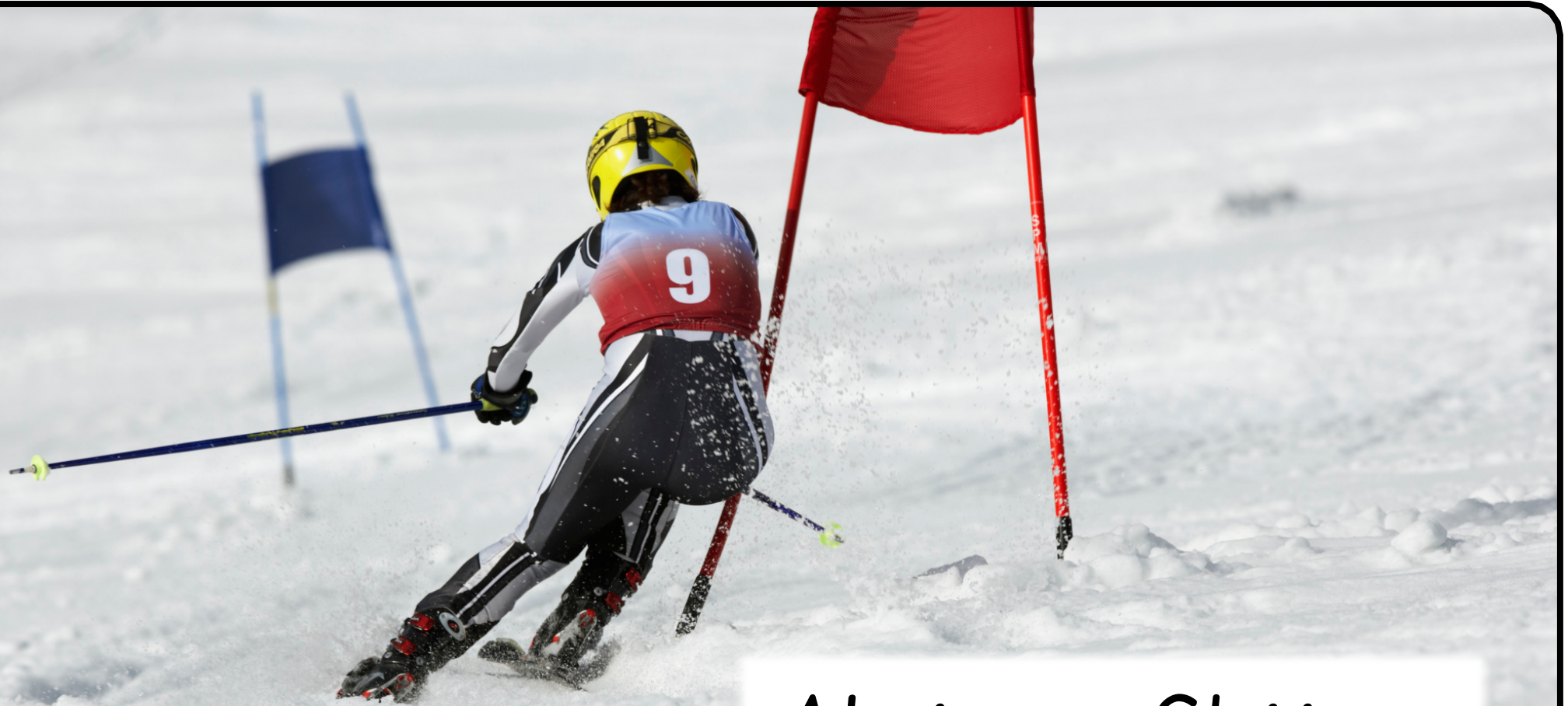




Alpine Skiing

- This competition includes the downhill event (where skiers race down a course one at a time, travelling up to 120 km/h), a slalom (which has flags and gates to travel through), a giant slalom and the super giant!
- Skis are individually made for each competitor and skin-tight racing suits are worn to reduce air resistance.



Freestyle Skiing

- Athletes perform tricks, including somersaults, flips, grabs and twists, on the slope. Judges award points for the best performances.
- Skiers use poles to help them balance and pick up speed quickly.
- Different freestyle events include the mogul, aerials, ski cross, ski halfpipe and ski slopestyle.

Nordic Combined

- Nordic Combined includes a ski jumping competition and a cross-country ski race.
- There are individual events (with different sizes of jumps) and a team events (which includes a cross-country relay).
- Wax is used on the skis during the cross-country to help them glide or grip (depending on the weather conditions).



Cross-Country

- There are lots of different cross-country skiing events for men and women, who compete as individuals and in teams.
- Competitors wear skis and a special suit (which reduces wind resistance).
- Ski poles are used to push the athlete forward.



Biathlon

- Biathlon is a combination of cross-country skiing and rifle shooting.
- There are five events, including individual race, sprint, pursuit, mass start race and relay.
- There are competitions for men, women and a mixed relay.



Ski Jumping



- Ski jumping took place in the first Winter Olympic Games in 1924.
- Athletes jump from a hill and can jump up to 140 metres.
- Competitions may involve more than one jump and the total distance jumped is used to decide the winner.
- Competitors wear special high-backed boots so that they can lean far forward during their flight.

