



VANCOUVER 2010  
Biathlon and Cross-Country Skiing  
Sport Explanatory Book

March 2009

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## Welcome

From March 12–21, 2010, the world's best Paralympic athletes will push themselves to new heights in the pursuit of excellence and a celebration of the possible at the Vancouver 2010 Paralympic Winter Games.

Vancouver and Whistler will play host to an estimated 1,350 athletes and team officials from 40 nations during the 10-day event, which promises to bring together our small-town spirit and big-city facilities to provide worldwide exposure for the more than 64 Paralympic events.

As you make your preparations for the coming Games, know that we share your ambition and dedication to make these 2010 Paralympic Winter Games an extraordinary experience. We look forward to hosting the world's top Paralympic athletes and sharing their compelling stories and outstanding abilities with Canada and the world.

See you in 2010!



Dena Coward  
Director, Paralympic Games  
Vancouver Organizing Committee for the 2010 Olympic  
and Paralympic Winter Games



## Welcome

There's only a year to go until the torch lights the cauldron to begin the tenth Paralympic Winter Games at Vancouver and Whistler.

This is the first time that Canada has hosted the Paralympic Winter Games, and we are very proud to welcome your passion for sport and to share in your Paralympic journey. We are committed to creating a sustainable environment that enables athletes to achieve greatness on a safe and fair field of play.

The Sport Explanatory Book aims to assist athletes and NPC team officials in their preparation for and participation at the Games. We hope you find the information useful.

We look forward to having you here in 2010!



Tim Gayda  
Vice President, Sport  
Vancouver Organizing Committee for the 2010 Olympic  
and Paralympic Winter Games



## Overview

The biathlon and cross-country skiing competitions for the Vancouver 2010 Paralympic Winter Games will be held at Whistler Paralympic Park from March 13 to 21, 2010. The venue is located in the Callaghan Valley, approximately 15 kilometres from the Paralympic Village Whistler.

Biathlon and cross-country training will take place at the competition venue.

Training and recreational trails open on March 6, 2010, the same day that the Paralympic Village Whistler opens.

### Changes to Biathlon since Torino 2006

- The men's and women's short distance medal events are no longer included on the Paralympic Winter Sport Program.
- The men's and women's pursuit are included as new events on the Paralympic Winter Sport Program.

### Changes to Cross-Country Skiing since Torino 2006

- The men's and women's sprint are included as new events on the Paralympic Winter Sport Program.

### Training and Competition Dates — Biathlon

<b>OFFICIAL TRAINING</b>	March 12 and 16, 2010
<b>COMPETITION DATES</b>	March 13 to 17, 2010
<b>EVENTS</b>	Medal events: 12 Men's pursuit (standing, sitting, visually impaired) Men's 12.5 km (standing, sitting, visually impaired) Women's Pursuit (standing, sitting, visually impaired) Women's 10 km (sitting) Women's 12.5 km (standing, visually impaired)

### Training and Competition Dates — Cross-Country Skiing

<b>OFFICIAL TRAINING</b>	March 13,14,17,19, 20, 2010
<b>COMPETITION DATES</b>	March 14 to 21, 2010
<b>EVENTS</b>	Medal events: 20 Men's 20 km (standing, visually impaired) Men's 15 km (sitting) Men's 10 km (standing, sitting, visually impaired) Men's Sprint (standing, sitting, visually impaired) Men's Relay (1 x 4 km + 2 x 5 km) (standing, sitting) Women's 15 km (standing, visually impaired) Women's 10 km (sitting) Women's 5 km (standing, sitting, visually impaired) Women's Sprint (standing, sitting, visually impaired) Women's Relay (3 x 2.5 km) (standing, sitting)

## Competition Venue Whistler Paralympic Park

### Gross Venue Capacity

6,000

### Seating for Spectators with Disabilities

*(planning numbers as of November 2008)*

80 wheelchair spectator positions plus 80 companion seats

## Field of Play

The following table describes the courses at Whistler Paralympic Park:

