### Competition Formats and Programs

#### 310.1 Table for distances and course lengths

#### Cross Country Skiing

<table>
<thead>
<tr>
<th>Competition</th>
<th>Class</th>
<th>Gender</th>
<th>Total Distance</th>
<th>Course</th>
<th>Loops</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC Sprint</td>
<td>LW 10-12</td>
<td>men</td>
<td>800m (+/-300m)</td>
<td>sit ski</td>
<td>1</td>
</tr>
<tr>
<td>Semifinal B1-3</td>
<td>LW 10-12</td>
<td>women</td>
<td>800m (+/-300m)</td>
<td>sit ski</td>
<td>1</td>
</tr>
<tr>
<td>(best 8)</td>
<td>LW 2-9</td>
<td>men</td>
<td>1200m (+/-400m)</td>
<td>standing</td>
<td>1</td>
</tr>
<tr>
<td>Semifinal LW</td>
<td>B1-3</td>
<td>men</td>
<td>1200m (+/-400m)</td>
<td>standing</td>
<td>1</td>
</tr>
<tr>
<td>(best 12)</td>
<td>LW 2-9</td>
<td>women</td>
<td>1200m (+/-400m)</td>
<td>standing</td>
<td>1</td>
</tr>
<tr>
<td>Final B1-3 (best 4)</td>
<td>B 1-3</td>
<td>women</td>
<td>1200m (+/-400m)</td>
<td>standing</td>
<td>1</td>
</tr>
<tr>
<td>Final LW (best 6)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| CC short             | LW 10-12 | men    | 5.0 km               | sit ski    | 2     |
|                      | LW 10-12 | women  | 5.0 km               | sit ski    | 2     |
|                      | LW 2-9   | men    | 7.5 km               | standing   | 3     |
|                      | B1-3     | men    | 7.5 km               | standing   | 3     |
|                      | LW 2-9   | women  | 5.0 km               | standing   | 2     |
|                      | B 1-3    | women  | 5.0 km               | standing   | 2     |

| CC middle            | LW 10-12 | men    | 10 km                | sit ski    | 4     |
|                      | LW 10-12 | women  | 7.5 km               | sit ski    | 3     |
|                      | LW 2-9   | men    | 12.5 km              | standing   | 5     |
|                      | B1-3     | men    | 12.5 km              | standing   | 5     |
|                      | LW 2-9   | women  | 10 km                | standing   | 4     |
|                      | B 1-3    | women  | 10 km                | standing   | 4     |

| CC long              | LW 10-12 | men    | 18 km                | sit ski    | 6     |
|                      | LW 10-12 | women  | 15 km                | sit ski    | 5     |
|                      | LW 2-9   | men    | 20 km                | standing   | 4     |
|                      | B1-3     | men    | 20 km                | standing   | 4     |
|                      | LW 2-9   | women  | 15 km                | standing   | 3     |
|                      | B 1-3    | Women  | 15 km                | standing   | 3     |

| Relay                |         | mixed  | 5km                  | sit ski    | 2     |
|                      |         | classic| 5km                  | standing   | 2     |
| 2 x 2.5km classic    |         | free   | 5km                  | standing   | 2     |
| 2 x 2.5km free       |         | open   | 5km                  | sit ski    | 2     |
|                      |         | classic| 5km                  | standing   | 2     |
|                      |         | free   | 5km                  | standing   | 2     |
## Biathlon

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