

Welcome to Alberta Cup 3&4

Red Deer, Alberta
January 17 and 18, 2026



Thanks to our Sponsors





AB Cup Coaches 2025/26

WhatsApp group



Scan or upload this QR code using the
WhatsApp camera to join this group

**If you haven't, please add
yourself to the coaches/team
captains
Whatsapp group now. Also,
please sign in via the chat or
sign in sheet (in - person)**

Race Jury and other Contact Personel

Please forward any race venue,
schedule, participant or registration
questions to Competition Secretary:

Nicole Schmitt
rdnordicskiclub@gmail.com
403-596-4218

Technical Delegate: Tom Marr-Laing

NA Race Director: Ivan Babikov

Chief of Competition: Kelly Bogle



Bib Pickup and Start Lists

Sunday, January 18th, beginning at 7:15AM

Race Office (use NORTH Entrance)

**PLEASE ONLY SEND ONE TEAM
REPRESENTATIVE**

Start Lists: now posted on Zone 4

WEATHER REPORT

9am



-6°

Mainly sunny
Feels -12



Wind 17 km/h N



Wind Gust 26 km/h



Humidity 73%



P.O.P. 10%

10am



-7°

Mainly sunny
Feels -13



Wind 15 km/h N



Wind Gust 23 km/h



Humidity 79%



P.O.P. 10%

11am



-6°

Mainly sunny
Feels -11



Wind 13 km/h N



Wind Gust 20 km/h



Humidity 73%



P.O.P. 10%

12pm



-6°

Mainly sunny
Feels -11



Wind 12 km/h N



Wind Gust 18 km/h



Humidity 73%



P.O.P. 20%

1pm



-5°

A mix of sun and clouds
Feels -10



Wind 11 km/h N



Wind Gust 17 km/h



Humidity 68%



P.O.P. 20%

Forecast

Temperature



Sunday Race Format: Mass Free Technique

Schedule here is approximate.

Refer to Zone 4 start lists

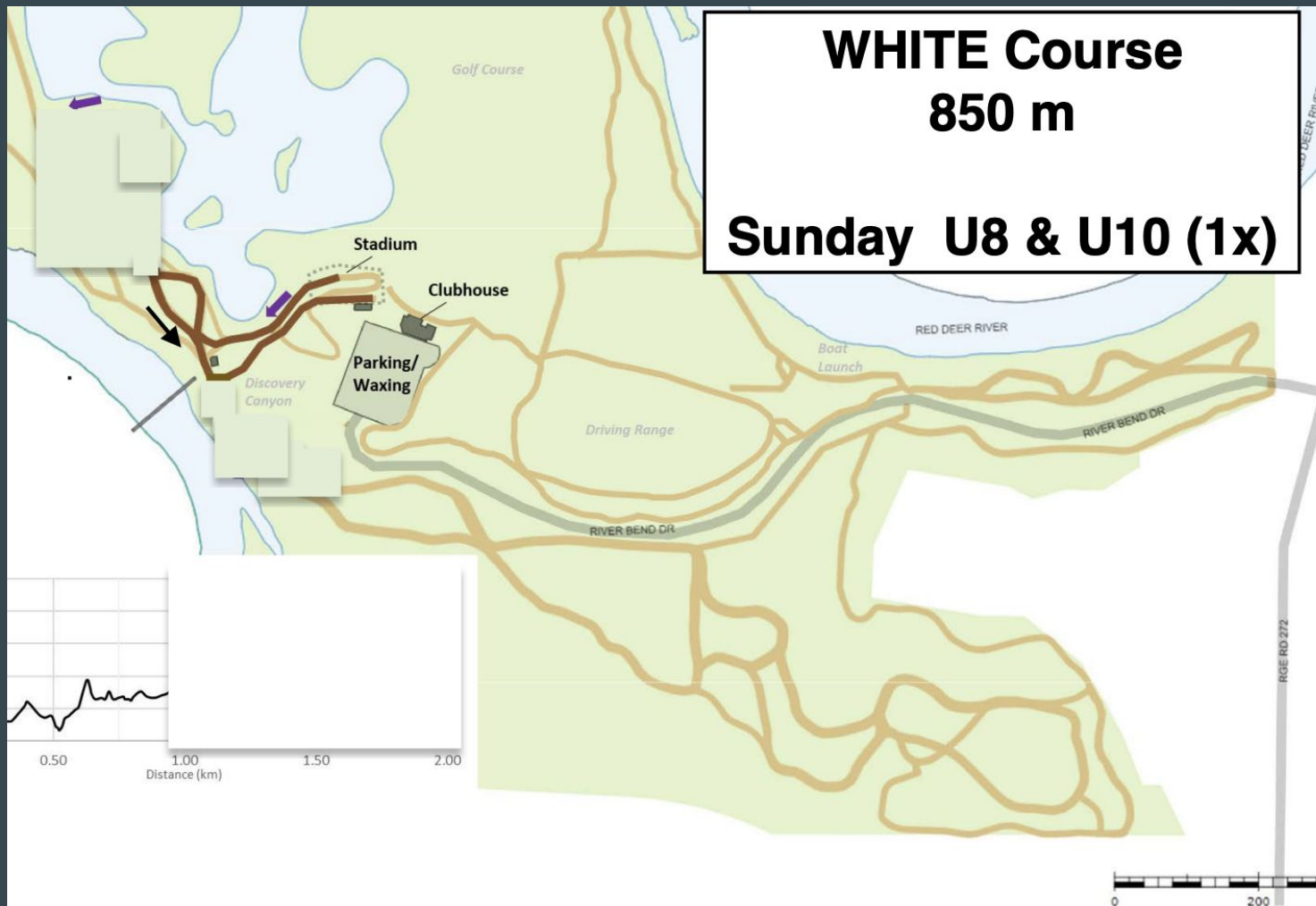
for exact athlete start times.

