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При подготовке книги использованы следующие

Интернет-ресурсы:

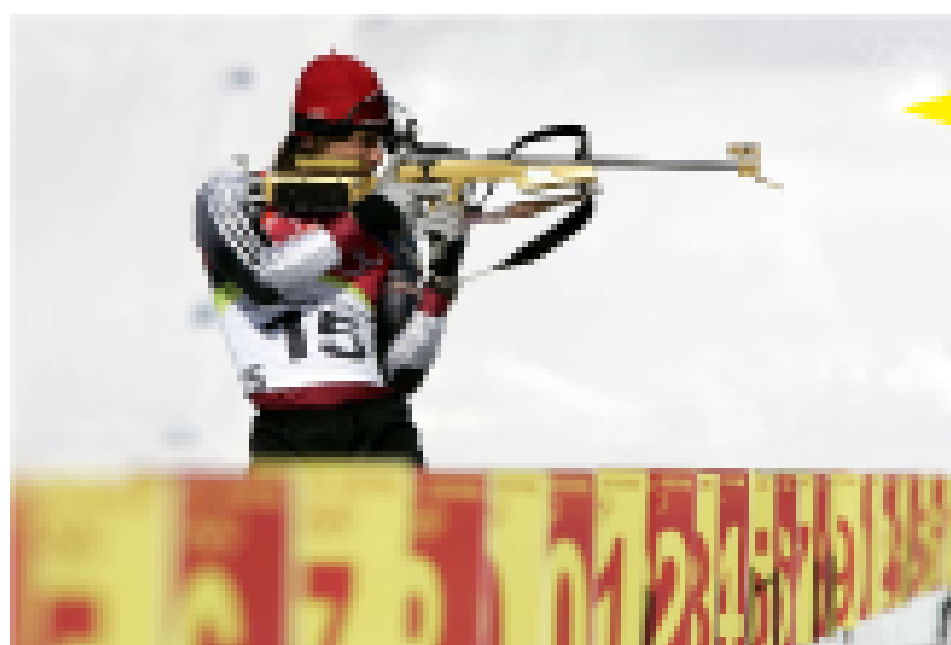
<http://www.olympic.org>

<http://www.ctvolympics.ca>

<http://www.howstuffworks.com>

www.visualdictionaryonline.com

<http://www.britannica.com>



Biathlon

Biathlon combines the power and aggression of cross-country skiing with the precision and calm of marksmanship.

About the Sport

The word biathlon stems from the Greek word for two contests, and is today seen as the joining of two sports; skiing and shooting. Biathlon has its roots in survival skills practised in the snow-covered forests of Scandinavia, where people hunted on skis with rifles slung over their shoulders.

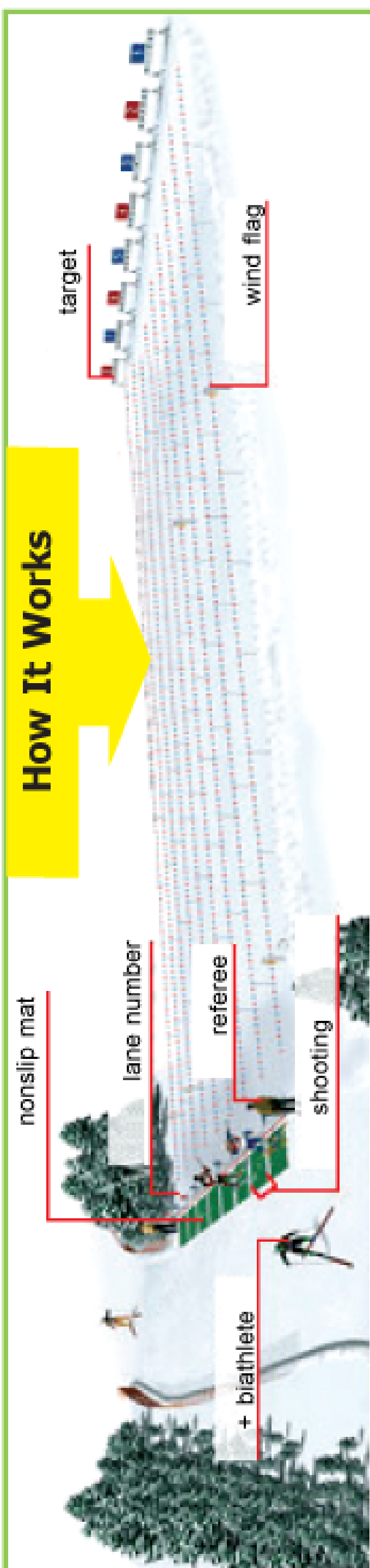
In 1948, the Union International de Pentathlon Modern at Biathlon (UIPMB) was founded, to standardize the rules for biathlon and pentathlon. In 1993, the biathlon branch of

