

# 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**

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



# Saturday Race Format: Interval Start Classic

Schedule here is approximate.

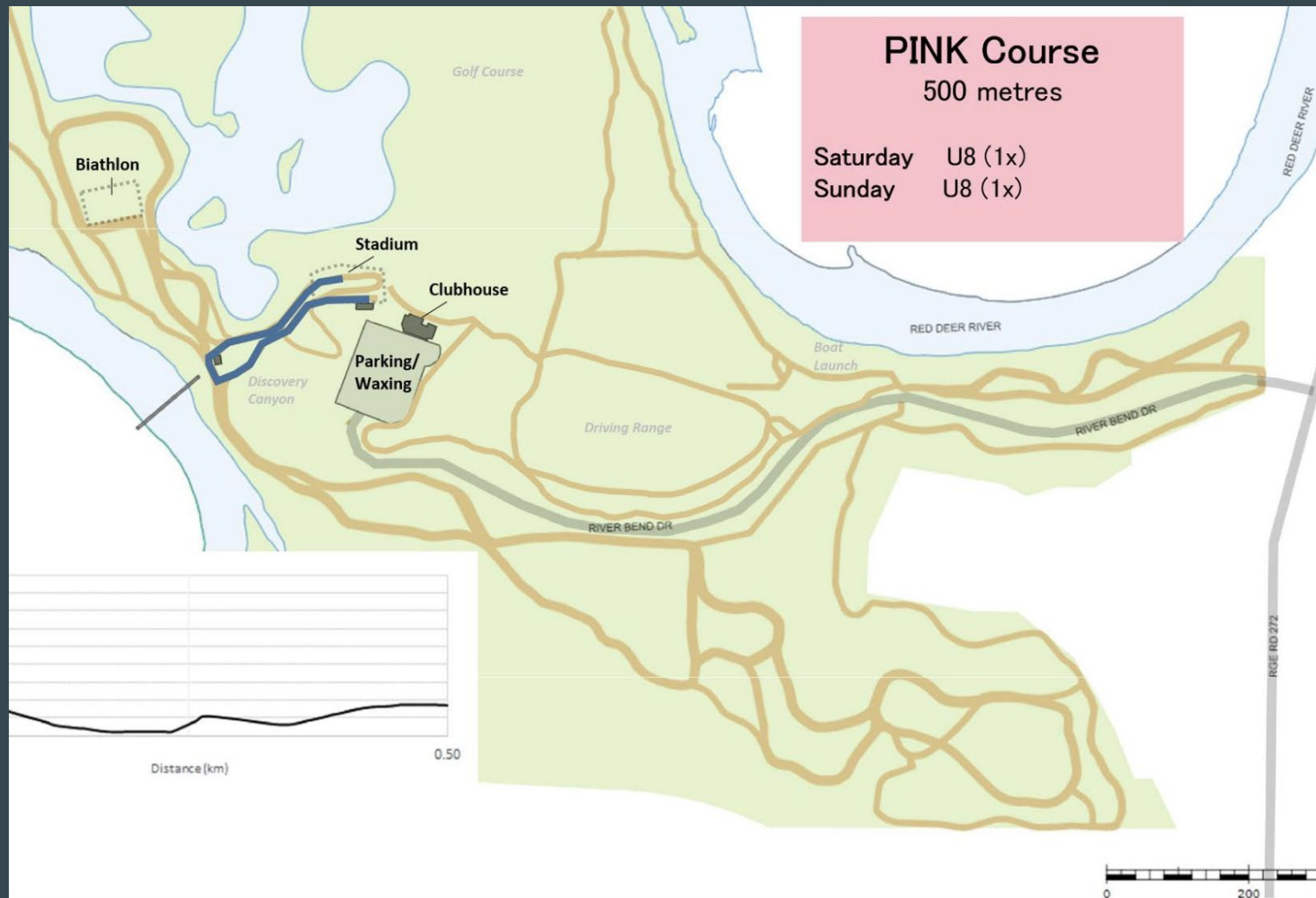
Refer to Zone 4 start lists

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.			



