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RUKA TRIPLE (FIN)

Program

Date	Competition	TCM	Other
Thursday 28/11/2019		17:00 Press Center	
Friday 29/11/2019	11:00 Sprint Qualification C 13:30 Sprint Finals	19:00 Press Center	18:00 Prize giving Ceremony Top 3 Ladies + Men
Saturday 30/11/2019	10:45 10 km Ladies C 12:30 15 km Men C	17:30 Press Center	Prize giving ceremony after the race
Sunday 1/12/2019	11:10 Pursuit 10 km Ladies F 12:25 Pursuit 15 km Men F		Prize giving ceremony after the race

Contacts

Position	Name	Phone	Email
General Secretary	Seppo Linjakumpu	+358 400 706433	seppo.linjakumpu@rukanordic.com
Accommodation	Mia Oinas	+358 306502535	rukanordic@lomarengas.fi
Transportation	Seppo Linjakumpu	+358 400 706433	seppo.linjakumpu@rukanordic.com
Finances	Laura Hämäläinen	+358 45 2631211	finance@hihtoliitto.fi
Sport	Seppo Linjakumpu	+358 400706433	seppo.linjakumpu@rukanordic.com
Wax Cabins	Seppo Linjakumpu		
Truck driving permissions	Seppo Linjakumpu		

Medical Service	Susanna Aikkila	+358 40 541 7899	
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Offices and their opening times

Office	Location	Opening times
Race office	Scandic Rukahovi Congress Centre	Mon-Sun 09:00-20:00
Transportation	Scandic Rukahovi Congress Centre	Mon 12:00-20:00 Tue-Sat 08:00-20:00 Sun 08:00-14:00
Finances	Congress Centre	Thu-Fri 10:00-19:00 Sat 10:00-18:00 Sun 10:00-14:00
OC Office	Scandic Rukahovi Congress Centre	Mon-Sun 09:00-20:00

Logistical information

Accommodation (World Cup Rules Art. 13)

- Booking according the FIS Rules via FIS Online registration system
- The OC offers following accommodation (full board included):
 - Three star hotel Scandic Rukahovi next to the venue: 110 € per person in double room, 145 € single (FULLY BOOKED)
 - Three star apartments 3-4 persons (RukaTonttu, RukaSuites, AurinkoRinne, RukaVillage, Rukahovi apartments) next to the venue: 110 € per person, few 2-persons' apartments 115 € per person (minimum number of persons occur)
- Additional information about the accommodation will be given to the teams after receiving preliminary entry and accommodation request
- Limited amount of accommodation available next to venue, mainly for quota. For outside of the quota also self-catering holiday cottages/apartments at Ruka area also possible on request.
- Price for additional accommodation outside of the quota: 115 € per person in double room or apartment (minimum number of persons occurs)
- Price for additional single rooms outside of the quota: 160 €.
- We retain the right for changes.

Transport (World Cup Rules Art. 11)

- 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. Price for additional transport:
 - 230 € for Kuusamo airport (up to 15 persons=230 €, 16-50 p.=290 €)
 - 680 € for Oulu airport (up to 15 persons=680 €, 16-50 p.=830 €)
 - 630 € for Rovaniemi airport (up to 15 persons=630 €, 16-50 p.=780 €)

- Information to the Shuttle service
 - (hotels – venue) : no shuttle service (walking distance).
 - Holiday Club Kuusamon Tropiikki- venue: shuttle service will be organized

Reimbursement (World Cup Rules Art. 10 and 13)

- Accommodation costs: Teams will pay directly in the accommodation office until 22th November (persons from the pay lists will be paid by the OC directly).
Over quota costs are to be paid by cash or credit card.
- Carrying costs/Reimbursement :
 - Expenses sheets will be received in financial office during the race weekend or by e-mail: finance@hiihtoliitto.fi. Payments will be done by bank transfer.

Prize money payment (World Cup Rules Art. 8)

- Due to data protection rules the data's from the athletes have to be given directly to: finance@hiihtoliitto.fi
- Or on-site to Laura Hämäläinen and/or Anne Lahdelma in the financial office (opening times see above)
- Prize money form is available on FIS Website under: https://assets.fis-ski.com/image/upload/v1570630619/fis-prod/assets/Bank_Transfer_Form_incl_Contacts.pdf
- TIN (tax identification code) is mandatory by Finnish tax law.

