

# FIS Para Cross-Country Relay Competition

## Example Relay Team Composition

Version 2025

- 12324.1.2 Mixed Relay: the combined percentage of each team must be 335% or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 15% per leg for female athletes and 12% per leg for sit ski athletes (female sit ski athlete: minus 27%). There must be at least one-woman taking part.
- 12324.1.3 Open Relay: the combined percentage of each team must be 375% or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 15% per leg for female athletes and 12% per leg for sit ski athletes (female sit ski athlete: minus 27%).
- 12324.1.4 Each team may consist of 2, 3 or 4 athletes. For examples of possible team compositions see “Examples for composition of relay teams” published on the FIS website in the rules section.

### Examples Calculation of percentages:

Each team may consist of 2, 3 or 4 athletes. If the athletes are A, B, C and D, the following compositions are possible:

No of athletes:	2	3	3	3	4
1 leg	A	A	A	A	A
2 leg	B	B	B	B	B
3 leg	A	A	C	C	C
4 leg	B	C	A	B	D

### Mixed Relay – Maximum 335%

GER	1 leg	Wicker	W	LW10	86-15-12	59	Total 322
	2 leg	Maier	W	LW8	96-15	81	
	3 leg	Walter	W	NS2	97-15	82	
	4 leg	Volkert	M	NS3	100	100	
SWE	1 leg	Perottosdotter	W	LW9	88-15	73	Total 322
	2 leg	Modin	M	NS1	88	88	
	3 leg	Perottosdotter	W	LW9	88-15	73	
	4 leg	Modin	M	NS1	88	88	
NOR	1 leg	Marthinsen	W	LW12	100-15-12	73	Total 333
	2 leg	Ulset	M	LW3	87	87	
	3 leg	Marthinsen	W	LW12	100-15-12	73	
	4 leg	Bye	M	NS3	100	100	

CAN	1 leg	Fortier	M	LW11.5	96-12	85	
	2 leg	Weldon	W	NS2	97-15	82	
	3 leg	Gourbounova	W	NS3	100-15	82	
	4 leg	Weldon	W	NS2	97-15	82	Total 331

Open Relay – Maximum 375%

FRA	1 leg	Daviet	M	LW2	93	93	
	2 leg	Clarion	M	NS1	88	88	
	3 leg	Daviet	M	LW2	93	93	
	4 leg	Clarion	M	NS1	88	88	Total 362

UKR	1 leg	Iurkovska	W	LW12	100-15-12	70	
	2 leg	Reptyukh	M	LW8	96	96	
	3 leg	Utkin	M	NS3	100	100	
	4 leg	Lukyanenko	M	NS3	100	100	Total 366

CHN	1 leg	Cheng	M	LW6	90	90	
	2 leg	Du	M	LW5/7	90	90	
	3 leg	Liu	M	LW8	92	92	
	4 leg	Zou	M	LW6	95	95	Total 367