

We cordially invite all member associations of the FIS to participate in the
17th FIS WORLD CUP RUKA NORDIC on November 23th–November 25th 2018 in Kuusamo Ruka

PROGRAMME

Thursday 22.11.2018

19.00 Team captains meeting, Nordic Combined

Friday 23.11.2018

09.00-11.00 Official training, Cross Country, Sprint, C
11.00-13.00 Official Cross Country training, Nordic Combined, F
13.00 Team captains meeting, Ski Jumping
14.00 Official training HS 142, Nordic Combined
15.30 Team captains meeting, Cross Country
16.00 Provisional competition round, Nordic Combined, HS 142
17.00 Official training HS142 (2 rounds), Ski Jumping
19.00 Qualification HS 142, Ski Jumping

Saturday 24.11.2018

11.00 Trial round HS 142, Nordic Combined
11.00 Sprint Qualification (L+M), Cross Country skiing, C (1,4 km), Coop FIS Cross Country World Cup
12.00 Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
13.30 Cross Country, Sprint Ladies +Men, finals, C (1,4 km), Coop Cross Country FIS World Cup
16.00 Nordic Combined, Ind Gundersen, 10 km, F (4x2,5 km), Viessmann FIS Nordic Combined World Cup
16.30 Trial round HS 142, Ski Jumping
17.30 Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup
17.30 Team captains meeting, Cross Country

Sunday 25.11.2018

09.00-10.00 Training, Cross Country, C
09.45 Trial round HS 142, Nordic Combined
10.45 Nordic Combined, Ski Jumping HS 142, Team, Viessmann FIS Nordic Combined World Cup
11.45 Cross Country, 10 km Ladies, C (2x5 km), Coop FIS Cross Country World Cup
13.30 Cross Country, 15 km men, C (3x5 km), Coop FIS Cross Country World Cup
16.00 Nordic Combined, Team 4 x 5 km, F (2x2,5 km) Viessmann FIS Nordic Combined World Cup
16.30 Qualification HS 142, Ski Jumping
18.00 Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup

ENTRY

The entries must be done by FIS online entry system on 12th October www.fis-ski.com.

Radio licence application

Deadline for the radio licence application is 22nd October 2018 and is to be sent to FICORA directly :
radiotaajuudet@ficora.fi or fax +358 295 390 270. More details and application form:
<https://www.viestintavirasto.fi/en/spectrum/radiolicences/eventorganisers.html>

RESTRICTIONS

FIS rules will apply. The number of participants must comply with World Cup rules and regulations.

LIABILITY

Each competitor must be insured by his/her own association. The OC have coverage for their own third part liability only.

TECHNICAL DELEGATES

	TD	Assistant TD	National Assistant TD
Cross Country	Marte Trondsen (NOR)	Nathalie Santer (ITA)	Annmari Viljanmaa (FIN)
Ski Jumping	Christian Kathol (AUT)	Reed Zuehlke (USA)	
Nordic Combined	Robert Krautgartner (AUT)	Jerome Pagnier (FRA)	Asko Aalto (FIN)

EXPENSES

According to the FIS World Cup rules. For electronic payments Iban and bic-codes are needed.

ACCOMMODATION

Information and reservations Lomarengas tel.+358 306 502 535, email: rukanordic@lomarengas.fi.

INFORMATION

FIS Ruka Nordic, Kuusamon Erä-Veikot, Vanttajantie 6 B, FI-93600 KUUSAMO, FINLAND
Seppo Linjakumpu, secretary general, mobile +358 400 706433
www.rukanordic.com, e-mail: kev@rukanordic.com.

Welcome to Kuusamo!

KUUSAMON ERÄ-VEIKOT – KUUSAMO

ORGANIZING COMMITTEE

