

25th FIS WORLD CUP RUKA NORDIC on November 25th - November 27th, 2026, in Kuusamo, Ruka

PROGRAMME (Finnish time)

Ver. 1.10.2026 (PM)

Note: NC Opening Tour

Wednesday 25.11.2026

14.00 - 16.00 Free training Ski Jumping, HS 142 (TBA – only if jumping hill is 100% ready)
16.00 - 18.00 Free training Nordic Combined, HS 142 (TBA – only if jumping hill is 100% ready)
20.00 - 21.00 Team Captains Meeting Nordic Combined – Press Centre

Thursday 26.11.2026

10.00 - 11.30 Official training Cross Country, Sprint, C
11.45 - 13.15 Official training Cross Country, 10 km C
12.00 - 14.00 Official training Nordic Combined, HS 142
14.00 - 15.00 Nordic Combined / Provisional competition round PCR, HS 142
16.00 - 17.30 Official training on NC course for 7,5 km race (2,5 km course)
18.00 - 20.00 Team Captains Meeting Cross Country – Press Centre

Friday 27.11.2026

11:00 - 12.00 Team Captains Meeting Ski Jumping – Press Centre – Press Centre
11.30 - 12.45 Cross Country, Women 10 km Interval Start C, FIS Cross Country World Cup
11.45 - 12.45 Trial round Nordic Combined, HS 142
13.00 - 13.50 Nordic Combined, Ski Jumping HS 142, FIS Nordic Combined World Cup
14.00 - 15.15 Cross Country, Men 10 km Interval Start C, FIS Cross Country World Cup
15.45 - 18.00 Official training Ski Jumping, HS 142 (2 rounds)
16.30 - 16.55 Nordic Combined, Ind Compact, 7,5 km, FIS Nordic Combined World Cup
18.00 Team Captains Meeting Cross Country – Press Centre
18.30 Bib draw, Cross Country Sprints – Ruka Square
18.15 - 19.15 Ski Jumping Qualification, HS 142

Saturday 28.11.2026

9.45 - 10.45 Cross Country, Sprint C - Qualification (M/W)
10.00 - 11.00 Trial round Nordic Combined, HS142
11.15 - 12.05 Nordic Combined, Ski Jumping HS 142, FIS Nordic Combined World Cup
12.15 - 14.00 Cross Country, Sprint C - finals (M/W), FIS Cross Country World Cup
15.30 - 16.00 Nordic Combined, Ind Gundersen, 10km, FIS Nordic Combined World Cup
16.00 - 17.00 Trial round Ski Jumping, HS 142
16.30 - 18.30 Official training Cross Country, 20km mass start, F
17.30 - 19.15 Ski Jumping HS 142, FIS Ski Jumping World Cup
18.00 Team Captains Meeting Cross Country – Press Centre

Sunday 29.11.2026

10.00 - 10.30 Nordic Combined, Mass start 10 km, (4x2,5 km), FIS Nordic Combined World Cup

11.00 - 11.55 Cross Country, Men, 20 km Mass Start F, FIS Cross Country World Cup

12.00 - 12.55 Nordic Combined, Ski Jumping HS 142, FIS Nordic Combined World Cup

12.55 - 14.00 Cross Country, Women, 20 km Mass Start F, FIS Cross Country World Cup

13.45 - 14.45 Ski Jumping Qualification, HS 142

15.20 - 17.05 Ski Jumping HS 142, FIS Ski Jumping World Cup

Contact details:

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