### Biathlon

EVENT		COURSE	NUMBER OF SHOOTING ROUNDS	COURSE LENGTH (m)	LOW POINT (m)	HIGH POINT (m)	HEIGHT DIFFERENCE (m)	MAX CLIMB (m)	TOTAL CLIMB (lap)	TOTAL CLIMB
Pursuit	M W sitting 2.4 km	3 x 800 m	2	2,400	857	866	9	9	20	60
	M W standing 3 km	3 x 1,000 m	2	3,000	857	882	25	25	32	96
Long Distance	M sitting 12.5 km	5 x 2.5 km	4	12,525	850	865	15	8	47	235
	W sitting 10 km	5 x 2.0 km	4	9,725	850	865	15	8	34	170
	M W standing 12.5 km	5 x 2.5 km	4	13,150	857	910	53	41	95	475

### Cross-Country

EVENT		COURSE	COURSE LENGTH (m)	LOW POINT (m)	HIGH POINT (m)	HEIGHT DIFFERENCE (m)	MAX CLIMB (m)	TOTAL CLIMB (lap)	TOTAL CLIMB
Individual Long	M sitting 15 km	4 x 3.75 km	14,900	850	872	22	11	70	280
	W sitting 10 km	3 x 3.3 km	9,945	850	870	20	11	68	204
	M standing 20 km	4 x 5 km	21,040	857	920	63	45	178	712
	W standing 15 km	3 x 5 km	15,450	857	920	63	45	178	534
Individual Middle	M sitting 10 km	3 x 3.3 km	9,945	850	870	20	11	68	204
	W sitting 5 km	2 x 2.5 km	5,010	850	865	15	8	47	94
	M standing 10 km	2 x 5 km	10,300	857	920	63	45	178	356
	W standing 5 km	1 x 5 km	5,150	857	920	63	45	178	178
Team Relay	M sitting 4 km	2 x 2 km	3,890	850	865	15	8	34	68
	W sitting 2.5 km	1 x 2.5 km	2,505	850	865	15	8	47	47
	M standing 5 km	2 x 2.5 km	5,260	857	910	53	41	95	190
	W standing 2.5 km	1 x 2.5 km	2,505	850	865	15	8	47	47
Sprint	M W sitting 800 m	1 x 800 m	800	857	866	9	9	20	20
	M W standing 1.2 km	1 x 1.2 km	1,240	857	882	25	25	39	39

M=men W=women

## General Rules

### Directions from Paralympic Villages

Whistler Paralympic Park is approximately 12 kilometres from Paralympic Village Whistler. From the Paralympic Village Whistler main entrance, turn left onto Highway 99. Turn right on Callaghan Valley Road. Whistler Paralympic Park is located approximately nine kilometres along this road.

Whistler Paralympic Park is approximately 114 kilometres from Paralympic Village Vancouver. From the Paralympic Village Vancouver main entrance, proceed straight. Turn left onto 2nd Avenue. 2nd Avenue will become Great Northern Way. Turn left onto Clark Drive and proceed to East Hastings Street; turn right. Turn left onto Cassiar Street and follow the signs to Highway 1 North. Continue on Highway 1 North. Highway 1 will become Highway 99. Continue on Highway 99 North past Squamish towards Whistler Village. Turn left on Callaghan Valley Road. Whistler Paralympic Park is located approximately nine kilometres along this road.

### Athlete Services

Wax cabins will be located at the athlete's compound at Whistler Paralympic Park. Each cabin will be equipped with heat and lighting. Any additional team requirements for wax cabins will be available through the Rate Card. Athletes will have use of the day lodge for food service, showers, and medical services.

The biathlon and cross-country skiing competitions are held in accordance with the IPC Nordic Skiing Rulebook (2009/2010 edition). In case of a disagreement in the interpretation of the rules, the English version prevails.

Any questions or incidents not covered by the rules are handled as follows:

- Cases of a general nature are resolved in accordance with the IPC Handbook.
- Technical issues are resolved by the competition jury in accordance with the sport rules.

Note that the current rules are available on the IPC website: [paralympic.org/release/Winter\\_Sports/Nordic\\_Skiing/Rules/IPC\\_Nordic\\_Skiing\\_Rulebook\\_2008-09.pdf](http://paralympic.org/release/Winter_Sports/Nordic_Skiing/Rules/IPC_Nordic_Skiing_Rulebook_2008-09.pdf)

### Changes to Biathlon since Torino 2006

- See the current rules for the pursuit event on [paralympic.org](http://paralympic.org).
- Information related to air rifles and pellets is new. Please see the relevant section below.

### Changes to Cross-Country Skiing since Torino 2006

- See the rules for the sprint event on [paralympic.org](http://paralympic.org).

