

Winter Olympics 2026 guide: All you need to know

The countdown is on for the 2026 Winter Olympics in Italy.

The torch relay is well underway and some of the top athletes are already making headlines. There are 16 sports in all, including some never seen before, and 116 gold medals are waiting to be awarded when competition begins in less than a month.

This will be the most spread-out Winter Games in history: The two primary competition sites are the city of Milan and Cortina d'Ampezzo, the winter resort in the Dolomites that is more than 400 kilometers (250 miles) away by road. Athletes also will compete in three other mountain clusters besides Cortina, while the closing ceremony will be in Verona, 160 km (100 miles) east of Milan.

Get ready for all of the events with this guide of things to know!

Key dates to know

Competition runs Feb. 4-22. Here are some of the dates to mark on your calendar:

Feb. 4: Competition begins (curling).

Feb. 6: Opening ceremony.

Feb. 7: First gold medal events.

Feb. 8: Gold medal, women's Alpine skiing downhill.

Feb. 13: Gold medal, men's figure skating.

Feb. 18: Gold medal, women's



AP
Olympic rings are displayed in the snow at the Stelvio Ski Center, venue for the alpine ski and ski mountaineering disciplines at the 2026 Milan Cortina Winter Olympics in Bormio, Italy.

Alpine skiing slalom.

Feb. 19: Gold medal, women's figure skating. Gold medal game, women's ice hockey. First gold medals in ski mountaineering, a new Olympic sport.

Feb. 22: Gold medal game, men's ice hockey. Closing ceremony.

How to watch

Dozens of countries will stream

or air each day's events, with some delaying broadcasts until primetime depending on the time zone. That will be the case in the U.S., where Eastern time is six hours behind Milan and Cortina. NBC will carry showcase events at night while streaming sports on Peacock.

Top storylines

Athletes to watch: Two of the

most decorated Alpine skiers in history, 41-year-old Lindsey Vonn and Mikaela Shiffrin, opened the World Cup season in dominant form, raising American hopes of a golden run in Cortina. Eileen Gu is back in freestyle skiing, as is Chloe Kim in snowboarding. NHL players are back on Olympic ice for the first time since 2014 so watch for the likes of Sidney Crosby and Connor McDavid.

Venues: All eyes are on the hocky arenas in Milan, which were still under construction in January; the main rink will be about 3 feet shorter than NHL and PWHL players are used to. And the athletes' village in Cortina is a collection of more than 350 mobile homes.

Russian athletes: Some sports federations are deciding whether to let Russians compete as neutral athletes but only after they are cleared by an independent review to ensure that they have not publicly supported the war in Ukraine and are not affiliated with Russia's military or other forces.

What's new: Ski mountaineering will make its Olympic debut while skeleton has added a mixed team event, luge has added women's doubles and large hill ski jumping added women's and men's super team events.

Olympics

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The post-Shaun White era on the halfpipe starts with a roster full of underdogs. Chase Josey returns for his third Olympics and Jake Pates is back after missing in 2022. Neither has finished higher than sixth.

Freeskiing

Nick Goepper, who has two silver medals and a gold in slopestyle, moves over to the halfpipe for his fourth Olympics. He'll be joined there by Alex Ferreira, who has silver and bronze on the halfpipe.

David Wise, who has two gold medals and a silver, didn't make the team after failing to reach the podium over the qualifying period. Also missing is big air silver medalist Colby Stevenson.

In slopestyle, Alex Hall returns to defend his slopestyle title.

Moguls & aerials

Jaelin Kauf is the reigning Olympic silver medalist in moguls, while Chris Lillis will try to add to the gold medal he won with Ashley Caldwell and Justin Schoenfeld in mixed team aerials in China four years ago. Winter Vinecki has a fitting first name as she competes in her second Olympics.

Under Capel, Pitt basketball has hit rock bottom — again

BY PAUL ZEISE

Pittsburgh Post-Gazette (TNS)

PITTSBURGH — I remember the final few months of the Kevin Stallings era of Pitt basketball and just how awful that was.

It was 2017-18, and in just two seasons Stallings and then-athletic director Scott Barnes managed to destroy the house that Jamie Dixon and Ben Howland built.

Petersen Events Center was a morgue, devoid of atmosphere. And the product on the floor was an absolute embarrassment. Those were hard days for those of us who covered or observed the team during the glory years of Howland and Dixon, when a ticket to men's basketball was the hottest in town.

