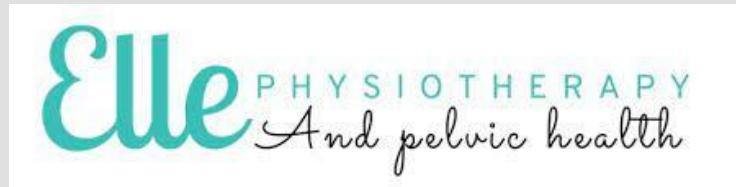


Welcome to Alberta Cup 3&4

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

Saturday, January 17th beginning at 7:15AM

Race Office (use NORTH Entrance)

**PLEASE ONLY SEND ONE TEAM
REPRESENTATIVE**

Start Lists: now posted on Zone 4

WEATHER REPORT

Sat Jan 17

Morning



-6° Sunny
Feels -11

Wind

15 km/h SW

P.O.P. 10%

Wind Gust

32 km/h

Humidity

73%

Afternoon



7° Sunny
Feels 3

Wind

28 km/h NW

P.O.P. 10%

Wind Gust

47 km/h

Humidity

65%

Evening



1° Partly cloudy
Feels -5

Wind

29 km/h NW

P.O.P. 20%

Wind Gust

45 km/h

Humidity

75%

Overnight



-6° Partly cloudy
Feels -14

Wind

29 km/h NW

P.O.P. 30%

Wind Gust

45 km/h

Humidity

74%

Forecast

Red Deer, AB

Temperature



-2°

Fri

Afternoon



-9°

Evening



Overnight



-6°

Sat

Morning



7°

Afternoon



1°

Evening



-6°

Overnight



-8°

Sun

Morning



-6°

Afternoon



-11°

Evening

Saturday Race Format: Interval Start Classic

Schedule here is approximate.

Refer to Zone 4 start lists

for exact athlete start times.

AB Cup 3 2026 Red Deer Events		
Saturday, January 17th		
Classic Individual Start		
Approximate Start Time	Age Category	Race Event
9:00	U18, U20, CCUNC, Masters and Open 15 km IS	3 x 3.3 km blue course
	U16 6.6 km IS	2 x 3.3 km blue course
	U14 3.3 km IS	3.3 km blue course
12:45	Awards U14, U16 categories	
13:00	U12 2 km IS	2 x 1 km yellow course
	U10 1 km IS	1 km yellow course
	U8 500 m IS	500 m pink course
14:20	Awards U12 categories	
17:00	Nordiq Alberta Coaches' Social - Club House	River Bend Club House
18:00	TCM - Club House in person and online	River Bend Club House

U8, U10 and U12 receive participation medals at the finish line.

