



Alberta Cup 7 & 8

February 19-20, 2022, Fort McMurray AB

Welcome to Fort McMurray!

Coaches Roll Call

- Edmonton Nordic
- Parkland Nordic
- Foothills Nordic
- Wapiti Nordic
- Ptarmigan Nordic
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Cont'd

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Event Committees

Technical Delegate: Tom Marr-Laing

Assistant TD: Bruce Stephen

NA Race Director: Ivan Babikov

Chief of Competition: Chris Reitz

Competition Secretary: Tanya Reitz

Race Office Manager: Inger Kleppe-Leblanc

Chief of Timing: Alexa Keightly

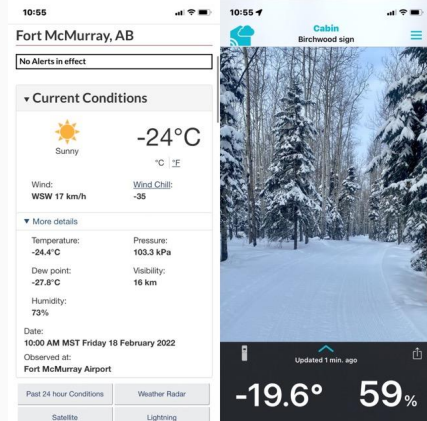
Chief of Stadium: Ed Salmon

Chief of Course: Greg Brayall















Weather at the Venue

Date	Time	Venue Temp	Env Canada	Delta
02/18/2022	4:55:00 PM	-15.3	-17.5	2.2
02/18/2022	3:55:00 PM	-14.8	-18	3.2
02/18/2022	2:55:00 PM	-15.3	-18.8	3.5
02/18/2022	12:55:00 PM	-16	-21.5	5.5
02/18/2022	11:55:00 AM	-17.1	-24.4	7.3
02/18/2022	10:55:00 AM	-19.6	-24.4	4.8
02/18/2022	9:55:00 AM	-23.8	-28.9	5.1
02/18/2022	8:55:00 AM	-25.6	-28.9	3.3
02/18/2022	7:55:00 AM	-26.4	-27.6	1.2



Environment Canada Forecast

06:00	-15	 Snow	High	E 10	-22
07:00	-16	 Snow	High	E 10	-22
08:00	-16	 Snow	High	E 10	-22
09:00	-16	 Snow	High	E 10	-22
10:00	-16	 Snow	High	E 10	-22
11:00	-16	 Chance of flurries	Low	N 20	-25
12:00	-16	 Chance of flurries	Low	N 20	-25
13:00	-16	 Chance of flurries	Low	N 20	-25
14:00	-16	 Chance of flurries	Low	N 20	-25
15:00	-17	 A mix of sun and cloud	Low	N 20	-26
16:00	-17	 A mix of sun and cloud	Low	N 20	-27
17:00	-18	 A mix of sun and cloud	Low	N 30	-30





Saturday Feb 19th

Classic,
Mass Start
All Categories

Saturday Schedule

Morning

- MASS Start Classic All Categories
- Masters and Open Racing PM

Afternoon

- U12, U10, U8 Categories Interval Skate
- Athletes will get NEW BIBS for second Start
- Note U8 Boys the U8 Girls

Group Name	Start Time	? Gap	Last Start
U18 Boys ages 16-17	10:00:00		10:00:00
U18 Girls ages 16-17	10:05:00	5:00	10:05:00
U16 Boys ages 14-15	10:30:00	25:00	10:30:00
U16 Girls ages 14-15	10:35:00	5:00	10:35:00
U14 Boys ages 12-13	11:00:00	25:00	11:00:00
U14 Girls ages 12-13,	11:05:00	5:00	11:05:00
U12 Boys ages 10-11 & U12 Girls ages 10-11	11:30:00	25:00	11:30:00
U10 Boys ages 8-9 & U10 Girls ages 8-9	11:45:00	15:00	11:45:00
U8 Boys ages 7 and under & U8 Girls ages 7 and under	12:00:00	15:00	12:00:00
Open Men & Open Women & Masters Men & Masters Women	12:30:00	30:00	12:30:00

