c Hotel van der Valk at Wolvega, phone +31(0) 561 692800,

fax +31(0) 561 692805, e-mail: info@wolvega.valk.nl

Holland Inn Hotel at Wolvega, phone +31(0) 561 618847, fax +31(0) 561 618591, e-mail: hotelwolvega@gmail.com

e Hajé Hotel at Heerenveen, phone +31(0) 513 618618,

fax +31(0) 513 629100, e-mail: heerenveen@hajerestaurants.com

f Huis ten Wolde at Steenwijk, phone +31(0) 521 535400,

e-mail: info@huistenwolde.nl

g Hotel van der Valk at Sneek, phone +31(0) 515 481818, fax +31(0) 515 481808, e-mail: info@sneek.valk.com

h Hampshiré Hotel-de Eese at Steenwijk, phone +31(0) 521 511452, fax +31(0) 521 511316, e-mail: info.eese@hampshire-hotels.com

The cost of a room and meal at the official hotel(s) will be as follows:

Single Room occupancy; $\in 67,50 - \in 133,00$ per person per night. Prices including meals. Double Room occupancy; $\in 39,75 - \in 94,75$ per person per night. Prices including meals.

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 from Tuesday, March 18, 2014.

The Organizing Committee must be informed about the date and time of arrival and departure of the competitors and officials as soon as possible, but at the latest by Friday, March 14, 2014.

VISA REQUIREMENTS

A visitor visa may be required for participants and team officials. Please contact the KNSB if you need an invitation letter for the visa, and submit the following information:

- Full name
- Sex
- Date of birth
- Athlete of Staff Member

Please submit all necessary information to the Organizing Committee as soon as possible, in order to have the visas completed in due time.

ORGANIZING COMMITTEE - ENTRIES AND INQIRIES

ORGANIZING COMMITTEE

P.O. Box 11084

KNSB

P.O. Box 500 8440 AM HEERENVEEN

3505 BB UTRECHT phone: +31(0) 88 48 92 000

phone: +31(0) 513 637730 fax: +31(0) 513 682007

fax: +31(0) 88 48 92 099

e-mail: OC.Thialf@knsb.nl e-mail: wedstrijdorganisatie@knsb.nl

MEDIA ACCREDITATION

Media accreditation requests for ISU Championships must be submitted via the ISU Online Media Accreditation System http://www.wingsmedia.it/isu/

Information for the media will be available on the ISU website in due time. For further information contact the OC Press Officer:

Huub Snoep, press officer KNSB, phone: +31(0) 88 48 92 000

fax: +31(0) 88 48 92 009 e-mail: <u>h.snoep@knsb.nl</u>

WEBSITE

Information concerning the competition will be available at the following website: http://schaatsen.nl/wcha2014 Live results of the competition will be available at the following website: http://isuresults.eu/2013-2014/heerenveen-2/

























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

ESSENT ® WORLD ALLROUND SPEED SKATING CHAMPIONSHIPS® 2014

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

on Saturday, March 22 and Sunday, March 23, 2014.

PROGRAM

Friday, March 21	16.00 18.00	Team Leaders Meeting, Ice Stadium Thialf Opening Draw, Ice Stadium Thialf
Saturday, March 22	11.55 12.00	Opening Ceremony 500 m Ladies 500 m Men 3000 m Ladies 5000 m Men Drawing for Sunday's distances
Sunday, March 23	13.00	1500 m Ladies 1500 m Men 5000 m Ladies 10000 m Men Awards Ceremony

REGULATIONS

The Essent ISU World Allround Speed Skating Championships 2014 will be held in accordance with the 2012 Regulations of the International Skating Union (ISU) and relevant ISU Communications, in particular ISU Communication No. 1810.

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 and ISU Communication No. 1810.

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 in 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.

TITLE AND AWARDS

The winners of the Championships are the Skaters with the lowest total of points after 4 distances have been completed (Rule 265, paragraph 2 and 268, paragraph 1).

The winner will bear the title: "Lady World Allround Speed Skating Champion for 2014" and "World Allround Speed Skating Champion for 2014", respectively (Rule 133, paragraph b), and will each be awarded the ISU Championships gold medal. The Skaters placed second and third in the final classification after 4 distances will be awarded the ISU Championships silver and bronze medals, respectively.

Prize money will be awarded according to ISU Communication No. 1509.

ENTRIES

Entries can only be made using the ISU Online Entry System for Speed Skating Events on www.isu.org, section Speed Skating or www.k4sport.ru/login.php

The entry quotas will be determined by the results of the three regional qualifying events held during the season, in accordance with Rule 208, paragraph 4. The actual entry quotas which will apply will be communicated by the ISU 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 No. 1810.

Each ISU Member may enter substitutes corresponding with the number of ordinary entries.

The Preliminary entry with the number of Competitors & substitutes and the number of coaches and other team staff, as well as provisional names of the Competitors and team leader must be communicated to the Organizing Committee at the latest by **March 4, 2014** (See Rule 208, paragraph 8).

Final entries including the names of the Competitors and available substitutes, as well as the names of the team leader, coaches and other team staff for whom an accreditation is required must reach the Organizing Committee at the latest by **12:00 noon (local time) on March 19. 2014** (See Rule 208, paragraph 9).

Please note that for all persons entered by the Members the procedures regarding the Declaration for Competitors and Officials (all team Officials requiring an accreditation) entering ISU Events (Rule 131) as outlined in ISU Communication No. 1628 need to be strictly observed.

For more details please refer to Rules 115, 131, 208 and ISU Communications No. 1628 and 1797.

CITIZENSHIP/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 drawings will be made in accordance with Rules 239 and 240. For the last distance (5000m Ladies and 10000m Men) the number of Skaters to qualify will be 8 (Rule 240, paragraph 4 a).

ANTI-DOPING CONTROL

Anti-doping tests will be carried out in accordance with the valid ISU Anti-Doping Code (ISU Communications No. 1693, 1694, 1765 and 1800 or any further updates of these Communications).

LIABILITY

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

TRAINING TIMES

The speed skating track will be open for training for entered competitors from Tuesday, March 18, 2014. Trial starts will be organized on Friday March 21, 2014. Only accredited competitors, substitutes and team officials will be allowed to enter the ice-rink during the official training hours.

BOARD AND LODGING

The Organizing Committee will be responsible for expenses for board and lodging at the official hotels from lunch on Friday, March 21, 2014 until lunch on Monday, March 24, 2014 (Rule 137 paragraphs 10 and 14) for all Competitors participating in the Championships and 1 team leader or coach for each ISU Member. Expenses of other Skaters and officials (i.e. coaches, other team staff members and accompanying persons) other than those mentioned above, and expenses before or after the period mentioned above, will be at their own expense.

Please make all hotel arrangements directly by mail to the General Secretary of the Organizing Committee (w.metselaar@knsb.nl) prior to March 14, 2014.

OFFICIAL HOTEL

The Organizing Committee will make hotel reservations 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 De Heidehof at Heerenveen, phone +31(0) 513 630200, fax +31(0) 513 630201, e-mail: info@hotelheidehof.nl