the UIPMB created the International Biathlon Union (IBU), which officially separated from the UIPMB in 1998.

Biathlon-type events in Scandinavia are known to have been held as early as the 18th century. The first modern biathlon probably occurred in 1912 when the Norwegian military organised the Forvarsrennet in Oslo. An annual event, it consisted initially of a 17km cross-country ski race with two-minute penalties incurred by misses in the shooting part of the competition.

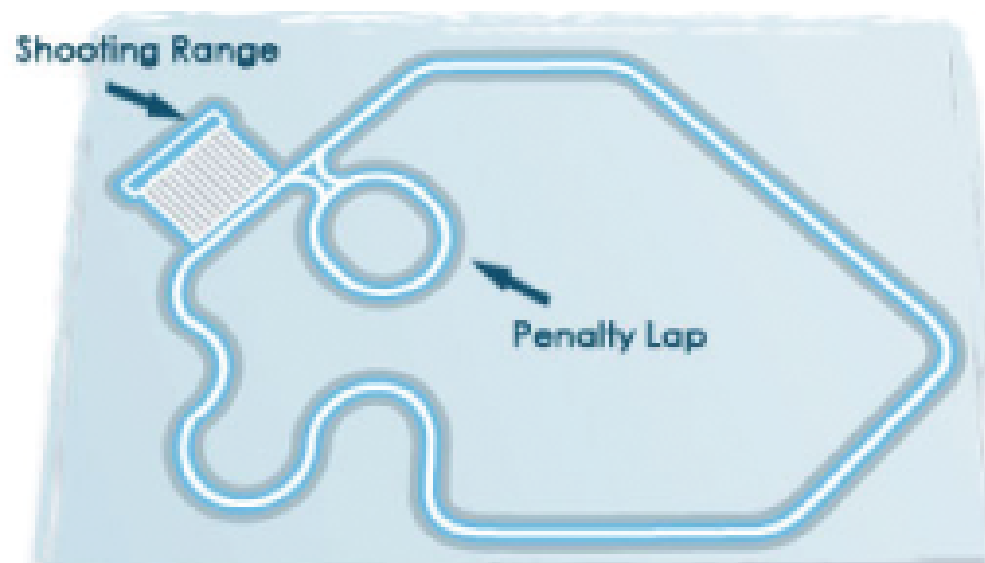
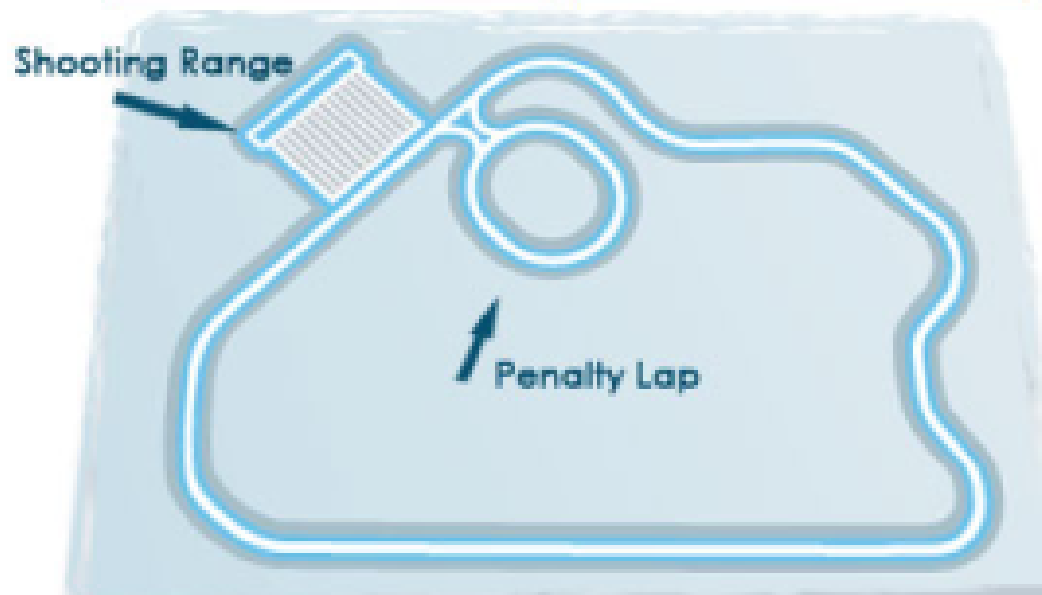
Attempts to introduce a winter multi-event similar to the modern pentathlon began in 1948, when the biathlon was contested at the St. Moritz Games as a demonstration sport. The sport made its official Olympic debut at Squaw Valley in 1960. Women's biathlon made its Olympic debut in 1992 as a full medal sport in Albertville.

