

Whistler Olympic Park

Facts & Figures

www.WhistlerOlympicPark.com



Whistler Olympic Park, operated by the not-for-profit organization Whistler Sport Legacies, has a history of glory and gold. One-third of all medals from the Vancouver 2010 Olympic and Paralympic Winter Games were awarded at the venue for Nordic disciplines. Today, it remains an active centre for world-class competitors while preserving the legacy for the enjoyment of both residents and visitors. Public and athletes have access to activities like cross-country skiing, snowshoeing, biathlon, ski jumping, tobogganing and more. In the summer, activities such as summer biathlon, e-mountain biking, hiking, disc golf and Olympic sightseeing are offered. Whistler Olympic Park is part of “Ski Callaghan”, a joint venture with the neighbouring ski area Callaghan Country Wilderness Adventures, providing users access to 130 kilometres of ski & snowshoe trails. It is a National Training Centre for Ski Jumping/Nordic Combined, a Regional Training Centre for Biathlon BC and the home of the Whistler Nordic Development Centre, a full-time training hub for young athletes committed to the high performance pathway.

Construction:	2005-2008, official opening November 22, 2008
Location:	Located in the Callaghan Valley, 16 kilometres southwest of Whistler, 50 kilometres north of Squamish and 115 kilometres north of Vancouver
Size:	1,112.257 hectares
Elevation:	840 m–930 m
Ski season:	End of November until early April (snowfall starts mid to late November, snow on site until the beginning of May but facility closes to public in late March/early April)
Snow/weather winter:	Average snow base 191cm (early February). Winter temperatures rarely drop below -10 C, avg. daily high +3.3°C, avg. daily low -4.0°C; avg. daily mean -0.4°C
Facilities:	Cross-country and snowshoe trail systems, internationally sanctioned biathlon range and ski jumps (hill sizes 106 & 140 m), 2 entry-level ski jumps (hill sizes 20 & 40 m), toboggan hill, baseboarding hill, ski play area, Day Lodge with sport school and restaurant, event infrastructure/buildings
XC Ski trails:	Access to a total of <u>86.8 km of trails (thereof 27.2 km dog friendly)</u> within “Ski Callaghan”, a partnership between Whistler Olympic Park (58.6 km trails, thereof 8.4 km dog friendly) and the neighboring XC ski area Callaghan Country (28.2 km trails, thereof 18.8 km dog friendly)
Snowshoe trails:	Access to a total of <u>41.9 km of trails (thereof 17.5 km dog friendly)</u> within “Ski Callaghan”, a partnership between Whistler Olympic Park (29.2 km trails, thereof 4.8 km dog friendly) and the neighboring XC ski area Callaghan Country (12.7 km trails, thereof 12.7 km dog friendly)

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Post-Olympic Use:

Year-round SPORT/Athlete Use

- Whistler Olympic Park is National Training Centre for Ski Jumping and Nordic Combined and home to the Whistler Nordic Development Centre, a year-round hub for full-time athletes
- Training facility:
 - Fully operated Nordic ski training facility for grassroots to high performance athletes
 - Regular use of cross-country trail system, biathlon range and ski jumps for training sessions/camps by cross-country, biathlon, ski jumping and Nordic combined athletes
 - Two beginner ski jumps (20 m & 40 m) for the development of young athletes
 - Long-term training programs to develop future athletes (focus especially on biathlon and ski jumping/Nordic combined)
 - XC training on snow usually November until May (due to snow storage system)
 - Summer training: Roller ski trails (6 km) & biathlon range dryland, (road) biking
- Event venue:
 - About 15 events/winter (recreational, provincial, national events & championships)
 - Recent highlights: FIS Cup Ski Jumping 2016, Ski Jumping/Nordic Combined National Championships 2016, BC Winter Games 2014 (cross-country, biathlon), Sea to Sky Nordic Festival 2013 (National Championships of all Nordic disciplines), Payak Loppet (long distance, race, over 500 participants)
 - Plans to host international top events in the Nordic disciplines in the upcoming seasons

PUBLIC Use

- Winter (November until early April)
 - Recreational public use (cross-country skiing, snowshoeing, tobogganing, biathlon, ski jumping & more)
 - Activity bookings by corporate groups/event organizers
 - Community initiatives:
 - Discounted ski lessons for school children (through the program, around 2,000 school children get introduced to Nordic skiing per season)
 - Accessibility of venue for local ski clubs/ski programs
- Summer (June until September)
 - Summer biathlon, e-mountain biking, hiking, disc golf and Olympic sightseeing
 - Event venue (Tough Mudder, Ironman, Nordic sport summer events, concerts, festivals)
 - Venue rental for weddings, corporate/recreational events, film and TV shoots etc.

