

RUKA, FIN

24.11. - 27.11.2016

Competition Programme

| DATE | FORMAT | HILL / COURSE | SJ/XC |
|-----------------|----------------|--------------------|--------------|
| Sat, 26.11.2016 | Ind. Gundersen | HS 142, 2.5 km lap | 1 jp / 10 km |
| Sun, 27.11.2016 | Ind. Gundersen | HS 142, 2.5 km lap | 1 jp / 10 km |

Event Programme (Subject to change! LOC time: CET + 1h)

| DATE | COMPETITION | TRAININGS | MEETINGS | OTHER |
|-------------|---|---|---|--|
| Thu, 24.11. | | | 18:30 TCM Konttainen- Valtavaara room 19:30 Athletes' Meeting Konttainen- Valtavaara room | |
| Fri, 25.11. | 12:00 SJ HS 142 PCR/Qualification | 10:00 SJ HS 142 Official training 15:30 - 16:30 XC Official training | | 16:30 Media Mingler Top 2 athletes, VIP Tent 17:00 Bib distribution ceremony in the village (Red Tower in front of Rantasipi, Top 5) |
| Sat, 26.11. | 12:00 SJ HS 142 Ind. Gundersen 16:00 XC 10 km Ind. Gundersen | 10:30 SJ HS 142 Trial Round | | after the race winner presentation at the venue |
| Sun, 27.11. | 11:45 SJ HS 142 Ind. Gundersen 15:00 XC 10 km Ind. Gundersen | 10:30 SJ HS 142 Trial Round/ Qualification | | after the race winner presentation at the venue |

Deadlines

| PRELIMINARY ENTRIES | FINAL NUMBERS + WAX TRUCKS | FINAL ENTRIES |
|---------------------|----------------------------|---------------------|
| 14/10/2016 | 15/11/2016 | 24/11/2016 at 16:30 |

Contacts

| | |
|-----------------------|--|
| General Secretary | Seppo Linjakumpu +358 400 706 433 seppo.linjakumpu@nordicopening.com |
| Race Office | Anne-Mari Karjalainen +358 8 8181 122 kev@rukanordic.com |
| Chief of Competition | Jyri Pelkonen +358 40 844 5882 jyri.pelkonen@vuokattisport.fi |
| Accommodation Office | Mia Oinas +358 306 502 536 rukanordic@lomarengas.fi |
| Financial Office | Elina Borgenström +358 45 113 3010 elina.borgenstrom@hiihtoliitto.fi |
| Transportation Office | Seppo Linjakumpu +358 400 706 433 kev@rukanordic.com |
| Wax Cabins | Seppo Linjakumpu +358 400 706 433 kev@rukanordic.com |

Information

1. Accreditation

- Requests for additional accreditation must be sent via the FIS Online System or to the OC Secretariat at kev@rukanordic.com.
- All accreditation cards can be picked up at: Accreditation Office in Hotel Rantasipi Rukahovi, near the reception, opening time daily from 09:00 to 19:00.

2. Race Office

- The Race Office is located in Hotel Rantasipi Congress Centre
Opening times: daily from 09:00 to 19:00.
- Sub-Race Offices located in the SJ and XC compounds; open Fri - Sun from 10:00 to 15:00.

3. Accommodation

- Booking according the FIS Rules via FIS Online registration system
- The OC offers following accommodation (full board included):
Three star hotel Rantasipi Rukahovi next to the venue: 105 € per person in double room, 140 € single
Three star apartments (RukaTonttu, RukaSuites, AurinkoRinne, RukaVillage, Rantasipi apartments) next to the venue: 105 € per person (minimum number of persons)
- Additional information about accommodation will be given to the teams after receiving the preliminary entries and accommodation requests
- Price for additional accommodation outside of the quota: 115 € per person in double room or apartment (minimum number of persons)
- Price for additional single rooms outside of the quota: 160 €

4. Transport

- **Official airport:** Kuusamo and Oulu. The organizing committee will arrange transportation between the airports and the hotels. 1 transport (from and to the airport) free of charge.
- Prices for additional transport
140 € for Kuusamo airport (up to 7 persons =140 €, 8-15 p.=205 €)
585 € for Oulu airport (up to 7 persons = 585 €, 8-15 p.=680 €)
540 € for Rovaniemi airport (up to 7 persons = 540 €, 8-15 p.=620 €)
- **Shuttle service**
No shuttle service between hotels and venues (walking distance)

5. Payments

- **Accommodation costs:** Persons from the pay lists will be paid by the OC directly. For additional rooms, the teams will pay directly in the Accommodation Office until the 25th of November. Cash and credit cards accepted.
- **Carrying costs/Reimbursement:**
Expenses sheets will be received in financial office during the race weekend or by e-mail: elina.borgenstrom@hiihtoliitto.fi.
All payments will be done by electronically by bank transfer.

