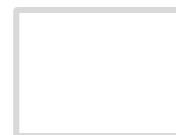


FIS Cross-Country World Cup

Ruka (FIN)
29.11.2024 - 01.12.2024



Contact information

Last update: 19.11.2024 10:54

Organiser contact information

Phone	General: +358 40 580 0467
E-mail	General: kev@rukanordic.com , Entries: pauli.makela@rukanordic.com , Accommodation: nordic@ruka.fi
Address	Vanttajantie 6 B, 93600 Kuusamo, Kuusamo
Website	https://rukanordic.com/
Social media	https://rukanordic.com/en/

Officials and Contacts

FIS Technical Delegate	Marte Aagesen Trondsen (NOR) Enzo Macor (ITA)
Sport	Jarkko Ruhanen (FIN) 0401485530 jarkko.ruhanen@rukanordic.com
Chief of Competition	Harri Keskiaho (FIN) +358 50 590 6666 harri.keskiaho@rukanordic.com
Wax Cabins	Pauli Mäkelä (FIN) +358 44 0473955 pauli.makela@rukanordic.com
Finances	Pauliina Brandt (FIN) +358 40 652 6676 finance@hiihtoliitto.fi
Transportation	Anselmi Pitkänen (FIN) +358 40 148 5557 transportation@rukanordic.com
Accommodation	Rukabooking (FIN) +358 50 464 5209 nordic@ruka.fi
FIS Race Director	Michal Lamplot
FIS Race Director Assistant	Simon Caprini

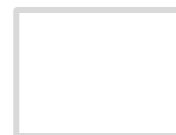
Event schedule

Event schedule (LOC times)

28.11.2024	Event	Location	Races
18:00	Team Captains' Meeting	Rukahovi Congress Centre	29 Nov - WC Women's 10k 29 Nov - WC Men's 10k
29.11.2024	Event	Location	Races
11:00	Competition start		29 Nov - WC Women's 10k
13:40	Competition start		29 Nov - WC Men's 10k

FIS Cross-Country World Cup

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18:00	Team Captains' Meeting	Rukahovi Congress Centre	30 Nov - SPWQ Women's SP 30 Nov - SPWQ Men's SP 30 Nov - WC Women's SP 30 Nov - WC Men's SP
30.11.2024	Event	Location	Races
10:00	Competition start		30 Nov - SPWQ Women's SP 30 Nov - SPWQ Men's SP
12:30	Competition start		30 Nov - WC Women's SP 30 Nov - WC Men's SP
18:00	Team Captains' Meeting	Rukahovi Congress Centre	1 Dec - WC Women's 30k 1 Dec - WC Men's 30k
01.12.2024	Event	Location	Races
10:30	Competition start		1 Dec - WC Men's 30k
12:25	Competition start		1 Dec - WC Women's 30k

Entries

The FIS Online Registration System must be used to register the participating teams.

Booking of waxing cabins via FIS Online Entry System by the preliminary entry. Preliminary entry counts as wax cabin booking, extra wax cabin must be ordered.

Preliminary entry deadline: 4.10.2024

Entry deadline: 21.11.2024

Team information FIS World Cup Ruka Nordic 2024

1. Accommodation

Teams and SRS companies must use the FIS online booking system by requesting the number of rooms/apartments with full-board. The OC will pay accommodation costs according to the FIS rules reimbursement lists and prices. For additional persons, the teams must pay directly to OC.

Accommodation in 3 star hotel rooms or apartments.

Accommodation Office, opening times:

- Wed 27.11 - Thu 28.11: 9-19
- Fri 29.11 - Sat 30.11: 9-18
- Sun 1.12: 10-14

2. Accreditation

Requests for additional accreditation must be sent via the FIS Online System or to kirsi.hanninen@rukanordic.com

All accreditation cards can be picked up at: Accreditation Office in Hotel Scandic Rukahovi, Congress centre.

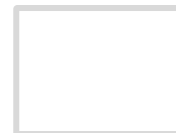
Accreditation office, opening times:

- Mon 25.11 - Thu 28.11: 9-19
- Fri 29.11: 8-18
- Sat 30.11: 8-17
- Sun 1.12: 8-10

3. Transport

FIS Cross-Country World Cup

Ruka (FIN)
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The transportation office will arrange transportation between the official airports (Kuusamo, Oulu and Rovaniemi) and the hotels in Ruka.

No shuttle service between hotels and venues (walking distance).

One transport per team (from the official airport to the venue and one from the venue to the airport) free of charge.

