

**We cordially invite all member associations of the FIS to participate in the
12th FIS WORLD CUP RUKA NORDIC OPENING on November 29th – December 1st 2013 in Kuusamo**

PROGRAMME

Thursday 28.11.2013

10.30-11.45 Official training, Cross Country, Sprint ,C (1,4 km)
12.15-14.00 Training, Cross Country, C/F (5,0 km)
13.00 Team captains´ meeting, Ski Jumping
18.00 Official training (2 rounds), Ski Jumping HS 142
18.00 Team captains´ meeting, Nordic Combined
19.00 Team captains´ meeting, Cross Country
20.00 **Qualification HS 142, Ski Jumping**

Friday 29.11.2013

10.00-12.00 Official training (2 rounds), Nordic Combined HS 142
11.30 **Sprint Qualification (L+M), Cross Country skiing, C, (1,4 km) Viessmann FIS World Cup**
12.00 **Provisional competition round, Nordic Combined, HS 142**
13.30 **Cross Country, Sprint Ladies+Men, finals, C (1,4 km), Viessmann FIS World Cup**
15.30-16.30 Official Cross Country Training, Nordic Combined, F (2,5 km)
16.00 Trial round HS 142, Ski Jumping
17.00 **Ski Jumping HS 142, Viessmann FIS World Cup**
17.00 Team captains´ meeting, Cross Country
18.00 Team captains´ meeting, Nordic Combined

Saturday 30.11.2013

08.45 Trial round HS 142, Nordic Combined
09.00-10.00 Official training, Cross Country, C (5,0 km)
09.45 **Nordic Combined, Team, Ski Jumping HS 142, Viessmann FIS World Cup**
11.00 **Cross Country, 5 km Ladies, C (1x5 km) Viessmann FIS World Cup**
12.30 **Cross Country, 10 km Men, C (2x5 km) Viessmann FIS World Cup**
14.30 **Nordic Combined, Team, 4x5 km, F (8x2,5 km) Viessmann FIS World Cup**
16.30 Qualification HS 142, Ski Jumping
17.00 Team captains´ meeting, Nordic Combined
18.00 **Ski Jumping HS 142, Viessmann FIS World Cup**
19.00 Team captains´ meeting, Cross Country

Sunday 1.12.2013

09.00-10.00 Official training, Cross Country, F (2,5 km)
09.15 Trial round HS 142, Nordic Combined
10.15 **Nordic Combined, Ski Jumping HS 142, Viessmann FIS World Cup**
11.30 **Cross Country, 10 km Ladies Pursuit, F (4x2,5 km) Viessmann FIS World Cup**
13.15 **Cross Country, 15 km Men Pursuit, F (6x2,5 km) Viessmann FIS World Cup**
15.30 **Nordic Combined, Gundersen, 10 km, F (4x2,5 km) Viessmann FIS World Cup**

ENTRY

Cross Country, Ski Jumping and Nordic Combined:

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 15th November 2013 and is to be sent to FICORA directly :
radiotaaajuudet@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	Mach Petr (CZE)	Georgy Kadykov (RUS)	Mattias Skog (FIN)
Ski Jumping	Gabrijel Gros (SLO)	Christian Kathol (AUT)	
Nordic Combined	Arne-Olav Sween (NOR)	Sergey Zhukov (RUS)	Tapio Nurmela (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, fax. +358 306 502 549,
email: nordicopening@lomarengas.fi.

INFORMATION

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