

**We cordially invite all member associations of the FIS to participate in the
14th FIS WORLD CUP RUKA NORDIC on November 27th – November 29th 2015 in Kuusamo Ruka**

PROGRAMME

Thursday 26.11.2015

10.30-11.30 Official training, Cross Country, Sprint ,C (1,4 km)
13.00 Team captains´ meeting, Ski Jumping
16.00 Official training (2 rounds), Ski Jumping HS 142
18.00 Qualification HS 142, Ski Jumping
18.00 Team captains´ meeting, Nordic Combined
19.00 Team captains´ meeting, Cross Country

Friday 27.11.2015

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)
17.00 Trial round HS 142, Ski Jumping
18.00 Ski Jumping HS 142, Viessmann FIS World Cup
19.00 Team captains´ meeting, Cross Country

Saturday 28.11.2015

09.00-10.00 Official training, Cross Country, F (5,0 km)
09.00 Trial round HS 142, Nordic Combined
10.00 Nordic Combined, Ski Jumping HS 142, Viessmann FIS World Cup
11.15 Cross Country, 5 km Ladies, F (1x5 km) Viessmann FIS World Cup
13.00 Cross Country, 10 km Men, F (2x5 km) Viessmann FIS World Cup
14.45 Nordic Combined, Gundersen F (4x2,5 km) Viessmann FIS World Cup
15.30 Qualification HS 142, Ski Jumping
17.00 Ski Jumping HS 142, Viessmann FIS World Cup
18.00 Team captains´ meeting, Cross Country

Sunday 29.11.2015

09.00-10.00 Official training, Cross Country, Pursuit C (2,5 km)
09.00 Trial round HS 142, Nordic Combined
10.00 Nordic Combined, Ski Jumping HS 142, Viessmann FIS World Cup
11.15 Cross Country, 10 km Ladies Pursuit, C (4x2,5 km) Viessmann FIS World Cup
12.30 Cross Country, 15 km Men Pursuit, C (6x2,5 km) Viessmann FIS World Cup
14.00 Nordic Combined, Gundersen, 10 km, F (4x2,5 km) Viessmann FIS World Cup

ENTRY The preliminary entries must be done latest 16th October 2015 by FIS online entry system on www.fis-ski.com .

Radio licence application

Deadline for the radio licence application is 15th November 2015 and is to be sent to FICORA directly : radiotaajuudet@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	John Aalberg (NOR)	Vyacheslav Vedelin (RUS)	Annmari Viljanmaa (FIN)
Ski Jumping	Sandro Pertile (ITA)	Nikolay Petrov (CAN)	
Nordic Combined	Arne Olaf Sween (NOR)	Krautgartner Robert (AUT)	Jarkko Laine (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, email: rukanordic@lomarengas.fi.

INFORMATION FIS Ruka Nordic Opening, Kuusamon Erä-Veikot, Vanttajantie 6 B, FI-93600 KUUSAMO, FINLAND
Seppo Linjakumpu, secretary general, tel + 358 8 8181 123, mobile +358 400 706433
www.rukanordic.com , e-mail: seppo.linjakumpu@rukanordic.com .