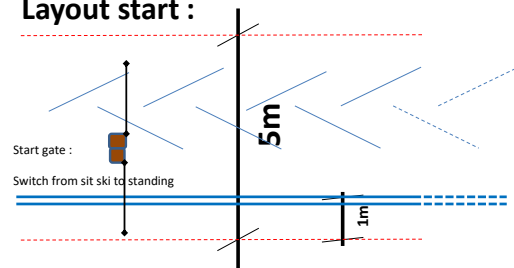


Remarks :
 No tracks in sharp turns.
 No tracks in steep downhills.
 No tracks in sections where sit-ski athletes have to leave the track .

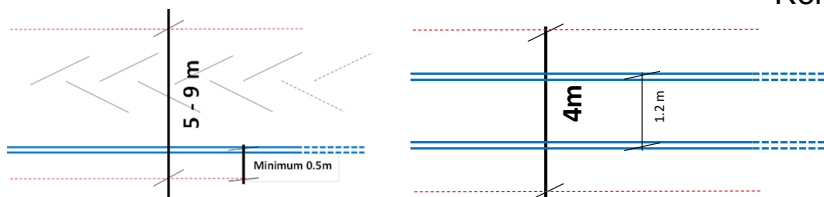
Cross Country : short distance standing free (+ short distance sit ski)

Competition	Class	Gender	Total distance	Course	Loops
CC short stand	LW 2-9/B1-3	men	7.5 km	2.5km	3
CC short stand	LW 2-9/B1-3	women	5 km	2.5km	2
CC short sit ski	LW 10-12	men	5 km	2.5 km	2
CC short sit ski	LW 10-12	women	5 km	2.5 km	2
Homologation	2.5km standing	TC : 75-90m	MC : 30m	A-hills :	B-hills : 2 - 3
Homologation	2.5km sit ski	TC : 30-60 m	MC : 15 m	A-hills : 0-1	B-hills : 1-3

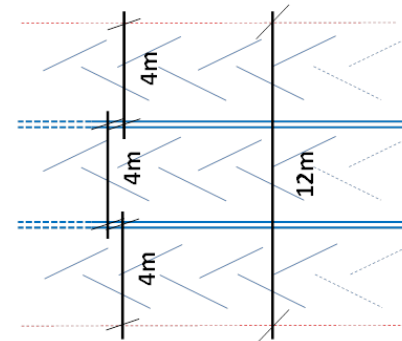
Layout start :



Track setting on course :



Layout finish :



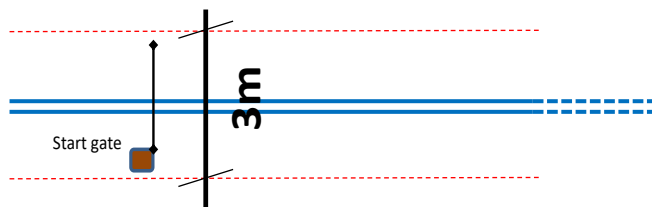
Remarks :

In sections where standing and sit ski are together, 2 tracks have to be set.
 No tracks in sharp turns.
 No tracks in steep downhill.
 No tracks in sections where sit-ski athletes have to leave the track .

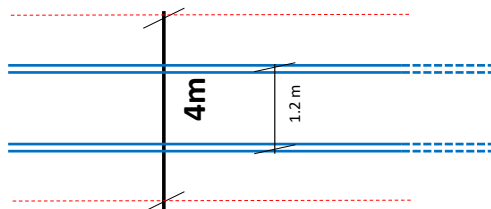
Cross Country : middle distance standing classic (+ middle distance sit ski)

Competition	Class	Gender	Total distance	Course	Loops
CC middle stand	LW 2-9/B1-3	men	12.5 km	2.5km	5
CC middle stand	LW 2-9/B1-3	women	10 km	2.5km	4
CC middle sit ski	LW 10-12	men	10 km	2.5 km	4
CC middle sit ski	LW 10-12	women	7.5 km	2.5 km	3
Homologation	2.5km standing	TC : 75-90m	MC : 30m	A-hills :	B-hills : 2 - 3
Homologation	2.5km sit ski	TC : 30-60 m	MC : 15 m	A-hills : 0-1	B-hills : 1-3

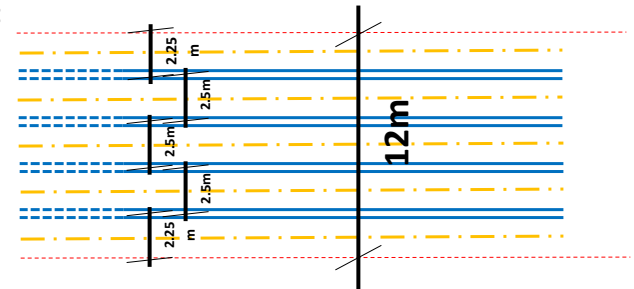
Layout start :



Track setting on course :



Layout finish :

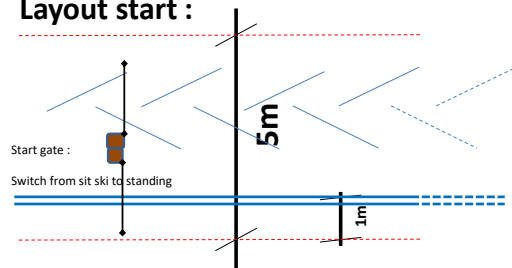


Remarks :
 No tracks in sharp turns.
 No tracks in steep downhill.
 No tracks in sections where sit-ski athletes have to leave the track .

