

**We cordially invite all member associations of the FIS to participate in the
24th FIS WORLD CUP RUKA NORDIC on November 26th - 30th 2025 in Kuusamo Ruka**

PROGRAMME

Wednesday 26.11.2025

10:00-12:00	Course open, Cross Country (grooming: classic & skate)
15:00-18:00	Course open, Cross Country (grooming: classic & skate)
16:00-18:00	NC, Free training Ski Jumping (TBC – only if jumping hill is 100% ready)
20:00	Team Captains meeting Nordic Combined – press centre

Thursday 27.11.2025

10:00-11:30	Official training, Cross Country, Sprint, C
11:45-13:15	Official training, Cross Country, 10 km C race (one C track groomed in ideal line, rest groomed F)
12:00-14:00	Official training Ski Jumping, Nordic Combined
13:15-16:00	North Courses closed for grooming. South Courses open for all teams.
14:00-15:00	Provisional competition round, Nordic Combined, HS 142
15:00	NG Nordic press conference
16:00-17:30	Official training on NC course for 7,5 km race (2,5 km course)
17:00	TV Coordination meeting (starting with CC matters) – press centre
18:00	Team Captains meeting Cross Country – press centre

Friday 28.11.2025

08:30	Course Open, Cross Country, C
10:00	TV.briefing – Ski Jumping – press centre
11:00	Team Captains meeting Ski Jumping – press centre
11:30	Cross Country, Women 10 km C, Coop FIS Cross Country World Cup
11:45	Trial round HS 142, Nordic Combined
13:15	Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
14:15	Cross Country, Men 10 km C, Coop FIS Cross Country World Cup
15:45	Official training HS142, Ski Jumping
16:15	Nordic Combined, Ind Compact, 7,5km, Viessmann FIS Nordic Combined World Cup
18:00	Team Captains meeting Cross Country – press centre
18:15	Qualification HS 142, Ski Jumping
18:30	Bib Draw - Tykkylava

Saturday 29.11.2025

07:55	Course open, Cross Country, C
09:55	Sprint Qualification (W+M), Cross Country skiing, C (1,4 km)
10:00	Trial round HS 142, Nordic Combined
11:15	Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
12:25	Cross Country, Sprint Women+Men, finals, C (1,4 km), Coop FIS Cross Country World Cup
15:00	Trial round HS 142, Ski Jumping
15:35	Nordic Combined, Ind Gundersen, 10km, Viessmann FIS Nordic Combined World Cup
16:05	Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup
16:30-17:30	Official training, Cross Country, 20 km Mass Start, F
18:00	Team Captains meeting Cross Country – press centre

Sunday 30.11.2025

08:00	Course open for Nordic Combined
10:00	Qualification HS 142, Ski Jumping
10:00	Nordic Combined, Mass start 10 km, F (4x2,5 km), Viessmann FIS Nordic Combined World Cup
11:00	Cross Country, 20 km Men, Mass start F (5x4 km), Coop FIS Cross Country World Cup
12:30	Trial round HS 142, Nordic Combined
12:45	Cross Country, 20 km Women, Mass start F (5x4 km), Coop FIS Cross Country World Cup
14:00	Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
15:50	Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup