

## 310 Competition Formats and Programs

### 310.1 Table for distances and course lengths

#### Cross Country Skiing

Competition	Class	Gender	Total Distance		Course	Loops
<b>CC Sprint</b> Qualification (all) Semifinal B1-3 (best 8) Semifinal LW (best 12) Final B1-3 (best 4) Final LW (best 6)	LW 10-12	men	800m (+/-300m)	sit ski	800m (+/-200m)	1
	LW 10-12	women	800m (+/-300m)	sit ski	800m (+/-200m)	1
	LW 2-9	men	1200m (+/-400m)	standing	1200m (+/-400m)	1
	B1-3	men	1200m (+/-400m)	standing	1200m (+/-400m)	1
	LW 2-9	women	1200m (+/-400m)	standing	1200m (+/-400m)	1
	B 1-3	women	1200m (+/-400m)	standing	1200m (+/-400m)	1
<b>CC short</b>	LW 10-12	men	5.0 km	sit ski	2.5 km	2
	LW 10-12	women	5.0 km	sit ski	2.5 km	2
	LW 2-9	men	7.5 km	standing	2.5 km	3
	B1-3	men	7.5 km	standing	2.5 km	3
	LW 2-9	women	5.0 km	standing	2.5 km	2
	B 1-3	women	5.0 km	standing	2.5 km	2
<b>CC middle</b>	LW 10-12	men	10 km	sit ski	2.5 km	4
	LW 10-12	women	7.5 km	sit ski	2.5 km	3
	LW 2-9	men	12.5 km	standing	2.5 km	5
	B1-3	men	12.5 km	standing	2.5 km	5
	LW 2-9	women	10 km	standing	2.5 km	4
	B 1-3	women	10 km	standing	2.5 km	4
<b>CC long</b>	LW 10-12	men	18 km	sit ski	3.0 km	6
	LW 10-12	women	15 km	sit ski	3.0 km	5
	LW 2-9	men	20 km	standing	5.0 km	4
	B1-3	men	20 km	standing	5.0 km	4
	LW 2-9	women	15 km	standing	5.0 km	3
	B 1-3	Women	15 km	standing	5.0 km	3
<b>Relay</b> 2 x 2.5km classic + 2 x 2.5km free	mixed (335%)	classic	5km	sit ski	2.5km	2
		free	5km	standing	2.5km	2
	open (375%)	classic	5km	sit ski	2.5km	2
		free	5km	standing	2.5km	2

## Biathlon

Competition	Class	Gender	Total Distance		Course	Loops
<b>Bt Sprint</b> Penalty loop sit ski: 100m standing: 150m 2 shootings	LW 10-12	men	6.0 km	sit ski	2.0 km	3
	LW 10-12	women	6.0 km	sit ski	2.0 km	3
	LW 2-9	men	6.0 km	standing	2.0 km	3
	B1-3	men	6.0 km	standing	2.0 km	3
	LW 2-9	women	6.0 km	standing	2.0 km	3
	B 1-3	women	6.0 km	standing	2.0 km	3
<b>Bt Middle</b> Penalty loop sit ski: 100m standing: 150m 4 shootings	LW 10-12	men	10 km	sit ski	2.0 km	5
	LW 10-12	women	10 km	sit ski	2.0 km	5
	LW 2-9	men	10 km	standing	2.0 km	5
	B1-3	men	10 km	standing	2.0 km	5
	LW 2-9	women	10 km	standing	2.0 km	5
	B 1-3	women	10 km	standing	2.0 km	5
<b>Bt Individual</b> Penalty 1 minute 4 shootings	LW 10-12	men	12.5 km	sit ski	2.5 km	5
	LW 10-12	women	12.5 km	sit ski	2.5 km	5
	LW 2-9	men	12.5 km	standing	2.5 km	5
	B1-3	men	12.5 km	standing	2.5 km	5
	LW 2-9	women	12.5 km	standing	2.5 km	5
	B 1-3	women	12.5 km	standing	2.5 km	5
<b>Bt Pursuit</b> 2 day Pursuit Penalty loop sit ski: 100m standing: 150m 4 shootings	LW 10-12	men	10 km	sit ski	2.0 km	5
	LW 10-12	women	10 km	sit ski	2.0 km	5
	LW 2-9	men	10 km	standing	2.0 km	5
	B1-3	men	10 km	standing	2.0 km	5
	LW 2-9	women	10 km	standing	2.0 km	5
	B 1-3	women	10 km	standing	2.0 km	5
<b>Bt Sprint Pursuit</b> Qualification + Final Penalty loop sit ski: 80m standing: 80m 2 shootings	LW 10-12	men	2.4 - 3.0 km	sit ski	800m (+/-200m)	3
	LW 10-12	women	2.4 - 3.0 km	sit ski	800m (+/-200m)	3
	LW 2-9	men	3.6 - 4.8 km	standing	1200m (+/-400m)	3
	B1-3	men	3.6 - 4.8 km	standing	1200m (+/-400m)	3
	LW 2-9	women	3.6 - 4.8 km	standing	1200m (+/-400m)	3
	B 1-3	women	3.6 - 4.8 km	standing	1200m (+/-400m)	3