## （SU）WORLD CUP



13－15 December 2019
univé Gardena Tdaikin

信用金庫 KOSÉ LOTTE Nニチレイ 『 Mnizuno SEIKO

On behalf of the Japan Skating Federation, and the Organizing Committee, we have the honour and pleasure to invite you to a Competition in the

ISU WORLD CUP SPEED SKATING

2019/20
which will be held at the M-Wave
in Nagano-city, Japan
on Friday, December 13 to Sunday, December 15, 2019

The Competition will be held under the 2018 ISU General Regulations, Special Regulations and Technical Rules for Speed Skating and ISU Communication No. 2278.

This World Cup Competition will serve as one of the qualifying events for quota places at the ISU European Speed Skating Championships 2020, ISU Four Continents Speed Skating Championships 2020, ISU World Single Distances Speed Skating Championships 2020, ISU World Sprint Speed Skating Championships 2020and ISU World Allround Speed Skating Championships 2020.

PROGRAM:

\begin{tabular}{|c|c|c|c|}
\hline Thursday, December 12: \& $$
\begin{aligned}
& \hline \text { 16:00 } \\
& \text { 18:00 }
\end{aligned}
$$ \& \multicolumn{2}{|l|}{Team leaders' Meeting, Hotel Metropolitan Nagano,3F Opening draw, Hotel Metropolitan Nagano,3F} <br>
\hline Friday, December 13: \& TBA

16:05 \& | Division B: |
| :--- |
| Division A: | \& ```

500m Ladies (1 }\mp@subsup{}{}{\mathrm{ st }
500m Men (1st)
Mass Start Ladies (Semi-Finals)
Mass Start Men (Semi-Finals)
500m Ladies (1't)
500m Men (1'st
Mass Start Ladies (Final)
Mass Start Men (Final)
Team Sprint Ladies
Team Sprint Men

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\hline Saturday, December 14: & TBA
16:05 & Division B
Division A & 500 m Men (2 \({ }^{\text {nd }}\) ) 1000m Ladies 3000m Ladies \(500 m\) Men ( \(2^{\text {nd }}\) ) 1000m Ladies Team Pursuit Men 3000m Ladies \\
\hline Sunday, December 15: & TBA
16:05 & Division B
Division A & \begin{tabular}{l}
500m Ladies (2 \({ }^{\text {nd }}\) ) \\
1000m Men \\
5000m Men \\
500 m Ladies (2 \({ }^{\text {nd }}\) ) \\
1000m Men \\
Team Pursuit Ladies 5000m Men
\end{tabular} \\
\hline
\end{tabular}

\footnotetext{
* The actual starting times for the \(B\) Division races will be announced at the Team leaders' meetings. 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) for determining the awarding of World Cup points and prize money.
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TRACK
A standard speed skating track of 400 meters to the lap laid out at M-Wave, an artificially frozen indoor skating rink in Nagano-city. The radii of the inner and outer competition lanes are 26 and 30 meters, respectively. The width of the inside warm-up lane is 6 meters.

\section*{ENTRIES}

Entries for this competition will be restricted and must be made according to ISU Regulations and ISU Communication No. 2278, paragraph 3.1.3.
Entries can only be made using the ISU Online Entry System for Speed Skating Events on www.isu.org, section Speed Skating or http://isu.events/login.php
Preliminary entries, giving the estimated 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 submitted at the latest by Wednesday, November 13, 2019.
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 be submitted at the latest by 12:00 noon (local time) on Monday, December 9 (see also ISU Communication No. 2278, paragraph 3.1.1).

Please note that for all persons entered by the ISU 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 and ISU Communications No. 1628 and 1797 or any update of this Communications.
In accordance with Rule 109 of the ISU Regulations and ISU Communication No. 2030, all Skaters who do not have the nationality of the ISU Member by which they have been entered or who, although having such nationality, have in the past represented another ISU Member, must produce an ISU Clearance Certificate.

According to ISU Communication No. 2278, the entry quotas (maximum number of entries per distance, subject to the qualifying times criteria) for this competition are

* as hosting ISU Member

ISU Speed Skating Members not listed in the table above, may enter a maximum of 1 Skater 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. 2278, paragraph 3.1.2.

\section*{COMPETITION FORMAT AND SAFETY MEASURES FOR THE MASS START EVENTS}

Mass Start races will be skated according to Rule 253, paragraph 4 b) in the ISU Technical Rules for Speed Skating and ISU Communication No. 2278, paragraphs 4.3 and 5.6 , with distances of 16 laps for both Ladies and Men. Further details, in particular on safety measures, are given in ISU Communication No. 2195 or any further updates.

\section*{COMPETITION FORMAT FOR THE TEAM PURSUIT EVENTS}

Team Pursuit races will be skated according to Rule 261, paragraph 1 in the ISU Technical Rules for Speed Skating and ISU Communication No. 2278, paragraph 4.2.1, 4.2.3 and 5.7, with national teams of 3 Skaters each, and with distances of 6 laps for Ladies and 8 laps for Men. Further details, in particular on safety measures, are given in ISU Communication No. 2195 or any further updates.

\section*{COMPETITION FORMAT FOR THE TEAM SPRINT EVENTS}

Team Sprint races will be skated according to Rules 261, paragraph 3 and 265, paragraph 7 in the ISU Technical Rules for Speed Skating and ISU Communication No. 2278, paragraph 4.2.2, 4.2 .3 and 5.7, with teams of 3 Skaters each, and with distances of 3 laps both for Ladies and for Men. Further details, in particular on safety measures, are given in ISU Communication No. 2195 or any further updates.

