

Ski-jumping Four Hills Tournament

TOURNAMENT HILLS

K Point **Record** *2008 **2004

1	Dec 28	Schattenbergschanze	120m	G. Schlierenzauer*	AUT 145.5m
2	Dec 31	Grosse Olympiaschanze	125m	G. Schlierenzauer*	AUT 141.0m
3	Jan 3	Bergiselschanze	120m	A. Malysz**	POL 136.0m
4	Jan 5	Paul-Ausserleitner-Schanze	125m	G. Schlierenzauer*	AUT 145.0m

Janne Ahonen

of Finland
won record
fifth Four
Hills title
in 2008



GERMANY

Oberstdorf

Garmisch-Partenkirchen

SWITZERLAND

Innsbruck

Bischofshofen

AUSTRIA

100km

60 miles

ITALY



Inrun: Skier gathers speed using aerodynamic crouch

Take-off: Pushes body upwards and forwards.
Leaves ramp at speed of around 100km/h

Flight: Leans forward with skis in Boklöv V-shape to increase distance and time in air

Landing: Telemark position – knees bent, one ski forward

Outrun

SCORING

► **Style:** Five judges award up to **20 points** each – highest and lowest discounted

► **Distance:** **60 points** ± 2pts for each metre above or below K Point

K Point: Par distance from take-off