

CITIZENSHIP/RESIDENCE REQUIREMENTS & CLEARANCE PROCEDURES

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.

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, November 12, 2009 and ending with breakfast on the morning of Monday, November 16, 2009.

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 | d. Hotel van der Valk at Wolvega,
phone +31(0) 561 692800, fax +31(0) 561 692805
e-mail: info@wolvega.valk.nl |
| b. Fletcher Hotel Heidehof at Heerenveen,
phone +31(0) 513 630200, fax +31(0) 513 630201
e-mail: info@hotelheidehof.nl | e. Hajé Hotel at Heerenveen,
phone +31(0) 513 618618, fax +31(0) 513 629100
e-mail: info@hajerestaurants.com |
| c. Holland Inn Hotel at Wolvega,
phone +31(0) 561 618591, fax +31(0) 561 618591
e-mail: info@hotel-wolvega.nl | f. Hajé Hotel at Joure,
phone +31(0) 513 413555, fax +31(0) 513 414365
e-mail: info@hajerestaurants.com |

The Organizing Committee reserves the right to limit the number of hotel rooms available to each team at the official hotel. 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 person from participating ISU Members. Names and functions of all team officials must be submitted together with 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 number +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 address 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: bondsbureau@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 websites:
www.wcheerenveen.org and www.knsb.nl

essent
ISU world cup
SPEED SKATING

Announcement



13-15 November 2009

Thialf Heerenveen - Netherlands

Ladies: 500 (2x) / 1.000/1.500/3.000 m./Team pursuit

Men: 500 (2x)/1.000/1.500/5.000 m./Team pursuit



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 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, November 13, Saturday, November 14 and Sunday, November 15, 2009

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

PROGRAM

Thursday, November 12:	16.30 hrs.	Team leaders' Meeting, Ice Stadium Thialf (Tapperij)
	18.00 hrs.	Opening draw, Ice Stadium Thialf (Tapperij)
Friday, November 13:	11.30 hrs. *	500 m. (1 st) Men B-division 500 m. (1 st) Ladies B-division 1500 m. Men B-division
	16.00 hrs.	500 m. (1 st) Ladies A-division 500 m. (1 st) Men A-division 3000 m. Ladies A-division 1500 m. Men A-division 3000 m. Ladies B-division (quartet starts)
	09.45 hrs. *	500 m. (2 nd) Ladies B-division 500 m. (2 nd) Men B-division 1500 m. Ladies B-division
	13.45 hrs.	500 m. (2 nd) Ladies A-division 500 m. (2 nd) Men A-division 1500 m. Ladies A-division 5000 m. Men A-division 5000 m. Men B-division (quartet starts)
	09.30 hrs *	1000 m. Ladies B-division 1000 m. Men B-division
	13.00 hrs.	1000 m. Ladies A-division 1000 m. Men A-division Team pursuit Ladies Team pursuit Men
Sunday, November 15:		

* The starting times for these races will be announced at the draw meetings.

The above times of the B-division races are only indicative. For each distance, the races of Division A and the races of Division B
are considered as two separate competitions with independent final classifications (list of results).

TRACK

A standard speed skating track of 400 meters to the lap laid out at 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 *October 26, 2009*.

Final entries must reach the Organizing Committee by letter, for fax or electronic mail not later than *November 10, 2009*
(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.

According to ISU Communication No. 1578 (and issued corrigenda) the entry quotas (maximum number of entries per
distance, subject to the qualifying times criteria) for this competition are:

Ladies	500	1000	1500	3k		Men	500	1000	1500	5k
AUT	1	1	2	2		AUT	1	1	1	1
BEL	1	1	1	1		BEL	1	1	1	2
BLR	4	3	1	1		BLR	1	1	1	1
CAN	5	5	5	5		CAN	5	5	5	5
CHN	5	5	5	3		CHN	5	2	2	2
CZE	1	1	3	3		CZE	1	1	1	1
FIN	1	1	1	1		FIN	5	4	1	1
FRA	1	1	1	1		FRA	1	1	2	1
GER	5	5	5	5		GER	3	5	5	5
ITA	2	2	1	1		ITA	2	2	3	4
JPN	5	5	5	5		JPN	5	4	2	3
KAZ	2	2	1	1		KAZ	1	1	2	2
KOR	4	5	3	4		KOR	5	5	4	2
NED	5	5	5	5		NED	5	5	5	5
NZL	1	1	1	1		NZL	1	1	1	2
NOR	1	2	2	2		NOR	2	4	5	5
POL	1	2	3	3		POL	3	2	2	3
ROU	1	1	2	2		ROU	1	1	1	1
RUS	5	5	5	5		RUS	4	5	4	3
SUI	1	1	1	1		SUI	1	1	1	2
SWE	2	1	1	1		SWE	1	2	3	2
USA	5	5	4	4		USA	5	5	5	5

All other ISU Speed Skating Members may enter maximum 1 competitor for each distance.

All entered skaters (incl. substitutes) must have achieved applicable qualifying times for the respective distances
according to the criteria given in Communication No. 1578, paragraph 4.1.

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 each, 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 the 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 Communications 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 November 9, 2009. Trial starts
will be organized on Thursday November 12, 2009.

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