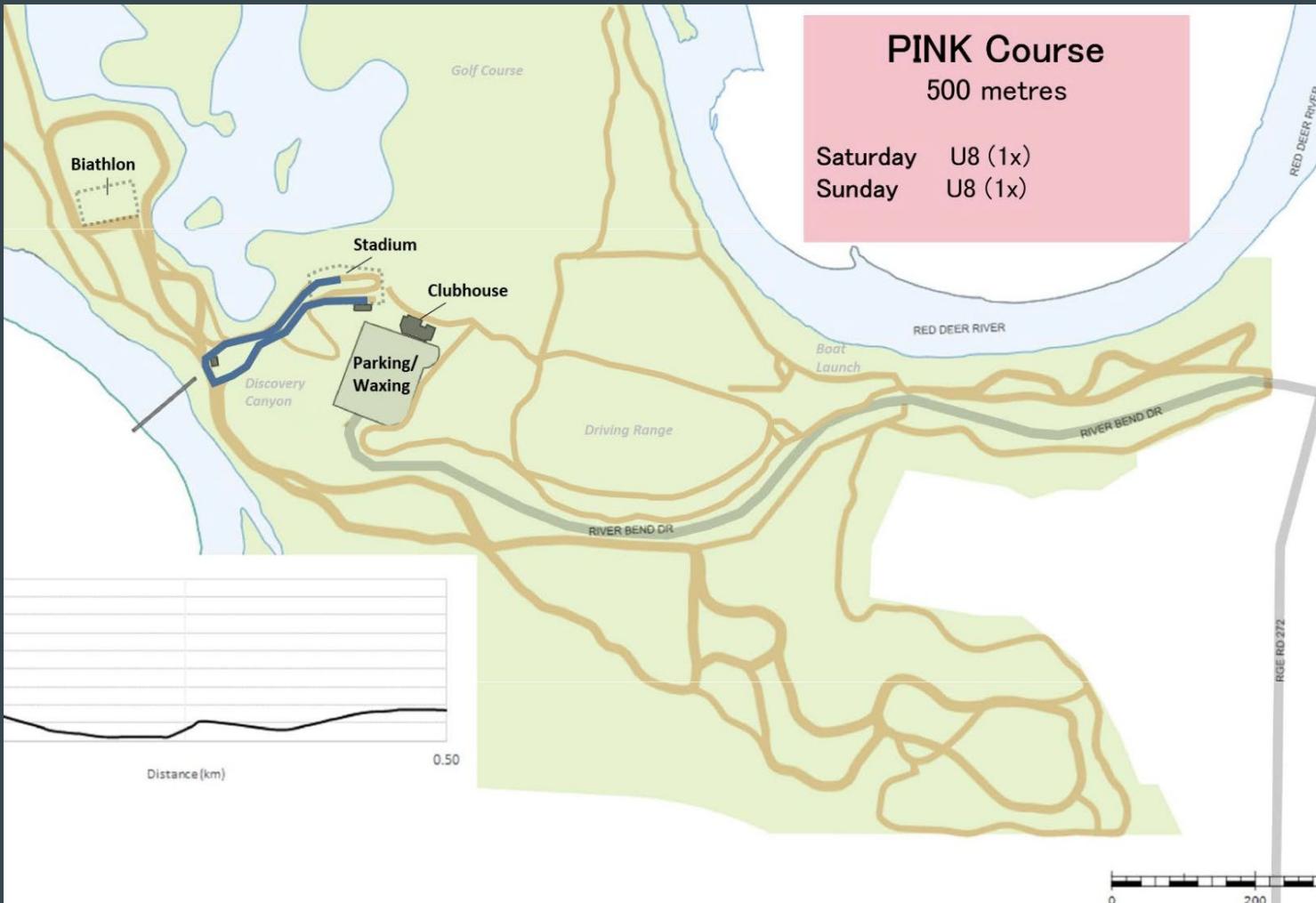
These race times and courses are subject to change.

Course Maps

PINK Course

500 metres

Saturday U8 (1x)
Sunday U8 (1x)



YELLOW Course

1.0 kilometre

Saturday PN Sitting/U12 (2x)
U10 (1x)