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General Information - Nordic Sports:

Cross-Country skiing

- Accessible for all ages and abilities, low risk, one of the sports with the biggest health benefits
- Part of the official competition program since the first Olympic Winter Games in Chamonix in 1924, women's cross country skiing was introduced in the in 1952 Olympic Winter Games
- Two different techniques: Classic cross-country skiing in groomed tracks and skating/freestyle technique which was established in the 1980s (also used in biathlon and Nordic combined)
- Long, medium, short/sprint competitions, team/relay events, skate/classic technique races
- Para-Nordic skiing was introduced to the 1976 Paralympic Winter Games; today there are categories for skiers with leg and/or arm impairments, sit skiers, skiers with visual impairment

Biathlon

- Combines free/skate technique cross country skiing and target shooting, challenging because of two very different activities: Physical exertion while skiing is interrupted by shooting intervals, athletes need to control heart rates/breathing for shooting accurately/avoid missing targets
- Part of the Olympic Winter Games in 1924 (called 'Military Patrol'), in 1960 sport was officially introduced as Olympic discipline 'Biathlon', women's competitions at Olympic level since 1992
- Individual, sprint, pursuit, mass start, (mixed) relay competitions
- Competitors shoot five shots at five black circular targets from a distance of 50 metres, alternately lying down ('prone position', target diameter 45 millimetres) or standing (target 115 millimetres), missing a target results in penalty loops or time penalty
- Para-Nordic biathlon was introduced to the Paralympic Winter Games in Innsbruck in 1988 for athletes with a physical impairment and in 1992 also for athletes with a visual impairment

Ski Jumping

- Men's ski jumping part of the first Olympic Winter Games in 1924, women's Olympic competitions introduced only recently in Sochi/2014
- Athletes ski down an inrun, jump off the inrun's takeoff and attempt to jump as far as possible
- For ranking, not only jump distance but also position of start gate (higher/more inrun speed, lower/less inrun speed), jump style and wind conditions during flight are calculated
- Three different hill categories: Normal Hill (inrun speed 80-90km/h, jumps averaging 80-100m), Large Hill (90km/h, 120-130m) and Ski Flying Hill (100+km/h, 180-220m)
- Individual ladies', men's and (mixed) team competitions
- Ski jumping world record: 251,5m (Anders Fannemel/NOR)

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- Hill records Whistler, Normal Hill/NH (hill size 106m) & Large Hill/LH (hill size 140m):
 - NH Men 109.5m (A. Malysz, POL), NH Women 105.5m (A. Pretorius/CAN & L. Van/USA)
 - LH Men 149.0m (G. Schlierenzauer/AUT), LH Women 129.5 m (A. Tanaka/CAN)

Nordic Combined

- Discipline Nordic Combined is composed of ski jumping and cross-country (skate) skiing
- Already part of the first Olympic Winter Games in 1924, until today for men only
- Athletes start off with the ski jumping portion (1 or 2 jumps depending on competition form; both normal and large hill are used in Nordic Combined), the jumps are followed by a free/skate technique cross-country race. For the starting order of the race, athletes are seeded according to the results of the ski jumping portion (winner of jump event starts first with time advantage, followed by second, third etc.), first skier to cross the finish line in the race wins (shorter jumps on jumping hill can be compensated with a strong cross-country performance and vice versa)
- Competition forms individual, sprint and team

Snowshoeing

- Accessible for everybody from toddler to senior, safe and inexpensive outdoor activity
- Important part of North American history, has been essential equipment for First Nations, traders, trappers
- Scientists believe first snowshoes were invented 4,000 to 6,000 years ago in Central Asia
- Today's modern snowshoes are mostly made of a light aluminum frame with strap bindings that allow a free heel, cleats on the bottom ensure traction on steeper slopes
- Recreational use, used by athletes in training, also official competitions/races are held

Further information:

- Whistler Olympic Park, www.whistlerolympicpark.com
- Ski Callaghan, www.skicallaghan.ca
- International Ski Federation, www.fis-ski.com
- International Biathlon Union, www.biathlonworld.com
- Cross Country Canada, www.cccski.com
- Biathlon Canada, www.biathloncanada.ca
- Ski Jumping Canada, www.skijumpingcanada.com
- Nordic Combined Canada, www.nordiccombinedcanada.ca
- Cross Country BC, www.crosscountrybc.ca
- Biathlon BC, www.biathlonbc.ca

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