Ice Hockey

- Players use a stick to try and hit the puck into their opponent's goal (and to stop it entering their own goal).
- Each team has six players (two defenders, three forwards and one goaltender).
- Skates are worn by players, along with a helmet and a chest pad to protect their bodies.



Curling



- Two teams, with four players in each, try to deliver a 19.96kg stone towards a target (called the 'house').
- The aim is to get your stone closer to the centre of the house than any other stone.
- Each game has ten 'ends'. In each end, a team steers eight stones towards the house and a point is given to the winning team.

Snowboard

- There are lots of snowboarding events. Some of them challenge athletes to race on a slalom course. Others use special courses where athletes can perform acrobatic aerial tricks.
- Different types of snowboard are used in each of the snowboarding events.
- The first Olympic snowboarding events took place in 1998.





Speed Skating

- Athletes skate around the track as fast as possible.
- Different competitions take place over a range of distances (including 500m, 1,000m, 5,000m and 10,000m).
- There are also individual events and team events (with three members in each team).

Skeleton

- Athletes lay face down and head first on a special sled.
- They control the sled with spikes on their shoes.
- They race down a track four times. The winner is the athlete with the lowest overall time.
- Singles' competitions take place for men and women.



Luge

- Luge is one of the most dangerous Olympic winter sports.
- Athletes slide down a track at very high speeds (up to 140 km/h). The winner is the rider with the fastest time.
- There are individual, doubles and relay competitions.

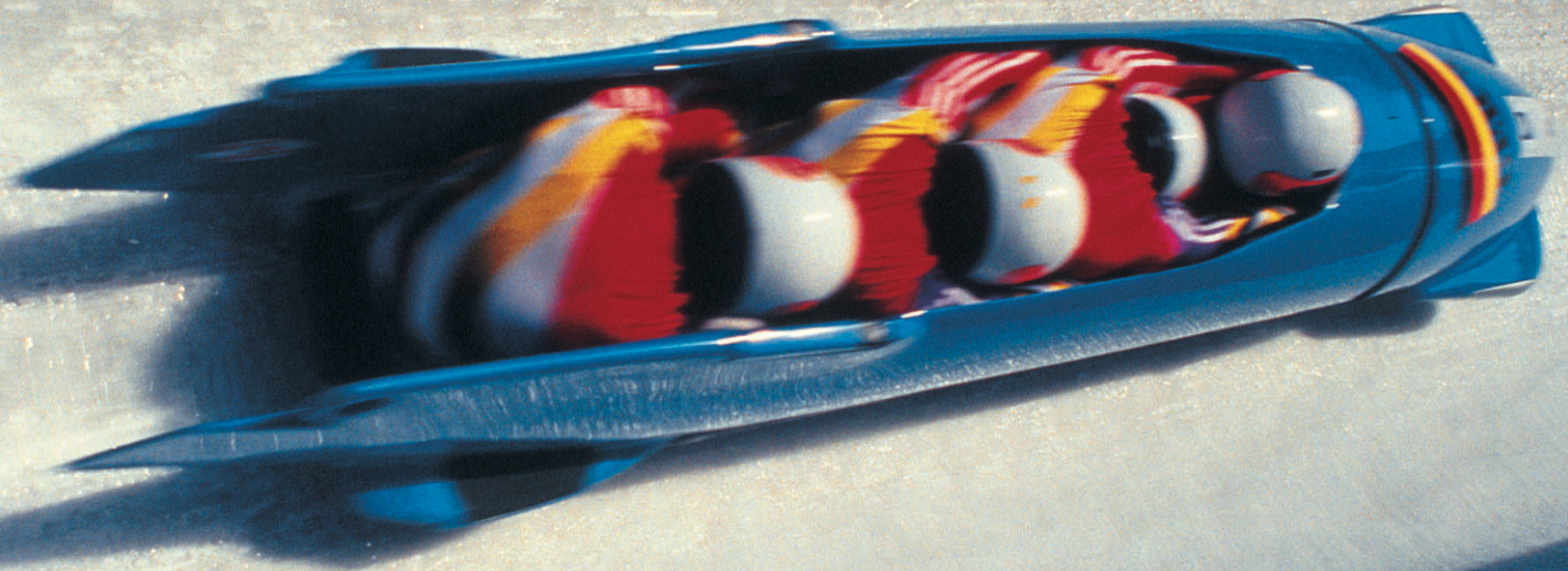


Figure Skating



- A range of events take place, including individual competitions, pairs events, ice dancing and team events.
- Competitors can include jumps, spins, steps, lifts, spirals, throws and synchronized jumps (depending on the type of event).
- In ice dancing, music with vocals can be played. Dancers must match their performance with the rhythm and emotion of the music.

Bobsleigh



- Competitors speed down the mountain in special ice tracks on a sledge (called a 'bob'). Two-man and four-man sleds are used (but women can take part too).
- The driver steers the sled by controlling special rings with their hands and fingers.
- Each team races down the course four times and the winner is the team with the lowest overall time.

Short Track

- Short track is a type of speed skating that takes place on a 111.12m oval ice track.
- Four skaters skate at a time and compete on an elimination basis. The winner is the first over the line.
- There are individual competitions and relay events (with eight teams of four skaters each).