

ALBERTA CUP 1&2
December 10-11, 2022

COURSES

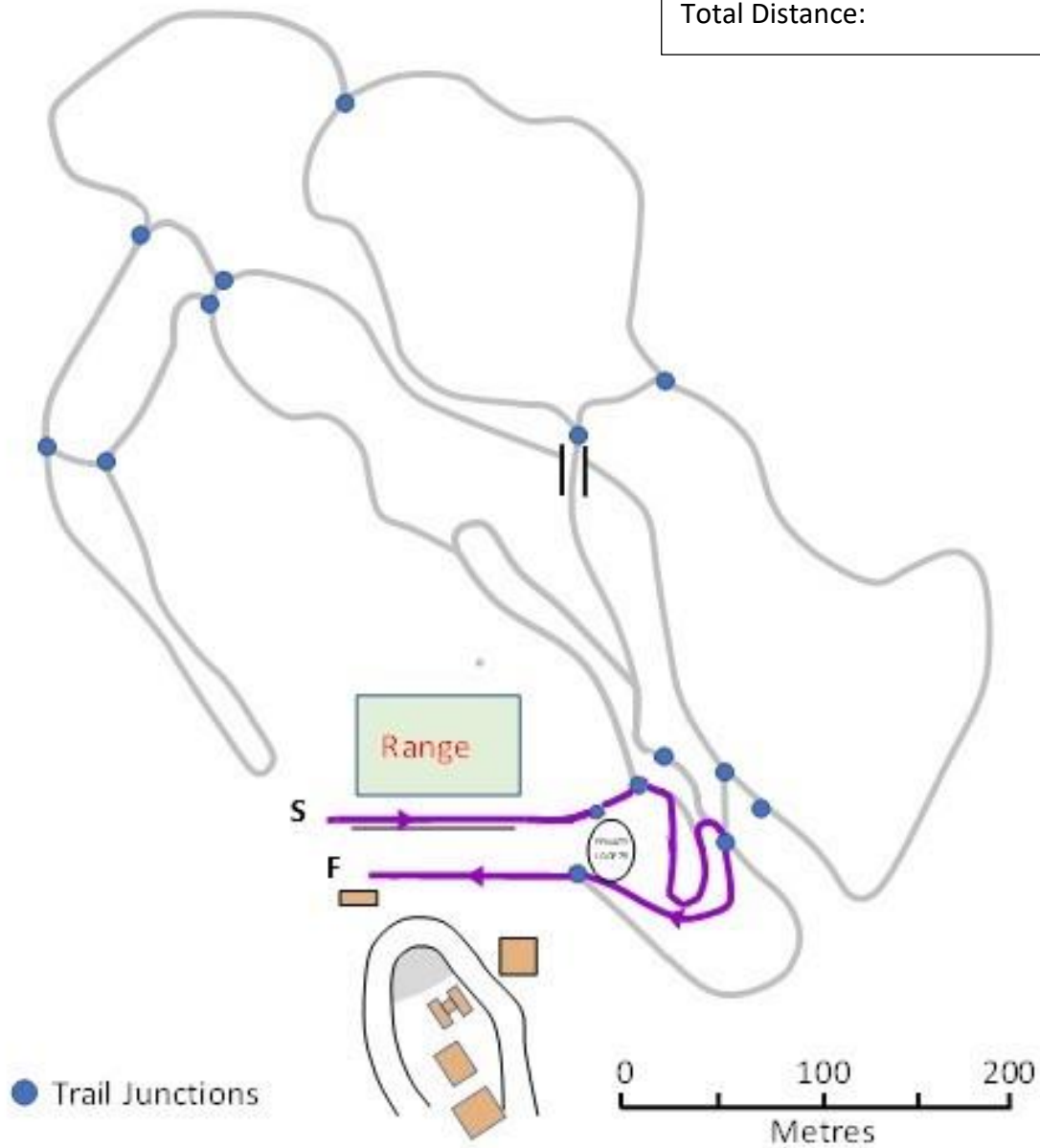


0.75km - Saturday, December 10

U8 B/G - 1 lap

U10 B/G - 1 lap

Height Difference (HD):	7 m
Maximum Climb (MC):	7 m
Total Climb (TC):	5 m
Total Distance:	750 m