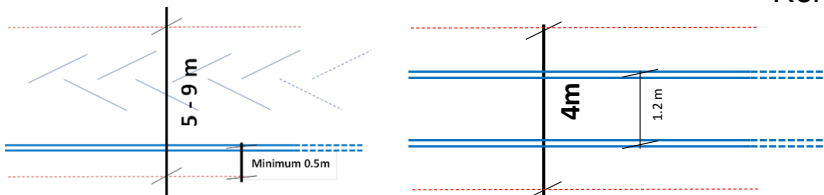
Cross Country : middle distance standing free (+ middle distance sit ski)

Competition	Class	Gender	Total distance	Course	Loops
CC middle stand	LW 2-9/B1-3	men	12.5 km	2.5km	5
CC middle stand	LW 2-9/B1-3	women	10 km	2.5km	4
CC middle sit ski	LW 10-12	men	10 km	2.5 km	4
CC middle sit ski	LW 10-12	women	7.5 km	2.5 km	3
Homologation	2.5km standing	TC : 75-90m	MC : 30m	A-hills :	B-hills : 2 - 3
Homologation	2.5km sit ski	TC : 30-60 m	MC : 15 m	A-hills : 0-1	B-hills : 1-3

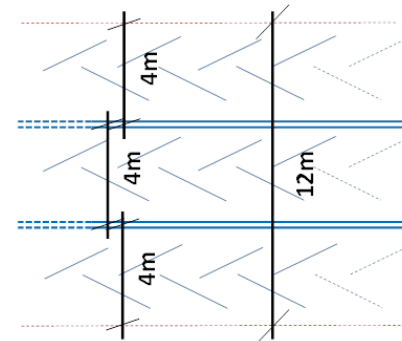
Layout start :



Track setting on course :



Layout finish :



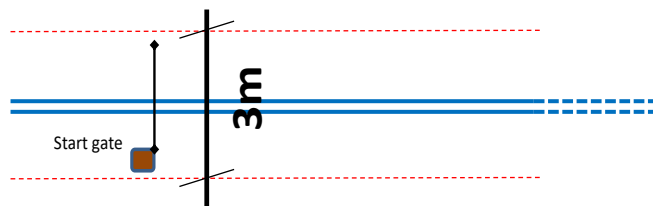
Remarks :

1 track has to be set along the whole standing course on the outside.
In sections where standing and sit ski are together, 2 tracks have to be set.
No tracks in sections where sit-ski athletes have to leave the track .

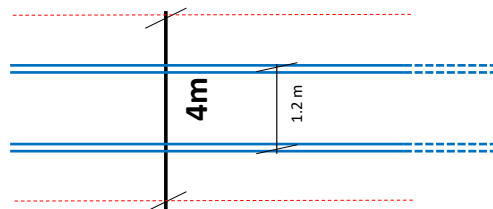
Cross Country : long distance standing classic (+ long distance sit ski)

Competition	Class	Gender	Total distance	Course	Loops
CC long standing	LW 2-9/B1-3	men	20 km	5 km	4
CC long standing	LW 2-9/B1-3	women	15 km	5 km	3
CC long sit ski	LW 10-12	men	18 km	3 km	6
CC long sit ski	LW 10-12	women	15 km	3 km	5
Homologation	5.0km standing	TC : 140-180m	MC : 40m	A-hills : 0 - 1	B-hills : 4 - 6
Homologation	3.0 km sit ski	TC : 36-65 m	MC : 15 m	A-hills : 1-2	B-hills : 2-4

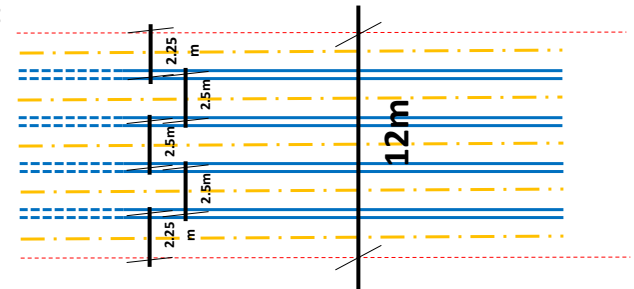
Layout start :



Track setting on course :



Layout finish :

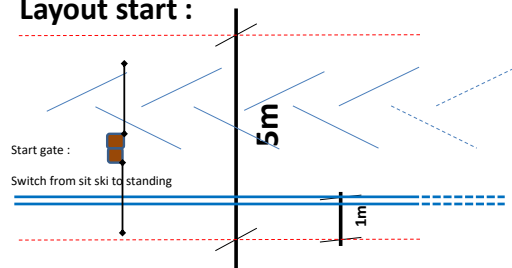


Remarks :
 No tracks in sharp turns.
 No tracks in steep downhills.
 No tracks in sections where sit-ski athletes have to leave the track .