## Sport Entries and Qualifications

### Sport Entries

In order to compete at the Vancouver 2010 Paralympic Winter Games, all athletes must be entered by name in the events in which they will participate. VANOC Sport Entries will work in conjunction with the IPC to verify that the entered athletes have met the eligibility and qualification standards. The verification of an athlete's sport class and classification status will be conducted in accordance with the Vancouver 2010 Paralympic Games classification guide.

The Paralympic Sport Entries process comprises three phases.

#### Phase I (Confirmation Of Qualification — July 1, 2009)

The first phase is the NPC's confirmation of qualification slots usage. As outlined in the Biathlon and Cross-Country Skiing qualification criteria, NPCs are requested to confirm the use of qualification slots allocated to them or their qualified athletes to the IPC no later than July 1, 2009.

#### Phase II (Application For Accreditation Deadline — December 1, 2009)

The second phase is the NPC's submission of *Accreditation Application Forms* for all potential athletes and guides. Each NPC must submit Accreditation Application Form(s) together with IPC Eligibility Code Form(s) for all that are selected or may be selected to participate in the Vancouver 2010 Paralympic Winter Games no later than December 1, 2009.

#### Phase III (Sport Entries Deadline — February 26, 2010)

The third phase is the formal closing date of the Sport Entries process. NPCs must submit the names of all qualified athletes who have been selected to compete in the Vancouver 2010 Paralympic Winter Games.

NPCs will complete the sport entries process for the Vancouver 2010 Paralympic Winter Games online. All entries must be completed in full and submitted to VANOC no later than midnight (Pacific Time), February 26, 2010. All information officially submitted is considered final. The Paralympic Sport Entry may not be amended after February 26, 2010. The IPC will validate all sport entry data.

Complete sport entry policies and procedures will be provided by VANOC in the Vancouver 2010 Paralympic Winter Games accreditation and sport entries manual to be distributed to NPCs by September, 2009.

## Qualification System Principles

### General Eligibility

Only athletes meeting the General IPC Regulations on eligibility and the athlete eligibility rules for Alpine Skiing, as laid down in the *Vancouver 2010 Paralympic Winter Games Qualification Guide*, may compete in the Vancouver 2010 Paralympic Winter Games.

### Nationality of Competitors

Any athlete in the Paralympic Games must be a national of the country (region) of the NPC entering him or her and in compliance with the provisions of the *IPC Athlete Nationality Policy* as stated in Chapter 3.1 of the *IPC Handbook* (June 2006). The IPC Governing Board shall resolve all disputes relating to the determination of the country (region) that a competitor may represent in the Paralympic Games.

### Qualification System

The following information is taken from *Vancouver 2010 Paralympic Winter Games Qualification Guide*, a publication produced by the International Paralympic Committee (IPC).

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ATHLETE QUOTA	115 — Male
	65 — Female
	180 — Total

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### Allocation of Qualification

The qualification is allocated to the NPC, not the individual athlete.

In the case of a Bipartite Commission Invitation the qualification slot is allocated to the individual athlete not to the NPC.

### Maximum Quota Allocation per NPC

Each NPC can be allocated a maximum of

- Fifteen (15) male qualification slots and
- Eight (8) female qualification slots

Exceptions may be granted through the Bipartite Commission Invitation allocation method.



## Athlete Eligibility

Athletes must:

- Hold a valid IPC Biathlon and Cross-Country Skiing Race Licence for the 2009/2010 season.
- Be at least 15 years old by February 22, 2010
- Be ranked on the IPC Biathlon or IPC Cross-Country Skiing World Cup Points Lists in the 2008/2009 or 2009/2010 competition seasons prior to February 22, 2010.

An athlete will be ranked if he/she has obtained an individual World Cup result not more than 30% behind the adjusted time of the top finisher in any given race.

Exceptions may be granted through the Bipartite Invitation Commission allocation method.

### Maximum Entry per NPC

An NPC can enter a maximum of eight (8) athletes per event and no more than three (3) per sport class.

An NPC can enter a maximum of one (1) team per relay event comprised of athletes who have qualified in at least one (1) individual event.

*Unless otherwise specified, this Qualification System will be applied separately for men and women. Any reference below to ranking list or athletes that does not specify gender applies to both genders.*

### Method: 2008/2009 IPC Biathlon and Cross-Country Skiing Combined Nations Ranking List Allocation

#### Qualification

Each NPC considered by IPC Nordic Skiing to be widely and regularly practicing IPC Biathlon and Cross-Country Skiing on the IPC Biathlon and Cross-Country Combined Nations Ranking List closing April 30, 2009, will receive one (1) male qualification slot and/or one (1) female qualification slot.

