



CONTINENTAL CUP

Nordic Combined

INVITATION

14.-16.1.2017 Ruka, Kuusamo, Finland

We cordially invite all member associations of the FIS to participate in FIS CONTINENTAL CUP On 15.-16.1.2017 in Kuusamo. The competitions will be held in compliance with FIS Competition Rules (ICR). The format is Individual Gundersen HS142/10km.

PROGRAMME

Thursday 12.1.2017

Arrival of teams

Friday 13.1.2017

- 12:00 Teams captains' meeting, Nordic Combined
- 15:00 Official training (2 rounds), Nordic Combined HS 142
- 17:00 Provisional competition round
- 18.30 Official Cross Country training

Saturday 14.1.2017

- 10:00 Trial round HS 142, Nordic Combined
- 11:00 Nordic Combined, Ski Jumping HS 142
- 14:00 Nordic Combined, Team Sprint, 2x7,5 km (5x1,5 km)
Prize giving ceremonies, Team Sprint, Nordic Combined

Sunday 15.1.2017

- 09:00 Trial round HS 142, Nordic Combined
- 09:45 Nordic Combined, Ski Jumping HS 142
- 13:30 Nordic Combined, Gundersen 10 km (4x2,5 km)
Prize giving ceremonies, Nordic Combined

Address

FIS Continental Cup, Kuusamon Erä-Veikot, Vanttajantie 6 B, FI-93600 KUUSAMO, FINLAND
Email: kev@rukanordic.com

Contents

Each Ski Association shall send its entry on the enclosed entry form to Organizing Committee.

Entry

Preliminary national entries must send to the organizer not later than 29 Th December 2015 and Final entry by using FIS entry form not later than 7 Th January 2016. Email kev@rukanordic.com

Restrictions

FIS rules will apply. The number of participants must comply with Continental Cup rules and regulations.

Accommodation

Accommodation is arranged in apartments and double rooms, which are located in Ruka village area and near the Stadium (Rantasipi apartments, few RukaTonttu hotel rooms).

Teams

Price per person (over quota) per day in double room/shared apartment incl. full board meals.

- Apartments **from** 95 €/person/night in 4 persons' apartment, **from** 105 €/person/night in 3 persons' apartment and **from** 110 €/person/night in 2 persons' apartment.
- Double rooms in RukaTonttu 110 €/person/night
- Single rooms in RukaTonttu 150 €/person/night

FIS staff, Ewoxx

- Hotel Rantasipi Rukahovi

Accommodation reservations and further information:

Lomarengas, Mia Oinas, e-mail: rukanordic@lomarengas.fi, tel. +358 306 502 535

Reservations should be made until 7th December. After that we can't guarantee accommodation.

Lomarengas will offer suitable accommodation for your team according to your team size.

Transportation from Kuusamo Airport to hotel and ski stadium will be arranged by organizer at a rate 10€ per person single way. The teams have to send the exact arrival times; flight numbers and number of arriving people latest 7 Th January 2016. Reservations to Seppo Linjakumpu, Email: seppo.linjakumpu@rukanordic.com tel. +358 400 706 433

Venues are at Ruka ski stadium using jumping Ruka HS142 and cross country 4x2,5 km.

Waxing facilities are at Cross Country service building at Ruka stadium. For additional questions, please contact Seppo Linjakumpu, email seppo.linjakumpu@rukanordic.com, phone +358 400 706433.

The race office is situated at Ruka stadium building.

Bibs for competitions will be distributed one hour before the competition in race office.

Prize money will be given to 6 best athletes. The prize money will be paid by electronically.

Prize giving ceremonies will take place at Ruka ski stadium straight after competition.

Information:

Seppo Linjakumpu, General Secretary, tel. +358 8 8181 123, mobile +358 400 706433.

Email: seppo.linjakumpu@rukanordic.com

Officials

General Secretary	Seppo Linjakumpu
OC Chairman	Tuomo Hänninen

FIS COC Coordinator	Toni Guggemoos
TD	Thomas Dufter GER
TD ass.	Rune Sörli NOR
Chief of competition	

Judges	Sigbjorn Normann NOR
	Jani Hyvärinen FIN
	Janne Karjalainen FIN
	Mika Jukkara FIN
	Teppo Nieminen FIN

All information you will find at Kuusamon Erä-Veikot ry www.kev.fi

Welcome to Kuusamo

KUUSAMON ERÄ-VEIKOT- KUUSAMO

ORGANIZING COMMITTEE

FINNISH SKI ASSOCIATION