

**We cordially invite all member associations of the FIS to participate in the  
16th FIS WORLD CUP RUKA NORDIC on November 24th – November 26th 2017 in Kuusamo Ruka**

**PROGRAMME**

**Wednesday 22.11.2017**

18.30 Team captains meeting, Nordic Combined

**Thursday 23.11.2017**

10.30-11.30 Official training, Cross Country, Sprint, C  
12.30-13.30 Official Cross Country Training, Nordic Combined, F  
15.00-17.00 Official training HS 142 (2 rounds), Nordic Combined  
**17.00 Provisional competition round, Nordic Combined, HS 142**  
17.00 Team captains´ meeting, Cross Country

**Friday 24.11.2017**

09.00-10.00 Training, Cross Country, C  
**11.00 Sprint Qualification (L+M), Cross Country skiing, C, (1,4 km) Viessmann FIS World Cup**  
13.00 Team captains´ meeting, Ski Jumping  
**13.30 Cross Country, Sprint Ladies+Men, finals, C (1,4 km), Viessmann FIS World Cup**  
14.30 Trial round HS 142, Nordic Combined  
**15.30 Nordic Combined, Ski Jumping HS 142, Viessmann FIS World Cup**  
17.00 Official training HS 142 (2 rounds), Ski Jumping  
**18.15 Nordic Combined, Ind Gundersen, 5 km, F (2x2,5 km) Viessmann FIS World Cup**  
**19.00 Qualification HS 142, Ski Jumping**  
19.00 Team captains´ meeting, Cross Country

**Saturday 25.11.2017**

10.00 Trial round HS 142, Nordic Combined  
**11.00 Nordic Combined, Ski Jumping HS 142, Viessmann FIS World Cup**  
**11.45 Cross Country, 10 km Ladies, C (2x5 km) Viessmann FIS World Cup**  
**13.30 Cross Country, 15 km Men, C (3x5 km) Viessmann FIS World Cup**  
**15.30 Nordic Combined, Ind Gundersen, 10 km, F (4x2,5 km) Viessmann FIS World Cup**  
15.45 Trial round HS 142, Ski Jumping  
**17.15 Ski Jumping Team HS 142, Viessmann FIS World Cup**  
17.30 Team captains´ meeting, Cross Country

**Sunday 26.11.2017**

09.00-10.00 Training, Cross Country, F  
10.45 Trial round HS 142, Nordic Combined  
**10.45 Cross Country, 10 km Ladies Pursuit, F (4x2,5 km) Viessmann FIS World Cup**  
**11.45 Nordic Combined, Ski Jumping HS 142, Viessmann FIS World Cup**  
**13.00 Cross Country, 15 km Men Pursuit, F (6x2,5 km) Viessmann FIS World Cup**  
**14.30 Nordic Combined, Ind Gundersen, 10 km, F (4x2,5 km) Viessmann FIS World Cup**  
**15.00 Trial round HS 142, Ski Jumping**  
**16.00 Ski Jumping HS 142, Viessmann FIS World Cup**

**ENTRY**

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

**Radio licence application**

Deadline for the radio licence application is 23<sup>rd</sup> October 2017 and is to be sent to FICORA directly : [radiotaajuudet@ficora.fi](mailto:radiotaajuudet@ficora.fi) or fax +358 295 390 270. For more information, please see [www.ficora.fi](http://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**

	<b>TD</b>		<b>Assistant TD</b>		<b>National Assistant TD</b>
<b>Cross Country</b>	Anna Rosa	(ITA)	Marko Lustrek	(SLO)	Jussi Prykäri (FIN)
<b>Ski Jumping</b>	Ivo Greger	(CZE)	Michael Lais	(GER)	
<b>Nordic Combined</b>	Robert Krautgartner	(AUT)	Jerome Pagnier	(FRA)	Asko Aalto (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](mailto:rukanordic@lomarengas.fi).