### Method: 2008/2009 IPC Biathlon and Cross-Country Skiing World Cup Ranking List Allocation

#### Qualification

In the case that the total number of athletes exceeds the maximum athlete quota by gender, the following process will be used to determine the ranking factor distribution of qualification slot allocation by NPC:

**Step 1** — The total number of eligible athletes from each NPC on the IPC Biathlon and Cross-Country World Cup Ranking List closing April 30, 2009 will determine that NPC's "qualification base" for each gender.

**Step 2** — Each NPC's qualification base divided by the total number of eligible athletes (all NPCs) by gender will determine the NPC's "qualification factor" for each gender.

**Step 3** — The NPC's qualification factor multiplied by the maximum number of available qualification slots by gender excluding those qualification slots allocated through the Universality Distribution method and the Bipartite Commission Invitation Allocation method will determine the NPC's "qualification slot quota" for each gender. The quota will be rounded up or down to the nearest whole number and will not exceed the total number of eligible athletes up to the maximum quota per NPC

In the case that the total number of eligible athletes on the IPC Biathlon and Cross-Country World Cup Ranking List closing April 30, 2009 is equal to or less than the maximum number of available qualification slots by gender, the number of slots equal to the total number of eligible athletes up to the maximum quota per NPC will be allocated. The remaining qualification slots may be allocated through the Bipartite Commission Invitation Allocation method.

#### Method: Bipartite Commission Invitation Allocation

#### Qualification

Five (5) male and five (5) female qualification will be reserved by the IPC and IPC Nordic Skiing for Bipartite Commission Invitation allocations. To be considered for a Bipartite Commission Invitation, NPCs must submit to IPC Nordic Skiing an official application by May 25, 2009.

<b>Total</b>	115 Male
	65 Female

#### Qualifying Timeline

April 30, 2009	Closing date of the 2008/2009 IPC Biathlon and Cross-Country Skiing "Combined" Nations Ranking Lists for qualification slot allocation.  IPC Nordic Skiing distributes Bipartite Commission Invitation Applications to NPCs
May 25, 2009	Deadline date for IPC Nordic Skiing to receive Bipartite Commission Invitation Applications from NPCs
June 1, 2009 (No later than)	IPC Nordic Skiing confirms to NPCs in writing the number of qualification slots allocated
July 1, 2009 (No later than)	NPCs confirm to IPC Nordic Skiing in writing the use of qualification slots
August 5, 2009 (No later than)	IPC Nordic Skiing confirms in writing the reallocation of unused qualification slots
December 1, 2009 (No later than)	Deadline for Vancouver 2010 Organizing Committee to receive accreditation forms submitted by NPCs for all potential athletes
February 22, 2010	Closing date for athletes to meet athlete eligibility requirements
February 26, 2010 (No later than)	Deadline for Vancouver 2010 Organizing Committee receiving entry forms submitted by NPCs

#### Dates/Process of Confirmation of Qualification Slots

By July 1, 2009, each NPC must confirm to IPC Nordic Skiing in writing (fax and e-mail are accepted) the number of qualification slots they will use. NPCs that have not replied by this date will have lost their qualification slots, and IPC Nordic Skiing may reallocate these slots.

By August 5, 2009, IPC Nordic Skiing will confirm the reallocation of unused qualification slots.

By August 5, 2009, it is officially declared that the respective NPCs will use the allocated quota granted for the Vancouver 2010 Paralympic Winter Games. Any NPC that does not use some or all of the qualification slots allocated may be subject to sanctions by the IPC.

## Reallocation of Unused Qualification Slots

Any qualification slots that are not used by an NPC may be reallocated through the Bipartite Commission Invitation allocation method.

**Please note:** For complete and updated information on the all elements of the qualification criteria for athletes please refer to the official text in the "Vancouver 2010 Paralympic Winter Games Qualification Guide", which is regularly updated by IPC on its website ([paralympic.org](http://paralympic.org)).

## Classification

VANOC will publish detailed information on classification policies and procedures in the Vancouver 2010 Paralympic Winter Games classification guide, which will be available to NPCs no later than September 2009.

