



CONTINENTAL CUP

Nordic Combined

INVITATION

11.-13.1.2019 Ruka, Kuusamo, Finland

We cordially invite all member associations of the FIS to participate in FIS CONTINENTAL CUP On 11.-13.1.2019 in Kuusamo. The competitions will be held in compliance with FIS Competition Rules (ICR). The format is Individual Gundersen HS142/10km.

PROGRAMME

Wednesday 9.1.2018

Arrival of teams

Thursday 10.1.2019

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

Friday 11.1.2019

15:00 Trial round HS 142, Nordic Combined
16:00 Nordic Combined, Ski Jumping HS 142
19:00 Nordic Combined, Gundersen 10 km (4x 2,5 km)
Prize giving ceremonies, Nordic Combined

Saturday 12.1.2019

12:00 Trial round HS 142, Nordic Combined
13:00 Nordic Combined, Ski Jumping HS 142
17:00 Nordic Combined, Team, 5 + 2,5 + 2,5 + 5 km (2/1x2,5 km)
Prize giving ceremonies, Team, Nordic Combined

Sunday 13.1.2019

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 27th December 2018 and Final entry by using FIS entry form not later than 3th January 2019. Email kev@kev.fi. **Please, notice that accommodation should be booked until 19th December 2018 (rukanordic@lomarengas.fi).**

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 situated in Ruka center area and near the Stadium.

Teams:**Prize per person (over quota) per day in dbl room/shared apartment incl. full board**

-Apartments **from** 95 €/person/night in 4 persons' apartment and **from** 105 €/person/night in 3 persons' apartment (minimum number of persons per apartment occurs)

-Double rooms 105 €/person/night, single rooms 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 19th December. After that we can't guarantee accommodation.

Lomarengas will offer you suitable accommodation 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 3th January 2018.

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 Ind.G/4x2,5 km. (Team: 5 + 2,5 + 2,5 + 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, mobile +358 400 706433.

Email: seppo.linjakumpu@rukanordic.com

Officials

General Secretary Seppo Linjakumpu

OC Chairman Tuomo Hänninen

FIS COC Coordinator Michael Neumayer

TD Sørli Rune NOR

TD ass. Jarrett Moe USA

Chief of competition Pirjo Karjalainen

Judges Eriksrød Inge NOR

Jukkara Mika FIN

Nieminen Teppo FIN

Aalto Asko FIN

Hyvärinen Pekka 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