

[Whiteshell Cross Country Ski Club](#) and [Red River Nordic Ski & Biathlon Club](#) present

Triple Event
Western Canadian Championships / Canada Cup / Manitoba
Provincial Championships
in Pinawa
[Manitoba Cup #3 & #4](#)

Friday, February 12, 2010 -- free technique Teck Sprints: [Qualifying](#) (PDF), [Heats](#) (PDF)

[Saturday, February 13, 2010 -- classic technique distance](#) (PDF)

[Sunday, February 14, 2010 -- free technique distance](#) (PDF)