## Air Rifles and Pellets (Biathlon)

Air rifles and pellets for the biathlon competitions will be provided by VANOC. Athletes may bring their own air rifle provided it conforms to IPC specifications.

### Definition of a Firearm

The definitions of what is considered to be a firearm for purposes of the Firearms Act, and for offences related to the Firearms Act in the Criminal Code can be found at [cfc-cafc.gc.ca/faq/default\\_e.asp#a4](http://cfc-cafc.gc.ca/faq/default_e.asp#a4). An air rifle will be considered a firearm and is not permitted into Canada unless the laws and regulations governing the import of sport rifles for non-residents of Canada are followed.

**Please note:** The air rifle threshold is 500 fps or 152.4 m/s or less muzzle velocity and/or muzzle energy 5.7 joules or 4.2 foot pounds or less.

Most European-manufactured rifles exceed the threshold limit, therefore, they would be considered firearms unless a factory certification can be presented to demonstrate that a particular rifle has been modified to meet the threshold limit.

## Import of Sport Rifles for Non-Residents of Canada

Firearm owners and users in Canada need a valid licence allowing them to possess firearms, as well as a Canadian registration certificate for each firearm in their possession. Non-residents must comply with the following process in order to meet the Canadian licensing and registration requirements:

1. Declare your firearm in writing, in triplicate, using the *Non-Resident Firearm Declaration* (form CAFC 909). If bringing more than three firearms, attach a *Non-Resident Firearm Declaration Continuation Sheet* (form CAFC 910).
2. Non-residents may fill out the declaration(s) ahead of time but must wait until arrival at the point of entry to sign the form as a Canada Border Services Agency (CBSA) officer must witness the signature.
3. Once the CBSA has confirmed the non-resident's declaration, it is considered the same as a licence and a temporary registration certificate for all firearms brought in to Canada. It is valid for 60 days and can be renewed, at no additional cost, if renewed prior to expiration date.
4. A confirmed declaration is \$25, regardless of the number of firearms listed on it. It is only valid for the person who signs it and for those firearms listed.
5. VANOC is in the process of applying for an exemption order to waive the \$25 fee.
6. Non-residents must be at least 18 years old to bring a firearm into Canada. If younger than 18 an adult must remain responsible for the firearm.
7. Non-residents under the age of 18 can apply for a minor's licence which allows them to borrow non-restricted firearms (ordinary rifles and shotguns) for specific activities, including target practice and taking part in organized shooting competitions.

## Airport Information

- Athletes should carry their firearm with them to the check-in counter at the airport.
- Unloaded firearms should be in a hard-sided case. The case may not contain any ammunition.
- A maximum of two rifles and accessories are permitted per hard-sided firearms case.
- The athlete must complete and sign an International Air Transport Association (IATA) firearm declaration.
- The airline representative will put the IATA declaration inside the firearm case. The athlete may lock the case at this point.
- Pellets must be packed separately from the firearm and in the original manufacturer's container or securely packed in a fibre, wood or metal box to prevent cartridge movement.
- Air rifles and pellets provided by VANOC will be zeroed by one designated competition official and stored in a secure location.

When bringing a firearm into Canada, athletes must comply with the *Storage, Display, Transportation and Handling of Firearms by Individuals Regulations*.

The above information is for entry into Canada. Athletes are required to follow the laws governing their countries when departing or entering those countries. For additional information, contact the VANOC Customs Department or the relevant airline carrier.

## Transport of Rifles and Ammunition

Canadian law states that all firearms must be transported unloaded. If firearms are being transported in a vehicle, they must be kept out of sight and in a part of a vehicle that is kept locked (such as the trunk, if applicable), unless the vehicle is supervised by an adult.

## Rifle Storage Centre (RSC) at the Paralympic Village Whistler

Rifles and ammunition are not allowed into the Paralympic Village. A full-service Rifle Storage Centre (RSC) is adjacent to the transportation mall of the Paralympic Village Whistler where athletes must check in and store their rifles during their residency at the Paralympic Village. Here, athletes may perform minor maintenance and repairs, and practice dry firing in standing and prone positions. The RSC at the Paralympic Village Vancouver is for storage purposes only for athletes in transit to or from the Paralympic Village Whistler.

Upon arrival at the Paralympic Village Whistler all ammunition must be stored in a safe at Whistler Paralympic Park. Only team coaches will have access to this safe. When departing the Village for training and competition, athletes and officials may proceed to the RSC to check out their rifles. From the RSC, athletes and officials may use NPC-dedicated vehicles or the VANOC athlete transportation system to proceed to the venue.

The RSC in Whistler operates daily from 06:00–23:00 and is available to all athletes and officials who need to store rifles during the Paralympic Village operating period. To check rifles in and out, athletes and officials must be fully accredited for the 2010 Winter Games. Valid paperwork indicating legal importation of the rifles into Canada must be presented at the first rifle check-in.

## Biathlon Venue at Whistler Paralympic Park

Strict protocols will exist for the use of rifles at the biathlon competition venue. The rifle must always be carried with the chamber free of pellets or magazines except when being used for training purposes.

Rifles can be carried only in the following areas within the biathlon venue:

- athletes' compound
- team wax cabins
- field of play

Prior to leaving the field of play, those carrying rifles must ensure that neither pellets nor magazines remain in the chamber of the air rifle.

Teams are assigned wax cabins at Whistler Paralympic Park for use during training and competition. These cabins are intended for temporary storage of rifles, ammunition and ski equipment during training and competition, as well as for preparation and waxing of skis. Change rooms are also provided in the cabins.

Upon return to the Paralympic Village, using either NPC-dedicated vehicles or the VANOC athlete transportation system, athletes and officials must check in their rifles at the RSC.

## Doping Control

At the Vancouver 2010 Paralympic Winter Games, doping control will be carried out in accordance with the International Paralympic Committee (IPC) Anti-Doping Code and the World Anti-Doping Agency (WADA) International Standards. Samples will be collected both in competition and out of competition and will include both blood and urine sample collection. The IPC will determine the number of tests to be conducted and testing selection criteria.

VANOC will publish detailed information on the anti-doping policies and procedures in the *Vancouver 2010 Paralympic Winter Games Doping Control Guide*, which will be available to NPCs no later than September 2009.

## Competition Rules

### Changes to Biathlon since Torino 2006

The competition format for the pursuit event is updated.

### Changes to Cross-Country Skiing since Torino 2006

The competition format for the sprint event is updated.

## Competition Management

VANOC-appointed competition management is responsible for organizing the biathlon and cross-country skiing competitions for the Vancouver 2010 Paralympic Winter Games, under the supervision of the IPC technical delegate.

### VANOC Management

#### Vice President, Sport

Tim Gayda

#### Director, Paralympic Games

Dena Coward

#### Director, Whistler Paralympic Park

John Aalberg

#### Manager, Cross-Country Skiing

Len Apedaile

#### Manager, Biathlon

Max Saenger

#### Coordinator, Cross-Country Skiing

Nicola Kilfoy

#### Coordinator, Biathlon

Ashley Burke

#### Paralympic Biathlon and Cross-Country Skiing Chief of Competition

Rob Bernhardt

#### Paralympic Biathlon and Cross-Country Skiing Assistant Chief of Competition

Len Apedaile

### IPC Management

#### President

Sir Philip Craven

#### Chief Executive Officer

Xavier Gonzalez

#### Winter Sports Manager

Eric Angstadt

#### IPC Nordic Skiing Sport Technical Committee Chairperson

Rob Walsh

#### IPC Biathlon Technical Delegate

Hans Peter Neeser

#### IPC Cross-Country Skiing Technical Delegate

Christian Egli

## Biathlon Competition Format

### Pursuit

In this two-stage event, men and women compete in an individual start qualification round by skiing three short loops (LW10–12: 800 metres; LW2–9, B1–3: 1 kilometre) with two bouts of shooting at five targets after the first and the second loop. For each target missed, a time penalty is added to the athlete's time. The top 12 competitors (based on best times) in each category/gender proceed to the finals.

A pursuit start format is used in the final round and athletes are started according to their time difference from the winner of the qualification round. During the final round the competitors complete the same course and shooting rounds as in the qualification except that they must ski an 80-metre penalty loop for each target missed. The first skier to finish is the winner. This event is skied using free technique.

### Individual Long Distance

Men and women ski five 2.5-kilometre loops (except women LW 10-12 who ski 2 kilometre loops) with four shooting bouts at five targets after the four first loops. The shot-penalty for each missed target is one minute of time added to the total race time. This event is skied using free technique.

## Cross-Country Skiing Competition Format

### Individual Long Distance

(Men's 20 kilometres/Women's 15 kilometres; Men's 15 kilometres/Women's 10 kilometres)

Men (LW2–9 and B1–3) ski 5 kilometres four times. Women (LW2-9 and B1-3) ski 5 kilometres three times. Men (LW10–12) ski 3.75 kilometres four times. Women (LW10–12) ski 3.3 kilometres three times. This event is skied using classic technique.

### Individual Middle Distance

(Men's 10 kilometres/Women's 5 kilometres)

Men (LW2–9 and B1–3) ski 5 kilometres twice. Women (LW2–9 and B1–3) ski one 5 kilometre loop. Men (LW10–12) ski 3.3 kilometres three times. Women (LW10–12) ski 2.5 kilometres twice. This event is skied using classic technique.

### Sprint

In this multiple-stage event, men and women ski a short (800 metres for sitting, 1.2 kilometres for standing) sprint loop, beginning with a timed individual start qualification round from which the top 16 in each category/gender proceed to the quarter-finals. The finish ranking from the qualification round provides the basis for determining the heats and subsequent start orders. A pursuit start format is used for the quarter-final, semifinal and final round heats where competitors are started according to their time difference from the winner of the qualification round. The first one across the finish line is the winner. The top two skiers in each round proceed to the next round, and the third and fourth place finishers are eliminated. This event is skied using classic technique.

### Relay

Men and women's relay teams are composed of mixed categories (standing and sitting) and involve skiing two classical legs and one free-technique leg. Men in the LW10–12 classification ski a two x 2-kilometre leg, while men in the W2–9 and B1–3 classification ski a two x 2.5-kilometre leg. All women ski one 2.5-kilometre leg. The relay begins with a mass start and competitors exchange within an exchange zone. The order in which the team's final competitor crosses the finish line determines the results. All nations are allowed to have two teams per event.

## Team Captains' Meetings

Team captains' meetings for biathlon and cross-country skiing take place on the afternoon of the day preceding the competition.

### Biathlon Team Captains' Meetings

DATE	TIME	MEETING TYPE	LOCATION
March xx, 2010	TBD	Biathlon and Cross-Country Skiing sport captains' meeting	TBD
March 12, 2010	TBD	Team captains' meeting for biathlon pursuit	TBD
March 16, 2010	TBD	Team captains' meeting for biathlon individual long distance	TBD

### Cross-Country Skiing Team Captains' Meetings

DATE	TIME	MEETING TYPE	LOCATION
March xx, 2010	TBD	Biathlon and Cross-Country Skiing sport assembly meeting	TBD
March 13, 14, 2010	TBD	Team captains' meeting for cross-country skiing individual long distance	TBD
March 17, 2010	TBD	Team captains' meeting for cross-country skiing individual middle distance	TBD
March 19, 2010	TBD	Team captains' meeting for cross-country skiing relay	TBD
March 20, 2010	TBD	Team captains' meeting for cross-country skiing sprint	TBD

## Technical Protests

Technical protests must be submitted in writing within 15 minutes of the posting of the unofficial results. The protest must be submitted in English, accompanied by 60 Euros or Canadian equivalent, in accordance with IPC Nordic Skiing rules. The competition jury handles the protest in accordance with IPC Nordic Skiing rules and regulations.

## IPC Manufacturing and Trademark Guidelines

Pursuant to the IPC Handbook, no form of publicity or propaganda, commercial or otherwise, may appear on persons, on sportswear, accessories or, more generally, on any article of clothing or equipment whatsoever worn or used by the athletes or other participants in the Paralympic Winter Games, except for the identification of the manufacturer of the article or equipment concerned, provided that such identification shall not be marked conspicuously for advertising purposes.

The NPC should, where possible, use national colours, the official name and abbreviation of the country (region) and emblems, and NPC marks on all uniforms, in order to visually enhance the national identity of the athletes.

The NPC must not use any Olympic marks (eg. Olympic Rings, NOC Emblem, "National Olympic Committee of COUNTRY (REGION)").

### Equipment

One identification of the manufacturer per equipment item will be permitted, not taking up more than 10% of the surface area of the item with a maximum size of 60 cm<sup>2</sup>.

### Clothing

One identification of the manufacturer per clothing item will be permitted with a maximum size of 20 cm<sup>2</sup>.

## Accessories

One identification of the manufacturer per accessory item will be permitted with a maximum size of 6 cm<sup>2</sup>.

**Eyewear** —One identification of the manufacturer per accessory item will be permitted, placed on one of the arms and to a maximum size of 6 cm<sup>2</sup>; alternatively, two identifications of the manufacturer will be permitted, placed one on each arm and to a maximum size of 3 cm<sup>2</sup> each.

**Headgear** — One identification of the manufacturer per accessory item will be permitted, to a maximum size of 6 cm<sup>2</sup> and placed above either one of the ears.

**Gloves** —One identification of the manufacturer per accessory item will be permitted, to a maximum size of 6 cm<sup>2</sup>.

Identification of the manufacturer is prohibited on an athlete's person (e.g., tattoos), as well as on contact lenses, earplugs, mouthguards and water bottles.

## Footwear

One identification of the manufacturer per item will be permitted, with a maximum size of 6 cm<sup>2</sup>.

Any violation of the provisions of the present clause shall result in disqualification or withdrawal of the accreditation of the person concerned. The decisions of the IPC Governing Board regarding this matter shall be final.

For more detailed information and specific identification of the sport, please refer to the IPC Manufacturer Identification Guidelines Vancouver 2010 Paralympic Winter Games.

## Awards

Athletes placing first, second and third will be presented with flowers at Whistler Paralympic Park. Victory Ceremonies for all events will be presented at Whistler Paralympic Celebration Plaza. Victory Ceremonies for competitions held from March 19 to March 21 will take place at the competition venue.

In biathlon and cross-country skiing, the athlete placed first is entitled to a gold medal and a diploma, the athlete placed second to a silver medal and a diploma, and the athlete placed third to a bronze medal and a diploma. Depending on the number of athletes competing in an individual event, diplomas will be distributed as follows to the remaining places:

No. of Athletes Diploma Distribution (eligible places)

9 or greater	4th – 8th place
8	4th – 7th place
7	4th – 6th place
6	4th – 5th place

The guides for athletes in the visually impaired sport class (designated as non-competing competition participants for the Paralympic Winter Games) shall also receive the respective medal and/or diploma depending on the respective placement of the athlete accompanied.

## Explanatory Book Approval

The IPC approved this Explanatory Book on February 24, 2009.

**Please note:** Information contained in this Explanatory Book is correct and up-to-date at the time of publication, and may be subject to change.



GOVERNMENT PARTNERS PARTENAIRES GOUVERNEMENTAUX



SPORT PARTNERS PARTENAIRES SPORTIFS



HOST FIRST NATIONS PREMIÈRES NATIONS HÔTES



LIL'WAT



MUSQUEAM



SQUAMISH



TSLEIL-WAUTUTH

VENUE CITIES VILLES SITES



CONTRIBUTING PROVINCES AND TERRITORIES  
PROVINCES CONTRIBUTRICES ET TERRITOIRES CONTRIBUTEURS



## WORLDWIDE PARTNERS PARTENAIRES MONDIAUX



## NATIONAL PARTNERS PARTENAIRES NATIONAUX



PREMIER NATIONAL PARTNER  
GRAND PARTENAIRE NATIONAL

PREMIER NATIONAL PARTNER  
GRAND PARTENAIRE NATIONAL

PREMIER NATIONAL PARTNER  
GRAND PARTENAIRE NATIONAL

## OFFICIAL SUPPORTERS SUPPORTEURS OFFICIELS



## OFFICIAL SUPPLIERS FOURNISSEURS OFFICIELS

3M ACKLANDS-GRAINGER AGGREKO AQUILINI INVESTMENT GROUP BIRKS BRITCO CANADA POST COLD-FX  
DELOITTE DOW CANADA EPCOR GARRETT METAL DETECTORS GENERAL MILLS HAIN CELESTIAL HAWORTH  
JACKSON-TRIGGS KARL'S GLOBAL EVENTS, INC. MILLENNIUM MOLSON NORTEL PORT METRO VANCOUVER  
PUROLATOR SAPUTO SLEEP COUNTRY CANADA SUN MICROSYSTEMS TICKETS.COM TRANSCANADA  
VANCOUVER AIRPORT AUTHORITY WESTON BAKERIES WORKOPOLIS WRIGLEY

## PRINT MEDIA SUPPLIERS FOURNISSEURS DE MÉDIAS IMPRIMÉS

CANWEST THE GLOBE AND MAIL