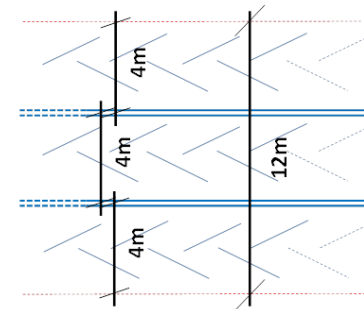
Cross Country : long distance standing free (+ long distance sit ski)

Competition	Class	Gender	Total distance	Course	Loops
CC long standing	LW 2-9/B1-3	men	20 km	5 km	4
CC long standing	LW 2-9/B1-3	women	15 km	5 km	3
CC long sit ski	LW 10-12	men	18 km	3 km	6
CC long sit ski	LW 10-12	women	15 km	3 km	5
Homologation	5.0km standing	TC : 140-180m	MC : 40m	A-hills : 0 - 1	B-hills : 4 - 6
Homologation	3.0km sit ski	TC : 36-65 m	MC : 15 m	A-hills : 1-2	B-hills : 2-4

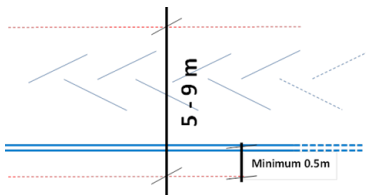
Layout start :



Layout finish :

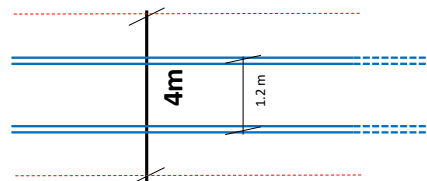


Track setting on course :



Remarks :

1 track has to be set along the whole standing course on the outside.
In sections where standing and sit ski are together, 2 tracks have to be set.
No tracks in sections where sit-ski athletes have to leave the track .



Ski exchange boxes :

different options

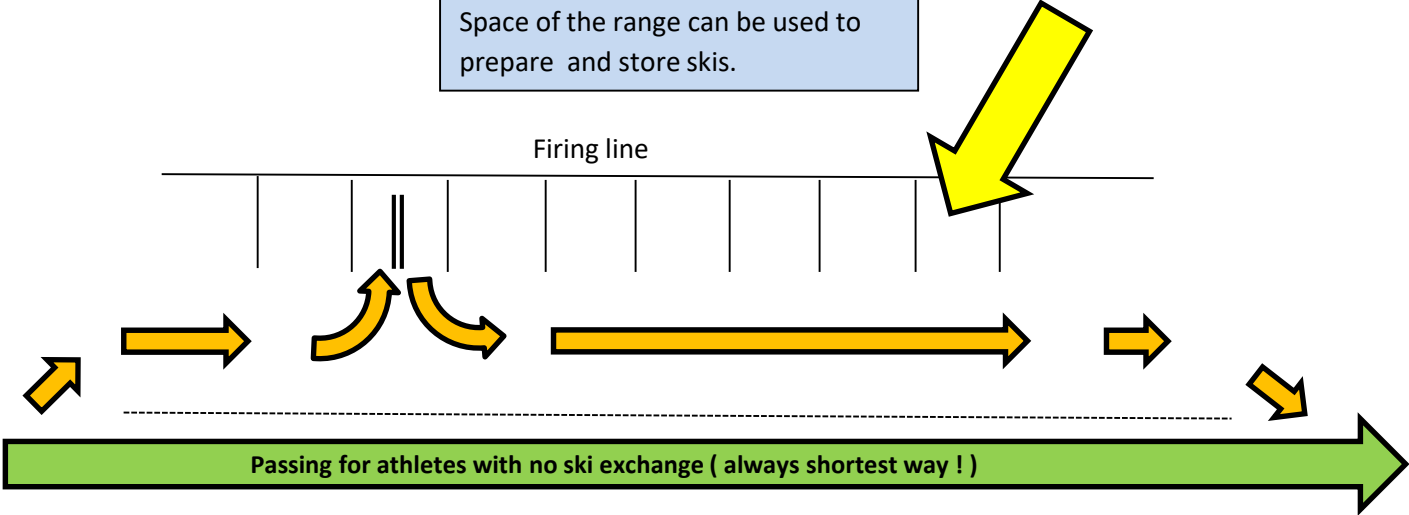


Ski exchange box using the shooting range

1 or 2 boxes per nation, marked with flags or signs.