Biathlon

Stadium

Clubhouse

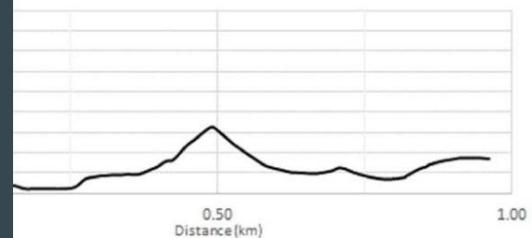
Discovery

Waxing

RED DEER RIVE

1000

RIVER BEND DR

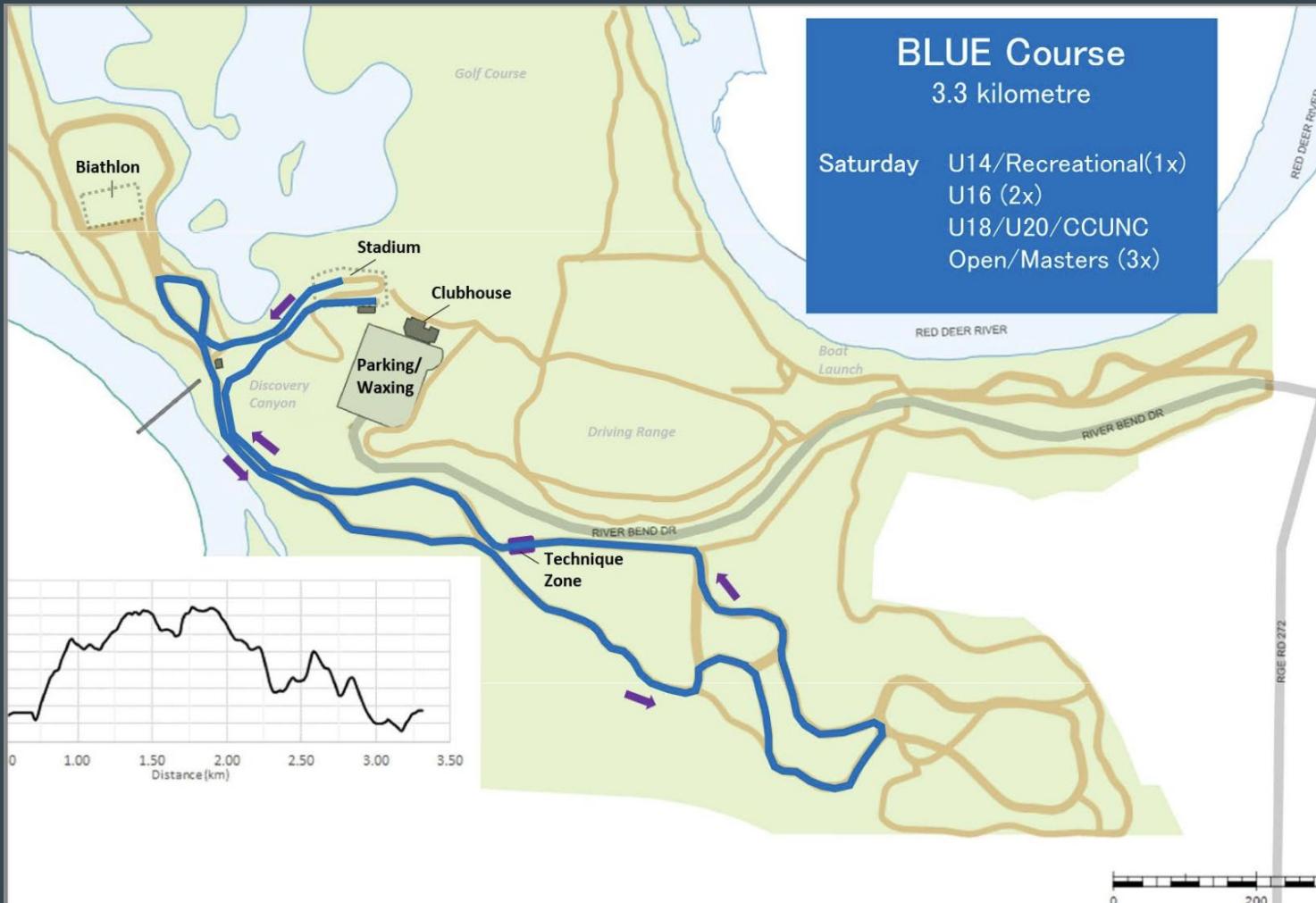


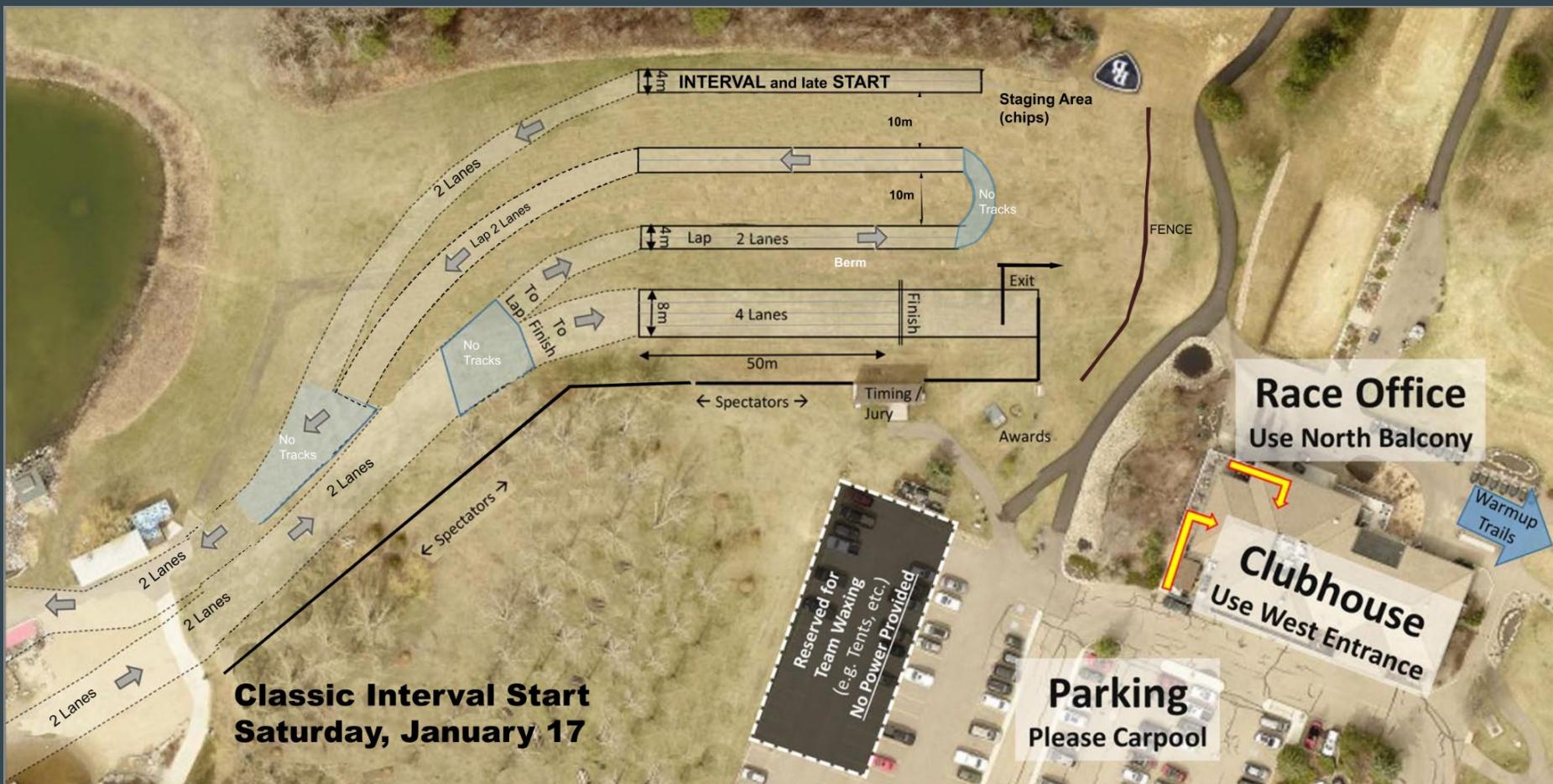
85

BLUE Course

3.3 kilometre

Saturday U14/Recreational(1x)
U16 (2x)
U18/U20/CCUNC
Open/Masters (3x)





Friday Night Lights - Brent Bouwsema

U8-U10

Meet in front of Discovery Canyon at 6:15
After Skills Start, U12-U16 will Self Seed in start area



