



Snowshoe Events Reference Guide

SOPA Winter Games (2023–2025) Data

Over the past three years (2023–2025), the following time ranges reflect Final Event results from SOPA Winter Games snowshoe competitions. Each range represents the fastest to slowest recorded times across those years.

These references are provided **for educational purposes** to:

- Support athlete training and preparation
- Encourage healthy, balanced competition
- Help athletes and coaches determine which events may best align with an athlete's current ability

Important Notes

- These time ranges are based on historical data and are intended as **educational guidelines** only. An athlete whose time falls outside of a listed range is still eligible to participate in any event.
- Slower recorded times may reflect falls or equipment issues (e.g., snowshoe or boot coming off). In many cases, qualifying or preliminary times were significantly faster. Athletes are encouraged to practice:
 - Fall recovery & Independent application and reapplication of snowshoes

Time Format: 00:00.00 = minutes : seconds.milliseconds

25 Meter

- Multi-Year Data Range: 00:06.88 – 00:58.96
- Athletes running faster than 12 seconds should be encouraged to attempt longer-distance events.

50 Meter

- Multi-Year Data Range: 00:13.66 – 01:47.10
- Athletes running faster than 25 seconds should be encouraged to attempt longer-distance events.

100 Meter

- Recommended competition times are faster than 02:00.00.
- Multi-Year Data Range: 00:13.94 – 04:44.33
- Slower times may reflect falls or lost snowshoes. Example: 04:44.33 final time had a prelim time of 03:08.40
- 2025 Note: Slowest recorded time was 01:00.00

200 Meter (Historically the most participants)

- Recommended competition times are faster than 03:30.00
- Multi-Year Data Range: 00:38.41 – 05:26.49
- Vast majority of athletes finish 3:00.00 or faster
- Slower times may reflect falls or equipment issues. Example: 05:26.49 final time had a prelim time of 04:00.55

400 Meter

- Recommended competition times are faster than 06:00.00
- Multi-Year Data Range: 01:28.40 – 13:12.44
- Majority of athletes finish faster than 5:00.00
- Slower times may reflect falls or equipment issues. Example: 13:12.44 final time had a prelim time of 05:59.44

800 Meter (Terrain includes uphill and downhill)

- Recommended competition times are faster than 10:00.00
- Multi-Year Data Range: 04:01.11 – 12:23.02
- Slower times may reflect falls or equipment issues.
- Because there is no preliminary event at Winter Games, quality and competitive practice is essential to submitting strong qualifying times.

1600 Meter (Terrain includes uphill and downhill)

- Recommended competition times are faster than 15:00.00
- Multi-Year Data Range: 09:26.58 – 16:09.43
- Slower times may reflect falls or equipment issues. Example: 16:09.43 final time had a qualifying time of 12:33.56

Additional Considerations

- **Snow conditions can significantly impact performance and final times.**
- Athletes are encouraged to train under varied conditions to build confidence and consistency.
- Athletes with performance times outside the recommended range may be placed in the lowest division. This can occasionally result in differences greater than 15%, highlighting the importance of selecting events that best align with the athlete's competitive level.

Presented by SOPA Snowshoe SMT 2025

This guide is intended to support athlete development and promote well-balanced, quality divisions while maintaining inclusive participation.