

**We cordially invite all member associations of the FIS to participate in the
15th FIS WORLD CUP RUKA NORDIC on November 25th – November 27th 2016 in Kuusamo Ruka**

PROGRAMME

Thursday 24.11.2016

13.00 Team captains' meeting, Ski Jumping
15.00 Official training (2 rounds), Ski Jumping HS 142
17.00 **Qualification HS 142, Ski Jumping**
18.30 Team captains' meeting, Nordic Combined

Friday 25.11.2016

10.00-12.00 Official training (2 rounds), Nordic Combined HS 142
10.30-11.45 Official training, Cross Country, Sprint C (1,4 km)
12.00 **Provisional competition round, Nordic Combined, HS 142**
15.30 Team captains' meeting, Cross Country
15.30-16.30 Official Cross Country Training, Nordic Combined, F (2,5 km)
17.00 Trial round HS 142, Ski Jumping
18.00 **Ski Jumping HS 142, Viessmann FIS World Cup**

Saturday 26.11.2016

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

Sunday 27.11.2016

10.30 **Cross Country, 10 km Ladies, C (2x5 km) Viessmann FIS World Cup**
10.45 Trial round HS 142, Nordic Combined
11.45 **Nordic Combined, Ski Jumping HS 142, Viessmann FIS World Cup**
13.00 **Cross Country, 15 km Men, C (3x5 km) Viessmann FIS World Cup**
15.00 **Nordic Combined, Gundersen, 10 km, F (4x2,5 km) Viessmann FIS World Cup**

ENTRY

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

Radio licence application

Deadline for the radio licence application is 11th November 2016 and is to be sent to FICORA directly : radiotaajuudet@ficora.fi or fax +358 295 390 270. For more information, please see www.ficora.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	Anna Rosa (ITA)	Tomas Jons (SWE)	Tomi Uusitalo (FIN)
Ski Jumping	Sandro Pertile (ITA)	Thomas Klauser (GER)	
Nordic Combined	Robert Krautgartner (AUT)	Jerome Pagnier (FRA)	Asko Aalto (FIN)

EXPENSES

Financial conditions according to the FIS World Cup regulations. 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 Opening, Kuusamon Erä-Veikot, Vanttajantie 6 B, FI-93600 KUUSAMO, FINLAND
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Welcome to Kuusamo!

KUUSAMON ERÄ-VEIKOT – KUUSAMO

ORGANIZING COMMITTEE