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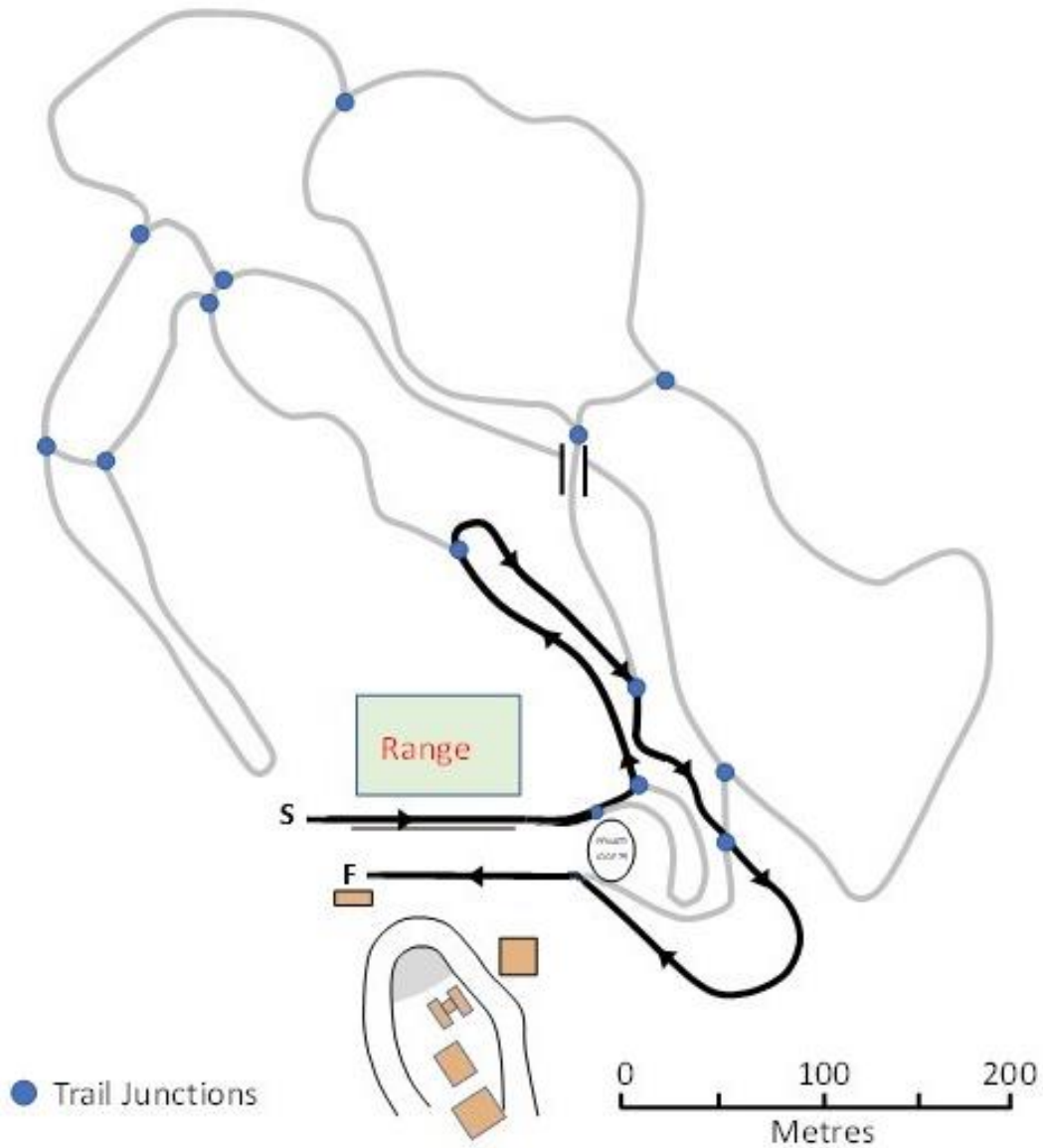
1.0 km - Saturday, December 10

U16 B/G - Sprints, 1 lap

U18 M/W - Sprints, 1 lap

U20/Senior M/W - Sprints, 1 lap

Height Difference (HD):	21 m
Maximum Climb (MC):	10 m
Total Climb (TC):	22 m
Total Distance:	1000 m



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2.5 km - Saturday, December 10