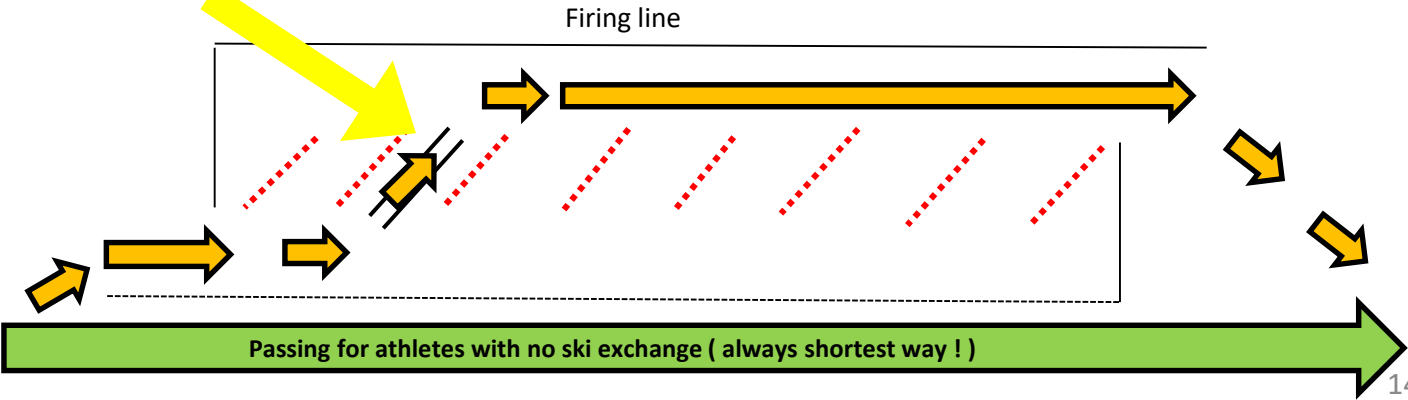
Space of the range can be used to prepare and store skis.

A



Ski exchange (2 coaches per nation allowed in this zone)

