



FIS Freestyle Ski World Cup Opening
Ruka Finland
December 7th 2019

TEAM INVITATION

Ski Sport Finland is pleased to invite all the teams to attend the FIS Freestyle Ski World Cup Mogul Opening on **December 7th 2019** in Ruka Ski Resort, Finland. The Organizing Committee will host the event in accordance with the International Ski Competition Rules (ICR) of the International Ski Federation (FIS).

1. ORGANIZING COMMITTEE

Ski Sport Finland ry
Mrs. Minna Karhu, Chief of the Organizing Committee
email: minna.karhu@skisport.fi, tel + 358 44 0211024

Valimotie 10
FIN – 00320 HELSINKI
FINLAND
General e-mail: worldcupruka@skisport.fi

2. ENTRIES

Entries will be accepted from National Ski Associations following FIS quotas and rules. Please submit the provisional entries (including competitors and officials) and the names of participants by **October 28th, 2019**.

The final number of your competition team (including competitors and officials) and the names of participants must be submitted to the organizing committee **no later than November 27th, 2019**.

Access to the online registration system is accessed through the FIS Homepage <http://www.fis-ski.com> / Member Section.

FIS has established nation Quotas for World Cup. National Ski Teams can only enter World Cup Ski Competitors according to the Quota limitations. Link to the Quotas:

https://assets.fis-ski.com/image/upload/v1560780965/fis-prod/assets/WC_Quotas_1920_1st_calculation_MO_AE_SX.pdf

3. REGISTRATION

Check-in, team registration, race headquarters, media centre and team captains meetings will take place at the Ruka walk inn village, the exact location will be confirmed later.

Team registration / lodging check-in will be on **Wednesday, 4th of December, from 9 am – 3 pm.**

4. BIBS

All competitors must wear bibs during all official training, competition and award ceremonies.

5. ACCIDENT INSURANCE

Each competitor must carry his/her own medical insurance. The Organizing Committee, sponsors, suppliers, Ruka Ski Resort, FIS and Ski Sport Finland assume no responsibility for accidents, damage or loss of equipment, nor second- or third-party claims during the event.

6. ANTI-DOPING CONTROL

Anti-doping control testing may be conducted in accordance with the rules and regulations set forth by FIS.

7. IMPORTANT INFORMATION

Ski Resort Ruka

Ski resort Ruka has hosted the FIS Freestyle Ski World Cup Opening for nearly ten years in a row. The last years have showed that Ruka has fantastic infrastructure for the event and that it is a perfect spot for early season ski training.

Ski resort Ruka has a strong will to open the mogul course earlier than previous years and the goal for opening is set to mid-November.

For the snow conditions and training schedules, please follow our Facebook:

<https://www.facebook.com/freestyleopeningruka> and

Ruka Ski resort's web pages: <https://ski.ruka.fi/en/webcams>

Accommodation

Accommodations with FIS rates for athletes and officials during the competition days are provided in Ruka Ski-Inn units, located in the immediate closeness of the ski area.

This year we recommend all the teams to book their accommodation very early, since it is a National Holiday weekend in Finland and the resort will be fully booked.

All accommodation reservations, before official competition time period, must be done directly to Ruka Ski Resort.

Team contact person for early season training at Ruka Ski Resort:

Annika Koramo
Sales Secretary
Rukakeskus Oy - RukaBooking
Rukatunturintie 9, FI-93825 Rukatunturi

Tel. +358 8 8600 300 / +358 8 8600 370 (direct)
Fax. +358 8 8600 201
E-mail: annika.koramo@ruka.fi or myynti@ruka.fi

Transportation

Teams will be responsible for their own transportation to and from Ruka Ski Resort.

On behalf of the Ruka World Cup organizing Committee and Ski Sport Finland we can offer Your Team the following flight deals and baggage excess weight with Finnair flights.

The travel agent Elamysgroup has prepared special deals with Finnair European direct departure destinations. Group size 5 persons or more. The rate will vary, but it will include 3 pc / 69 kg weight per passenger (23 kg / baggage).

For individual persons they offer value-rate, which allows to make changes to the reservation. You can change the date with extra charge of 75 EUR / change. Value tickets are non-refundable. The price level is similar as it has been earlier years.

In order to make the reservations and to handle the excess weight, it is important that your group makes the reservations through Mrs. Nunnu Kivikari, e-mail: Nunnu.kivikari@skisport.fi

The travel agent needs to give Finnair all the information from your group, concerning excess baggage, in order to confirm them and to put the information into their system. You need to supply the dimensions and the weight per baggage, when you make the reservation. The travel agent can charge the Team by credit card or send an invoice as preferred. If you need more than 3 pc baggage, it will cost 45-75 EUR / baggage / one way (max 23kg).