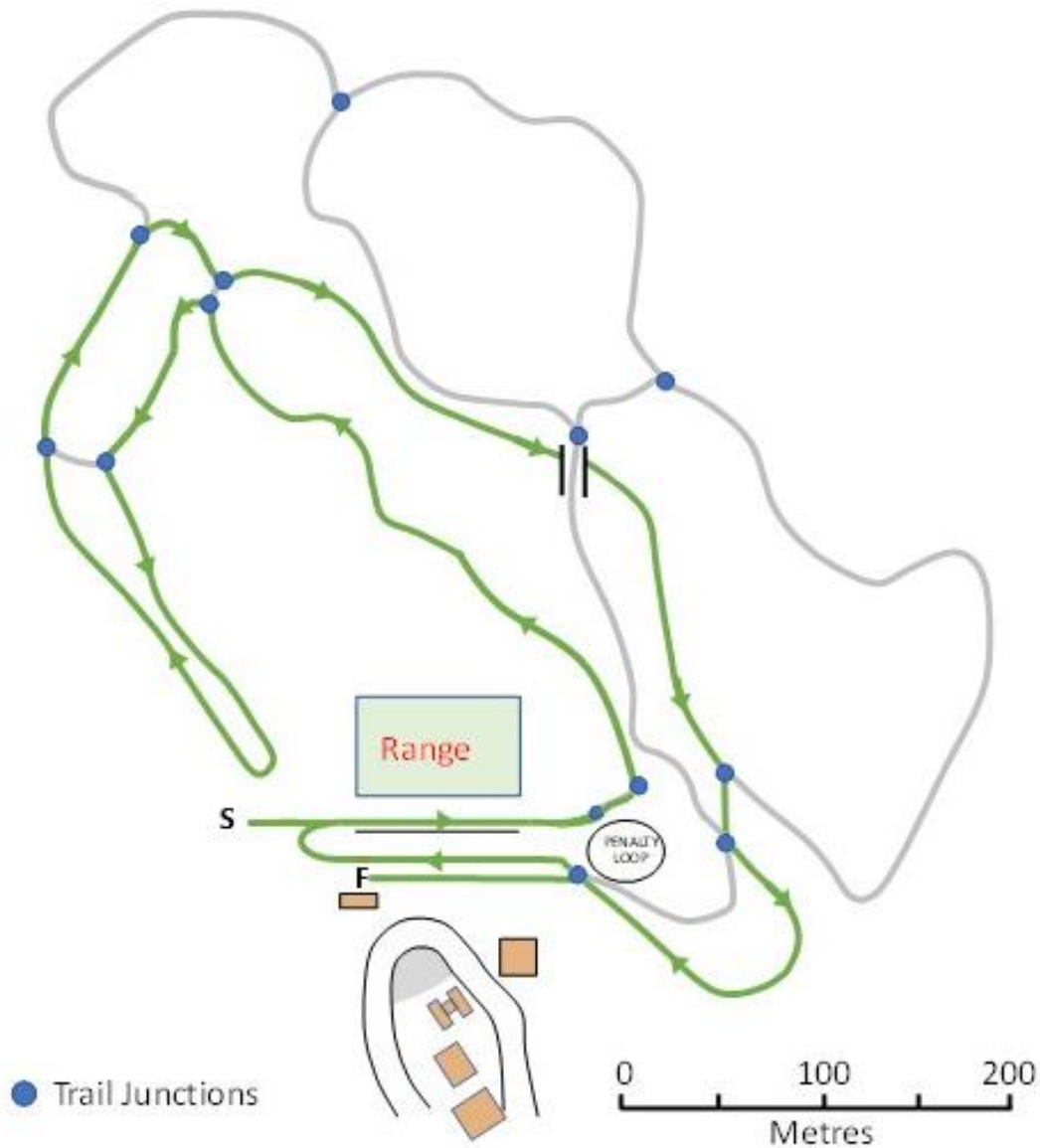
U12 B/G - 1 lap

U14 B/G - 1 lap

Master 1-6 M/W - 3 laps / Master 7+ M/W - 2 laps

Para Nordic Standing - As per category

Height Difference (HD):	30 m
Maximum Climb (MC):	19 m
Total Climb (TC):	73 m
Total Distance (TD):	2500 m