Olympic history



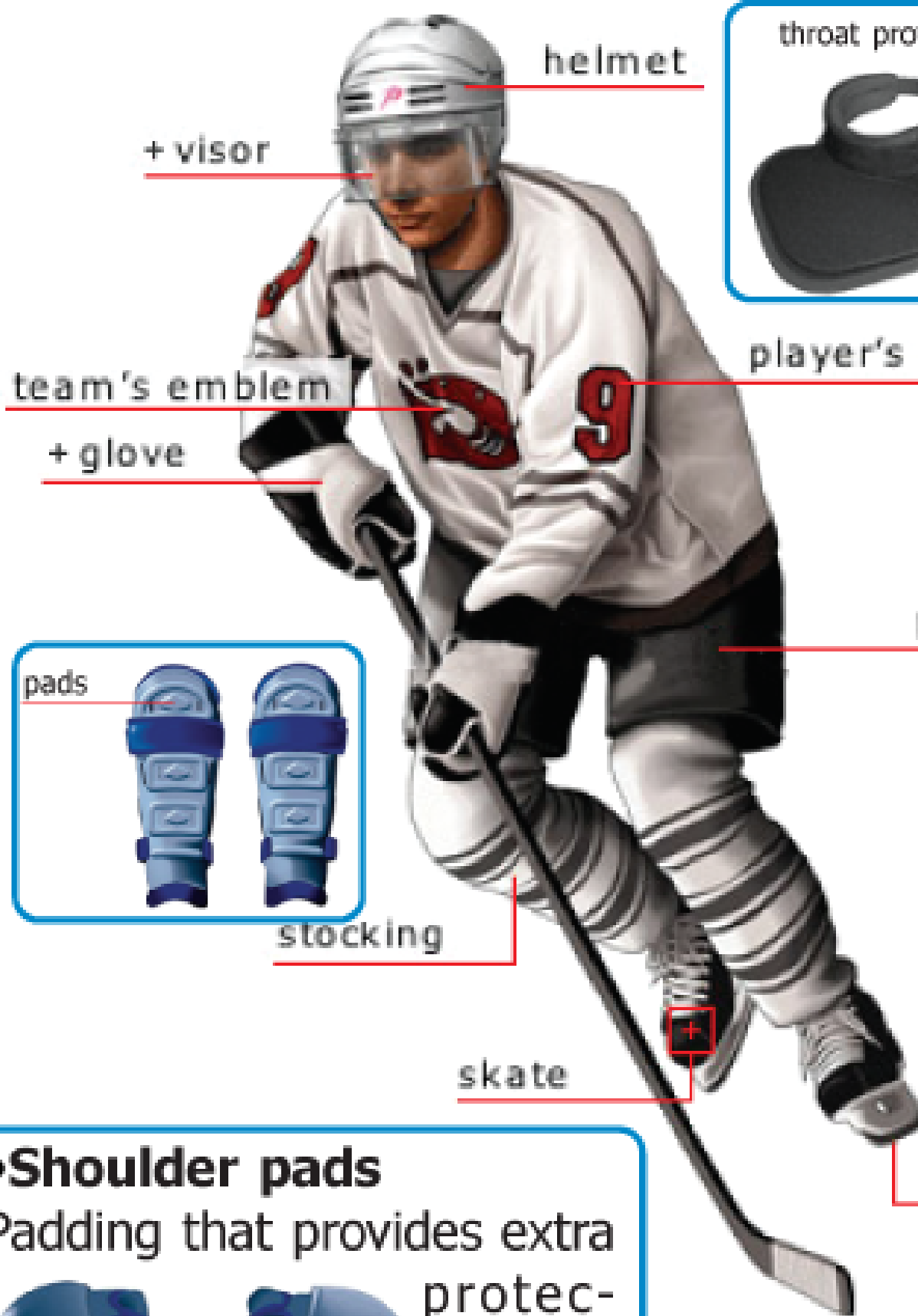
Sprint events

There are ten biathlon events, each of which is scored by time. Men and women compete in sprint, pursuit, individual, mass start, and relay events. During the sprint, women race 7.5km and men race 10km.



Pursuit events

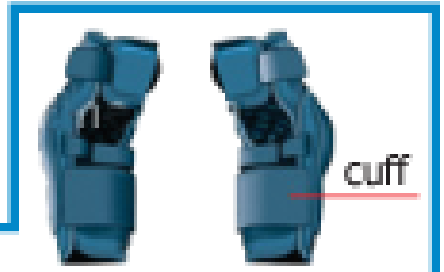
In the pursuit, the competitors start at intervals based on their finishing time in the sprint competition. Since 2002, women have raced 10km and men have raced 12.5km. Competitors stop four times and then must hit all five targets with five bullets. For each target missed, athletes take a lap around the 150m penalty loop.



throat protector

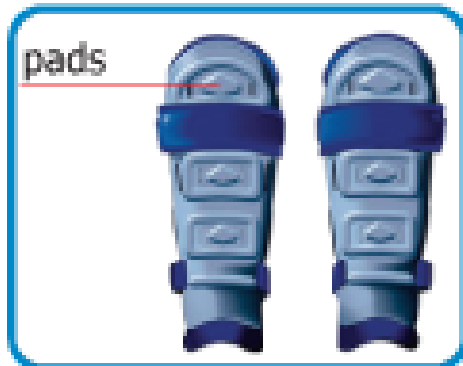


protective cup



pants

cuff



pads

stocking

•Elbow pads

A moulded pad that protects the elbow and elbow joint and provides forearm protection.

•Shoulder pads

Padding that provides extra protection for critical points of the shoulder, biceps, sternum, shoulder blade and spine.



