

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

ESSENT WORLD ALLROUND SPEED SKATING CHAMPIONSHIPS® 2010

to be held at the indoor ice-rink Thialf in Heerenveen, the Netherlands
on March 19, 20 and 21, 2010

PROGRAM

Thursday, March 18:	16.30 hrs. 18.00 hrs.	Team leaders' Meeting, Ice Stadium Thialf Opening draw, Ice Stadium Thialf	
Friday, March 19:	16.30 hrs.	500 m. 5.000 m.	Men Men
Saturday, March 20:	14.00 hrs.	500 m. 1.500 m. 3.000 m.	Ladies Men Ladies
Sunday, March 21:	13.00 hrs.	1.500 m. 10.000 m. 5.000 m.	Ladies Men Ladies

REGULATIONS

The ESSENT ISU WORLD ALLROUND SPEED SKATING CHAMPIONSHIPS 2010 will be held in accordance with the 2008 Regulations of the International Skating Union and relevant ISU Communications.

Participation in the Championships is open to skaters who belong to an ISU Member (Rule 130, paragraph 1) and who have met the qualification criteria according to Rule 208, paragraph 4 and ISU Communication No. 1588.

TITLES AND PRIZES

The winners of the Championships are the skaters with the lowest total points after all 4 distances have been completed (Rule 265, paragraph 2 and Rule 268, paragraph 1). The winners will bear the titles "Lady World Allround Speed Skating Champion for 2010" and "World Allround Speed Skating Champion for 2010", respectively, and will each be awarded the ISU Championship gold medal. The competitors placed second and third in the final classification after 4 distances will be awarded the ISU silver, respectively bronze, Championship medals.

The prizes of honour and the prize money will be given according to the ISU Memorandum and ISU Communication No. 1509.

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

The entry quotas for the ESSENT ISU WORLD ALLROUND SPEED SKATING CHAMPIONSHIPS 2010 will be determined by the results in the three regional qualifying events held during the season 2009/2010, in accordance with Rule 208, paragraph 4. The actual entry quotas which will apply, will be communicated to the ISU Members concerned in due time before the deadline for final entries. The entry quotas for the respective regions are given in ISU Communication 1588 (see paragraph 5).

Preliminary entries, giving the number of competitors, substitutes and team officials (with provisional names), must be communicated by *March 1, 2010*.

Final entries must reach the Organizing Committee by letter, fax or electronic mail not later than *March 16, 2010* (see Rule 208, paragraphs 8 and 9).

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 and ISU Communication No. 1523 or any update of this Communication.

For all entries official entry forms shall be used.

CITIZEN/RESIDENCE REQUIREMENTS AND CLEARANCE PROCEDURE

In accordance with Rule 109 of the ISU 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.

DRAWING

The drawing will be made according to Rule 239 and 240. For the last distance (5.000 m. Ladies, 10.000 m. Men) the number of Skaters to qualify will be 12 (see Rule 240, paragraph 4 a).

ANTI-DOPING

Anti-Doping tests will be carried out in accordance with the valid 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 15, 2010. Trial starts will be organized on Thursday March 18, 2010.

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

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 Championships. Each Member is solely responsible for providing insurance coverage thereto.

BOARD AND LODGING

The Organizing Committee is responsible for board and lodging for the competitors and for one team leader from each participating Member, beginning with lunch on Thursday, March 18, 2010 and ending with breakfast on the morning of Monday, March 22, 2010. (Rule 137, paragraph 10 and 14)

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

TRANSPORTATION

There is a direct railway 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 addressed below. For Media accreditation, please address N.S.P. as soon as possible.

Organizing Committee

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