

Cross-Country Finnish Cup (Suomen Cup) Calendar 2024 – 2025

1. Vuokatti	2. – 3.11.2024 -Sat Sprint Women and Men F -Sun Relay Women 3 x 6 km F, Men 3 x 9 km F	Season Opening
2. Ruka	23. - 24.11.2024 -Sat Sprint Women and Men C -Sun Women and Men 20 km F Mass Start	
3. Imatra	10. - 12.1.2025 -Fri Team Sprint Women and Men F -Sat Women and Men 10 km C Interval Start -Sun 20 km Skiathlon Women and Men	National Champ.
4. Vantaa	8. – 9.2.2025 -Sat Sprint Women and Men F -Sun Relay 3 x 5 km Women and 3 x 7,5 km Men C	National Champ.
5. Iisalmi	29. – 30.3.2025 -Sat Women and Men 20 km C Mass Start -Sun Relay Women 3 x 5 km C, Men 3 x 7,5 km C	
6. Taivalkoski	4.-6.4.2025 -Fri Women 5 km F, Men 10 km F Interval Start -Sat Relay Women 3 x 5 km F, Men 4 x 10 km C/F -Sun Women 30 km F and Men 50 F Interval Start	SJ and NC National Champs. same time National Champ.

During the Taivalkoski weekend Ski Jumping and Nordic Combined PCR will probably be held on Friday.

Individual

Free 5

Classic 3

Skiathlon 1

Sprint 3 (2 Free, 1 Classic)

Relay

2 Free

2 Classic

1 Classic + Free