The Pete and the Oakland Zoo were loud and vibrant prior to the end of the Dixon era. It was one of the toughest places in the country to play and the Panthers almost never lost in that building. And when they were really rolling, they would welcome teams ranked in the top five into the building then punish them possession by possession.

Dixon obviously wanted something different and left for his alma mater and Barnes hired Stallings, a good coach who did a good job at

Vanderbilt but one who was clearly burned out and an incredibly unpopular hire.

In two years under Stallings, the Panthers went from an NCAA tournament team to one that went 0-18 in the ACC and regularly got thumped at home. It was a disaster of a hire and Heather Lyke, who took over for Barnes, quickly rectified the situation by firing Stallings.

Jeff Capel was then hired to take over the program and the joy returned to Mudville, as there were high hopes he would be the guy to get it right. He came highly recommended, had some success at Oklahoma and was the associate head coach of the No. 1 program in the ACC, Duke.

There is no reason Capel shouldn't have succeeded here. But somehow, eight years later, it just has not worked. Something is missing with the Capel era, which is in Year 8, and the Panthers have no chance of making the NCAA tournament, regardless of how well they play in the final two months of the season.

Last Saturday, though, was something different as the Panthers got smoked by Louisville in front of a half-empty Petersen Events Center. Pitt was down 28-7 before most of

the people who did bother to go to the game got into their seats. They ended up losing 100-59.

I don't know what rock bottom is, but I know what it feels like and this was it. The Cardinals embarrassed the Panthers. It wasn't even as close as the score indicated. Worse than being outclassed, the Panthers were outplayed and it was fair to question their effort.

Capel has had modest success — one NCAA tournament in seven seasons and a couple of other competitive teams — which is to say he did actually rebuild the program from the dumpster fire it was when he took over.

He took it from horrific to above average, which is not necessarily easy to do in some cases. But Saturday and really several other times this season — such as losses to Hofstra and Quinnipiac — felt a whole lot like the Stallings era.

That's not a compliment.

I actually don't know what the answer for Pitt is at this point, what will solve everything that ails the program. It is probably time to pull the plug on Capel and his program, and if Pitt is serious about fielding a competitive basketball program his contract won't matter in this decision.

I keep hearing that they cannot

move on from Capel because he has an excellent recruiting class coming in next year. Do people who say that have any clue about how college basketball and college athletics are played these days?

The recruiting class next year is irrelevant to the discussion about Capel and his future. You don't win with a bunch of young players and there is a good chance most, if not all, of them will be gone by their second season as they chase NIL dollars.

It makes no sense to tie Capel's future to his recruiting class, especially since there is an excellent general manager in place who is equally as responsible for getting that class signed. If Capel is fired, the class can still be salvaged. And if it isn't, who cares? The next coach is going to build his first team out of transfers anyway.

Capel is just the first domino, though. The athletic department has to look deeply into how much it is supporting the program, how much in terms of resources the program has and what needs to be done to make the program more attractive to the best coaches and players available.

That means an investment of money — and it might be money the athletic department doesn't have but

certainly needs to find, and quickly.

Rock bottom is where Capel found the program and unfortunately he has run it back down to that level again. It is incredible when you think about the optimism around Capel when he was hired. But here we are.

Pitt should be good in basketball, and over time with the right coach and support has proven it can be good in basketball. But it takes the right coach working with the right commitment from the athletic department to make it work. The program seems to be a long way from that now.

The Panthers have six home games left and 13 games overall and it is going to take a minor miracle for them to finish with a record above .500. The last two seasons Pitt decided to forgo the NIT and end the season after the ACC tournament. But that isn't even in the equation for this team.

A program that once was a fixture in the NCAA tournament has fallen so far that it won't even have the opportunity to compete in the NIT. I am sure there is some joke about the CBI or CB4 or whatever the heck it was called — Pitt actually won that mess once — but the program in this state is no longer a laughing matter.