Group Name	Interval	Start Time	? Gap	Last Start
U12 Boys ages 10-11	30	14:00:00		14:03:00
U12 Girls ages 10-11	30	14:03:30	30	14:05:00
U10 Boys ages 8-9	30	14:15:00	10:00	14:18:00
U10 Girls ages 8-9	30	14:18:30	30	14:18:30
U8 Girls up to 7 years	30	14:30:00	11:30	14:32:30
U8 Boys up to 7 years	30	14:33:00	30	14:35:00

Classic Technique/Turning Zones

Markings:

- Green Signs to Start
- Red Signs at End

Turning Zones

- Fuzzy Hill half way up (uphill just after the hard left corner)
- Mid-Point of Arctic Winter Games (right corner on the flat)

Technique Zone

- Birchwood Hill - straight section nearing Stadium Entrance



Classic Courses

Orange and Blue Courses

- Races with multiple laps will complete a Stadium Loop between Laps
- Races with combination Orange and Blue are ORANGE LAPS FIRST
- V-Boards will be added to delineate the turn at the separation of Orange and Blue Courses
- Track to be added throughout all of the uphill. Downhills to remain as today



Course Maps



5.6 km

Total Distance: 5,668 m
(Trail portion only.
See Field Setup for
Start/Finish/Lap Distances)

