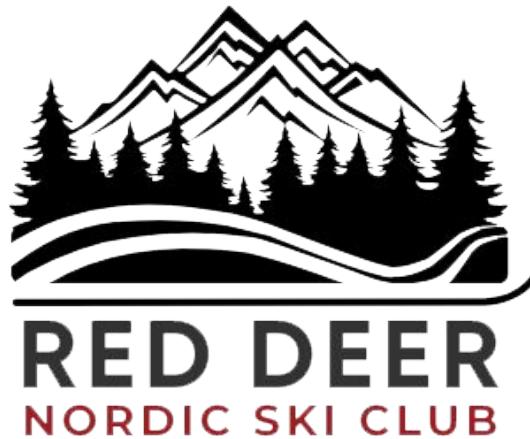


Welcome to Alberta Cup 3&4

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 Personnel

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



5°															
-5°															
-13°	Sun	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm

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.

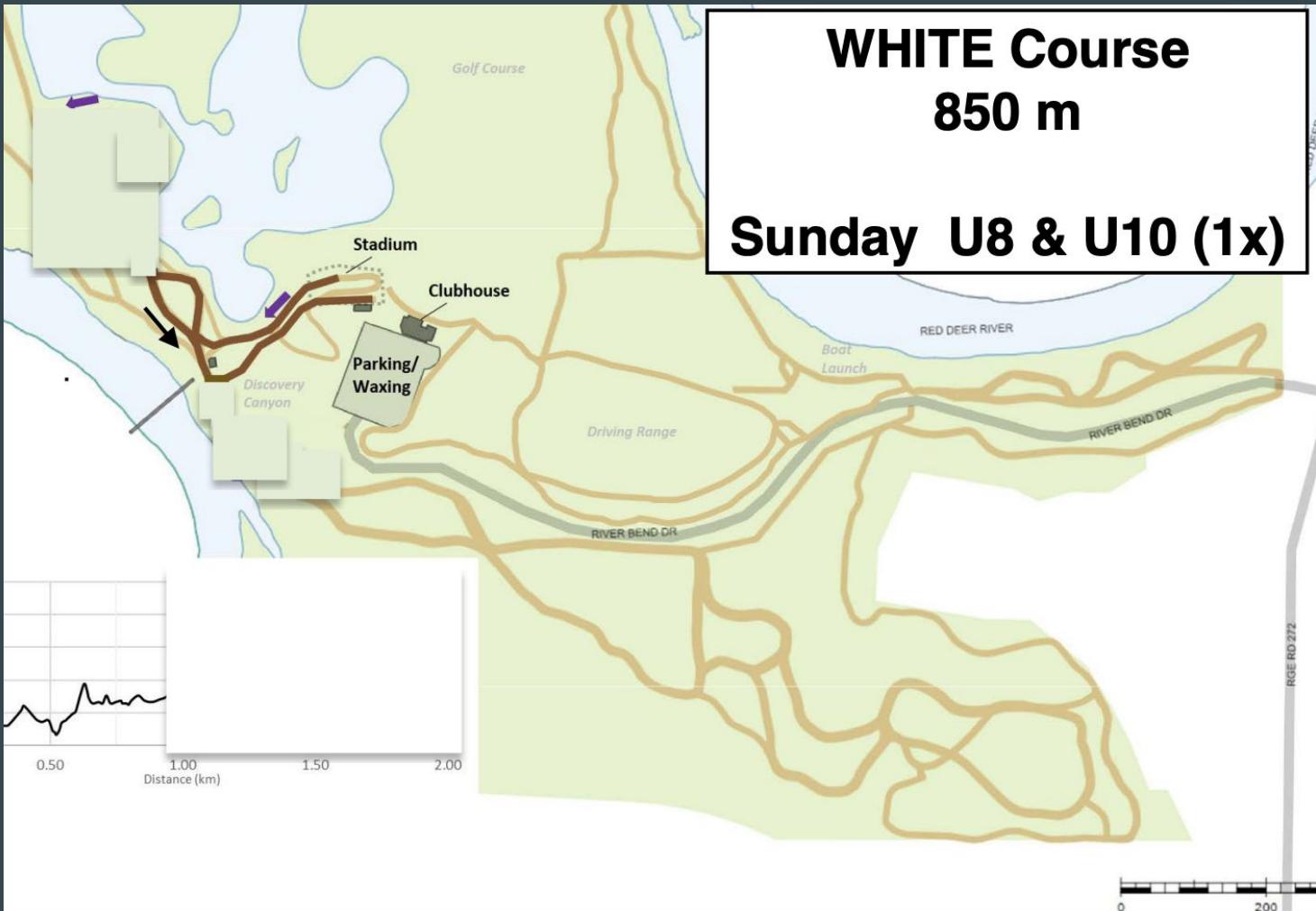
These race times and courses are subject to change.

Course Maps

WHITE Course

850 m

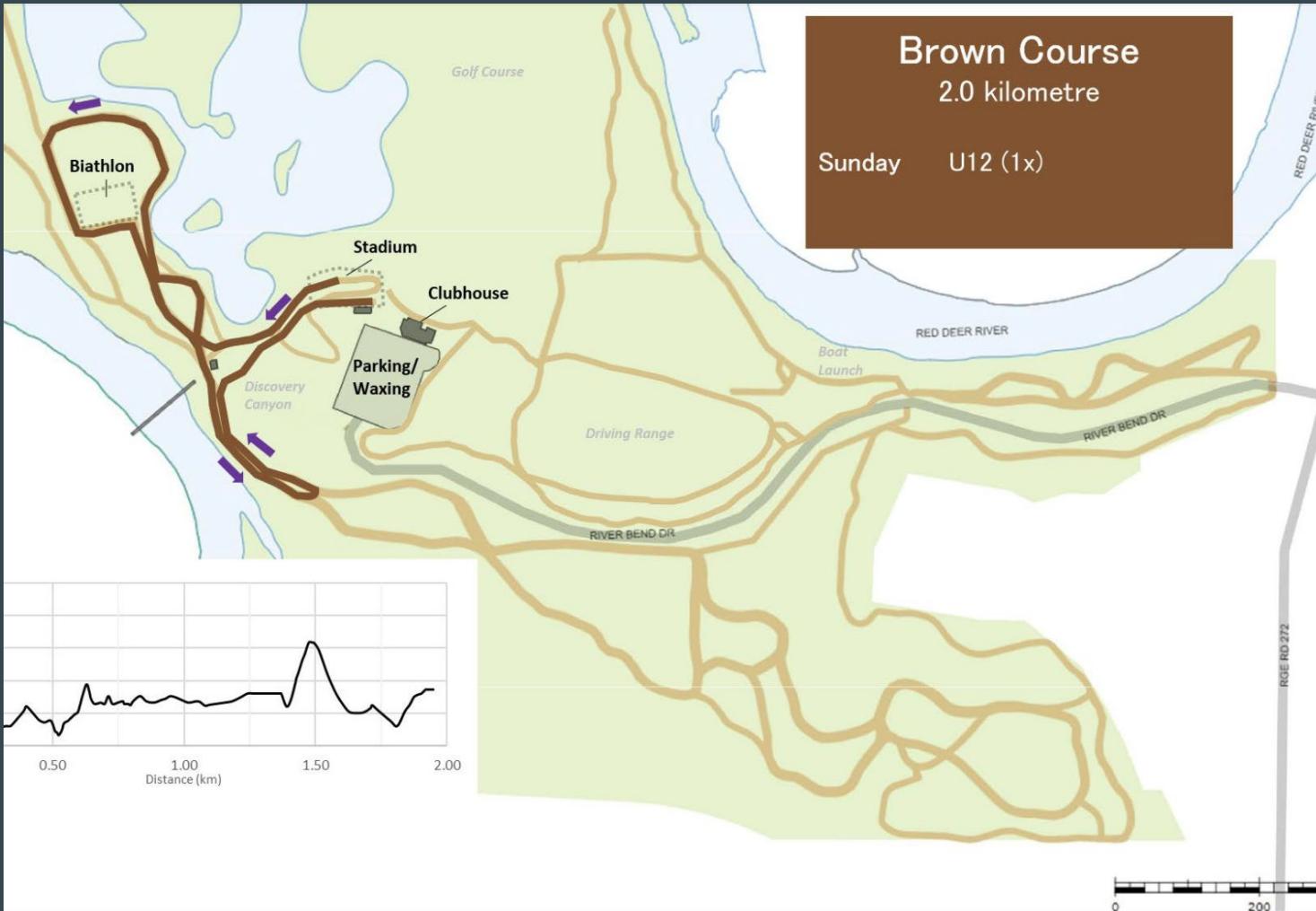
Sunday U8 & U10 (1x)



Brown Course

2.0 kilometre

Sunday U12 (1x)