\section*{GROUPING AND DRAWING PROCEDURES}

The grouping and drawing of pairs will be made according to ISU Communication No. 2278, paragraph 5.

\section*{POINTS AND PRIZES}

For each event, World Cup points and prize money will be awarded according to ISU Communication No. 2278, paragraphs 6 and 7.2 accordingly.

\section*{ANTI-DOPING}

Anti-Doping tests will be carried out in accordance with the valid ISU Anti-Doping Rules and ISU Anti-Doping Procedures (ISU Communications Nos. 2213 and 2243 or any further update of these Communications).

\section*{TRAINING TIMES}

The speed skating track will be open for training for entered Competitors from Monday, December 9, 2019. Trial starts will be organized on Thursday, December 12, 2019.
Only accredited Competitors, substitutes and team officials will be allowed to enter the ice-rink during the official training hours.

\section*{LIABILITY}

In accordance with Rule 119 of the ISU General Regulations, the ISU, Japan Skating Federation 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 ISU World Cup Speed Skating. Each ISU Member is solely responsible for providing insurance coverage thereto.

\section*{ACCOMMODATION}

Participating ISU Members will have to bear expenses for accommodation for all participating Skaters and team officials. The cost of a room and meal at the official hotels includes all taxes.
The Organizing Committee will make hotel reservation for the teams in the following hotels

\section*{Hotel Metropolitan Nagano}

1346, Minamiishi dou-cho, Nagano-city, 380-0824, Japan
Tel: +81-26-291-7000 Fax: +81-26-291-7007
Website: http://www.hotelmetropolitan-nagano.jp/
Single Room occupancy: 18,900JPY (approx.US\$172) per person per night. Prices including meals and drinks.
Double Room occupancy; 17,280JPY (approx.US\$157) per person per night. Prices including meals and drinks.

\section*{Hotel Kokusai 21}

576, Agata-machi, Nagano-city, 380-0838, Japan
Tel: +81-26-234-1111 Fax: +81-26-234-2365
Website: http://www.kokusai21.jp/lang/en/
Single Room occupancy: 17,600JPY (approx.US\$160) per person per night. Prices including meals and drinks.
Double Room occupancy; 16,500JPY (approx.US\$150) per person per night. Prices including meals and drinks.

\section*{Hotel JAL City Nagano}

1221, Toigosyo-machi, Nagano-city, 380-0834, Japan
Tel: +81-26-225-1131 Fax: +81-26-225-0031
Website: http://www.okura-nikko.com/japan/nagano/hotel-jal-city-nagano/
Single Room occupancy: 17,600JPY (approx.US \$160) per person per night. Prices including meals and drinks.
Double Room occupancy; 16,500JPY (approx.US\$150) per person per night. Prices including meals and drinks.

\section*{Cancellation policy:}

Two weeks before arrival: 20\%
One week before arrival: 50\%
One day before arrival or No-show: 100\%
Payment: Cash in JPY or credit card (VISA, Master, AMEX, Diners).
Accommodation requests can only be made using the ISU Online Entry System for Speed Skating Events. The Organizing Committee reserves the right to limit the number of hotel rooms available to each team at the official hotels.

\section*{TRANSPORTATION}

Transportation will be arranged between Tokyo international airports (Narita International Airport and Haneda International Airport) and the official hotels from Sunday, December 8 until Monday, December 16, 2019.
Travel expense will be 3,000 JPY per person (one way) by bus for every team member. Expenses for team officials, who do not accompany their team members, are to be borne by themselves.
Shuttle bus service will be operated between the official hotels and the ice rink during days of official training and competitions, starting from Monday, December 9, 2019.
Information about the date and time of arrival and departure (incl. flight details) of the competitors and team officials must be submitted via the ISU Online Entry System for Speed Skating Events.

\section*{ACCREDITATIONS}

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. Additional fee 50 USD for each extra accreditation must be paid to the Organizing Committee.

\section*{ORGANIZING COMMITTEE - MEDIA ACCREDITATION - INQUIRIES}

Inquiries should be addressed only to the Organizing Committee /Japan Skating Federation at the addresses below. For Media accreditation, please contact the below address as soon as possible.

JAPAN SPORT OLYMPIC SQUARE
4-2 Kasumigaoka-cho, Shinjuku-ku, Tokyo, 160-0013, Japan

Tel: +81 3-5843-0415
Fax: +81 3-5843-0416
entries-ss2019@skatingjapan.or.jp

\section*{WEBSITE}

Results and other information from the competitions will be posted on the following website:
https://www.jsfresults.com/InterNational/2019-2020/index ss.htm

\section*{ISU "INSIDE EVENTS" MOBILE APPLICATION}

Daily information, link to results and changes in schedules (race, training, transportation, etc.) will be communicated to the teams on the board of the Team Hotel as well as on the ISU "Inside Events" mobile application.
This mobile application makes the information delivery faster, contains all relevant information for participants, reduce paper needs and notify participants in case of any changes or urgencies through push notification possibilities.
The "Inside Events" app is available free of charge on Android and Apple systems and is compatible with both tablets and smartphones. It can be downloaded with the below QR codes or directly on the app stores. Each ISU Event will have its own unique password that will be provided on site to participating Athletes, Officials, and Team Delegations.
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