

2015 Westerns Course Descriptions

Thursday IS Classic	Category	Distance	Course
	Open/Junior Men	10km	10k Lake Louise
	Open/Junior Women	10km	10k Lake Louise
	Masters/Recreational	10km	10k Lake Louise

FRIDAY IS Classic	Category	Distance	Course	Colour
	Midget Girl	3.3km	1 x 3.3k	Blue
	Midget Boy	3.3km	1 x 3.3k	Blue
	Juvenile Girl	5km	2 x 2.5km	Blue
	Juvenile Boy	5km	2 x 2.5km	Blue
	Junior Girl	5km	2 x 2.5k	Blue
	Junior Boy	5km	2 x 2.5k	Blue

Alberta Cup 1			
Saturday Free Sprint	Category	Distance	Course
	Atom	250m	250m
	Pee-Wee	250m	250m
	Mini - Midget	550m	250m
	Midget Girls	550m	550m
	Midget Boys	550m	550m
	Juvenile Girls	550m	550m
	Juvenile Boys	550m	550m
	Junior Girl	1km	1k
	Junior Boy	1km	1k
	Open/Junior Women	1.3km	1.3k
	Open/junior Men	1.3km	1.3k

Alberta Cup 2				
Sunday Mass Start Free	Category	Distance	Course	Colour
	Atom	1 km	1km	Red
	Pee-wee	2.5km	1 x 2.5km	Red
	Mini-Midget	2.5km	1 x 2.5km	Red
	Midget Girl	5km	2 x 2.5km	Red
	Midget Boy	5km	2 x 2.5km	Red
	Juvenile Girl	6.6km	2 x 3.3km	Red
	Juvenile Boy	6.6km	2 x 3.3km	Red
	Junior Boy	10km	3 x 3.3km	Red
	Junior Girl	10km	3 x 3.3km	Red
	Masters M/W	15km	3 x 5km	Blue
	Open/Junior Men	20km	4 x 5km	Blue
	Open/junior W	15km	3 x 5km	Blue