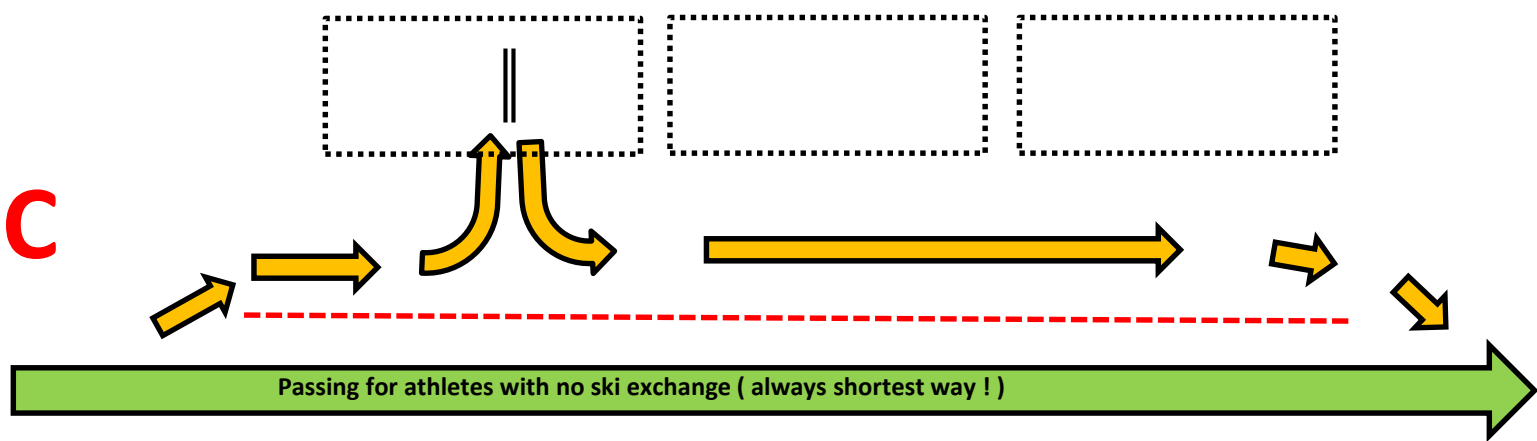
B



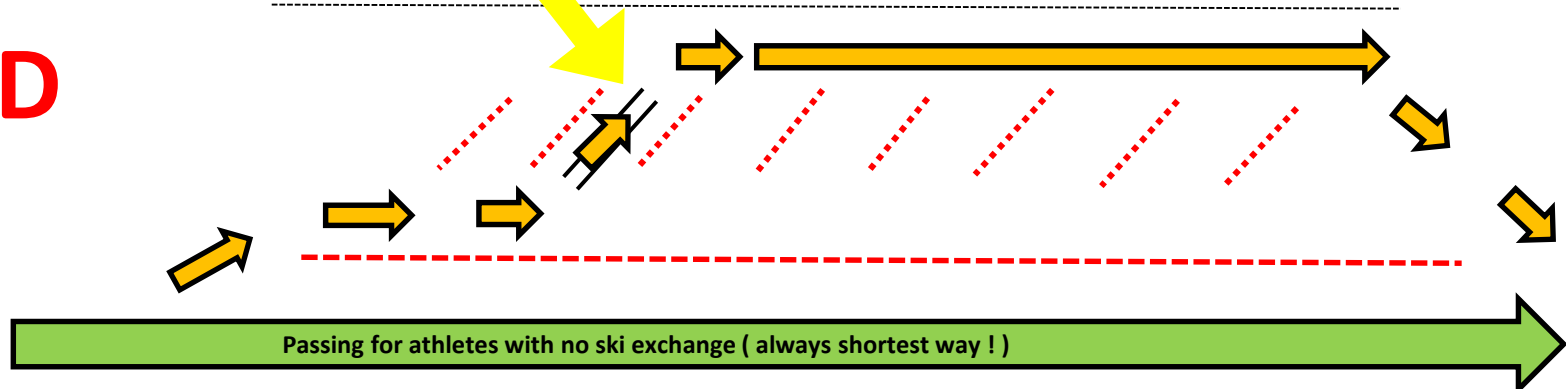
Ski exchange box on course

Space behind the marked zone can be used to prepare and store skis.

3 big zones that can be used by the nations
(no special assignments, 2 coaches per nation)



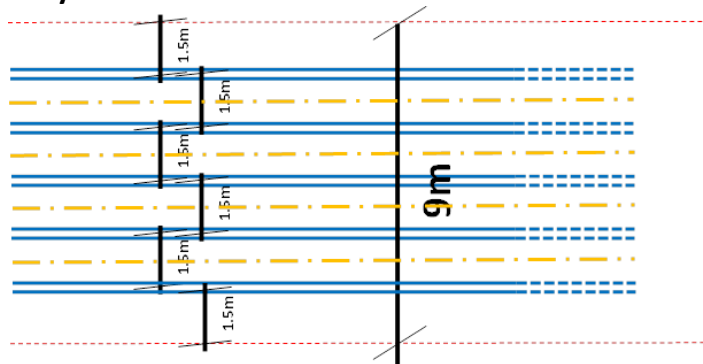
Ski exchange (2 coaches per nation allowed in this zone)



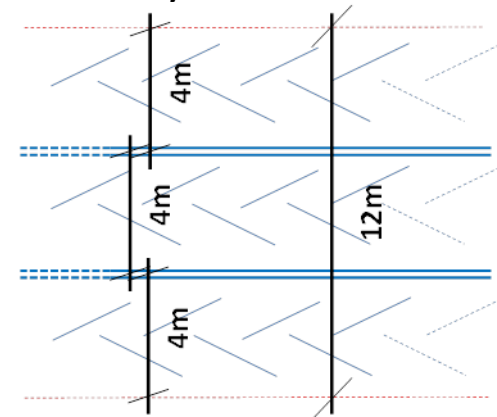
Cross Country : Relay (mixed relay + open relay)

Competition	Class		Gender	Total distance	Course	Loops
Relay	all		mixed	4x 2.5km	2.5km sit ski 2.5 km standing	1 per leg
Homologation	2.5km	Sit ski	TC : 30-60m	MC : 15m	A-hills : 0-1	B-hills : 1 – 3
	2.5km	standing	TC : 75-90m	MC : 30m	A-hills :	B-hills : 2 - 3

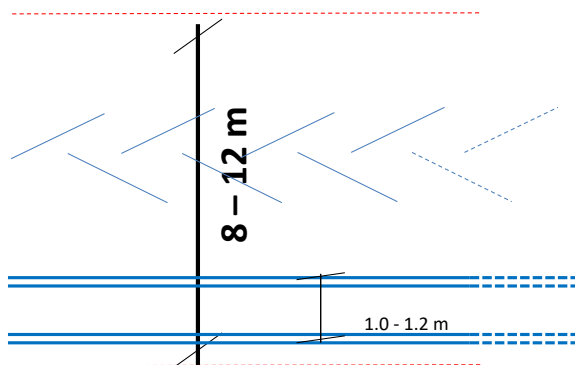
Layout start :



Layout finish :



