

DAY 5 Tuesday March 16

9:30	Alpine Skiing Super Combined (Standing, Sitting & Visually Impaired) M W	WC
10:00	Ice Sledge Hockey Q2-CZE	UTA
12:30	Wheelchair Curling	VPC
13:00	Alpine Skiing Super Combined (Standing, Sitting & Visually Impaired) M W	WC
13:30	Ice Sledge Hockey Q1-ITA	UTA
17:00	Ice Sledge Hockey USA-JPN	UTA
18:00	Wheelchair Curling	VPC
20:30	Ice Sledge Hockey NOR-CAN	UTA

DAY 6 Wednesday March 17

10:00	Biathlon 12.5 km (Standing, Sitting & Visually Impaired) M , 12.5 km (Standing & Visually Impaired) w , 10 km (Sitting) w	WPP
12:00	Ice Sledge Hockey Playoffs 5-8	UTA
12:30	Wheelchair Curling	VPC
18:00	Wheelchair Curling	VPC
19:00	Ice Sledge Hockey Playoffs 5-8	UTA

DAY 7 Thursday March 18

10:00	Alpine Skiing Giant Slalom (Standing) M W	WC
10:00	Cross-Country Skiing 10 km Classic (Standing, Sitting & Visually Impaired) M , 5 km Classic (Standing, Sitting & Visually Impaired) w	WPP
12:00	Ice Sledge Hockey Semifinals	UTA
12:30	Wheelchair Curling	VPC
13:00	Alpine Skiing Giant Slalom (Standing) M W	WC
18:00	Wheelchair Curling	VPC
19:00	Ice Sledge Hockey Semifinals	UTA

PARALYMPIC WINTER SPORTS 101

If you can't tell a stick used for ice sledge hockey from a delivery stick used for wheelchair curling, this section is for you. It covers all the basics of the five Paralympic sports

BY SHERI RADFORD

Ice Sledge Hockey
UBC THUNDERBIRD ARENA



Players have a physical disability in the lower halves of their bodies. They sit on sledges made of aluminum or steel and fitted with two blades. The athletes move the puck using double-ended sticks, one in each hand; one end has a hooked blade for handling and shooting the puck, while the other has a pick for propelling the sledge. To allow players easy access and the ability to watch when waiting to play, the rink's ice extends under the players' benches and penalty boxes, and boards have been replaced with clear Lexan. Also called sled hockey, this sport follows most of the same rules as hockey. For the first time in Paralympic history, both genders are competing in this tournament.

Wheelchair Curling
VANCOUVER PARALYMPIC CENTRE



In this relatively new sport, two teams—comprised of both males and females, seated in wheelchairs—take turns pushing 19.1-kg (42-lb) granite stones towards the centre of a series of concentric circles. To throw stones, players can use either their hands or extender cues (delivery sticks). While throwing a stone, a player's wheelchair must remain stationary. The winner of a game is the team with the most stones closest to the centre. Unlike Olympic curling, wheelchair curling does not employ sweeping.

FOR EXPLANATIONS OF ALL ABBREVIATIONS USED IN THE CALENDAR ABOVE, TURN TO PAGE 24.

DAY 8 Friday March 19

9:00	Wheelchair Curling Tiebreakers	VPC
10:00	Alpine Skiing Giant Slalom (Sitting & Visually Impaired) M W	WC
12:00	Ice Sledge Hockey 7-8 Game	UTA
13:00	Alpine Skiing Giant Slalom (Sitting & Visually Impaired) M W	WC
14:30	Wheelchair Curling Tiebreakers	VPC
15:30	Ice Sledge Hockey 5-6 Game	UTA
19:00	Ice Sledge Hockey Bronze Medal	UTA
20:00	Wheelchair Curling Tiebreakers	VPC

DAY 9 Saturday March 20

10:00	Alpine Skiing Slalom (Standing) M W	WC
10:00	Cross-Country Skiing 3 × 2.5 km Relay (All Classes) W	WPP
10:00	Wheelchair Curling Semifinal	VPC
12:00	Ice Sledge Hockey Gold Medal Bronze medal awarded this game	UTA
12:00	Cross-Country Skiing 1 × 4 km + 2 × 5 km Relay (All Classes) M	WPP
13:00	Alpine Skiing Slalom (Standing) M W	WC
15:30	Wheelchair Curling Bronze Medal & Gold Medal	VPC

DAY 10 Sunday March 21

10:00	Alpine Skiing Slalom (Sitting & Visually Impaired) M W	WC
10:00	Cross-Country Skiing 1 km Sprint Classic (Standing, Sitting & Visually Impaired) M W	WPP
12:00	Cross-Country Skiing 1 km Sprint Classic (Standing, Sitting & Visually Impaired) M W	WPP
13:00	Alpine Skiing Slalom (Sitting & Visually Impaired) M W	WC
19:00	Closing Ceremony	WMP

Alpine Skiing
WHISTLER CREEKSIDE



Athletes compete against others with a similar disability, in one of three categories. Standing skiers have a locomotive disability; they use the same equipment as able-bodied skiers and can use a prosthesis, plus stabilizing crutches instead of ski poles. Sitting skiers have no use of their legs; they use a mono-ski, which looks like a chair attached to skis. Skiers with a visual impairment must ski with a guide. Racers can exceed 100 km/h (62 mi/h) on vertical drops of 120 to 800 m (395 to 2,625 ft). Events include downhill, slalom, giant slalom, super-G (super giant slalom) and super combined.

Biathlon
WHISTLER PARALYMPIC PARK



Athletes compete against others with a similar disability in the categories of standing, sitting or visually impaired. Competitors alternate between skiing a loop of a cross-country course and, from the prone position, taking five shots at a target. In the short distance biathlon, competitors ski a 2.5-km (1.5-mi) loop three times and shoot twice, while in the long distance biathlon skiers complete the loop five times and shoot four times. Athletes with a visual impairment line up the target using an acoustic system. Events include individual and pursuit.

Cross-Country Skiing
WHISTLER PARALYMPIC PARK



Athletes compete against others with a similar disability in the categories of standing, sitting or visually impaired. Competitors use either classic cross-country technique, in which the skis remain parallel, or free technique, which involves pushing off with the edges of the skis, resulting in a slightly faster race. Individual events range from 2.5 to 20 km (1.5 to 12.5 mi). Other events include sprint and relay.

FOR EXPLANATIONS OF ALL ABBREVIATIONS USED IN THE CALENDAR ABOVE, TURN TO PAGE 24.