



# BMW IBU WORLD CUP BIATHLON

SOLDIER HOLLOW NORDIC CENTER  
FEBRUARY 14-17, 2019

## SCHOOL PROGRAM

### KINDERGARTEN -1ST GRADE PROJECT: COUNTRY FLAG COLORING PROJECT

All submissions will be displayed at the BMW IBU World Cup Biathlon event at Soldier Hollow Nordic Center from February 14 to 17, 2019. Participating classes will be provided with poster board for the submissions and recognition at the event.

**Step One:** Optional instructor read aloud.

#### History of Skiing and Biathlon

The history of cross-country skiing goes back thousands of years, and possibly started when man realized that by attaching two shaped pieces of wood to his feet he could travel faster when hunting in snow-covered fields and woods. Cave drawings in Norway dating from 5000 BC and relics (parts of skis) discovered in swamps in Switzerland, prove that skiing has been around a long, long time.



Over the years, new races and new techniques have evolved. In addition to the traditional classical technique there is the skate technique. The head-to-head, sprint race, where heats of 4 skiers race a short one kilometer loop, had its Olympic debut at the Salt Lake Games in 2002. The latest invention to make cross-country skiing more exciting is the skiathlon or double pursuit. This race consists of two loops of 10 km for men and two loops of 5 km for women. The first loop is skied in classic style and the second in skating style, with a "pit stop" in between to change skis and poles.



Biathlon also has a long history. Painted images of men on long timber boards with bows and arrows were found near Roedoe, Norway that date back to the Neolithic Age (about 3000 BC). Call them hunters, call them warriors, but they are the history of a sport that is sometimes thought of as an odd union of rifle marksmanship and cross-country

skiing. Centuries of evolution from a means of survival into a military tactic, then a military sport and now an Olympic sport for both men and women weaves an interesting story.



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The 2019 IBU World Cup is coming to Soldier Hollow in Midway, Utah and dozens of countries will be competing. The World Cup season lasts from November or December to late March, with meetings in different venues. All in all, the season comprises nine to ten meetings, with events taking place from Thursday through Sunday. Relay competitions are held four to six times per season. The women's 7.5 km sprint, men's 10 km sprint, women's 12.5 km mass start, men's 15 km mass start and two mixed relay events are scheduled for the World Cup in Utah.

The athlete with the highest overall total score (i.e. total score for all disciplines) of the World Cup season is awarded the Big Crystal Globe trophy. A Small Crystal Globe trophy is awarded for the first place in the season total for each discipline. Hence, it is possible for an athlete to win both the Big Crystal Globe and Small Crystal Globes for the same World Cup season.

**Step Two:** Discuss project of coloring flags.

For your assignment, "adopt" a country that will be competing in the World Cup in Utah and color its flag. Your colored flag will be displayed at an "art show" at the IBU World Cup and prizes will be awarded for creativity and artistry. All participants in the school program will be invited to attend the IBU World Cup with free tickets.

Find the flags here: <http://www.supercoloring.com/coloring-pages/countries-cultures/flags-of-the-world>

For first grade students, have them read aloud the above text and color the flag of their chosen country, but add in basic facts about each country onto flag. For example, name of country, population, capital city and a famous person from that country.