THE DAILY SCOREBOARD

NFL PLAYOFFS

Wild-card Playoffs Saturday, Jan. 10

L.A. Rams 34, Carolina 31

Chicago 31, Green Bay 27

Sunday, Jan. 11

Buffalo 27, Jacksonville 24

San Francisco 23, Philadelphia 19

New England 16, L.A. Chargers 3

Monday, Jan. 12

Houston 30, Pittsburgh 6

Divisional Playoffs Saturday, Jan. 17

Denver 33, Buffalo 30, OT

Seattle 41, San Francisco 6

Sunday, Jan. 18

New England 28, Houston 16

L.A. Rams 20, Chicago 17, OT

Conference Championships Sunday, Jan. 25

AFC

New England at Denver, 3 p.m. (CBS/Paramount+)

NFC

L.A. Rams at Seattle, 6:30 p.m. (FOX)

Super Bowl LIX

Sunday, Feb. 8

At Santa Clara

Conference Championships winners, 6:30 p.m. (NBC/Peacock)

NFL INJURY REPORT

The National Football League injury report, as provided by the league (OUT: Player will not play; DOUBTFUL: Player is unlikely to play; QUESTIONABLE: Player is not certain to play; DNP: did not practice; LIMITED: limited participation; FULL: full participation):

Conference Championships Sunday

LOS ANGELES RAMS at SEATTLE SEAHAWKS

— LOS ANGELES: OUT: T Rob Havenstein (ankle)

QUESTIONABLE: LB Byron Young (knee), SEAT- TLE: OUT; LB Chazz Suratt (ankle), DOUBTFUL: T Amari Knight (knee), QUESTIONABLE: T Josh Jones (knee/ankle), FB Robbie Ouits (neck).

NEW ENGLAND PATRIOTS at DENVER BRONCOS — NEW ENGLAND: OUT: DT Joshua Farmer (hamstring), RB Terrell Jenkins (concussion), LB Harold Landry III (knee), QUESTIONABLE: WR Mack Hollins (abdomen), LB Marte Mapu (hip), DEN- VER: OUT; TE Lucas Kraft (foot), LB Drew Sanders (ankle), QB Bo Nix (ankle), RB JK Dobbins (foot), QUESTIONABLE: C Alex Forsyth (ankle), WR Troy Franklin (hamstring), C Luke Wattenberg (shoulder), S JL Skinner (quadriceps).

THIS DATE IN SPORTS

1894 — Jim Corbett knocks out Charley Mitchell in the third round to retain the world heavyweight title.

1924 — The first Winter Olympics are held in Chamonix, France.

1939 — Joe Louis knocks out John Henry Lewis at 2:39 of the first round to retain the world heavyweight title.

1945 — Larry MacPhail, Dan Topping and Del Webb buy the New York Yankees for \$2.8 million.

1960 — Wilt Chamberlain of the Philadelphia Warriors set a record for rookies with 58 points in a 127-117 triumph over the Detroit Pistons. Chamberlain also grabbed 42 rebounds.

1968 — Bob Seagren sets an indoor pole vault record in the Millrose Games at New York's Madison Square Garden. Seagren's world record leap is 17 feet, 4 1/4 inches.

1972 — Eddie Woods of Oral Roberts grabs 30 rebounds in a 109-95 victory over Louisiana Tech.

1981 — Jim Plunkett's first-quarter touchdown passes, including a Super Bowl record 80-yard strike to running back Kenny King, leads the Oakland Raiders to a 27-10 victory over the Philadelphia Eagles.

1987 — The New York Giants win the Super Bowl with a 30-9 rout of the Denver Broncos. The Giants, trailing 10-9 at halftime, score 20 points in the second half to set a Super Bowl record. Plunkett completes a record 10 straight passes and 22 of 25 attempts overall.

1988 — Utah guard Rickey Green scores the NBA's 5 millionth point when the Jazz beat Cleveland 119-96.

1991 — Brett Hull scores two goals to become the third player in NHL history to score 50 goals in less than 50 games (49). Hull adds two assists to lead the St. Louis Blues to a 9-4 rout of the Detroit Red Wings.

BOYS BASKETBALL STANDINGS

REGION 1

Team R1 Overall

Lakeview 7-0 14-2

Greenville 5-2 9-7

Kennedy Catholic 4-3 7-7

West Middlesex 4-3 5-10

Sharpstown 3-4 6-10

Wilmington 1-5 6-10

Reynolds 0-7 2-13

REGION 2

Team R2 Overall

Rocky Grove 7-0 11-5

Saegertown 5-1 11-3

Cochranton 5-2 8-5

Maplewood 2-4 4-11

Cambridge Springs 2-4 4-11

Commodore Perry 1-6 4-11