

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

### 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](http://www.fis-ski.com).

### Radio licence application

Deadline for the radio licence application is 11<sup>th</sup> November 2016 and is to be sent to FICORA directly : [radiotaajuudet@ficora.fi](mailto:radiotaajuudet@ficora.fi) or fax +358 295 390 270. For more information, please see [www.ficora.fi](http://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

	<b>TD</b>		<b>Assistant TD</b>		<b>National Assistant TD</b>
<b>Cross Country</b>	Anna Rosa (ITA)		Tomas Jons (SWE)		Tomi Uusitalo (FIN)
<b>Ski Jumping</b>	Sandro Pertile (ITA)		Thomas Klauser (GER)		
<b>Nordic Combined</b>	Karl Lustenberger (SUI)		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](mailto:rukanordic@lomarengas.fi).

## INFORMATION

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Welcome to Kuusamo!

KUUSAMON ERÄ-VEIKOT – KUUSAMO

ORGANIZING COMMITTEE