FOR USE BY OFFICIALS - SEE BELOW FOR PUBLIC SCHEDULE		
AB Cup 4 2026 Red Deer Events		
Sunday, January 18th		
Free Technique Mass Start		
Approximate Start	Age Category	Race Event
9:00	U18, U20, Masters and Open 15 km Mass	5 km green course
9:45	Masters Mass	5 km green course
11:00	U16 7.5 km Mass	3.75 km orange course
11:30	U14 3.75 km Mass	3.75 km orange course
11:25	U18, U20, Senior Open, Masters Awards	
12:20	U14, U16 Awards	
12:30	U12 2 km	1 km brown course
12:50	U8, U10 850 m Mass	
13:10	U12 Awards	
U8, U10 and U12 receive participation medals at the finish line.		
These race times and courses are subject to change.		

Course Maps

WHITE Course 850 m

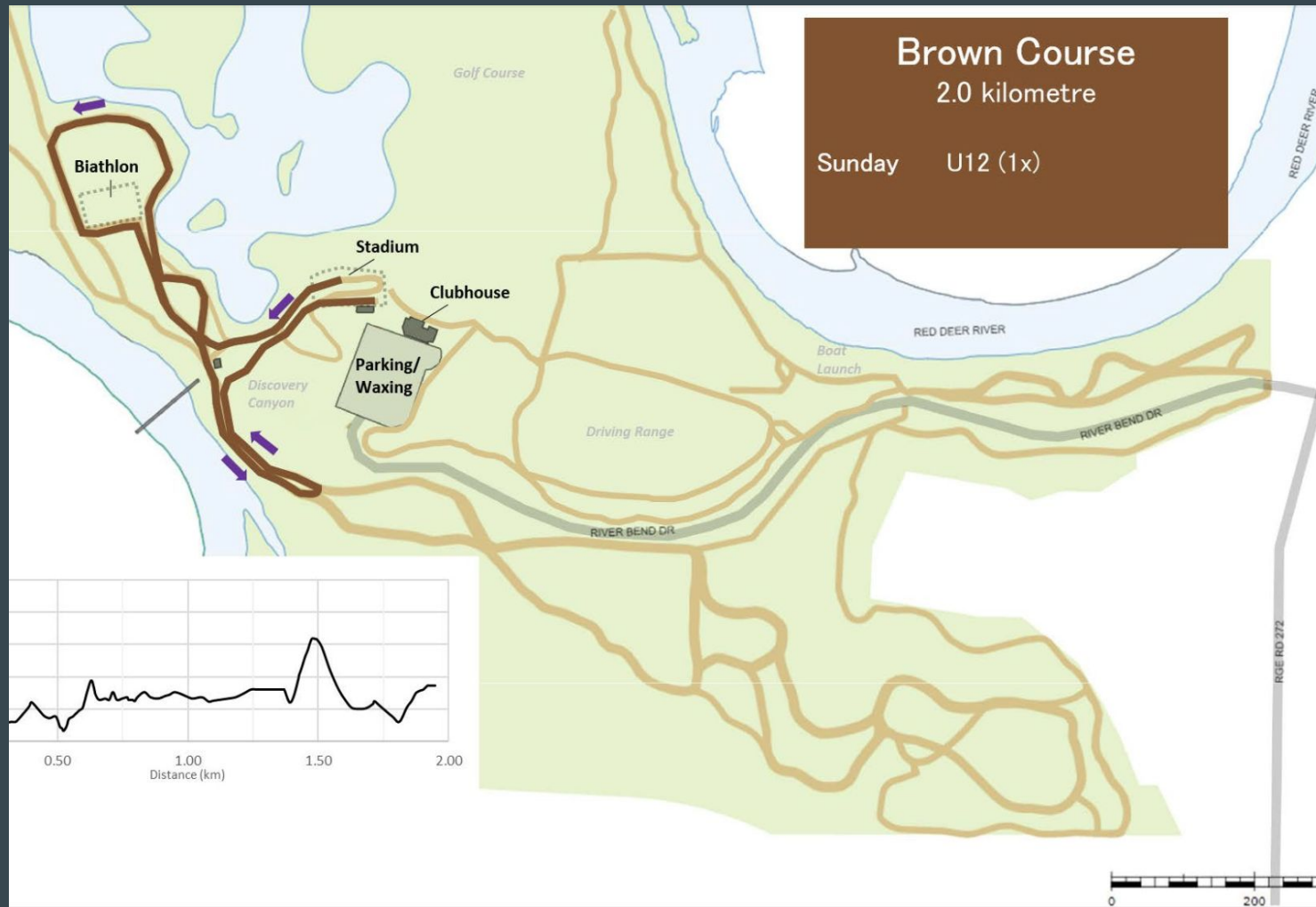
Sunday U8 & U10 (1x)