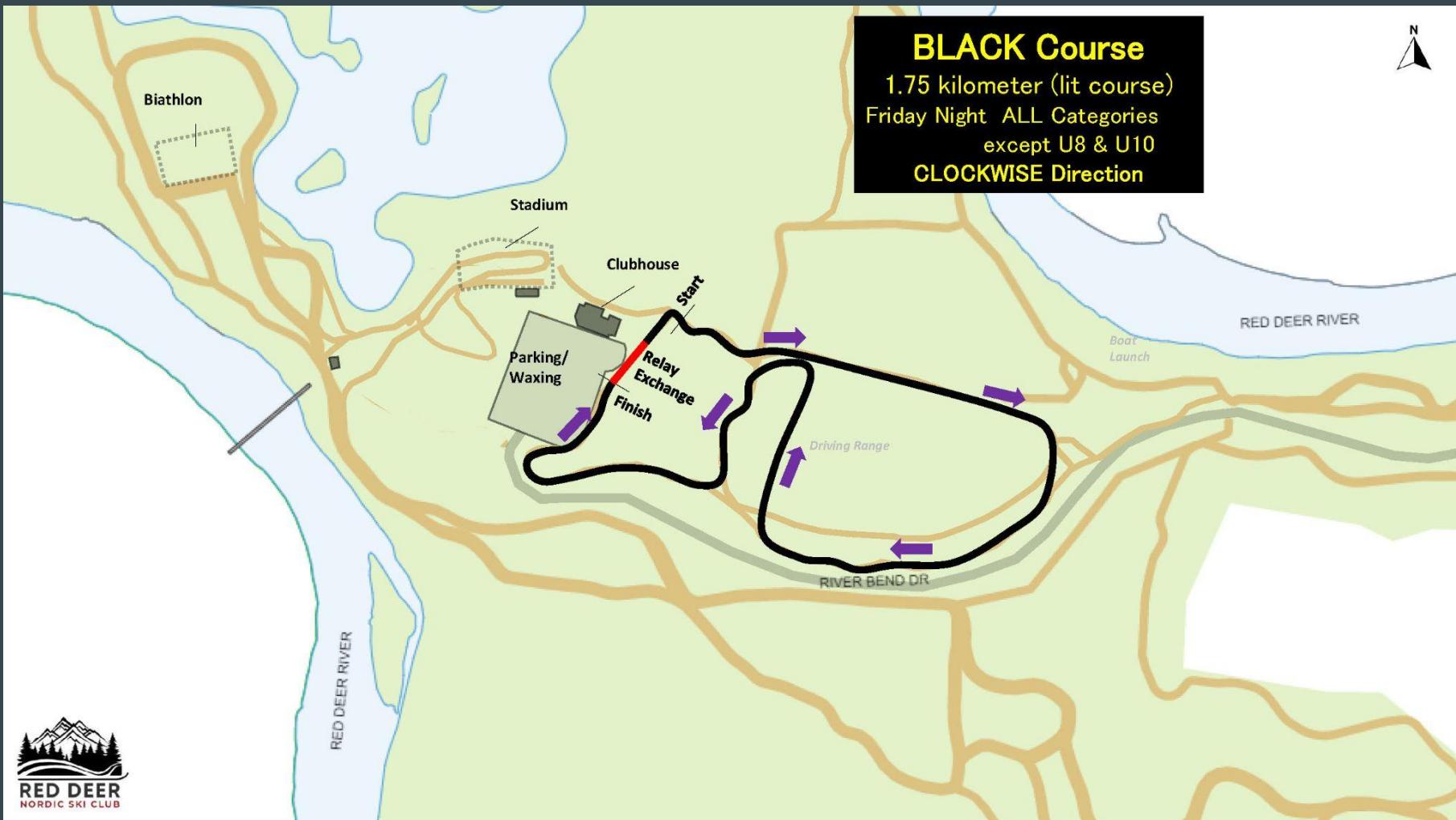
BLACK Course

1.75 kilometer (lit course)