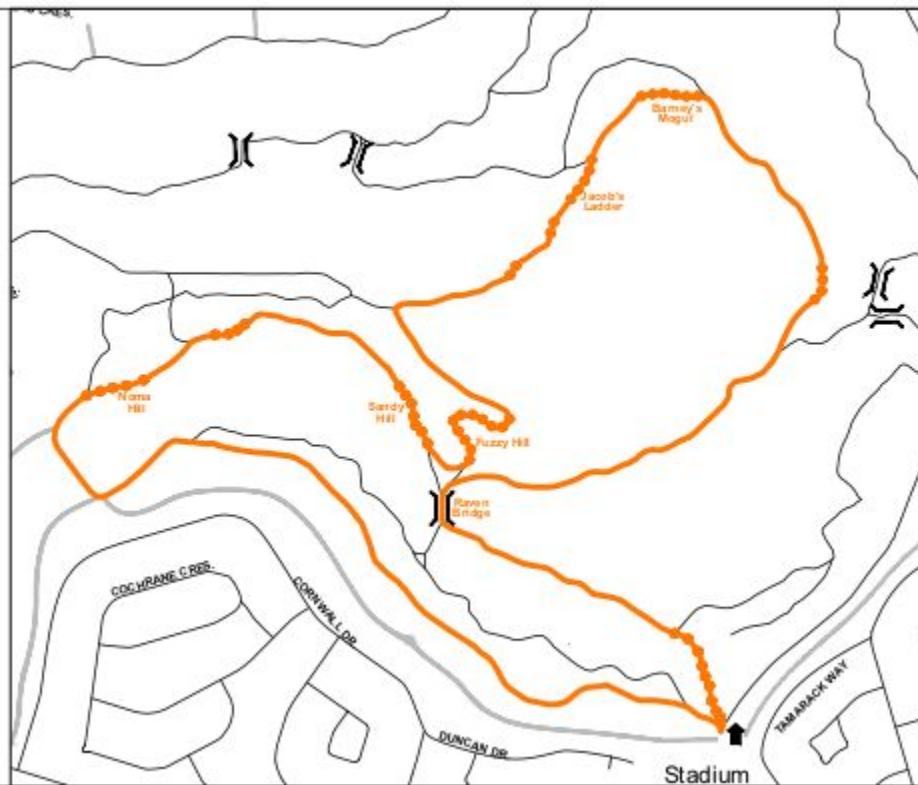
Significant Hills



Bridges



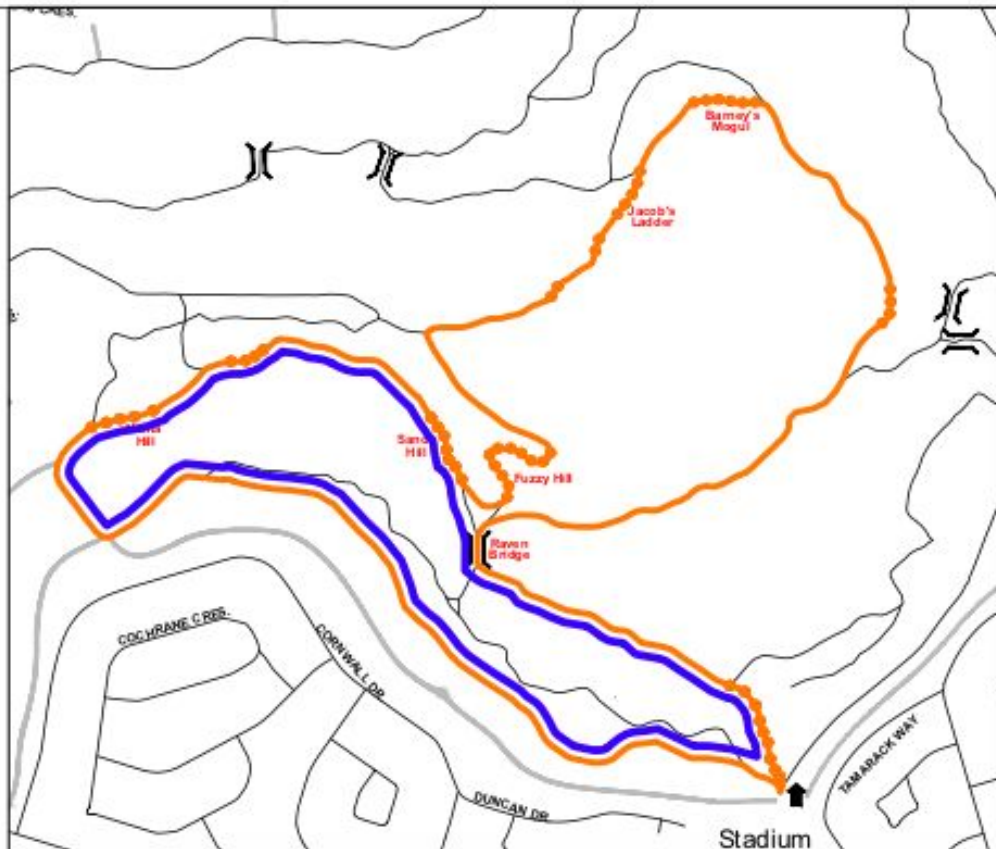
Paved Trails





Combined

- Significant Hills 
- Bridges 
- Paved Trails 



U18 Men/Women - V-Boards will mark fast corner and will be moved to mark 3.2 km between laps



3.2 km

Total Distance: 3,173 m

(Trail portion only.

See Field Setup for

Start/Finish/Lap Distances)