•Helmet

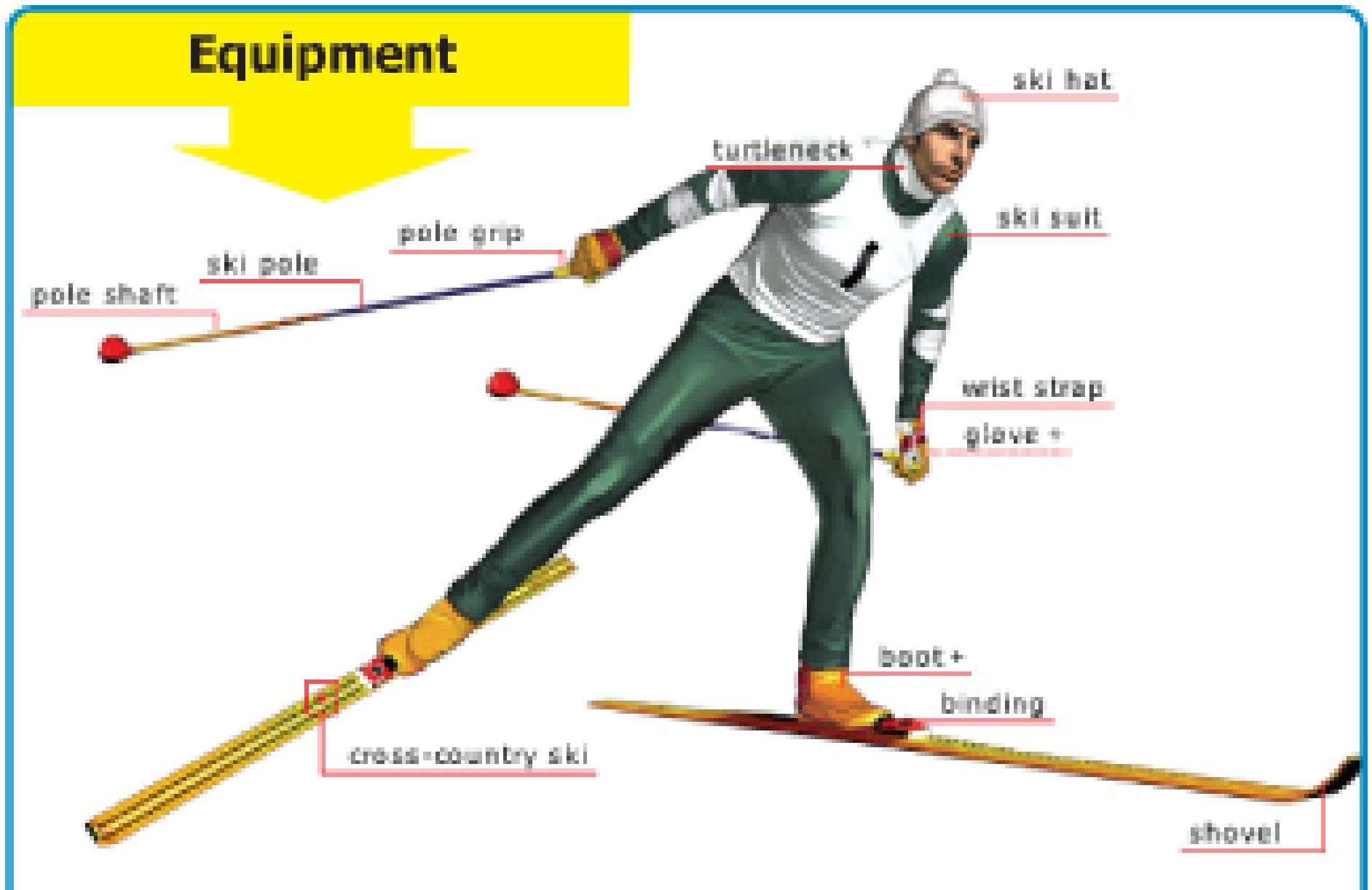
A helmet with the chinstrap properly fastened must be worn by players so that the lower edge of the helmet is not more than one finger-width above the eyebrows; there should only be enough room between the strap and the chin to insert one finger.



Competition Events



Men's Tournament
Women's Tournament



•**Skis**

The skis used in cross-country are lighter and narrower than those used in alpine skiing and have long curved tips. The minimum length of skis for the classical events is between 1.95 and 2.10 metres, while the average length for skating or free technique skis is between 1.70 and 2 metres. The tips of skating skis also curve more.