Income tax information for prize money:

- Income tax of European citizen is 15%
- Income tax of non-European citizen is 15% (USA 0 %)

Waxing facilities (World Cup Rules Art. 14)

- Wax cabins : available from 25/11/2019 at 12 :00
- Waxing trucks : teams arriving with trucks have to inform the OC before 17/10/2019
- The keys to the cabins are available at the competition office. The deposit is 100 €/team. Keys return and deposit return to Ski Cafe/service area on the day of departure.
- Parking cards can be picked up at the competition office same time with the keys.

Team Catering

- Team Catering facilities are open from Thursday to Sunday (**Opening times Thu-Sun 08:00-15:00**)
- Do not forget to sign up on the google doc for the lunch
https://docs.google.com/spreadsheets/d/13wm5JU7RzwrUonl8AciSFEKdq4H7OTUKGDm_EnQLVfo/edit?usp=sharing
- Costs for lunch service is 10 CHF per person per day if you haven't ordered and paid full board via the Organizing Committee

Medical Service

- In case you have an emergency you can call the following numbers:
- Medical facilities
 - at the venue: Medical staff group; Susanna Aikkila +358 40 541 7899

- in the village: Ruka Village Health Care Center + 358 40 707 7123
- Hospitals near by: Kuusamo City Hospital +358 40 8608 611
- Ambulance in Ruka stadium; Keijo Talvio +358 400 398 745

Regulations of radio equipment/Radio Frequencies:

- 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.
- The Finnish Transport and Communications Agency (TRAFICOM) controls the use of radio frequencies in Finland and ensures that a sufficient number of frequencies are equally available, in order to ensure all users are able to operate in a cooperative and legal manner.
- Each user of a radio transmitter subject to license must obtain a license granted by TRAFICOM. TRAFICOM assigns the frequencies to be used. It is prohibited to use any other frequencies than the ones mentioned in the license.
- **The radio license application can be completed via the link below and it must be submitted to TRAFICOM by October 25th 2019.**
- <https://www.traficom.fi/en/contact-form-event-organizers>
- More information from Mr. Markku Laasonen +358 295 390 454 / markku.laasonen@traficom.fi
- There will not be radio inspections at the venue.

For license-exempted equipment, please see TRAFICOM Regulation 15 on collective frequencies for license-exempt radio transmitters and on their use:

- <https://www.finlex.fi/fi/viranomaiset/normi/480001/44836>
- <https://www.traficom.fi/en/communications/communications-networks/wireless-cameras-video-links-and-microphones>

Regulations of Visa:

- 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

Special permissions for truck driving (Sunday- and night, other days with special regulations)

- Teams must give information when they will arrive to stadium and parking area. Send messages by email to kev@rukanordic.com
No Sunday or night driving permission needed.

Special advices for the route and roads

(from the previous World Cup stage and to the next one): no special comments

Maps and Courses

Race	Course	Length
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Friday, 29/11/2019	1,4 km sprint	1,4 km
Saturday, 30/11/2019	5 km	10 km w /15 km m
Sunday 1/12/2019	5 km	10 km w /15 km m

LILLEHAMMER (NOR)

Program

Date	Competition	TCM	Other
Friday 6/12/2019		18:00 Scandic Lillehammer Hotel	
Saturday 7/12/2019	11:00 Skiathlon Women 7,5 km + 7,5 km	18:00 Scandic Lillehammer Hotel	Prize giving ceremony directly after the race
	12:30 Skiathlon Men 15 km + 15 km		
Sunday 8/12/2019	10:15 Relay Women 4 x 5 km		Prize giving ceremony directly after the race
	11:45 Relay Men 4 x 7,5 km		

Contacts

Position	Name	Phone	Email
General Secretary	Fanny Horn Birkeland	+47 95 27 27 29	fanny.birkeland@olympiaparken.no
Accommodation	Bente Laugen	+47 480 74467	bente.laugen@olympiaparken.no
Transportation	Lars Erik Sønsteli	+47 916 38 609	Lars.Erik.Sonsteli@boreal.no