

**SATURDAY DEC 2, 2017**

**INTERVAL START FREE TECHNIQUE**

**Alberta Cup 1 & 2  
Season Opener**  
Dec 2 and 3



**2.5 KM BLUE COURSE**

OPEN MEN	10 KM	X 4
OPEN WOMEN	5 KM	X 2
JUNIOR BOYS	10 KM	X 4
JUNIOR GIRLS	5 KM	X 2
JUVENILE BOYS	5 KM	X 2
JUVENILE GIRLS	5 KM	X 2
MIDGET BOYS	2.5 KM	X 1
MIDGET GIRLS	2.5 KM	X 1
MASTER MEN	10 KM	X 4
MASTER WOMEN	10 KM	X 4