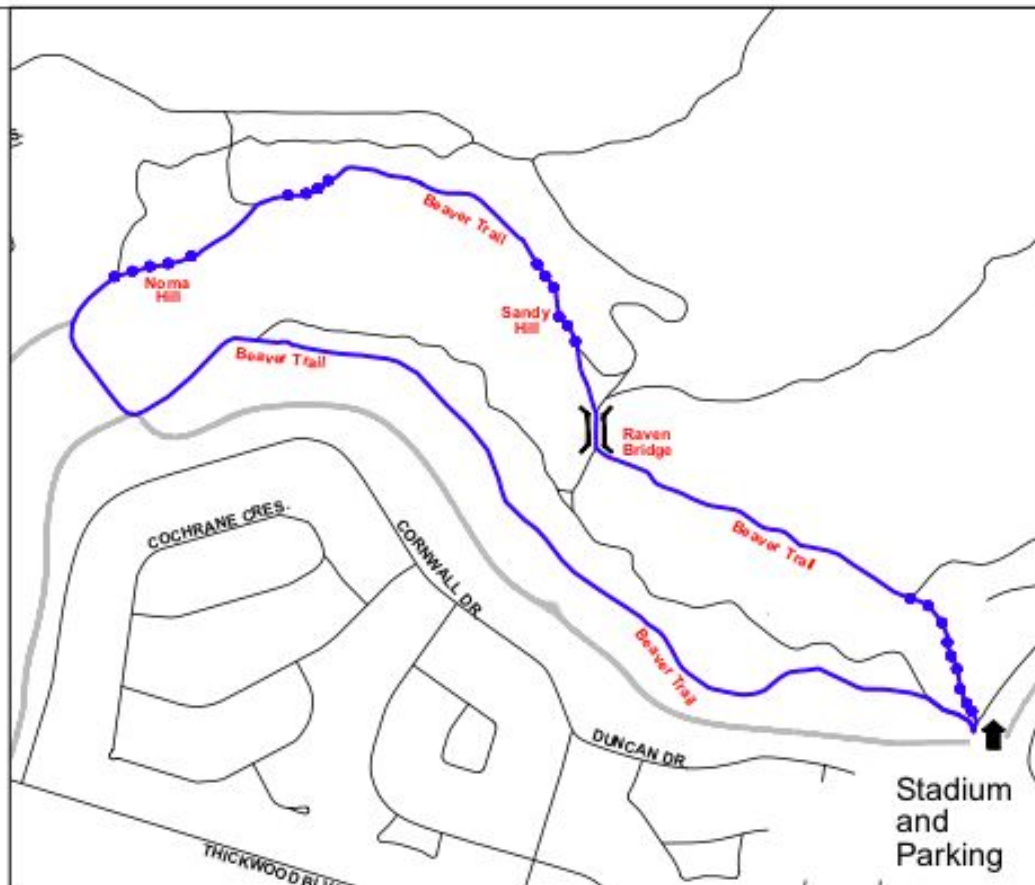
Significant Hills



Bridges

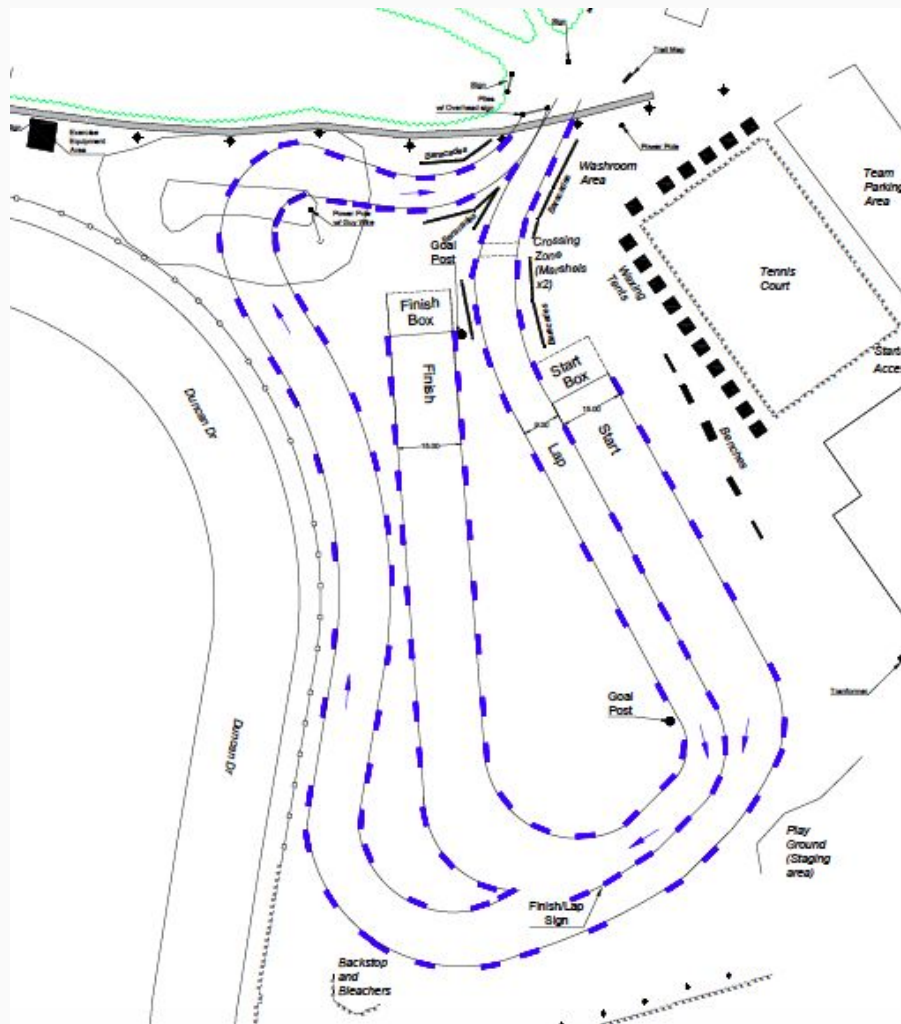


Paved Trails



Stadium

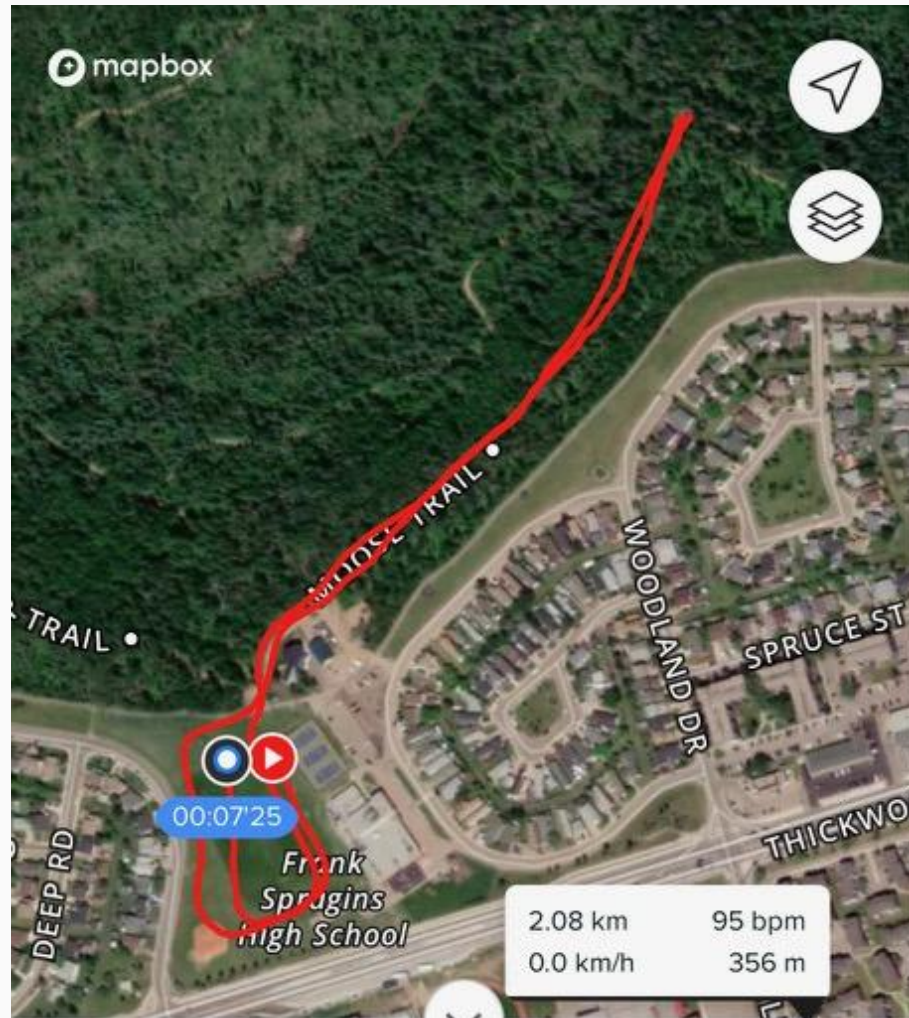
Skate for U12, U10 U8 will be along the
Same course with adjustments were
possible.



U12 Classic

NEW COURSE

- 2.0 km down Moose
- Will be marked in the morning with GREEN Markings
- End at the loop around the trees at the top of the hill.



Race Office

Bib Pickup Time & Location

- Bib pick up will happen on the MAIN FLOOR of the Cabin.
- Start Lists will also be available at the time of Bib pick up and also posted outside on Information board.
- Bib pick begins at 8:00am.
- Course maps will be included with Bib pickup.



Q&A

What are Turning Zones?

- Areas with no track, marked with signage where skiers can push with outside ski (not skate turn)

Will Birchwood Hill be Trackset Tomorrow?

- Yes - tracks will be added to the uphill from today



Q & A

Can Beaver be used for warm-up during U12 Classic?

- No - the category will be over in 20-30 minutes. In the interest of safety we're keeping the course closed for the small window.

U12, U10, U8 Classic and Skate in the Same Direction for both races?

- Yes
- NOTE that Sunday Skate for U14 and older will be Counter Clockwise



Q & A

Can athletes come inside the building?

- The basement is available for bathrooms and lockers.
- Athletes can come into the Main Floor of the larger cabin. We are asking that athletes, coaches and parents ensure that we can respect masking requirements and that we don't congregate in large groups or for long periods.

