

LIABILITY

In accordance with Rule 119 of the ISU General Regulations, the ISU, the KNSB and the Organizing Committee assume no responsibility for or liability with respect to bodily or personal injury or property loss or damage incurred in connection with the Essent ISU World Cup Speed Skating. Each Member is solely responsible for providing insurance coverage thereto.

BOARD AND LODGING

In accordance with ISU Communication No. 1578, paragraph 11, the Organizing Committee will cover room and meal expenses at the official hotel(s) for up to 5 skaters and one team leader from each participating Member, beginning with dinner on the evening of Thursday, March 11, 2010 and ending with breakfast on the morning of Monday, March 15, 2010.

HOTEL RESERVATION / OFFICIAL HOTEL(S)

The Organizing Committee will make hotel-reservation for the competitors in the following hotels:

- a. Hotel Golden Tulip Tjaarda at Oranjewoud, phone +31(0) 513 433533, Fax +31(0) 513 433599, e-mail: info@tjaarda.nl
- b. Fletcher Hotel Heidehof at Heerenveen, phone +31(0) 513 630200, fax +31(0) 513 630201, e-mail: info@hotelheidehof.nl
- c. Holland Inn Hotel at Wolvega, phone +31(0) 561 618847, fax +31(0) 561 618591, e-mail: info@hotel-wolvega.nl
- d. Hotel van der Valk at Wolvega, phone +31(0) 561 692800, fax +31(0) 561 692805, e-mail: info@wolvega.valk.com
- e. Hajé Hotel at Heerenveen, phone +31(0) 513 618618, fax +31(0) 513 629100, e-mail: info@hajerestaurants.com
- f. Hajé Hotel at Joure, phone +31(0) 513 413555, fax +31(0) 513 414365, e-mail: info@hajerestaurants.com
- g. Hampshire Hotel de Eese at Steenwijk, phone +31(0) 521 511454, fax +31(0) 521 511316, e-mail: info@hampshire-eese.nl
- h. Hotel Huis ten Wolde at Steenwijk, phone +31(0) 521 535400, e-mail: info@huizenwolde.nl

The Organizing Committee reserves the right to limit the number of hotel rooms available to each team at the official hotels. The organizer is not obliged to provide services (accommodation, accredited entrance to the ice rink, transportation, etc.) for an excessive number of team officials or other accompanying persons from participating ISU Members. Name and functions of all team officials must be submitted together with the final entries for the competition, in accordance with ISU Communication No. 1578, paragraph 11j.

TRANSPORTATION

There is a direct railway connection from Amsterdam International Airport Schiphol to Heerenveen. Arriving at Heerenveen railway station, please call telephone 31(0) 513 637738 for transportation to the hotel. On request bus transportation from Schiphol Airport to Heerenveen can be arranged. For further information on this, please address the Organizing Committee. A shuttle bus service will be available for transportation between hotels and the ice rink.

ORGANIZING COMMITTEE – ENTRIES AND INQUIRIES

All entries, hotel reservations and other inquiries should be addressed to the Organizing Committee or the KNSB at the addresses below. For Media accreditation, please address N.S.P. as soon as possible.

Organizing Committee or:

P.O. Box 500
8440 AM HEERENVEEN
The Netherlands
phone: +31(0) 513 637730
fax: +31(0) 513 682007
e-mail: OC.Thialf@knsb.nl

KNSB

P.O. Box 1120
3800 BC AMERSFOORT
The Netherlands
phone: +31(0) 33 489 20 00
fax: +31(0) 33 462 08 23
e-mail: Bondsureau@KNSB.nl

Media accreditation: N.S.P.

Verrijn Stuartlaan 7
2288 EK RIJSWIJK
The Netherlands
phone +31(0) 70 41 57 898
fax: +31(0) 70 41 57 800
e-mail: info@nsp.nl

Results and other information from the competitions will be posted on the following websites:
www.wcheerenveen.org and www.knsb.nl



Announcement

On behalf of the KNSB, the Organizing Committee,
consisting of members of the board of directors
of the Royal Ice club Thialf at Heerenveen and representatives of the KNSB
has the honour and pleasure to invite you to the final competition in the

ESSENT ISU WORLD CUP SPEED SKATING 2009/2010

which will be held at the indoor ice-rink Thialf
in Heerenveen, the Netherlands

on Friday, March 12, Saturday, March 13 and Sunday, March 14, 2010

The competition will be held under the 2008 ISU General Regulations, Special Regulations and
Technical Rules for Speeds Skating and ISU Communication No. 1578.