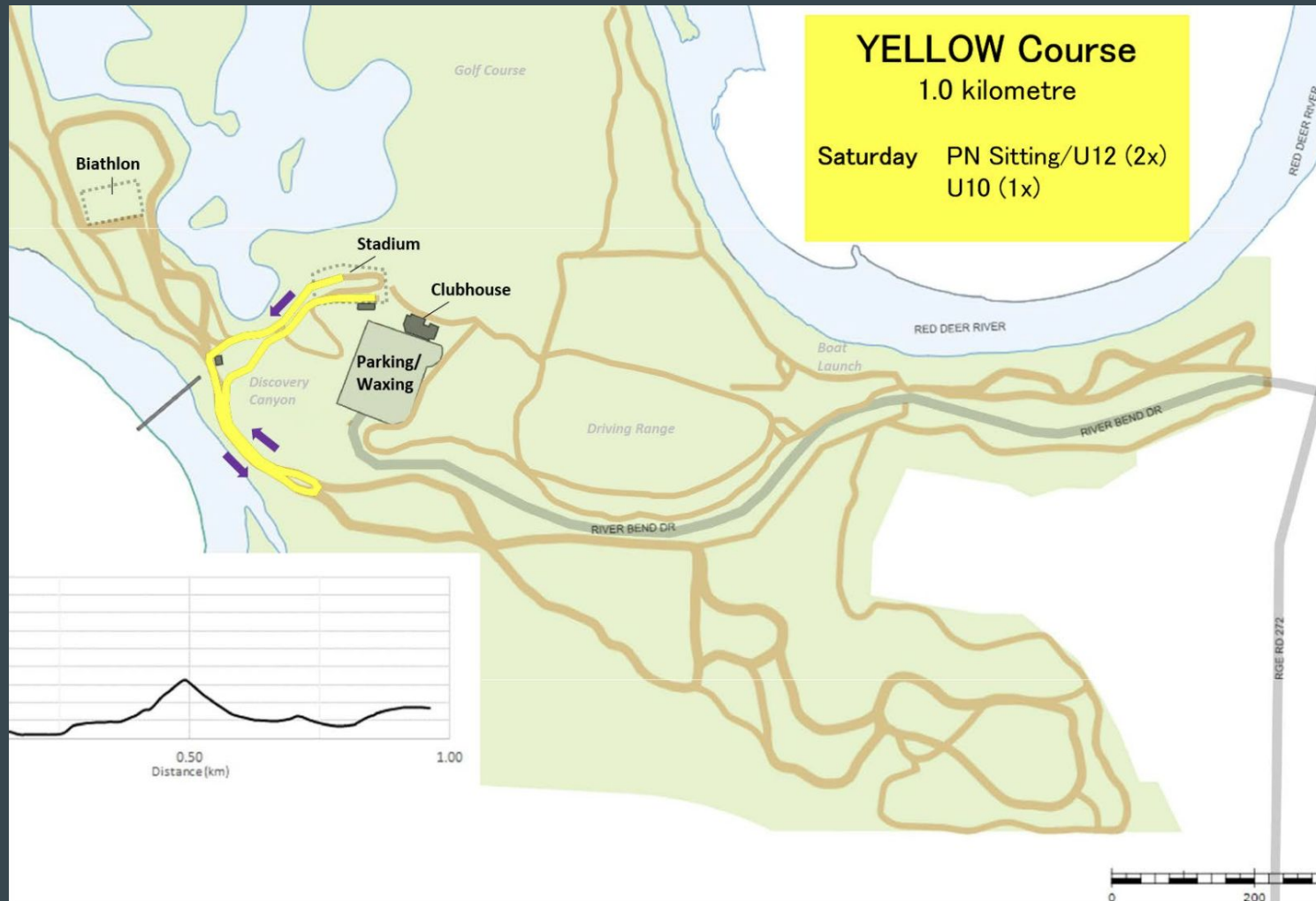
# Course Maps



# YELLOW Course

1.0 kilometre