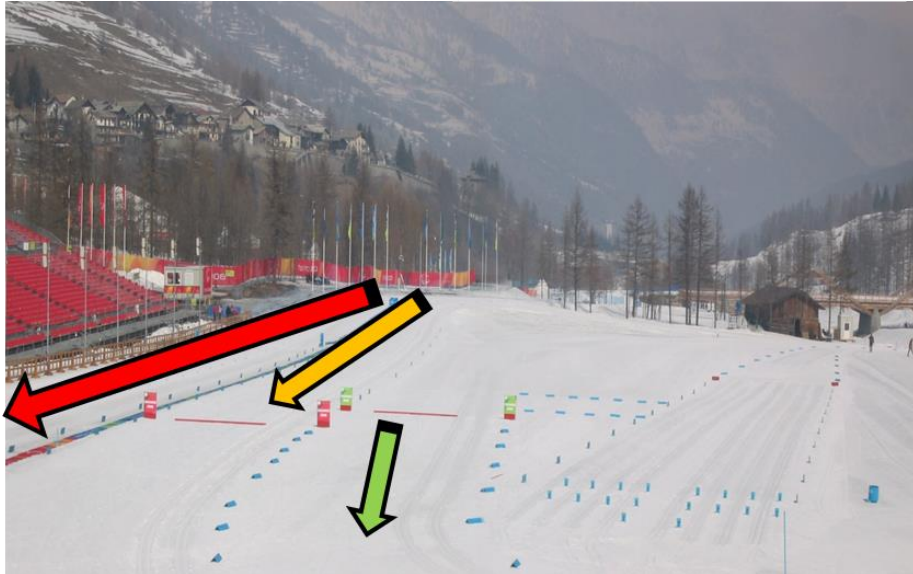
Track setting on course :



Remarks : Whenever possible 2 tracks have to be set.
Arrow start.



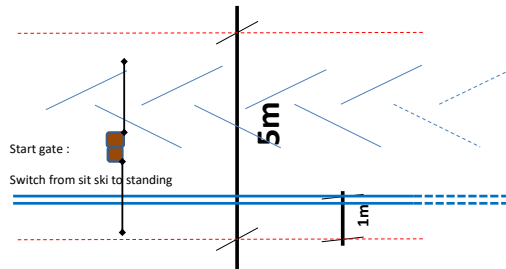
World Para
Nordic Skiing



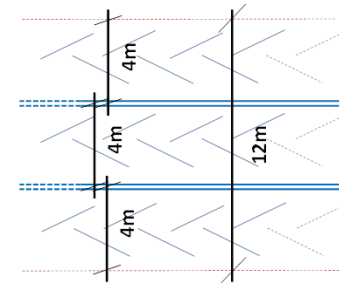
Biathlon : Sprint standing (+ Sprint sit ski)

Competition	Class	Gender	Total distance	Course	Loops
BT sprint stand	LW 2-9/B1-3	men	6.0 km	2.0 km	3
BT sprint stand	LW 2-9/B1-3	women	6.0 km	2.0 km	3
BT sprint sit ski	LW 10-12	men	6.0 km	2.0 km	3
BT sprint sit ski	LW 10-12	women	6.0 km	2.0 km	3
Homologation	2.0km standing	TC : 50-80m	MC : 30m	A-hills :	B-hills : 1 - 3
Homologation	2.0km sit ski	TC : 25-55m	MC : 15m	A-hills : 0-1	B-hills : 1 - 3

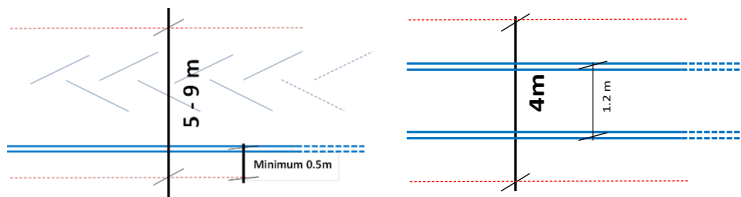
Layout start :



Layout finish :



Track setting on course :

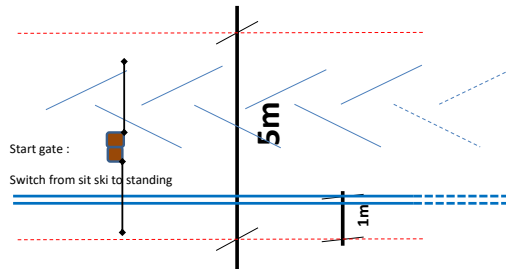


Remarks : In sections where standing and sit ski are together, 2 tracks have to be set.
No tracks in sharp turns.
No tracks in sections where sit ski athletes have to leave the track . **Penalty loop 150m standing / 100m sit ski**

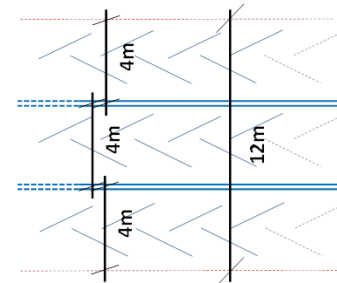
Biathlon : Middle distance standing (+ Middle distance sit ski)

Competition	Class	Gender	Total distance	Course	Loops
BT middle stand	LW 2-9/B1-3	men	10.0 km	2.0 km	5
BT middle stand	LW 2-9/B1-3	women	10.0 km	2.0 km	5
BT middle sit ski	LW 10-12	men	10.0 km	2.0 km	5
BT middle sit ski	LW 10-12	women	10.0 km	2.0 km	5
Homologation	2.0km standing	TC : 50-80m	MC : 30m	A-hills :	B-hills : 1 - 3
Homologation	2.0km sit ski	TC : 25-55m	MC : 15m	A-hills : 0-1	B-hills : 1 - 3

