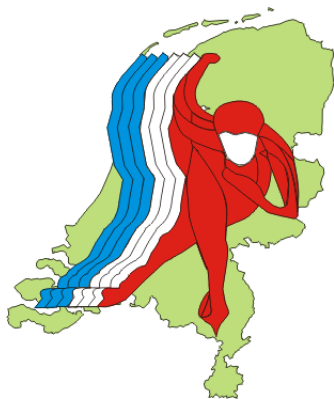




Announcement

The "Masterscircuit Langebaanschaatsen Nederland" hereby takes the pleasure to invite you to take part in the international speed skating competition

7th Masters' International Speed Skating LONG DISTANCE RACES

Heerenveen/The Netherlands
Wednesday, March 24th 2010

The competition is to be held in accordance with the following conditions of contest, the Regulations of the IMSSC and of the ISU at the covered 400 m standard speed skating track of Heerenveen (THIALF), Pim Mulierlaan 1, on artificial ice.

Organizer: Masterscircuit Langebaanschaatsen Nederland (MCLN)

Leaders: Aris Dijksman/Jan Boelen/Bram de Vries

1. Competitions:

Ladies and Men (from age group 30): Single Distance Races. Possible Distances 500 m and a long distance from 3000 m, 5000 m, 10000 m.

Following combinations possible:

- 500 m/3000 m
- 500 m/5000 m
- 500 m/10000 m

2. Age groups:

The competitions take place in five year age groups as follows.

AG = five year age group ladies and men as high as necessary;

no members of national selections allowed.

AG	born	AG	born
30	1.7.75-30.6.80	55	1.7.50-30.6.55
35	1.7.70-30.6.75	60	1.7.45-30.6.50
40	1.7.65-30.6.70	65	1.7.40-30.6.45
45	1.7.60-30.6.65	70+	30.6-40 and earlier
50	1.7.55-30.6.60		

The competition is restricted to 80 skaters (respectively 96 entries; by experience about 15 % loss of entered competitors by illness, injuries, etc.). You will be informed as soon as possible after the arrival of your entry if you can take part in the competition.

3. Schedule:

3.1. Training

On Wednesday March 24th 2010, 12.00h (before competition)

3.2. Payment entrance fee:

Before competition cash or on the bank account # 1952.05.111 (BIC RABONL2U/IBAN NL 04 RABO 0195 2051 11) Rabo bank Mijdrecht in name of MCLN).

3.3. Drawing

Tuesday, March 23rd, 2010 at 19.00h in the restaurant of the Thialf Ice stadium and published on Internet www.schaatscircuit.nl

3.5. Competition start

Wednesday, March 24th 2010, 12.45h.

On the 5.000m and 10.000m every skater will have a personal lap controller.

3.6. Price giving ceremony

There will be no price giving ceremony!

4. Eligibility:

To be eligible the skater must be member of a national speed skating federation recognized by the I.S.U. and must have a license of this association.

5. Classification:

The classification will be separately in 5 year age groups independant of the number of participants.

6. Prizes:

There will be a memory item for all skaters and a complete protocol (containing also starting times, lap times and accumulated lap times) will be available and published on the website.

7. Doping control:

Doping test may be made in accordance with I.S.U. Rule 139.

8. Entries:

Entries must be made by the Dutch competitors on the regular way via the website www.schaatscircuit.nl and by all other competitors by filling out the Electronic Entry Form at the PC with all data asked and to send them only by a click on the button "Submit" via Internet to the organizer. You find the Electronic Entry Form on the website www.imssg.org or directly by clicking here:

Entry closed 17.02.2010!

www.imssc.org/09-eef-LDR.html

You will get at once an answer by email that your Electronic Entry has been received by the organizer. And you will find later a list of the accepted entries in the internet on the webpage of the organizer: www.schaatscircuit.nl .

It is expected until Tuesday, March 2nd 2010 at the latest.

9. Entrance Fee:

Entrance fee will be EUR 30 for 500 m/3000 m
 or EUR 35 for 500 m/5000 m
 or EUR 40 for 500 m/10000 m

per person. The participants have to pay an additionally fee of EUR 5,- for the costs of the International Masters' Speed Skating Committee (IMSSC).

10. Liability:

The organizer is not liable in any case for skaters and accompanying persons (see I.S.U. rule 119).

Wilnis, September 2009

For the Organizer: *Bram de Vries c.s.*

(Masterscircuit Langebaanschaatsen Nederland)