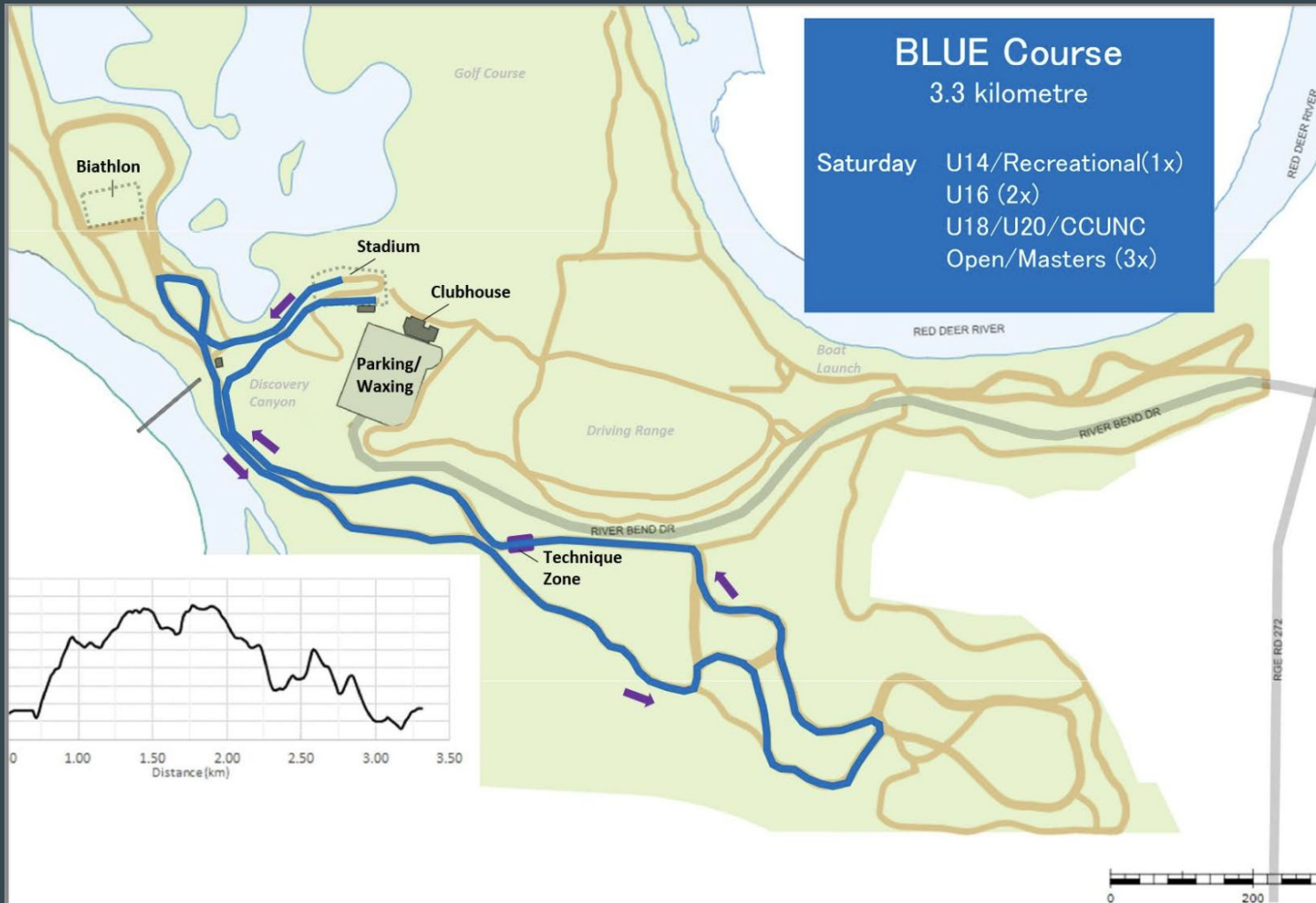
Saturday PN Sitting/U12 (2x)  
U10 (1x)



