



Practical English for Olympic Games

实用奥运英语系列丛书

沈 军 邱 波  
孔 军 祁 凡

编

# 冬季奥运会

## 项 目

*Winter Olympic Games*



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**Practical English for Olympic Games**  
**实用奥运英语系列丛书**

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# 前言

北京申办 2008 年夏季奥运会的成功，鼓舞了全国人民，举国上下掀起了体育运动的热潮。随着 2008 年夏季奥运会的日益临近，越来越多的人开始关注奥运会，希望了解一些关于奥运会的知识。如奥运会何时起源、现在共设多少个比赛项目、每个项目的比赛规则如何、优秀选手有哪些等等，这些或多或少地都成为了人们关注的话题。而且，随着北京奥运会的成功申办，奥运英语也引起了人们的极大兴趣。

我们每一个公民都应 为北京奥运会的举办尽一份微薄的力量。因此，我们几名长期从事英语教学和体育教学的老师经过认真研讨，并查阅了大量的第一手资料，形成了这套丛书。该丛书涵盖了奥运会的绝大部分知识和比赛的项目，更包括了历届奥运会的纪录和著名的运动员。这些对关注奥运会及爱好英语的读者来说都是有一定的参考价值的。

这套丛书以奥运会为主线，以英汉对照的方式向读者介绍奥运会的相关知识和内容，具备一般英语知识的读者都可以看懂其中的绝大部分内容。相信，通过这些内容的阅读，您的英语水平和对奥运会知识的获取一定会有一个新的层面。

由于作者的水平所限，书中必定会有一些不尽人意之处，恳望读者批评指正。



## 编者的话

本书系《实用奥运英语系列丛书》之一种。全书以2002年美国盐湖城冬奥会为主线,分别从历史由来、规则、相关器材、术语、奖牌榜以及著名运动员等5个方面,并配以大量图例和列表,图文并茂地介绍了冬季奥运会的15个项目。全书由5大篇组成,诸篇独自成篇,分别介绍相应的运动项目。主要包括:滑雪运动篇包括高山滑雪(Alpine skiing)、越野滑雪(Cross country skiing)、跳台滑雪(Ski jumping)、花样滑雪(Freestyle skiing)、冬季两项(Biathlon)、滑板滑雪(Snowboarding);雪橇运动篇包括有舵雪橇(Bobsleigh)、无舵雪橇(Luge)和钢架雪橇(Skeleton);滑冰运动篇包括速度滑冰(Speeding skating)、短道速滑(Short track speed skating)和花样滑冰(Figure skating);加之独自成篇的冰壶(Curling)运动和冰球(Ice hockey)运动。

参加本书编写工作的有:沈军、邱波、孔军、祁凡等。本书在编写中,借鉴了当前国内外不少有关冬季奥运会方面的书籍和文献,并参考了相关运动的官方网站上的最新信息,尤其在修改校订过程中得到了姜培新同志的细心指导和热情帮助,在此谨致以诚挚的谢意。

由于时间仓促和水平所限,本书一定存在不少遗漏和错误之处,恳请广大读者不吝赐教,以便改正。

编者

2003年8月 于大连



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# 第一篇

## 滑雪运动篇



## Chapter One: Alpine Skiing (高山滑雪)

### 1 History (历史)

The history that People began strapping skis to their feet can be traced back to 5,000 years ago. It was Norwegians who were recorded to be the first—they used skis as a convenient way of hunting across snow-covered terrain in the severe winter. As a mode of winter transportation, skiing expanded from Norway throughout Scandinavia and Russia and eventually became a sport similar to cross-country skiing. Alpine skiing evolved from cross-country skiing. The first alpine skiing competition, a primitive downhill, was held in the 1850s in Oslo. After a few decades, the sport rapidly spread to the rest of Europe and to the United States, where miners held skiing competitions to entertain themselves during the winter.

早在 5 000 年前，人类就已经学会了使用滑雪板。据资料记载，最早发明滑雪板的是挪威人，在此工具的帮助下，他们可在严冬的冰天雪地里来往自如，捕捉猎物就更方便了。作为冬季交通的一种方式，滑雪逐渐从挪威扩展到斯堪的纳维亚和俄罗斯的广大地区，并最终在世界范围内发展为一种同越野滑雪相类似的运动项目。高山滑雪（又名阿尔卑斯山项目）源自越野滑雪，最早的高山滑雪竞赛可以追溯到 19 世纪 50 年代。当时，人们在奥斯陆举行了简单的速降比赛。在其后几十年里，这一运动迅速风靡欧美，美国的矿工们更是在冬季里举行滑雪比赛以自娱自乐。

Modern alpine racing was invented by Englishman Sir Arnold Lunn and Austrian Hannes Schneider. Lunn was a son of a London travel agent so that he spent his early years with his father traveling through the Alps and envisioning racing through the majestic range. Lunn organized the first slalom in 1922 in Muerren, Switzerland, and together with Schneider two years later, they organized the race that would become the first Olympic alpine event. This combined slalom and downhill event is now considered as the first legitimate alpine event – the race that planted the seed for alpine's inclusion in the Olympic program.

