

We cordially invite all member associations of the FIS to participate in the  
17th FIS WORLD CUP RUKA NORDIC on November 23th – November 25th 2018 in Kuusamo Ruka

## PROGRAMME

### Thursday 22.11.2018

19.00 Team captains meeting, Nordic Combined

### Friday 23.11.2018

09.00-11.00 Official training, Cross Country, Sprint, C  
11.00-13.00 Official Cross Country training, Nordic Combined, F  
13.00 Team captains meeting, Ski Jumping  
14.00 Official training HS 142, Nordic Combined  
15.30 Team captains meeting, Cross Country  
16.00 **Provisional competition round, Nordic Combined, HS 142**  
17.00 Official training HS142 (2 rounds), Ski Jumping  
19.00 **Qualification HS 142, Ski Jumping**

### Saturday 24.11.2018

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

### Sunday 25.11.2018

09.00-10.00 Training, Cross Country, C  
09.45 Trial round HS 142, Nordic Combined  
10.45 **Nordic Combined, Ski Jumping HS 142, Team, Viessmann FIS Nordic Combined World Cup**  
11.45 **Cross Country, 10 km Ladies, C (2x5 km), Coop FIS Cross Country World Cup**  
13.30 **Cross Country, 15 km men, C (3x5 km), Coop FIS Cross Country World Cup**  
16.00 **Nordic Combined, Team 4 x 5 km, F (2x2,5 km) Viessmann FIS Nordic Combined World Cup**  
16.30 **Qualification HS 142, Ski Jumping**  
18.00 **Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup**

## ENTRY

The entries must be done by FIS online entry system on 12th October [www.fis-ski.com](http://www.fis-ski.com) .

### Radio licence application

Deadline for the radio licence application is 22nd October 2018 and is to be sent to FICORA directly :  
[radiotaajuudet@ficora.fi](mailto:radiotaajuudet@ficora.fi) or fax +358 295 390 270. More details and application form:  
<https://www.viestintavirasto.fi/en/spectrum/radiolicences/eventorganisers.html>

## 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 party liability only.

## TECHNICAL DELEGATES

	TD		Assistant TD		National Assistant TD
<b>Cross Country</b>	Marte Trondsen	(NOR)	Nathalie Santer	(ITA)	Annmari Viljanmaa (FIN)
<b>Ski Jumping</b>	Christian Kathol	(AUT)	Reed Zuehlke	(USA)	
<b>Nordic Combined</b>	Robert Krautgartner	(AUT)	Jerome Pagnier	(FRA)	Asko Aalto (FIN)

## EXPENSES

According to the FIS World Cup rules. 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