Brown Course

2.0 kilometre

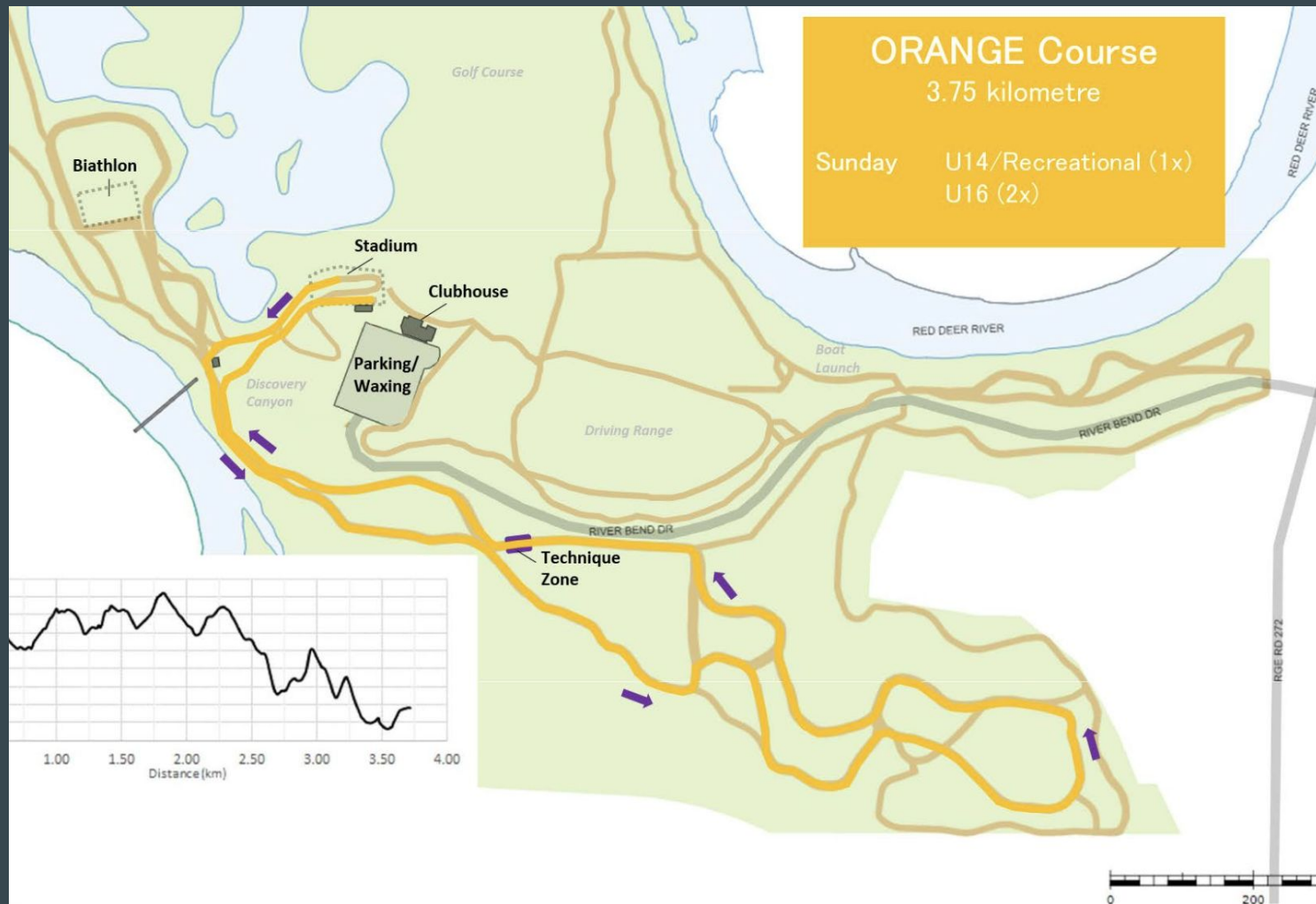
Sunday U12 (1x)



ORANGE Course

3.75 kilometre

Sunday U14/Recreational (1x)
U16 (2x)