现代高山滑雪比赛的发明者是英国人阿诺德·卢恩爵士和奥地利人海因斯·施奈德。卢恩曾经多次跟随着身为旅行代办人的父亲到阿尔卑斯山区旅行，不止一次想到过在这宏伟壮丽的景观当中举行滑雪比赛。1922年，卢恩在瑞士的慕伦组织了一次历史上最早的高山小回转滑雪比赛。两年后，在卢恩和施奈德的推动下，初具雏形的高山滑雪运动便成为了冬季奥运会的第一个正式比赛项目。当时包括小回转和速降两个部分，现在被认为是历史上的第一个正式的高山滑雪项目，并为高山滑雪进入奥运会打下了良好的基础。

The first World Championships for men's downhill and slalom events were held in 1931. Women's events were added in 1950. In 1966, Serge Lang, with the help of French ski coach Honore Bonnet and US ski coach Bob Beattie, founded the FIS World Cup. The first competitive season was 1966-1967.

包括了回转和速降项目的第一届男子世界高山滑雪锦标赛举办于1931年。1950年，这一比赛设立了女子项目。1966年，在法国滑雪教练胡诺·伯奈特和美国滑雪教练鲍伯·比蒂的帮助下，瑟奇·朗创建了国际滑雪联合会（FIS）世界杯比赛，第一个赛季为1966年至1967年。

Alpine skiing became a part of the Olympic program at the 1936 Garmisch-Partenkirchen Games with a men's and women's combined event.

1936年在德国的加米施-帕腾基兴冬奥会上，包括男子和女子项目在内的现代高山滑雪比赛正式形成。

Alpine skiing was introduced to the Olympic program at the 1936 Garmisch-Partenkirchen Games with a men's and women's combined event, featuring a downhill and two slalom runs. After the cancellation of the following two Games because of war, alpine skiing returned to St. Moritz on 1948 with a program of six events. The Oslo Games in 1952 welcomed giant slalom to the program and marked the departure of the combined event. The combined event did not return until 1988. The addition of super-G completed the 10-event program of modern Olympic alpine skiing that exists today.

1936年，在德国加米施-帕腾基兴冬奥会上，最早出现了包括速降、小回转和高山滑雪混合项目在内的男子及女子高山滑雪比赛。随后的两届冬奥会由于战争而停办，而在1948年，包括6个项目的高山滑雪比赛重新出现在圣莫里茨冬奥会上。1952年的

奥斯陆冬奥会对高山滑雪比赛进行了一些调整——将大回转列入比赛项目，将混合项目取消。1988年的冬奥会重新恢复了混合项目，并引进了超级大回转。至此，现代冬奥会高山滑雪比赛的10个项目全部形成。

Western European countries at the foot of the Alps have had the most Olympic success. Austria has won the most medals with 77, including 24 gold. Switzerland and France are second and third with 48 and 37.

阿尔卑斯山脚下的西欧国家在这一运动当中取得了巨大的成就。奥地利在历届冬奥会的高山滑雪比赛当中总计获得了 77 块奖牌，其中金牌 24 块；瑞士和法国以 48 块和 37 块奖牌位居第二和第三位。

## 2 Rules (规则)

The Olympic alpine competition consists of 10 events: five for women and five for men. The rules are the same for men and women, but the courses differ. In all cases, time is measured to 0.01 seconds and ties are permitted. (See fig.1.1 and fig.1.2) The alpine events are:

奥运会高山滑雪共分 10 个项目，其中男女各 5 项。男女比赛规则相同，比赛路线不同（见图 1.1 和图 1.2）。所有项目的时间均精确到 0.01 秒，允许平局。具体项目如下：

