



# Nordic combined



## Ski jumping

Each competitor makes one jump on either Normal Hill (K95) or Large Hill (K125)

### Jason Lamy-Chappuis

2010 Olympic gold medallist (10km Individual Normal Hill)

## RusSki Gorki Jumping Centre

Jumps judged on length and style using same rules as main ski jump competition

Landing slope

Finish

Large Hill (K125)

Normal Hill (K95)

K point: Used to calculate distance score

Start/finish

Cross-country course: Length 2.5km

## Cross-country skiing

Competitors ski 10km circuit, with start order determined by ski jump score. First to cross finish line wins

**Cross-country skis:** Narrow and light. Long tips to cut through snow. Centre raised to provide grip

## Ski jump skis

Wide and long for strength and aerodynamic lift



## Team event

Four athletes per team. Athletes make one jump on Large Hill, followed by 4 x 5km relay

Maximum length: 2m

Maximum length: 146% of competitor's body height

## Gold medal winners

Vancouver 2010

**Bill Demong (USA)**

**Jason Lamy-Chappuis (FRA)**

**Austria**

Individual Large Hill / 10km

Individual Normal Hill / 10km

Team Large Hill / 4 x 5km