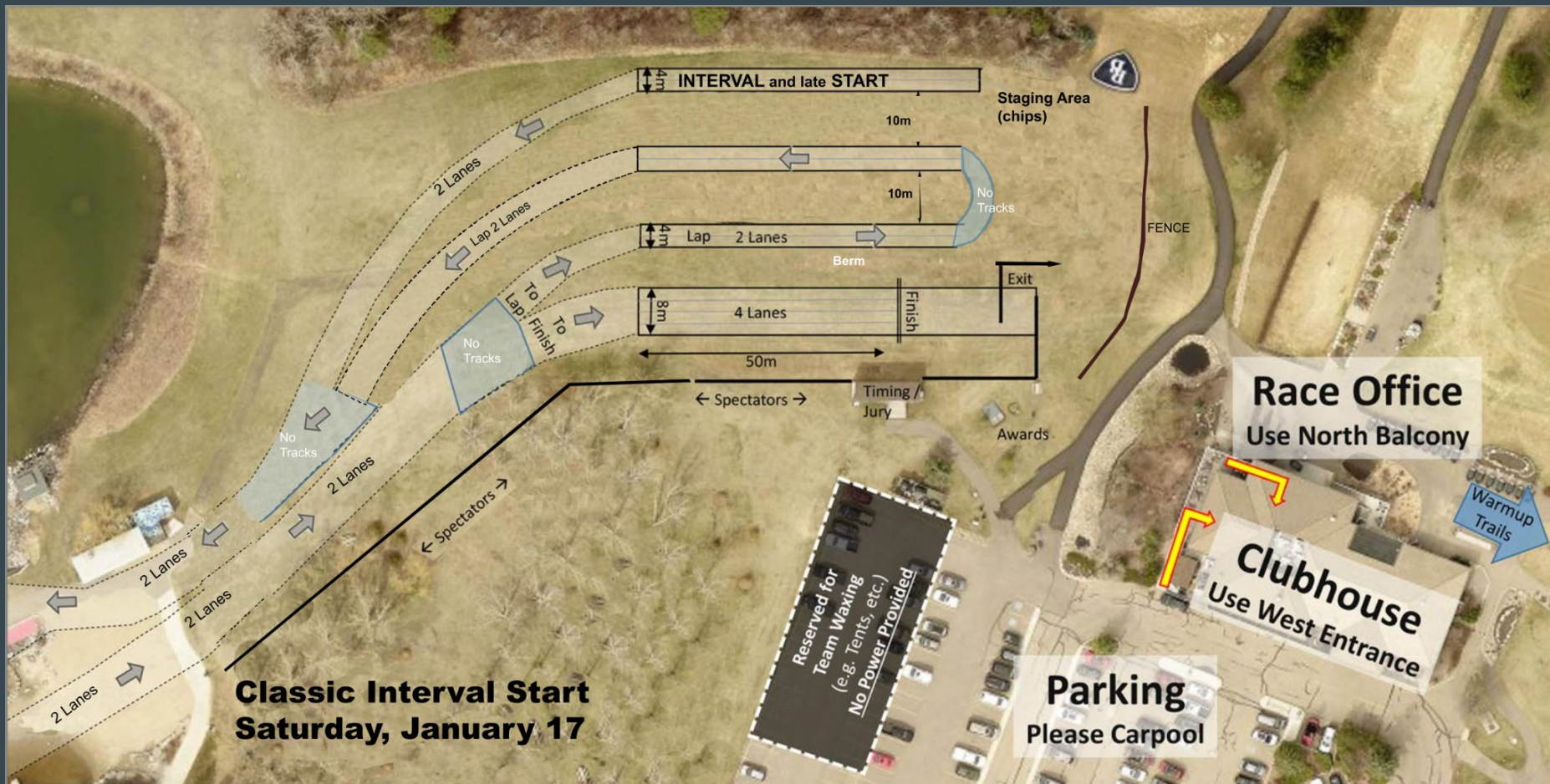
# BLUE Course

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

Biathlon

Stadium

Clubhouse

Start

Parking/  
Waxing

Relay  
Exchange  
Finish

