

We cordially invite all member associations of the FIS to participate in the
19th FIS WORLD CUP RUKA NORDIC on November 27th - November 29th 2020 in Kuusamo Ruka

6.10.2020

PROGRAMME

Thursday 26.11.2020

10.00	Team captains meeting, Nordic Combined
10.00-11.00	Official training, Cross Country, Sprint, C
12.30-13.30	Official Cross Country training, Nordic Combined, F
15.00	Official training HS 142, Nordic Combined
17.00	Provisional competition round, Nordic Combined, HS 142
17.00	Team captains meeting, Cross Country

Friday 27.11.2020

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
15.30	Official training HS142 (2 rounds), Ski Jumping
16.00	Nordic Combined, Ind Gundersen, 5 km, F (2x2,5 km), Viessmann FIS Nordic Combined World Cup
17.00	Team captains meeting, Cross Country
17.45	Qualification HS 142, Ski Jumping

Saturday 28.11.2020

09.00-10.00	Training, Cross Country, F
10.40	Cross Country, 10 km Ladies, C (2x5 km), Coop FIS Cross Country World Cup
11.00	Trial round HS 142, Nordic Combined
12.15	Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
13.45	Cross Country, 15 km men, C (3x5 km), Coop FIS Cross Country World Cup
16.00	Trial round HS 142, Ski Jumping
17.00	Nordic Combined, Ind Gundersen, 10 km, F (4x2,5 km), Viessmann FIS Nordic Combined World Cup
17.00	Team captains meeting, Cross Country
17.30	Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup

Sunday 29.11.2020

09.15	Trial round HS 142, Nordic Combined
10.30	Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
12.50	Cross Country, 10 km Ladies, F (4x2,5 km), Coop FIS Cross Country World Cup
13.50	Cross Country, 15 km men, F (6x2,5 km), Coop FIS Cross Country World Cup
15.00	Qualification HS 142, Ski Jumping
15.55	Nordic Combined, Ind Gundersen 10 km, F (4x2,5 km) Viessmann FIS Nordic Combined World Cup
16.30	Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup

ENTRY

The entries must be done by FIS online entry system on 15th October www.fis-ski.com.

Radio license applications:

Applications can be submitted by filling in the form found with the link below no later than October 23th 2020.

<https://www.traficom.fi/en/contact-form-event-organizers>

More information by sending your inquiries to radiotaajuudet@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)	Nathalie Santer (ITA)	Maria Sorvisto (FIN)
Ski Jumping	Geir Steinar Loeng (NOR)	Werner Rathmayr (AUT)	
Nordic Combined	Marco Zarucchi (SUI)	Matija Stegnar (SLO)	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.
Accommodation reservations must by FIS online entry system on 15th October.

INFORMATION

FIS Ruka Nordic, Kuusamon Erä-Veikot, Vanttajantie 6 B, FI-93600 KUUSAMO, FINLAND
Seppo Linjakumpu, secretary general, mobile +358 400 706 433
www.rukanordic.com, e-mail: kev@rukanordic.com.

Welcome to Kuusamo!

KUUSAMON ERÄ-VEIKOT – KUUSAMO

ORGANIZING COMMITTEE