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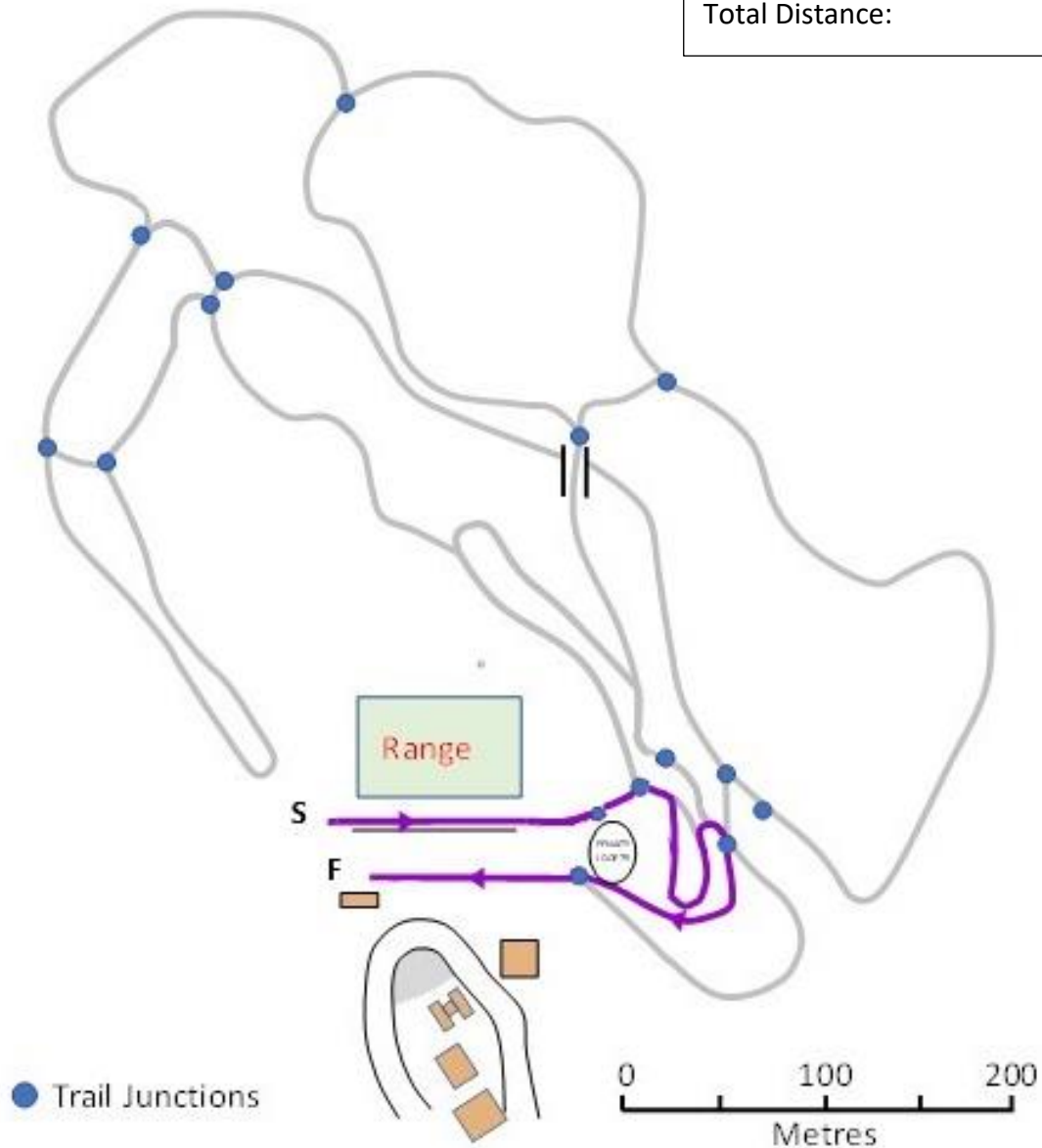


0.75km - Sunday, December 11

U8 B/G - 1 lap

U10 B/G - 1 lap

Height Difference (HD):	7 m
Maximum Climb (MC):	5 m
Total Climb (TC):	7 m
Total Distance:	750 m