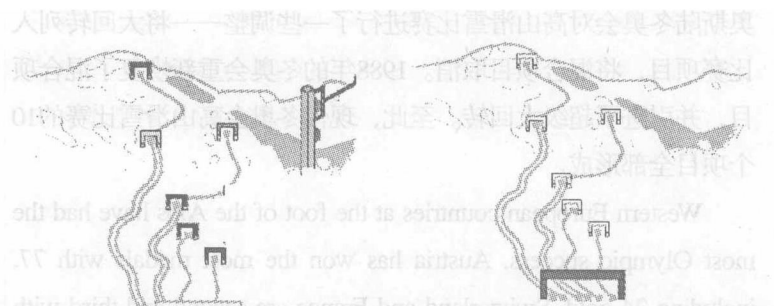


图 1.1 比赛赛程和计时器

图 1.2 比赛赛道和终点线

## 2.1 Downhill (速降)

The downhill features the longest course and the highest speeds in alpine skiing (See fig. 1.3). Each skier makes a single run down a single course and the fastest time determines the winner.

在高山滑雪诸多项目中，速降具有路程最长、速度最快的特点（见图 1.3）。每名选手在一条赛道上单独滑下，时间最短者获胜。

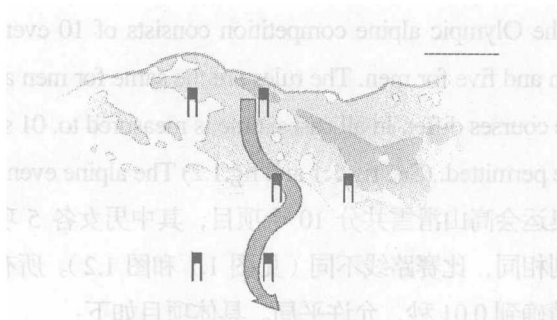


图 1.3 速降的赛道

An International Ski Federation (FIS) official sets the downhill course. In downhill, red flags mark the gates and dictate where a skier

must turn (in other disciplines, gates alternate between blue and red). There is no hard rule that dictates how much distance must lie between downhill gates. The course must be clear of all obstacles, but pine needles are often scattered along the course to aid athletes' depth perception. This is especially useful when an airborne racer is trying to land a jump. Padding and netting also may exist along the side of the course to cushion a fall or prevent a racer from sliding into the forest.

速降赛道由国际滑雪联合会（FIS）官方设定。速降赛道上，旗门由红旗标出，指明何处必须转弯（在其他项目的规则中，旗门由蓝红两色旗交替标出）。旗门间的距离无硬性的规定。比赛线路上必须清除所有的障碍，但两边经常撒上一些松树枝来帮助运动员目测深度。尤其当比赛选手从空中跃降和进行跳跃时，这一做法的妙用就会充分体现。当然沿着比赛线路两旁也可以加上衬垫和网状物以防止参赛者摔伤或冲进旁边的树林中。

For safety, there are two downhill training runs held on the Olympic slope prior to race day. On race day, athletes may inspect the course by side-slipping through it. Downhill is the only discipline with training runs.

为了保证安全，在比赛日前，选手可以在赛道上进行两次试滑。在比赛日可以沿赛道边缓慢滑行以观察赛道。速降是惟一允许试滑的项目。

Downhill racers begin their runs at fixed intervals that are officially announced on the eve of the race. On race day, it is possible for the intervals to be shortened due to stress of weater, or tobe interrupted due to a crash.



速降选手以赛前正式宣布的顺序每隔一段时间出发一人。在比赛日，如遇到恶劣天气或雪崩，出发间隔时间可以缩短或终止比赛。

## 2.2 Slalom (回转)

The slalom features the shortest course and the quickest turns. (See fig. 1.4) As in the giant slalom, each skier makes two runs down two different courses on the same slope. Both runs take place on the same day. The times are added and the fastest total time determines the winner. Athletes are not allowed to take training runs through the courses, but on race day, they can inspect each course by skiing slowly alongside it. Inspection of the second run does not begin until all the racers have had a chance to ski the first run.

回转项目的特点是路程最短、弯度最小（见图 1.4）。与大回转相同，每名选手在同一坡度进行两次不同线路的比赛。两次比赛在同一天举行，以合计时间的少者为胜。参赛选手不允许在赛道上试滑。但在比赛当日，可以沿赛道边缓慢滑行以观察每条赛道。选手在进行完第一轮比赛后，才可以观察第二轮比赛的线路。

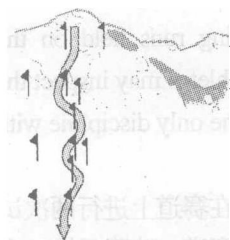


图 1.4 回转赛道

The two slalom courses are set by two different people representing two different nations. The two nations chosen to set the slalom courses will be removed from course-setting consideration for the slalom-combined. Also, the slalom course setters will not be of the same nationality as those who set the GS course.