6. Waxing Facilities

- **Wax cabins:** available from 21/11/2016 at 12:00
- **Waxing trucks:** teams arriving with trucks have to inform the OC until 14/10/2016 with exact measurements of the truck and details of the needs
- The **keys** to the cabins are available at the competition office. The deposit is 100 €/team. Keys return to Ski Cafe/Service Area on the day of departure.
- **Parking cards** can be picked up at the Race Office together with the keys.

7. Radio Equipment Regulations

- The import, export and the operation of radio equipment in Finland is regulated by national law. Permits for the use of radio transmission equipment must be requested according to national specifications.
- Further information: <http://www.ficora.fi>

8. Visa Regulations

- Remember that citizens of some countries will need visa for visiting Finland. Please check with your embassy if you need a visa for Finland.
- For an official letter of invitation, please send a request to kev@rukanordic.com.

9. Prize money and taxes

- Income tax for European and non-European citizens is 15%
- Income tax for US citizens is 0%
- If requested, the OC will provide the athletes with a receipt of taxes paid accompanying the prize money.

10. Media & Communications

<http://www.rukanordic.com>

<https://www.facebook.com/rukanordic>

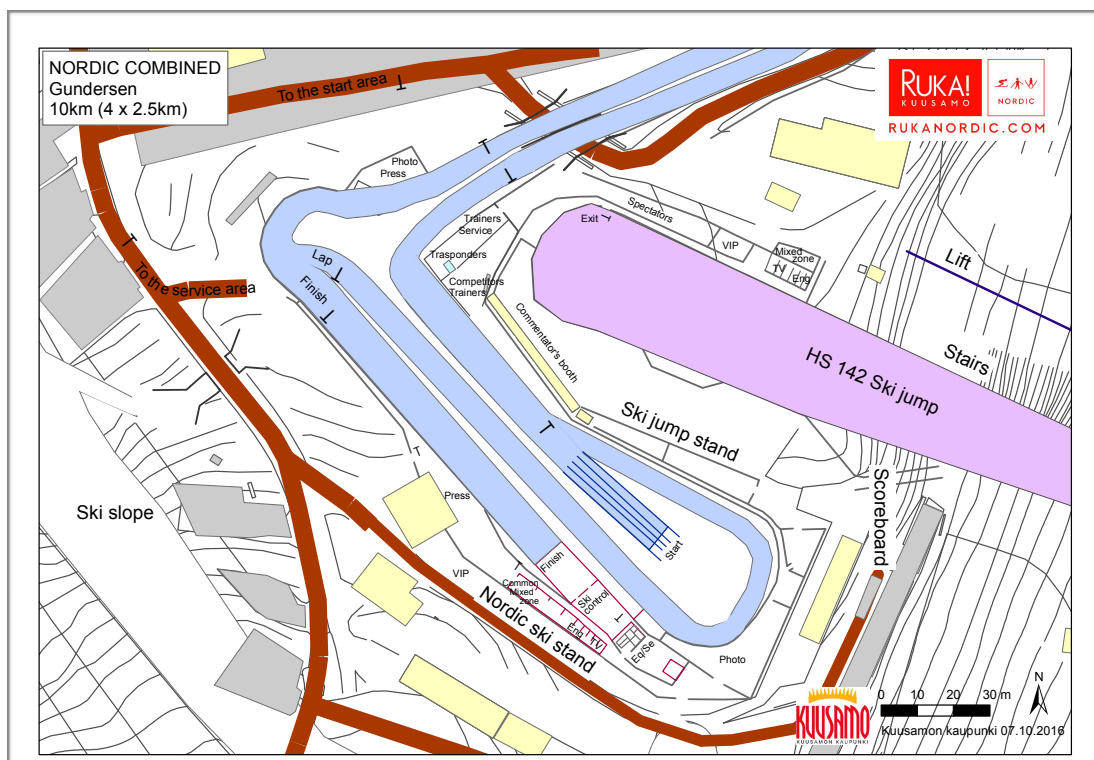
<https://twitter.com/RukaNordic>

<https://vimeo.com/rukanordic>

Instagram: @rukanordic

#rukanordic

11. Course Maps



10 km: Nordic combined, (4 x 2.5 km)

Kuusamo 2016
 Ruka Finland
 Kilparata Race course 2.5 km
 Kartta 1:10 000
 Profiili 1:50 000/1:5 000

