



About Cross Country Skiing: Cross Country Skiing is offered as one of 4 Special Olympics snow sports, along with Alpine Skiing, Snowboarding and Snowshoeing. Cross Country Skiing is a winter sport in which participants propel themselves across snow-covered terrain using skis and poles.

Established at Special Olympics: 1977

Differences of Special Olympics Cross Country Skiing: Special Olympics Cross Country Skiing offers a series of rule modifications relating to the process in which a race is started. Some races are conducted using interval starts with one or two athletes starting on intervals every 30 seconds while others are started with a simple pistol shot. In Cross Country relay races, if there are more than eight teams in a race, race organizers are to consider splitting the field and conducting two separate races to reduce course congestion.

By The Numbers:

- In 2011, there were 27,670 Special Olympics Athletes who participated in Cross Country Skiing
- In 2011, 68 Special Olympics programs across the globe held competitions in Cross Country Skiing
- Cross Country Skiing requires all participants to possess great endurance and is one of the sports that burns the most calories
- Prior to the development of Cross Country Skiing as a sport, it was used by many as a way of transportation during the winter and snow seasons

Events for Competition:

- 10 Meter Ski Race
- 25 Meter Ski Race
- 50 Meter Cross Country Skiing Race
- 100 Meter Cross Country Skiing Race
- 500 Meter Cross Country Skiing Race
- 1 Kilometer Cross Country Skiing Race
- 2.5 Kilometer Cross Country Skiing Race
- 5 kilometer Cross Country Skiing Race
- 7.5 Kilometer Cross Country Skiing Race
- 10 Kilometer Cross Country Skiing Race
- 4x1 Kilometer Cross Country skiing relay
- 4x1 Kilometer Unified Cross Country Skiing Relay

Associations/Federations/Supporters:

Federation Internationale de Ski (FIS)

Divisioning at Special Olympics: Athletes in every sport and event are grouped by age, gender, and ability – giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans."