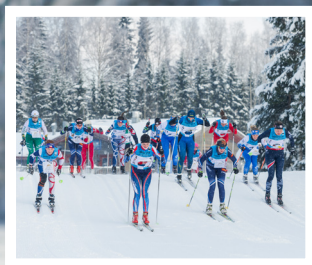




WINTER UNIVERSIADE KRASNOYARSK 2019 RUSSIA

2-12 MARCH 2019



SKI ORIENTEERING

Ski Orienteering is an exciting, action-filled sport that challenges the athletes' mental strategy skills whilst they race at maximal speed through rough terrain.

Ski Orienteering is a unique winter sport where the competitors find their way on skis using pisted ski tracks or short-cutting through the loose snow. In the terrain, the track network is created by connecting permanent ski tracks in and around biathlon or cross-country skiing stadiums with narrow snow-mobile tracks. The organisers provide the athlete with a map of the track network and the checkpoints, which have to be visited in a set order from the start to the finish. The athletes decide their own route between checkpoints and navigate to find them. The fastest athlete to complete the course wins.

THE SKI ORIENTEER

The elite Ski Orienteer needs the endurance of a cross-country skier combined with the strategy skills of a chess grand master, and has to be skilled in skiing through rough and unknown terrain at high speed as a SkiCross or Freeskier.

SPRINT

Sprint is a short race with an interval start that lasts 12–15 min.

PURSUIT RACE

Pursuit is a race when athletes start at an interval of time determined by the amount of time lost to the winner in the sprint race.

MIXED RELAY

Sprint Relay is a race consists of six legs 6–8 min each. The team consists of one man and one woman. Each athlete completes 3 legs in rotation.

MIDDLE DISTANCE

Middle Distance is a race with interval start that lasts 35–45 min.



ATHLETES TO WATCH



SERGEI GORLANOV



JØRGEN MADSLIE



PETR HORVAT



DORIS KUDRE



ISABEL SAHLEN



MIRKA SUUTARI

