



8TH MASTERS' INTERNATIONAL SINGLE DISTANCE RACES 2010

Aktiv SK, member of **Norges Skøyteforbund** (Norwegian Skating Association), hereby takes the pleasure to invite you to take part in the International Speed Skating Competition

8th Masters' International Single Distance Races 2010 Vikingskipet, Hamar, NORWAY, January 23th-24th

The competition will be held in accordance with the following conditions of contest and the Regulations of the International Masters Speed Skating Committee (IMSSC) and the International Skating Union (ISU) at the covered 400 m standard speed skating rink Hamar Olympiahall Vikingskipet, Hamar, NORWAY, on artificial ice. This competition is a regular event on the International ISU Masters' calendar.

1 Schedule

1.1 Training (expected times)

The ice is open for training Monday through Friday 8:30-9:30, 11:00-14:30 and 16:15-20:00 but may be occasionally closed e.g. for competitions. Saturday and Sunday 8:30-9:30.

Admittance to the hall from 08:00. A daily admittance fee (at present NOK 70 for competitors and NOK 30 for companions) must be paid at the Vikingskipet reception.

1.2 Drawing

Pairing will be done by the organizer according to paragraph 5 below.

1.3 Competition Start

Saturday January 23rd	11:00
Sunday January 24th	10:00

1.4 Price giving

Price giving will occur in the arena immediately after the competition.

2 Distances

Ladies (F) and men (M) age groups (AG):

Saturday January 24:	500 m	F/M	all AG
	1000 m	F/M	all AG
	1500 m	F/M	all AG
	3000 m	F/M	all AG
	5000 m	F/M	all AG
Sunday January 25:	500 m	F/M	all AG
	1000 m	F/M	all AG
	1500 m	F/M	all AG
	3000 m	F/M	all AG
	5000 m	F/M	all AG
	10000 m	F/M	all AG

Single Distance Races. The skater may choose to skate any 2 distances per day announced for his/her AG. Age Groups from 30 and as high as necessary. Quartet start on all distances except 500 m.

3 Eligibility

To be eligible the skater must have a license of his/her national speed skating association.

4 Age Groups

The competition takes place in 5 year age groups as follows.

No members of national selections or national teams allowed.

AG = five year age groups ladies and men as high as necessary.

AG	date of birth	AG	date of birth
30	1.7.75 - 30.6.80	60	1.7.45 - 30.6.50
35	1.7.70 - 30.6.75	65	1.7.40 - 30.6.45
40	1.7.65 - 30.6.70	70	1.7.35 - 30.6.40
45	1.7.60 - 30.6.65	75	1.7.30 - 30.6.35
50	1.7.55 - 30.6.60	80	1.7.25 - 30.6.30
55	1.7.50 - 30.6.55	85	1.7.20 - 30.6.25 etc.

Please observe that some younger guest skaters will be allowed to start in between.

5 Drawing and Classification

The competition is a single distance event. Drawing for all age groups and distances will be done in advance based on best times for the season (or the preceding season).

Skaters from different 5 year age groups may be joined together for drawing and skating if the number of participants in one or more of the 5 year age groups is very small. However, final classification will be done separately in 5 year age groups independent of the number of participants in the age groups.

6 Prices, Minutes

Every participant will receive a souvenir. The winners may in addition select a price from a pool of prices (practical items like bags, towels, sweaters etc.) in descending order according to the skaters' number of victories. The results will be available in form of a list with positions, names and end times for all races. Detailed protocols will be published on www.aktivsk.no.

7 Doping Control

Doping tests might be carried out in accordance with ISU Rule 139.

8 Entries, Closing Date

All entries must be made by filling in the Electronic Entry Form at www.imssc.org with all data asked and submitting it by clicking on the button "Submit". Deadline for entries is January 8th 2010.

You can find directly the Electronic Entry Form by clicking here: www.imssc.org/09-eef-SDR.html

The submitted Electronic Entries will be received at the following address of the organizer of the competition:

Aktiv SK
POB 6121 Etterstad
N-0602 Oslo
Fax: +47 2265 6578
Email: post@aktivsk.no

9 Limitations

The number of participants may be limited. The organizer will keep an updated list on their website www.aktivsk.no showing the accepted entries.

10 Entrance fee, IMSSC fee

NOK 160 for each distance, except 10.000 m which is NOK 210. All skaters pay additionally NOK 70 IMSSC fee (once for all skated distances). Norwegian skaters will pay by a new web-based service. After having made the entry the participant will receive further details via email. Foreign skaters pay on arrival or before start at the latest. Late entries may be accepted at an additional NOK 50 (once for all skated distances) if competition is not fully booked. Note: In addition there is a daily admittance fee (at present NOK 70 for competitors and NOK 30 for companions) that must be paid at the Vikingskipet reception.

11 Banquet

A modest banquet is planned for Saturday evening at 20:00 in the restaurant of Vikingskipet. Price per person NOK 210. Participation to be booked on the Entry Form and payed together with the Entrance fee (see paragraph 10 above).

12 Liability

The organizer and the IMSSC are not liable in any case for skaters and accompanying persons according to ISU Rule 119.

13 Additional Information

Mr. Frode Eidsmo. Tel.: (+47) 22950456. Email: frodeeid@online.no

14 Accommodation

Budget rooms/apartments 100 m from the arena: Vikingskipet Motell og Vandrerhjem, Åkersvikvegen 24, N-2321 Hamar.

Tel.: +47 62526060 - Fax.: +47 62532460

E-mail: hamar@815mjosa.no

Web: www.815mjosa.no/english/hamar/index.html

Discount prices per room and night: incl. breakfast / excl. breakfast:

Motel room w/ 1 person: NOK 590 / 530

Motel room w/ 2 persons: NOK 690 / 570

Motel room w/ 3 persons: NOK 825 / 645

Appartment w/ 1 person): NOK 980 / 920

Appartment w/ 2 persons): NOK 1180 / 1060

Appartment w/ 3 persons): NOK 1300 / 1120

Appartment w/ 4 persons): NOK 1380 / 1140

Appartment w/ 5 persons): NOK 1450 / 1200

To be booked directly by Vikingskipet Motell and Vandrerhjem stating that you are participating in **Masters' Event 2010**. Please book early! Rooms are reserved exclusively until January 2. 2010.

Other accomodation is also available in Hamar. More info about the Hamar Region:

<http://www.hedmark.com/>

Oslo, NORWAY, October 30. 2009
Mrs. Heidi Støen
(Head of the Organizing Committee)