**INFORMATION**

FIS Ruka Nordic Opening, Kuusamon Erä-Veikot, Vanttajantie 6 B, FI-93600 KUUSAMO, FINLAND  
Seppo Linjakumpu, secretary general, mobile +358 400 706433  
[www.rukanordic.com](http://www.rukanordic.com) , e-mail: [seppo.linjakumpu@rukanordic.com](mailto:seppo.linjakumpu@rukanordic.com) .

# FIS WORLD CUP RUKA NORDIC, FINLAND 24.11. – 26.11. 2017

## Contact information:

Contact person	
National ski association	
Team	
Address	
Telephone	
E-mail	

## Hotel information:

<b>Cumulus Resort Rukahovi</b> € 110/night/person in double room € 145/night/person in single room All meals (breakfast, lunch and dinner) are served in the hotel's restaurant. Check-in at 2 pm, check-out at noon 12 o'clock. Late check-out must be ordered in advance.
<b>Rukahovi apartments</b> Apartments for 3-6 persons, located 400 meters from the hotel Cumulus Resort Rukahovi. All meals are served in the hotel's restaurant. Prices from € 110/night/person in apartment; minimum number of persons per apartment occurs. Check-in at 2 pm, check-out at noon 12 o'clock. Late check-out must be ordered in advance.
<b>RukaSuites, AurinkoRinne, RukaVillage</b> Apartments 30-60 m <sup>2</sup> for 2-6 persons with 1-3 bedrooms in the center of Ruka/near by Ruka center. All meals are served in Restaurant Villisika (Piste). Prices from € 110/night/person; minimum 2-4 persons per apartment (min 2 persons in 30-33 m <sup>2</sup> apartment). Single apartment from € 175/night/person. Check-in at 6 pm and check-out at 3 pm in RukaSuites and AurinkoRinne. Check-in at 3 pm and check-out at noon 12 o'clock in RukaVillage. Late check-out must be ordered in advance.
<b>RukaTonttu</b> Apartments 43-51 m <sup>2</sup> for 3-4 persons with 1-2 bedrooms near the Ski stadium. All meals are served in Restaurant Kaarna. Prices from € 110/night/person; minimum 3-4 persons per apartment. Check-in at 6 pm, check-out at 3 pm. Late check-out must be ordered in advance.
<b>Holiday Club Kuusamon Tropiikki</b> Hotel rooms in Kuusamo, 20 min drive from the venue, shuttle bus connections, 2 km skiing track near the hotel € 105/night/person in double room € 140/night/person in single room All meals (breakfast, lunch and dinner) are served in the hotel's restaurant, if not otherwise agreed. Check-in at 2 pm, check-out at noon 12 o'clock. Late check-out must be ordered in advance.

**Lomarengas will offer available hotel/apartment to the team and send more information about accommodation after receiving their request. Limited amount of accommodation at Ruka is available, mostly for persons in quota. For over-quota it's possible to book holiday homes/apartments at Ruka or hotel rooms in Kuusamo.**

**Accommodation must be paid in the accommodation office at Ruka in cash or credit card until Friday 24<sup>th</sup> November.**

**Airport transportation can only be provided if the necessary information is sent to Lomarengas latest 10 days before arrival day. Please, use FIS online registration system to request transportation.**

**Cross country teams: Please, use the FIS online registration system to inform the team size with number of rooms/apartments and special request latest 6 weeks before the first competition. The final team size should be informed via FIS online registration system at least 10 days before the first competition.** If the change after that is more than 10%, the National Ski Association in question is obliged to pay the difference between the effective and announced persons. Rooms reserved but not used have to be paid by the National Ski Association in question.

**Ski Jumping and Nordic Combined teams: Please use FIS online registration system to inform all necessary details by 13.10.** For booked rooms not used, the organiser has the right to demand a cancellation fee.

Additional information and reservations:

Lomarengas

Tel. +358 306 502 535, fax +358 9 698 0019

E-mail: rukanordic@lomarengas.fi

**Lomarengas**  
50 years of holiday homes in Finland.