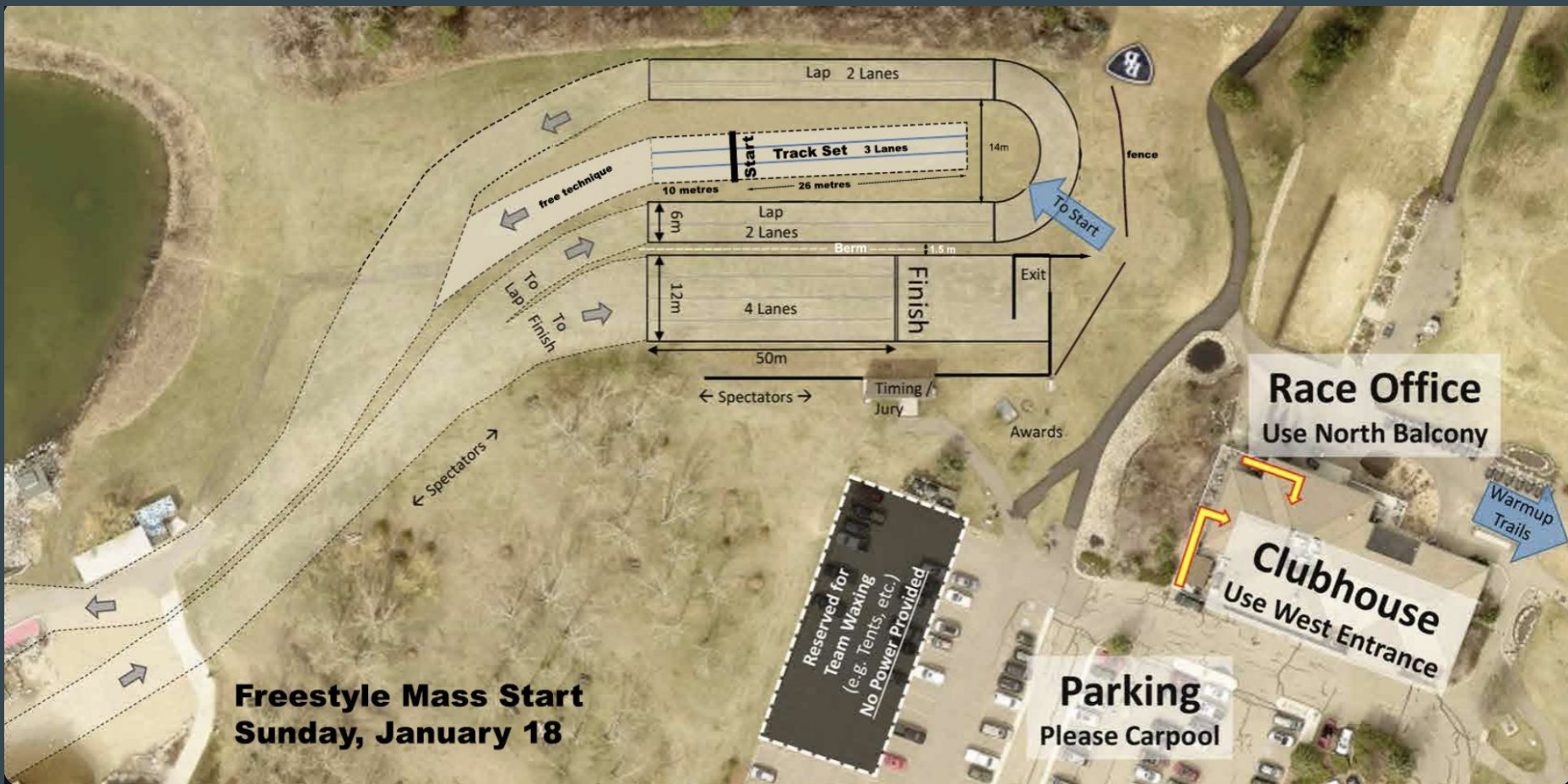


Green Course

5.0 kilometre

Sunday U18/U20/CCUNC/
Open/Masters (3x)