PROGRAM

Thursday, March 11:	16.30 hrs.	Team leaders' Meeting, Ice Stadium Thialf (Tapperij)
	18.00 hrs.	Opening draw, Ice Stadium Thialf (Tapperij)
Friday, March 12:	15.00 hrs.	500 m. (1 st .) Ladies 500 m. (1 st .) Men 3.000 m. Ladies 1.500 m. Men
Saturday, March 13:	12.30 hrs.	500 m. (2 nd .) Ladies 500 m. (2 nd .) Men 1.500 m. Ladies 5.000 m. Men
Sunday, March 14:	14.00 hrs.	1.000 m. Ladies 1.000 m. Men Team Pursuit Ladies Team Pursuit Men

TRACK

A standard speed skating track of 400 meters to the lap laid out the Ice Stadium Thialf, an artificially frozen indoor skating rink at Heerenveen. The radii of the inner and outer competition lanes are 26 and 30 meters, respectively. The width of each lane of the competition track is 4 meters and there is an inside training lane with width of 4 meters.

ENTRIES

Entries for this competition will be restricted and must be made according to the ISU Regulations and ISU Communication No. 1578 paragraph 4.

Preliminary entries, giving the number of competitors, substitutes and team officials (with provisional names), must be communicated by March 2, 2010.

Final entries must reach the Organizing Committee by letter, fax or electronic mail not later than March 9, 2010 (see ISU Communication No. 1578, paragraph 4.3).

Entries must be accompanied by the official "ISU Declaration Form" as per Rule 131. Entries by fax or e-mail must be confirmed by a letter sent out simultaneously to the Organizers (Rule 115, paragraph 5)

The completed Declaration Form must be signed by the competitors and also by all officials (including team officials) appointed by the Member serving at an ISU Event (Team Leaders, Coaches, Team Medical Doctors, Physiotherapists, Team Officials who are requesting accreditation for the Event).

In case of competitors who are not full of age (under 18), such Declaration must be co-signed by at least one of the parents or other guardian at law.

Each Entry Form and Declaration Form must be signed by an authorized ISU Member Representative such as President, General Secretary, Executive Director, CEO (Rule 104, paragraph 4).

For more details please refer to Rules 115, 131, ISU Communications Nos. 1523 and 1578 or any update of these Communications.

The participation in the final Competition will be restricted, according to ISU Communication No. 1578, paragraph 5.1.5:

- a. The entry quotas given in paragraph 4.2 apply, but without privileges for the hosting Member.
- b. For each distance only the following skaters may be entered:
 - Skaters placed among the 24 best in the current World Cup ranking;
 - The winner(s) of the Division B race(s) in the preceding Competition;
 - The 4 best teams in the Team Pursuit World Cup ranking. If some of these teams will not be entered, the next ranked team(s) will be allowed.
- c. "Wild Card" entries are not possible.

COMPETITION FORMAT FOR THE TEAM PURSUIT COMPETITIONS

Team Pursuit competitions will be skated according to Rule 261 in the ISU Technical Rules for Speed Skating and ISU Communication No. 1578, paragraph 5.2, with national teams of 3 skaters, and with distances of 6 laps for Ladies and 8 laps for Men.

GROUPING and DRAWING PROCEDURES

The grouping and drawing of pairs will be according to ISU Communication No. 1578, paragraph 6.2.

PRIZES AND POINTS

For each distance World Cup points and prize money will be awarded according to ISU Communication No. 1578, paragraphs 7 and 9.

ANTI-DOPING

Anti-Doping tests will be carried out in accordance with the valid ISU Anti-Doping Code. (ISU Communication Nos. 1546 and 1547 or any further update of these Communications).

For Blood testing ISU Communication 1520 (or any later update) applies.

TRAINING TIMES

The speed skating track will be open for training for entered competitors from Monday March 8, 2010. Trial starts will be organized on Thursday March 11, 2010.

Only accredited competitors, substitutes and team officials will be allowed to enter the ice-rink during the official training hours.

CITIZENSHIP/RESIDENCE REQUIREMENTS 7 CLEARANCE PROCEDURE

In accordance with Rule 109 of the Regulations and ISU Communication No. 1420, all skaters who do not have the nationality of the Member by which they have been entered or who, although having such nationality, have in the past represented another Member, must produce an ISU Clearance Certificate.