Requests for transportation (exact arrival times, flight numbers and number of arriving people) must be sent via the FIS Online Entry System or directly to the Transportation office at transportation@rukanordic.com.

Transportation office, opening times:

- Mon 25.11 - Wed 27.11: 10.00 - 18.00
- Thu 28.11 - Sun 1.12: 9.00 - 20.00

Prices for additional transport:

Requests for transportation (exact arrival times, flight numbers and number of arriving people) directly to the Transportation office at transportation@rukanordic.com. We would like to get orders for transportation no later than 3 weeks before the event.

- Kuusamo-Ruka or Ruka-Kuusamo (1-4 persons: 81€, 5-8p: 139€, 9-16p: 311€, 17-50p: 393€)
- Oulu-Ruka or Ruka-Oulu (1-4 persons: 346€, 5-8p: 577€, 9-16p: 858€, 17-50p: 1097€)
- Rovaniemi-Ruka or Ruka-Rovaniemi (1-4 persons: 324€, 5-8p: 531€, 9-16p: 831€, 17-50p: 1028€)

Teams departing from Oulu or Rovaniemi airport must prepare to leave from Ruka approximately 4 hours before flight time.

The minimum charge for waiting longer than 30 minutes is 57,75 €/hour, which is paid by the customer.

Please, consider the amount of luggage that can fit in the car. For example, a group of 4 people with a lot of luggage should take a minivan.

Used vehicles:

1-4p: Car, 5-8p: Minivan, 9-16p: Minibus, 17-50p: Bus

4. Payments

Accommodation costs: Persons from the reimbursement lists will be paid by the OC directly. For additional persons, the teams will pay directly in the accommodation office until the 30th of November.

Payments by invoice or credit card.

5. Prize money and taxes

If requested, the OC will provide the athletes with a receipt of taxes paid accompanying the prize money.

Prize money payment (Word Cup Rules Art. 8) OC will use a protected FIS database for prize money payment information. Please make sure that all your athletes' information is uploaded to the system before the race weekend (including Tax codes).

Finnish law does not allow any prize money transfer without indicating the TINs (Tax identification number).

The financial office is in the Congress Centre, Hotel Scandic Rukahovi.

Financial Office, opening times:

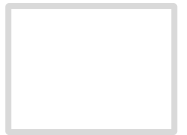
- Thu 28.11: 10-18
- Fri 29.11: 10-19
- Sat 30.11: 10-18
- Sun 1.12: 10-14

6. Race Office, CC info, Waxing facilities, Starting Bibs

- Race Office (is located in the Scandic Rukahovi Congress Centre), opening times:
- Mon 25.11 - Thu 28.11: 9-19

FIS Cross-Country World Cup

Ruka (FIN)
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- Fri 29.11 - Sat 30.11: 8-18
- Sun 1.12: 8-17

Race Office Tel. +358 40 580 0467

CC info (is located in the Ski stadium Area), opening times:

- Sun 24.11: open if necessary, please contact pauli.makela@rukanordic.com
- Mon 25.11 - Wed 27.11: 9-15
- Thu 28.11 - Sat 30.11: 8-15
- Sun 1.12: 8-16

CC info tel. +358 40 084 7989

Wax cabins:

Available from Mon 25.11.2024 at 12:00

Waxing trucks: teams arriving with trucks must inform the OC until 14.10.2024 with exact measurements of the truck and details of the needs.

The keys to the waxing cabins are available at the CC info. Keys return to CC info on the day of departure.

Payment for additional wax cabins (over Quota) must be made when picking up the keys to CC info.

Fee for lost key 100€ and cleaning fee 150€.

Parking cards can be picked up at the CC info together with the keys.

Starting Bibs:

Distribution of Starting Bibs from the CC info before the races.

7. Team Captain's Meetings

Team Captains' Meetings will be held in the Rukahovi Congress Centre. Only one representative for each team is allowed to take part.

Participating in the Team captain's meeting online is also possible.

8. Team Catering

Ski Café at the Cross-Country Service Area.

Warm food and snack is served (Take Away). SRS companies must pay Lunch tickets to the Ski Cafe. One ticket is 8,50€, the pass to the Ski Cafe Thursday-Sunday is 30€. Lunch on Monday-Wednesday is available at Restaurant Karhunkierros (Big tent near stadium). Tickets must be bought in advance from the CC info (cash or card).

Ski Cafe Opening times:

- Thu 10-15.30
- Fri 10-16.30
- Sat 10-15.30
- Sun 10-14.30

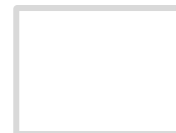
9. Medical Service

Nearest hospital: Kuusamo City Hospital,

Address: Raistakantie 1, FIN-93600 Kuusamo, +358 40 860 8611

X-ray, on call during the event

A doctor is on duty in the ski stadium area during the event.