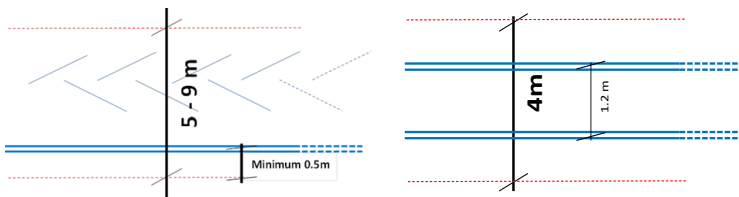
Layout start :



Layout finish :



Track setting on course :

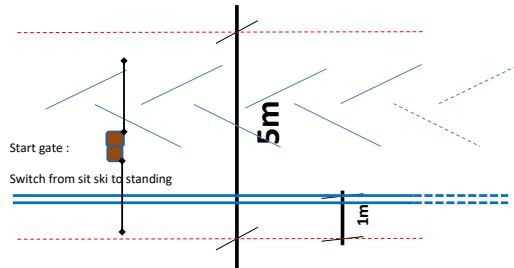


Remarks : In sections where standing and sit ski are together, 2 tracks have to be set.
No tracks in sharp turns.
No tracks in sections where sit ski athletes have to leave the track . **Penalty loop 150m standing / 100m sit ski**

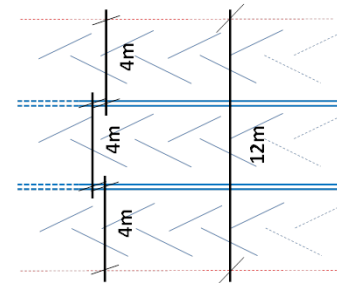
Biathlon : Individual standing (+ Individual sit ski)

Competition	Class	Gender	Total distance	Course	Loops
BT indiv standing	LW 2-9/B1-3	men	12.5 km	2.5 km	5
BT indiv standing	LW 2-9/B1-3	women	12.5 km	2.5 km	5
BT indiv sit ski	LW 10-12	men	12.5 km	2.5 km	5
BT indiv sit ski	LW 10-12	women	12.5 km	2.5 km	5
Homologation	2.5km sit ski	TC : 30-60m	MC : 15m	A-hills : 0-1	B-hills : 1 - 3
Homologation	2.5km sit ski	TC : 30-60m	MC : 15m	A-hills : 0-1	B-hills : 1 - 3

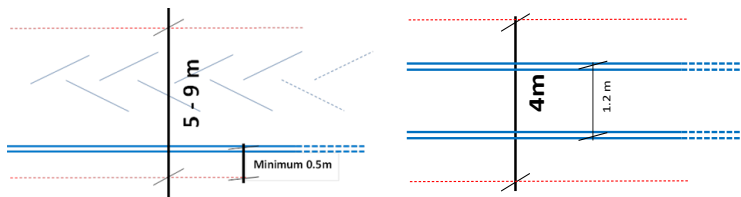
Layout start :



Layout finish :



Track setting on course :

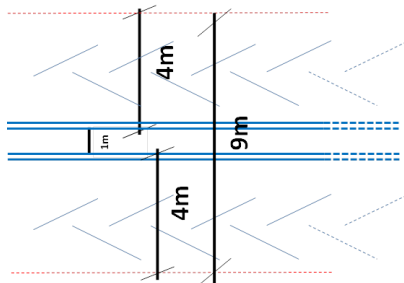


Remarks : In sections where standing and sit ski are together, 2 tracks have to be set.
No tracks in sharp turns.
No tracks in sections where sit ski athletes have to leave the track . **No penalty loop, time penalty (1 min)**

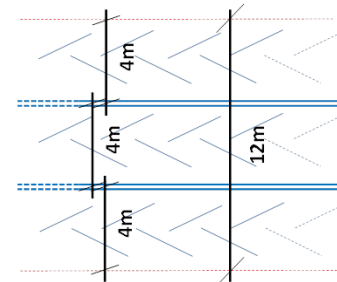
Biathlon : Pursuit middle distance standing (+ middle distance sit ski)

Competition	Class	Gender	Total distance	Course	Loops
BT pursuit stand	LW 2-9/B1-3	men	10.0 km	2.0 km	5
BT pursuit stand	LW 2-9/B1-3	women	10.0 km	2.0 km	5
BT pursuit sit ski	LW 10-12	men	10.0 km	2.0 km	5
BT pursuit sit ski	LW 10-12	women	10.0 km	2.0 km	5
Homologation	2.0km standing	TC : 50-80m	MC : 30m	A-hills :	B-hills : 1 - 3
Homologation	2.0km sit ski	TC : 25-55m	MC : 15m	A-hills : 0-1	B-hills : 1 - 3