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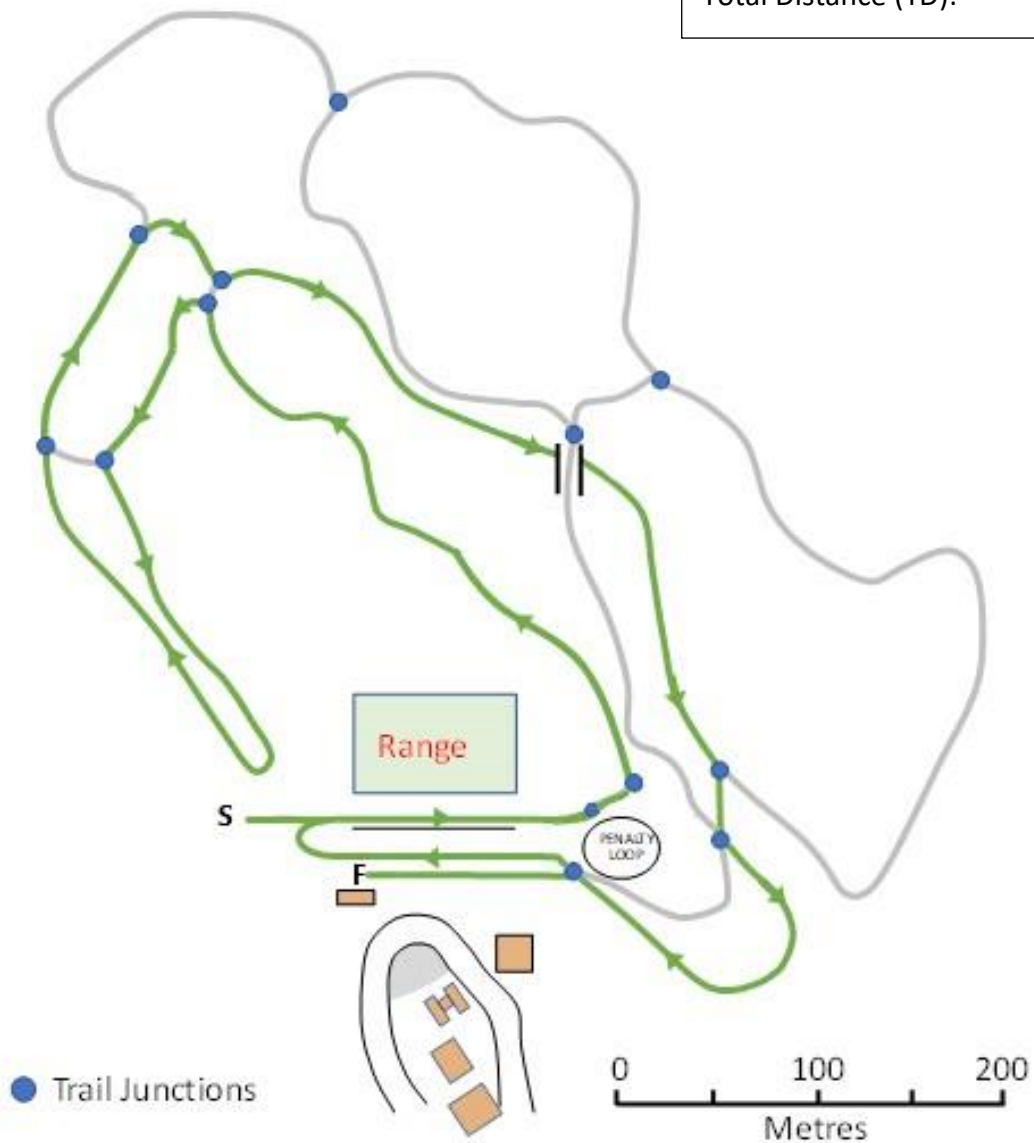


2.5 km - Sunday, December 11

U16 B/G - 3 laps

U18 M/W - 3 laps

Height Difference (HD):	30 m
Maximum Climb (MC):	19 m
Total Climb (TC):	73 m
Total Distance (TD):	2500 m



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3.0 km - Sunday, December 11

U12 B/G - 1 lap

U14 B/G - 1 lap

U20/Senior M/W - 4 laps

Master 1-6 M/W - 4 laps / Master 7+ M/W - 3 laps

Para Nordic Standing – As per category

Height Difference (HD):	29 m
Maximum Climb (MC):	20 m
Total Climb (TC):	86 m
Total Distance:	2933 m