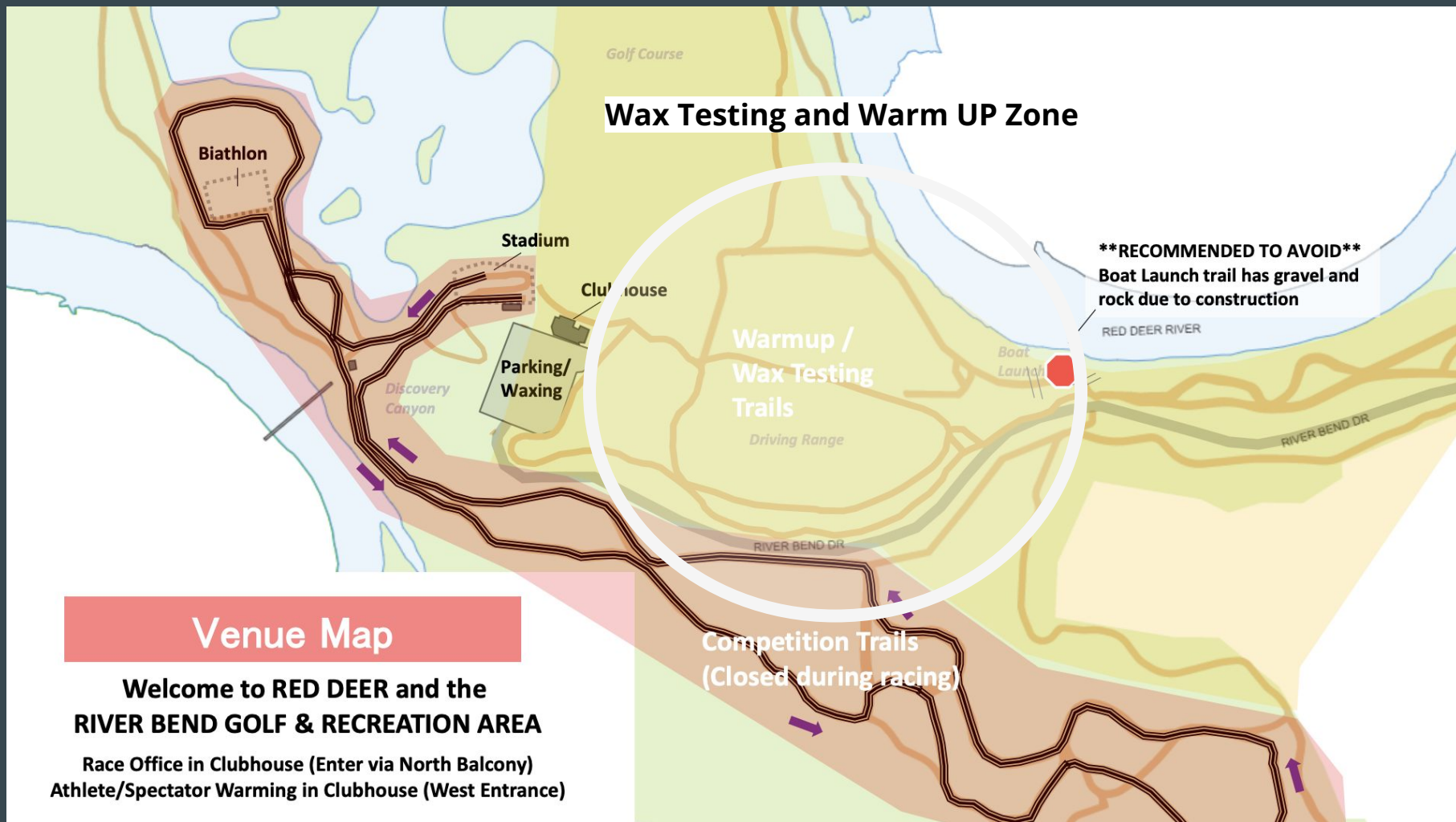




Warm up Zones

Warm up and wax testing zones will be held on the driving range to the EAST of the Clubhouse.

Saturday morning wax testing will also be allowed on the race course until 15 minutes prior to race start (8:45AM) in the direction of the race.



Wax Testing and Warm UP Zone

****RECOMMENDED TO AVOID****
Boat Launch trail has gravel and rock due to construction

Venue Map

**Welcome to RED DEER and the
RIVER BEND GOLF & RECREATION AREA**

Race Office in Clubhouse (Enter via North Balcony)
Athlete/Spectator Warming in Clubhouse (West Entrance)

Venue Notes

Gate will open again at 5:30

THANK YOU!

Additional Comments

Technical Delegate

Race Director

DON'T FORGET

Nordiq Alberta Waxing Protocol
As per Coaches Whatsapp - Ivan