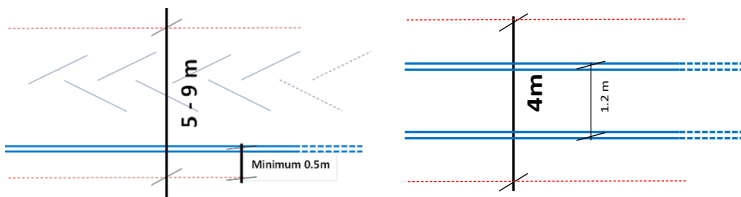
Layout start :



Layout finish :



Track setting on course :



Remarks : In sections where standing and sit ski are together, 2 tracks have to be set.
 No tracks in sharp turns.
 No tracks in sections where sit ski athletes have to leave the track . **Penalty loop 150m standing / 100m sit ski**

Organisation BT Pursuit Start

Marshals are no longer used for each skier (except team officials for VI). Stickers are no longer placed on athletes arm/glove, they are responsible to start on time by follow the start clock

First athlete shall be started with a start pistol at 00:00:0

Until this line, athletes have to keep the lane. Distance from start (min. 10m) to be decided by TD.

Sticker with start time.

0:23

Officials 1 / 3 / 5

START

12:53:08

1 track

1 track

Officials 2 / 4 / 6

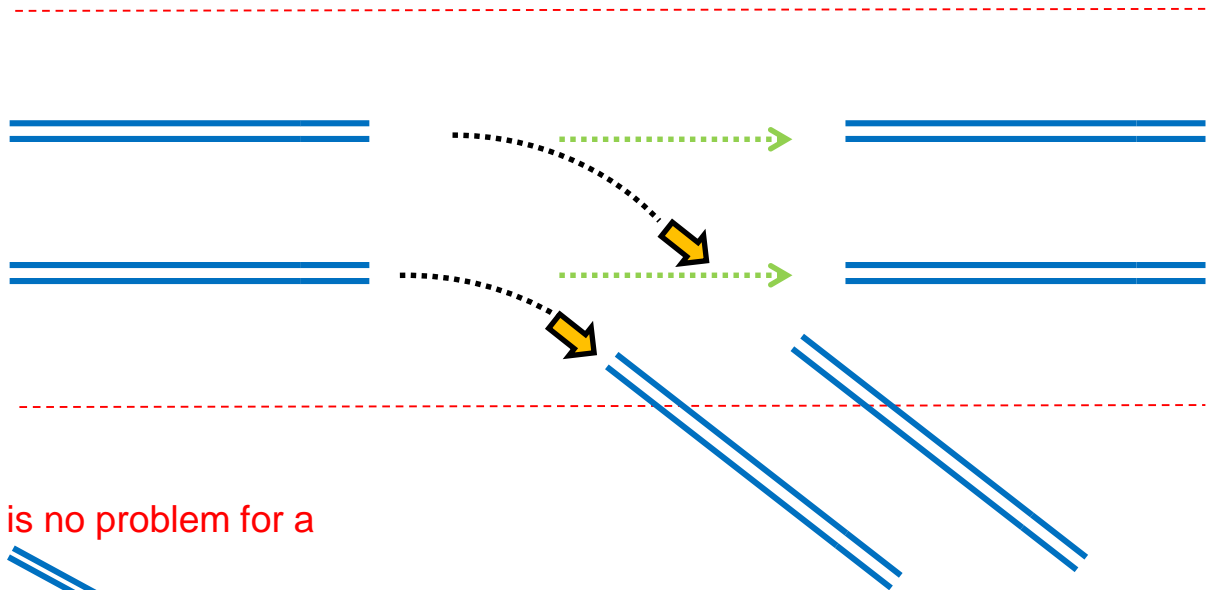
Jurymember

After the start of the athlete the official walks back and brings the next athlete to the start and so on ...

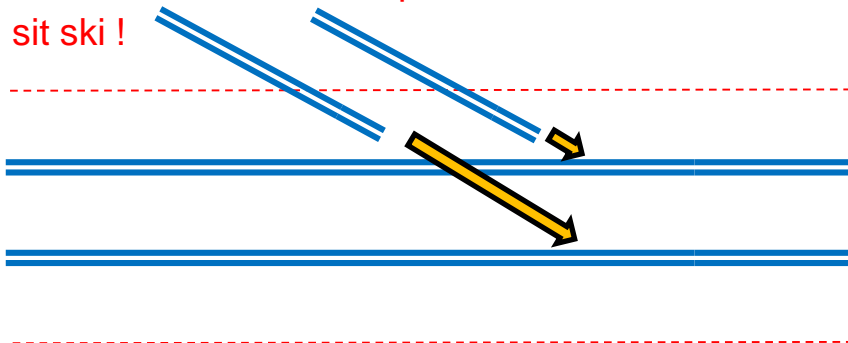
Camera

Track setting : sit ski

No tracks when the athletes have to leave the track !



To enter the track is no problem for a sit ski !



No tracks in sharp turns (less than 14m radius)