

Special Olympics Canada has established Minimum Qualifying Standards (MQS) for three winter sports (cross-country skiing, snowshoeing and speed skating) in order to ensure fair and meaningful competition for each participating athlete. MQS have only been established for longer distance events and the specifications are outlined in the respective technical packages. Athletes will be required to meet the minimum times in order to be eligible to qualify for the Special Olympics Canada Winter Games Calgary 2024.

Snowshoeing

Minimum Qualifying Standards (MQS) have been established for the following events: 1600M, 5KM and 10KM.

Distance	Qualifying Time (Female)	Qualifying Time (Male)
1600M	14:29	11:38
5KM	59:12	45:33
10KM	1:58:09	1:28:57

Cross-Country Skiing

Minimum Qualifying Standards (MQS) have been established for the following events: 2.5KM Classic, 2.5KM Freestyle, 5KM Classic, 5KM Freestyle, 7.5KM Classic, 7.5KM Freestyle, 10KM Classic, 10KM Freestyle

Distance	Qualifying Time (Female)	Qualifying Time (Male)
2.5KM Classic	31:54	25:05
2.5KM Freestyle	21:12	14:51
5KM Classic	49:47	45:41
5KM Freestyle	41:06	30:56
7.5KM Classic	1:09:03	1:02:47
7.5KM Freestyle	1:01:47	38:08
10KM Classic	1:32:36	1:19:51
10KM Freestyle	1:22:12	1:01:52

Speed Skating

Minimum Qualifying Standards (MQS) have been established for the following events: 1500M and 3000M

Distance	Qualifying Time (Female)	Qualifying Time (Male)
1500M	5:53	4:54
3000M	12:22	10:18