



**LAKELAND
REGION
2026**
Alberta Winter Games

FREESTYLE SKIING
KINOSOO RIDGE SKI RESORT



Saturday, February 14, 2026

Official Training / Event

	Start	End	Duration	Event	Location
MO	8:15 AM	- 8:30 AM	0:15	Athlete Arrival	Main Lodge
	8:00 AM	- 9:00 AM	1:00	Course Preparation and Chop	
	9:00 AM	- 9:15 AM	0:15	Course Inspection	
	9:15 AM	- 10:45 AM	1:30	Official Mogul Training	MOGUL COURSE
	10:45 AM	- 11:45 AM	1:00	Lunch (Bag Lunch)	
SS	10:45 AM	- 11:00 AM	0:15	Course Preparation and Slip	
	11:00 AM	- 2:00 PM	3:00	Men's and Women's Run 1 & 2	
	2:00 PM	- 2:30 PM	0:30	Officials Break	DAY LODGE
	2:30 PM	- 3:30 PM	1:00	Official Slopestyle Training	SLOPESTYLE COURSE
	3:45 PM	- 4:00 PM	0:15	Medal Ceremony	
	4:00 PM	4:15 PM	0:15	Athletes Depart	Main Lodge

Sunday, February 15, 2026

Official Training / Event

	Start	End	Duration	Event	Location
SS	8:30 AM	- 8:45 AM	0:15	Athlete Arrival	Main Lodge
	8:30 AM	- 9:15 AM	0:45	Course Preparation	
	9:15 AM	- 10:45 AM	1:30	Official Slopestyle Training	
	10:45 AM	- 11:45 AM	1:00	Lunch	SLOPESTYLE COURSE
	10:45 AM	- 11:00 AM	0:15	Course Preparation	
	11:00 AM	- 2:00 PM	3:00	Men's and Women's Run 1 & 2	
	2:00 PM	- 3:00 PM	1:00	Results Verification	
	3:15 PM	- 3:30 PM	0:15	Medal Ceremony	
	3:30 PM	- 3:45 PM	0:15	Athletes Depart	

WEATHER DAY

Monday, February 16, 2026

Weather Day

	Start	Finish	Duration	Event	Location
	8:30 AM	- 8:45 AM	0:15	Athlete Arrival	Main Lodge
	8:15 AM	- 9:00 AM	0:45	COURSE PREP	
	9:00 AM	- 9:30 AM	0:30	TRAINING	
	9:30 AM	- 11:00 AM	1:30	COMP RUN 1 & 2	
	11:00 AM	11:15 AM	0:15	ATHLETES DEPART	