



On behalf of the European Speed Skating Conference and
Koninklijke Nederlandsche Schaatsenrijders Bond (KNSB) and its Organizing Committee,
we have the honor and pleasure to invite you to a Competition of the

Final Edition of the European Cup Speed Skating Competitions 2019/20

which will be held at Ice stadium De Meent-Bauerfeind
in Alkmaar, The Netherlands
on Saturday February 8 and Sunday February 9, 2020

The competition will be held under the 2018 ISU General Regulations, Special Regulations and Technical Rules for Speed Skating and European Speed Skating Conference Communication

PROGRAM

	15.30	Opening draw, Ice rink	
Saturday, February 8	17.30	Ladies	500m
		Men	500m
		Ladies	1500m
		Men	1500m
Sunday February 9	17.30	Ladies	3000m
		Men	5000m
		Ladies	1000m
		Men	1000m
		Ladies Mass start	16 laps
		Men Mass start	16 laps

Quartet starts will be used in the 3000m and 5000m (and may be used for 1000m and 1500m) depends on the number of entries.

TRACK

A standard speed skating track of 400 meters to the lap laid out at Ice stadium De Meent-Bauerfeind an artificially frozen semi-outdoor skating rink in Alkmaar. The radii of the inner and outer competition lanes are 26 and 30 meters, respectively. The width of the inside training lane is 4 meters.

ENTRIES

Entry Fee for this competition is 20 (twenty) Euro per Skater. Payment have to be done to the Organizing

Committee in EURO, Cash or Credit card (Visa, MasterCard). Participation is open to Junior A Skaters, born between July 1, 2002 and June 30, 2004 and Neo-seniors Skaters born between July 1, 2000 – June 30, 1996, Senior Skaters born on July 1, 1996 and earlier.

The non-NED skaters are able to register until Tuesday, Feb 4, 2020 by mail to wedstrijdorganisatie@knsb.nl. The Organizing Committee determines which skaters will actually participate and will inform the ISU Members accordingly. For additional information, see: <https://knsb.nl/wp-content/uploads/sites/98/2019/09/Participation-Rabo-Holland-Cup-series-by-skaters-with-a-non-Dutch-license-2019-2020.pdf>

Dutch entries can only be made using the KNSB online entry system for Speed Skating available at <https://inschrijven.schaatsen.nl>

ENTRY QUOTAS

An ISU Member or its Affiliated Club may enter a maximum of 20 Competitors (10 Ladies and 10 Men).

QUALIFYING TIMES

Entered Skaters must have achieved applicable qualifying times for the respective distances, as listed:

	all Divisions			
	500m	1000m	1500m	3000/5000m
Ladies	40,90	1.21,20	2.06,40	4.26,00
Men	37,10	1.13,20	1.53,70	6.47,90

For a result to be a valid as a qualifying time, it must have been achieved in the period between July 1, 2018 and the entry deadline for the European Cup Speed Skating Competitions 2019/20 concerned. Documentation (specifying date and venue of the competition) of the achieved time must be submitted together with the entries.

MASS START RACES

Mass start races will be organized in accordance with Rule 253, paragraph 4 b), with specific rules and adjustments as mentioned in ISU Communication No. 2195. The distance will be 16 laps for Ladies and Men

GROUPING AND DRAWING PROCEDURES

The grouping and drawing of pairs will be according to European Conference Communication, paragraph 6.

POINTS

For each distance European Cup points will be awarded according to European Conference Communication, paragraph 7.2.

PRIZES

Special medals will be presented to the three (3) best Skaters in each event (distance) in each Division. Special Cups will be presented to the three (3) best Allround classification Skaters in each Division.

ANTI-DOPING

Doping tests may be carried out at this Competition in accordance with the valid ISU Anti-Doping Rules and ISU Anti-Doping Procedures (ISU Communications No. 1871, 1872, 1922 & 1970 or any further update of these Communications).

TRAINING TIMES

For training times, please find information about the Ice rink:

<https://www.demeentalkmaar.nl/ijsbaan/openingstijden-ijsbaan.html>

LIABILITY

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 European Cup Speed Skating. Each Member or its Affiliated Club is solely responsible for providing insurance coverage thereto.

TRANSPORTATION

Each skater is responsible for his/her own transportation.

Address Ice stadium De Meent-Bauerfeind:

Terborchlaan 301

1816 MH Alkmaar

<https://www.demeentalkmaar.nl>

ORGANIZING COMMITTEE – ENTRIES AND INQUIRIES

All inquiries should be addressed to the Organizing Committee at the addresses below.

Mr Joost Bergsma (Chairman OC)

e-mail: j.bergsma@quicknet.nl

Results and other relevant information from the competitions will be posted on the following website:

<https://www.schaatsen.nl/kalender/2019/2/rabo-holland-cup-5/>

<https://www.schaatsen.nl/media/43303/rabo-holland-cup-5-informatie-bulletin-v29jan2020.pdf>