

We cordially invite all member associations of the FIS to participate in the
18th FIS WORLD CUP RUKA NORDIC on November 29th - December 1st 2019 in Kuusamo Ruka

PROGRAMME

Thursday 28.11.2019

10.00 Team captains meeting, Nordic Combined
10.30-11.30 Official training, Cross Country, Sprint, C
12.30-13.30 Official Cross Country training, Nordic Combined, F
15.00-17.00 Official training HS 142, Nordic Combined
17.00 Provisional competition round, Nordic Combined, HS 142
17.00 Team captains meeting, Cross Country

Friday 29.11.2019

09.00-10.00 Training, Cross Country, C
10.45 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
13.00 Team captains meeting, Ski Jumping
13.30 Cross Country, Sprint Ladies +Men, finals, C (1,4 km), Coop FIS Cross Country World Cup
16.00 Nordic Combined, Ind Gundersen, 5 km, F (2x2,5 km), Viessmann FIS Nordic Combined World Cup
17.00 Official training HS142 (2 rounds), Ski Jumping
19.00 Qualification HS 142, Ski Jumping
19.00 Team captains meeting, Cross Country

Saturday 30.11.2019

08.45 Trial round HS 142, Nordic Combined
09.00-10.00 Training, Cross Country, F
09.30 Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
10.45 Cross Country, 10 km Ladies, C (2x5 km), Coop FIS Cross Country World Cup
12.30 Cross Country, 15 km men, C (3x5 km), Coop FIS Cross Country World Cup
15.00 Nordic Combined, Ind Gundersen, 10 km, F (4x2,5 km), Viessmann FIS Nordic Combined World Cup
16.00 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 1.12.2019

09.10 Trial round HS 142, Nordic Combined
10.10 Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
11.10 Cross Country, 10 km Ladies, F (2x5 km), Coop FIS Cross Country World Cup
12.25 Cross Country, 15 km men, F (3x5 km), Coop FIS Cross Country World Cup
15.00 Nordic Combined, Ind Gundersen 10 km, F (4x2,5 km) Viessmann FIS Nordic Combined World Cup
15.45 Trial round HS 142, Ski Jumping
17.30 Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup

ENTRY

The entries must be done by FIS online entry system on 17th October www.fis-ski.com.

Radio license application:

The radio license application can be completed via the link below and it must be submitted to TRAFICOM by October 25th 2019. <https://www.traficom.fi/en/contact-form-event-organizers>
More information from Mr. Markku Laasonen +358 295 390 454 / markku.laasonen@traficom.fi

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)	Vyacheslav Vedenin (RUS)	Mikko Rantanen (FIN)
Ski Jumping	Werner Rathmayr (AUT)	Sandro Pertile (ITA)	
Nordic Combined	Robert Krautgartner (AUT)	Malik Faustyna (POL)	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 +358 400 706 2001

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www.rukanordic.com, e-mail: kev@rukanordic.com.