The travel agent also has a special rate for Teams overnighing in Helsinki.

Hotel Hilton at the airport: 151,00 € / night / single room, or 171,00 € / night / double room, with breakfast.

For flight and Airport hotel reservation, please note that all the conditions and rates stated here apply only to the bookings made through Mrs. Nunnu Kivikari, e-mail: nunnu.kivikari@skisport.fi

8. SCHEDULE OF THE COMPETITION

Wednesday December 4th 2019 Arrival Day

9:00-15:00 Team Check Inn

17:30-18:15 Mogul Team Captains and Medical Meeting

<u>Thursday, 05.12.2019</u>				TRAINING	
	Start	Finish	Duration	Event	
MO	13:00	- 13:10	0:10	Ladies' Mogul Inspection	
	13:10	- 13:15	0:05	Course Preparation	
	13:15	- 13:50	0:35	Ladies' Mogul Training Session	
	13:50	- 14:00	0:10	Course Preparation	
	14:00	- 14:35	0:35	Ladies' Mogul Training Session	
	14:35	- 14:45	0:10	Men's Mogul Inspection	
	14:45	- 14:50	0:05	Course Preparation	
	14:50	- 15:25	0:35	Men's Mogul Training Session	
	15:25	- 15:35	0:10	Course Preparation	
	15:35	- 16:10	0:35	Men's Mogul Training Session	

<u>Friday, 06.12.2019</u>				TRAINING	
	Start	Finish	Duration	Event	
MO	10:00	- 10:10	0:10	Ladies' Mogul Inspection	
	10:10	- 10:15	0:05	Course Preparation	
	10:15	- 11:00	0:45	Ladies' Mogul Training Session	
	11:00	- 11:10	0:10	Course Preparation	
	11:10	- 11:55	0:45	Ladies' Mogul Training Session	
	11:55	- 12:05	0:10	Men's Mogul Inspection	
	12:05	- 12:10	0:05	Course Preparation	
	12:10	- 12:55	0:45	Men's Mogul Training Session	
	12:55	- 13:05	0:10	Course Preparation	
	13:05	- 13:50	0:45	Men's Mogul Training Session	
	17:30	- 18:00	0:30	Team Captain meeting, Draw	

Saturday, 07.12.2019				MOGUL COMPETITION	
	Start	Finish	Duration	Event	Location
MO Qual.	8:30 -	8:40	0:10	Ladies' Inspection	
	8:40 -	8:50	0:10	Course Preparation	
	8:50 -	9:30	0:40	Ladies' Mogul Training	
	9:30 -	9:40	0:10	Course Preparation	
	9:40 -	10:25	0:45	Ladies' Qualifications (Q1)(35)	
	10:25	10:35	0:10	Break	
	10:35	11:00	0:25	Ladies' Qualifications (Q2)(20)	
	11:00	11:30	0:30	BREAK	
	11:30 -	11:40	0:10	Men's Inspection	
	11:40 -	11:45	0:05	Course Preparation	
	11:45 -	12:25	0:40	Men's Mogul Training	
	12:25 -	12:35	0:10	Course Preparation	
	12:35 -	13:50	1:15	Men's Qualifications (Q1)(60)	
	13:50	14:00	0:10	Break	
14:00 -	14:25	0:25	Men's Qualifications (Q2)(20)		
BRK	14:25 -	14:55	0:30	Break	
MO Final	14:55 -	15:05	0:10	Ladies and Men's Mogul Finalist Inspection	
	15:05 -	15:15	0:10	Break	
	15:15 -	15:45	0:30	Ladies and Men's Mogul Finalist Training	
	15:45 -	16:00	0:15	Break	
	16:00 -	16:24	0:24	Ladies' Mogul Finals (F1) (16)	
	16:24 -	16:48	0:24	Men's Mogul Finals (F1) (16)	
	16:48 -	16:51	0:03	Break	
	16:51 -	17:02	0:11	Ladies' Mogul Finals (F2) (6)	
	17:02 -	17:13	0:11	Men's Mogul Finals (F2) (6)	
	17:13 -	17:18	0:05	Finish Area Awards Preparation	
	17:18 -	17:23	0:05	Ladies' Mogul Awards	
	17:23 -	17:28	0:05	Men's Mogul Awards	
	17:28 -	17:38	0:10	FIS Podium Interviews	

Sunday December 8th 2019 Departure Day

Ski Sport Finland and the Ski Resort of Ruka are welcoming all the Teams back to Ruka!!