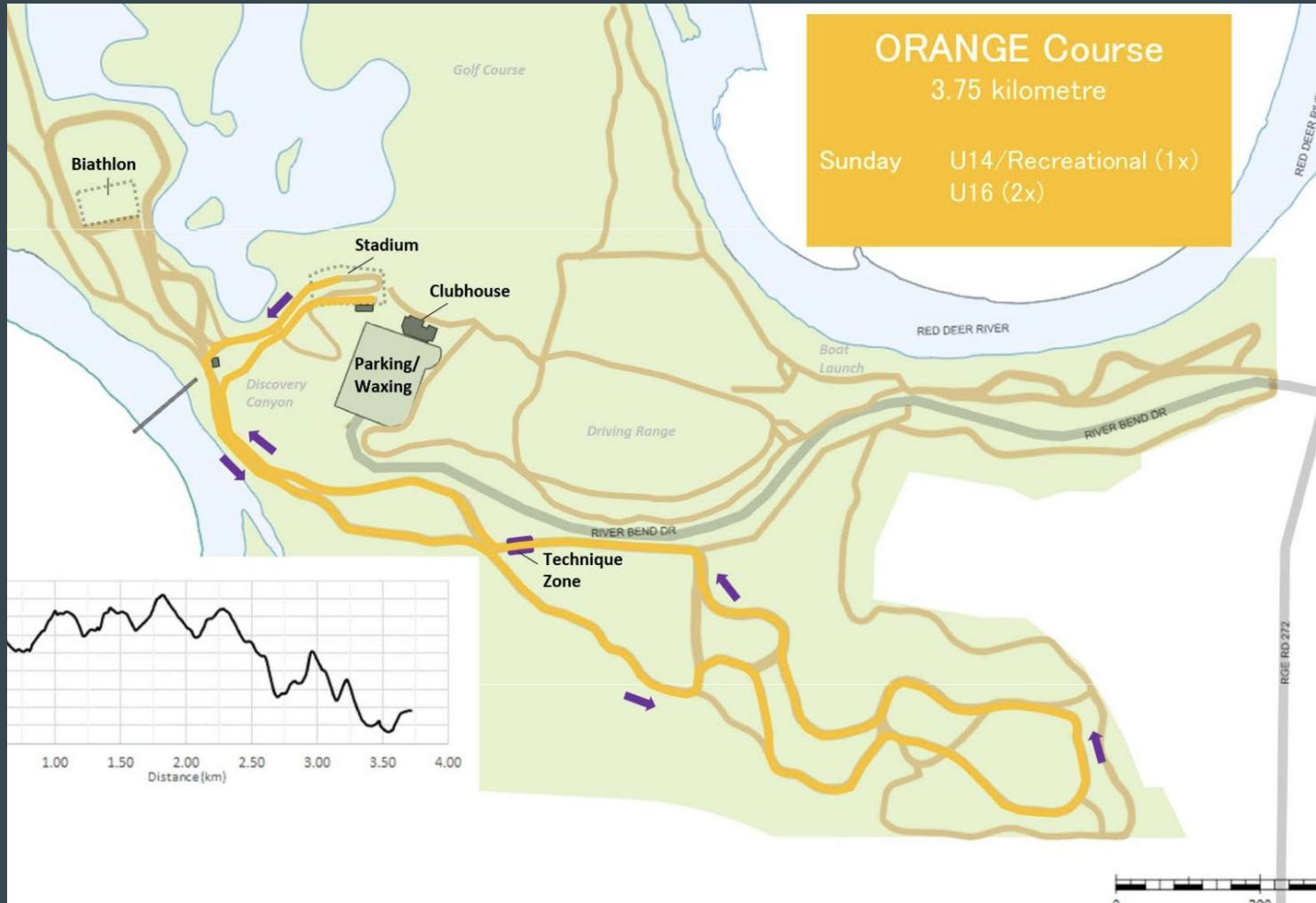


ORANGE Course

3.75 kilometre

Sunday

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



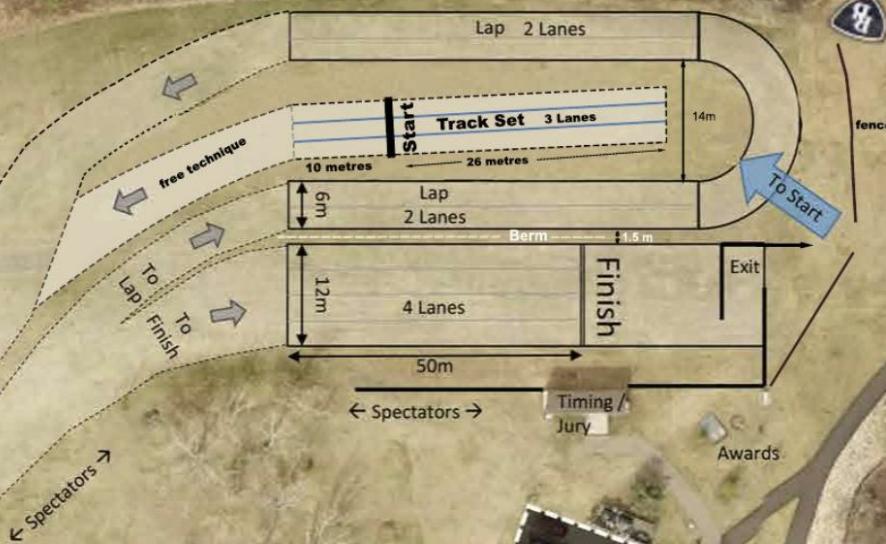
Green Course

5.0 kilometre

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



Freestyle Mass Start
Sunday, January 18



