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The International Olympic Committee (IOC) OFFERS THE FOLLOWING VIDEO NEWS RELEASE TO ALL NEWS AGENCIES, BROADCASTERS AND ALL ONLINE PLATFORMS FREE OF CHARGE.

Story Headline: **Moa Lundgren of Sweden wins the first gold of Lillehammer 2016 Winter Youth Olympic Games**

Download link: **http://iocnewsroom.com/video/vnr_yog_20160213_l-cross-country**

Event: Lillehammer 2016 Winter Youth Olympic Games

Date: 13 February

Place: Lillehammer, Norway

STORY SCRIPT

Sweden's Moa Lundgren has won the first gold of Lillehammer 2016 Winter Youth Olympic Games in the Ladies' Cross-Country Skiing Cross Free.

The 17-year-old also becomes the maiden winner of the Ladies' Cross Free Winter Youth Olympic medal, with the event debuting at Lillehammer 2016.

The Cross Free event is unique to the Youth Winter Olympic Games.

A time of 3:26.35 secured a first place finish for the IFK Umeå-trained athlete, with compatriot Johanna Hagstroem picking up silver (3:28.09) and France's Laura Chamiot Maitral receiving bronze (3:29.56).

In total, 1100 athletes from 71 nations are competing at the Winter Youth Olympic Games (YOG) in Lillehammer Norway for a total of 70 Gold medals.

The 2nd Winter YOG is taking place between Friday 12th & Sunday 22nd of February 2016.

Cross-Country Cross Free explained.

Age group: Born between 1 January 1998 and 31 December 2000

Number of Athletes: 40



Venue: **Birkebeineren Ski Stadium**

Ladies' Cross-Country Cross Free

The Cross-Country Cross Free event is very similar to the Sprint, but the competition course features several technical elements (e.g. jumps, turns, etc.) to test the skier's abilities. The Cross-Country Cross Free events are skied in free technique; the skis are prepared with only glide wax and forward motion is created by using the edges of the skis, also called skating.

The Cross-Country Cross Free event begins with individual time trials (qualification) on the competition course with a 10- to 30-second interval start. The fastest 30 competitors advance to the three semi-finals of 10 competitors each. The top two finishers in each semi-final heat and the next four fastest competitors from the semi-finals advance to the final of 10 competitors.

What are the YOG?

The Youth Olympic Games are essentially about competing, learning and sharing. They are a celebration of sport, youth diversity and the Olympic values of excellence, friendship and respect. They also exemplify the Fundamental Principles of Olympism, blending sport with culture and education. The vision of the Youth Olympic Games is to inspire young people around the world to participate in sport and live by the Olympic values.

YOG Key Facts

- Hosted from 12 to 21 February 2016 in Lillehammer, Hamar, Gjøvik, Øyer and Oslo — demonstrating the use of a fantastic legacy of Olympic venues and the flexibility of the YOG.
- 71 NOCs and 1,100 athletes aged 15 to 18 will compete in 70 medal events at Lillehammer 2016.
- Lillehammer 2016 is the second winter edition of the YOG following Innsbruck 2012. The first summer edition took place in Singapore in 2010, followed by Nanjing in 2014.
- The YOG have been used as an incubator for innovation in sport and education. Lillehammer 2016 will feature Olympic debuts for a number of disciplines, including cross-country cross, snowboard cross, ski slopestyle, biathlon super sprint and monobob.
- With regard to education, the Coaches' Corner will be a pioneering YOG first in Lillehammer, featuring dedicated workshops and talks by experts and Virtual



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Reality (VR) technology to explore and explain how new advances in technology can be applied to the science of coaching.

- The YOG have acted as a springboard to further Olympic glory for many alumni. Some 64 YOG athletes from Innsbruck 2012, for example, went on to compete at the Olympic Winter Games Sochi 2014, winning 6 medals in total. In addition, 200 YOG alumni from Singapore 2010 competed at London 2012, of whom 25 medalled.

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