Friday Night ALL Categories

except U8 & U10

CLOCKWISE Direction



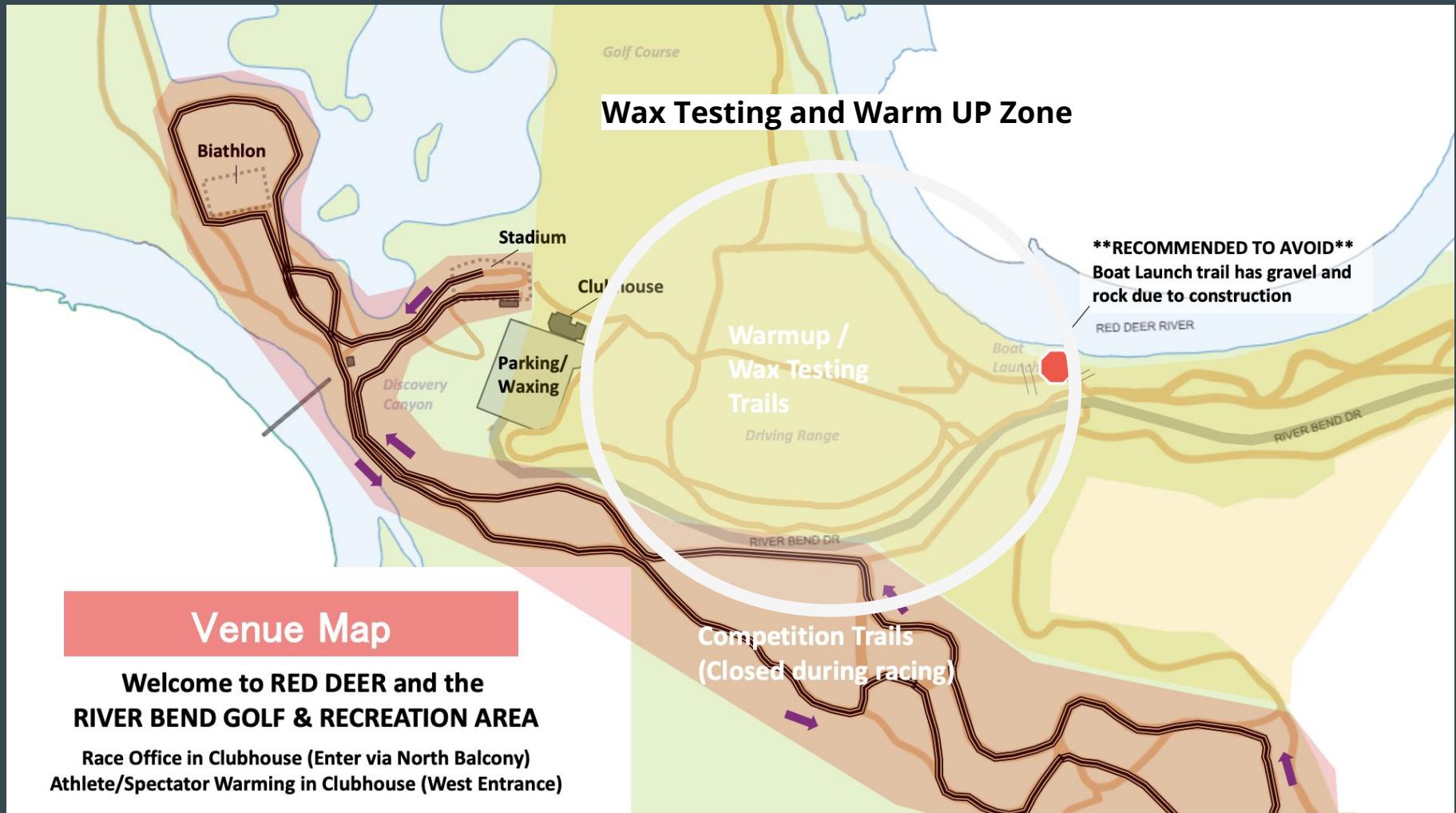
RED DEER
NORDIC SKI CLUB

Warm up Zones and Wax Testing

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.

U16 and U14 COACHES can wax test on the biathlon hill being cautious about interfering with the racers.



Europe Trip Selection

Ivan

Additional Comments

Technical Delegate

Race Director

DON'T FORGET

Nordiq Alberta Waxing Protocol
As per Coaches Whatsapp - Ivan

Saturday TCM

Saturday, 6:00 PM preceded by 5PM coaches social
Hybrid format: online and in-person in Clubhouse

Good Luck!

Thank you for joining us here in Red Deer!
Good luck and happy racing to all athletes and coaches.
Now let's have some fun at FRIDAY NIGHT LIGHTS!