Race Office
Use North Balcony

Clubhouse
Use West Entrance

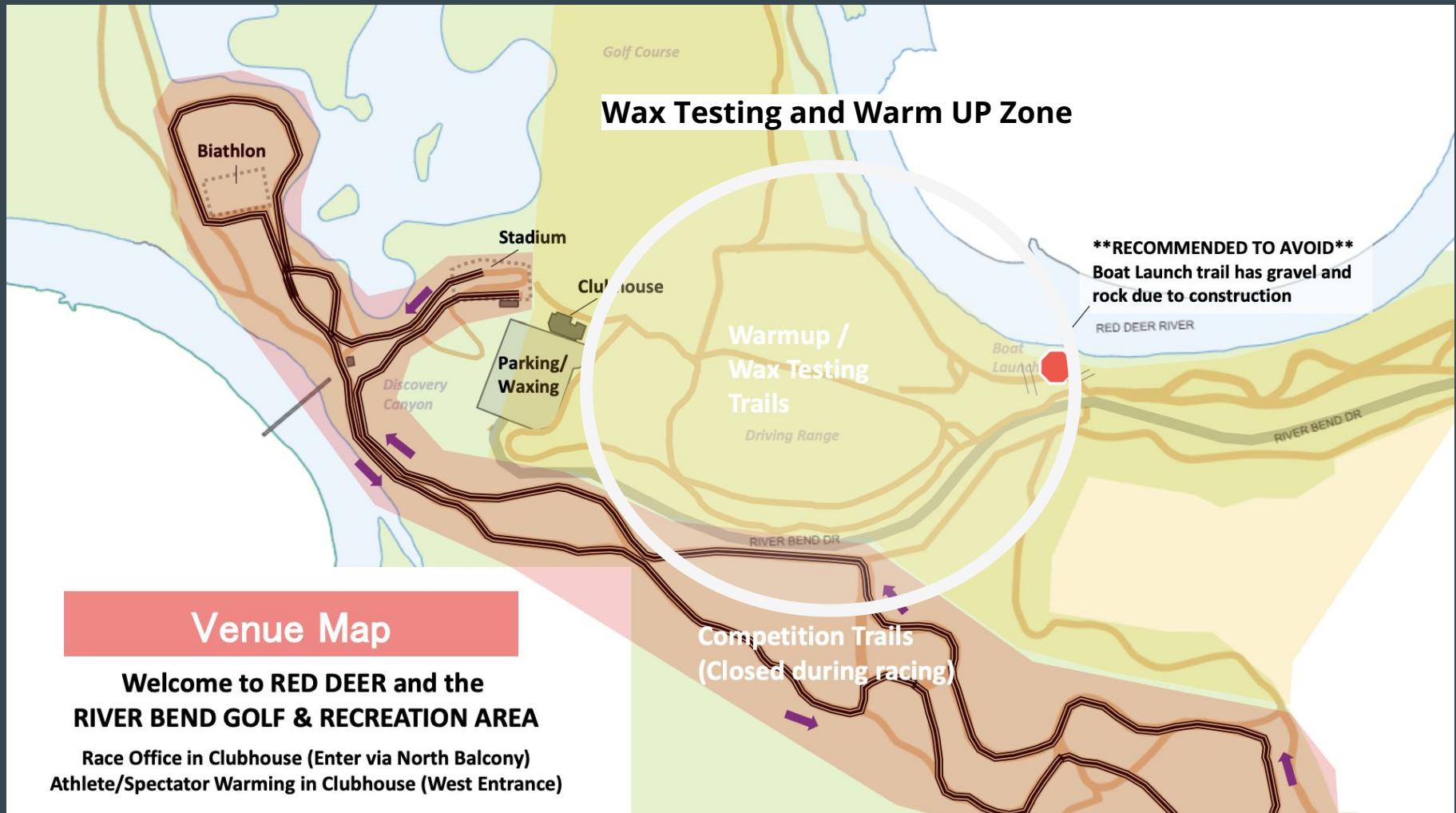
Parking
Please Carpool

Reserved for
Team Waxing
(e.g. Tents, etc.)
No Power Provided

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.



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