10. Regulations of radio equipment/Radio Frequencies

The Finnish Transport and Communications Agency (Traficom) regulates the use of radio frequencies in Finland. Based on submitted applications Traficom issues radio licences for users of radio transmitters to ensure trouble-free utilisation of the radio spectrum.

Applications can be submitted by filling in the form found with the link below no later than 31 October 2024.

<https://www.traficom.fi/en/contact-form-event-organizers>

Some radio transmitters can be used on licence-exempt basis depending on their operating frequency and application. Please refer to Traficom Regulation 15 - <https://www.traficom.fi/en/regulations/regulation-15-collective-frequencies-licence-exempt-radio-transmitters-and-their-use>

The applicable frequency bands for wireless cameras, video links and microphones have been collected to page:
<https://www.traficom.fi/en/communications/communications-networks/wireless-cameras-video-links-and-microphones>

11. 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.

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

There is no need for a special permission for truck driving on Finnish roads. No special rules and regulations, except for the normal Finnish weather and snow conditions and the need of snow tires.

13. Maps

More information on our website.

14. Media and Communications

[Ruka Nordic -Website](#)

[Facebook](#)

[Instagram](#)

[Youtube](#)

#rukanordic

We cordially invite all member associations of the FIS to participate in the

23rd FIS WORLD CUP RUKA NORDIC on November 27th - December 1st 2024 in Kuusamo Ruka

PROGRAMME:

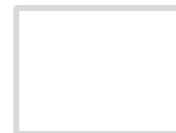
Wednesday 27.11.2024

10:00-12:00 Course open, Cross Country (grooming: classic & skate)
15:00-18:00 Course open, Cross Country (grooming: classic & skate)
12:00-15:00 NC, Free training Ski Jumping
16:00-18:00 SJ, Free training Ski Jumping
20:00 Team Captains meeting Nordic Combined – press centre

Thursday 28.11.2024

FIS Cross-Country World Cup

Ruka (FIN)
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09:00-10:30 SJ, Free training, Ski Jumping
10:00-11:30 Official training, Cross Country, Sprint, C
11:30-13:00 Official training, Cross Country, 10 km C race (one C track groomed in ideal line, rest groomed F)
12:00-14:00 Official training Ski Jumping, Nordic Combined
13:00-14:00 Courses closed for grooming
14:00-15:00 Provisional competition round, Nordic Combined, HS 142
16:00-17:30 Official training on NC course for 7,5 km race (2,5 km course)
18:00 Team Captains meeting Cross Country – press centre

Friday 29.11.2024

08:00 Course Open, Cross Country, C
11:00 Team Captains meeting Ski Jumping – press centre
11:00 Trial round HS 142, Nordic Combined
11:00 Cross Country, Women 10 km (2x5km) C, Coop FIS Cross Country World Cup
12:25 Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
13:40 Cross Country, Men 10 km (2x5km) C, Coop FIS Cross Country World Cup
15:45 Official training HS142, Ski Jumping
16:00 Nordic Combined, Ind Compact, 7,5km (3x2,5km), Viessmann FIS Nordic Combined World Cup
18:00 Team Captains meeting Cross Country – press centre
18:10 Qualification HS 142, Ski Jumping

Saturday 30.11.2024

08:00 Course open
10:00 Sprint Qualification (W+M), Cross Country skiing, C (1,4 km)
10:00 Trial round HS 142, Nordic Combined
11:15 Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
12:30 Cross Country, Sprint (W+M), finals, C (1,4 km), Coop FIS Cross Country World Cup
15:15 Nordic Combined, Ind Gundersen, 10km (4x2,5km), Viessmann FIS Nordic Combined World Cup
17:00 Trial round HS 142, Ski Jumping
18:00 Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup
18:00 Team Captains meeting Cross Country – press centre

Sunday 01.12.2024

07:30 Course open for Nordic Combined
09:30 Nordic Combined, Mass start 12,5 km, F (5x2,5 km), Viessmann FIS Nordic Combined World Cup
10:30 Cross Country, 20 km Men, Mass start F (5x4 km), Coop FIS Cross Country World Cup
12:15 Trial round HS 142, Nordic Combined
12:25 Cross Country, 20 km Women, Mass start F (5x4 km), Coop FIS Cross Country World Cup
13:30 Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
14:45 Qualification HS 142, Ski Jumping
16:15 Ski Jumping HS 142, Viessmann FIS Ski Jumping World