Driving Range

RED DEER RIVER

Boat  
Launch

RIVER BEND DR

RED DEER RIVER



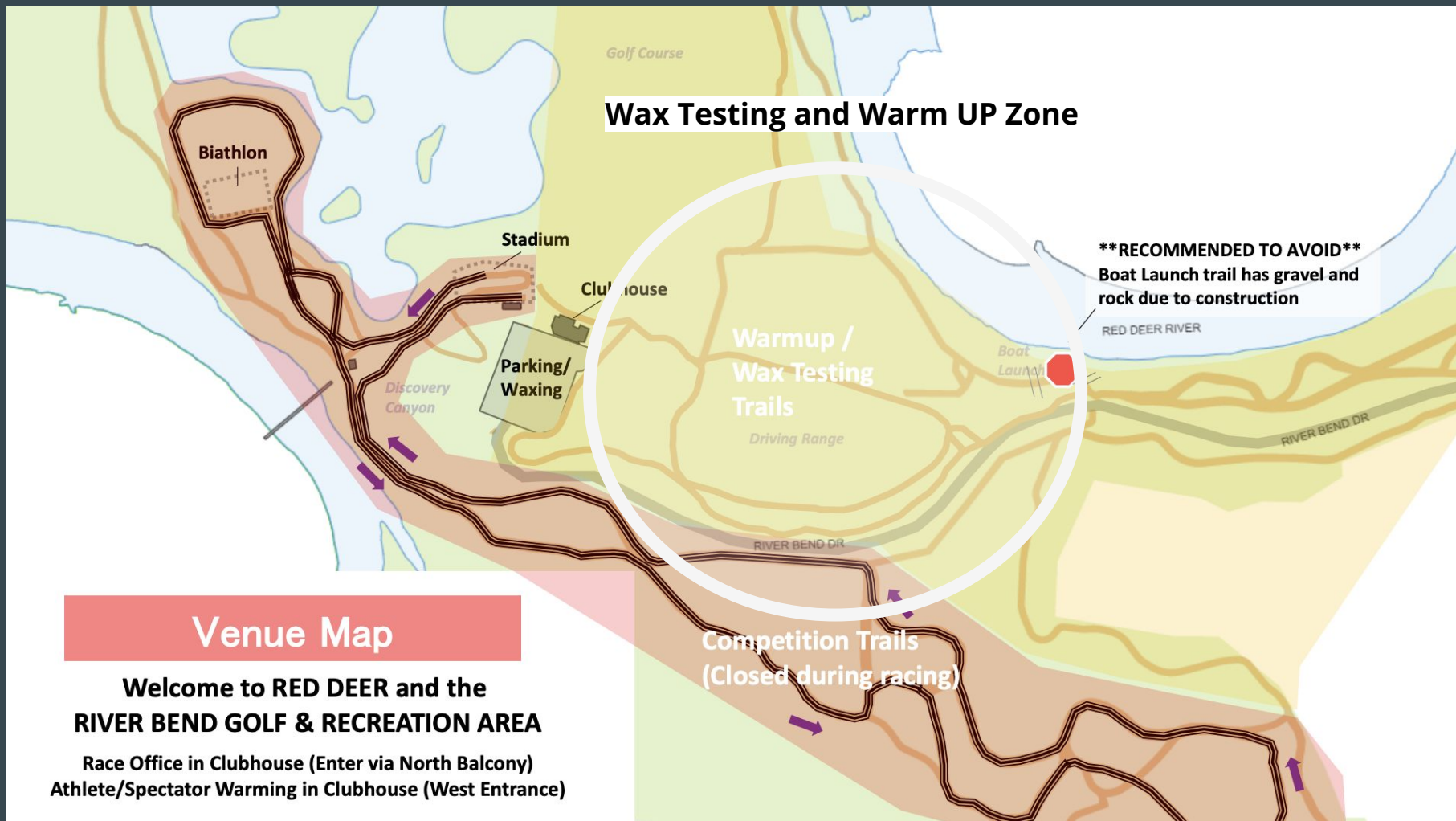
# Warm up Zones and Wax Testing

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!