



The Masters Speed Skating Union of Russia (MSSUR) hereby takes the pleasure to invite you to take part in the international speed skating competition

**4th Masters' International Speed Skating
RUSSIAN ALLROUND CHAMPIONSHIPS 2010
Kolomna/Moscow Region
New: 26 – 27 March 2010
(Not 27 – 28 March 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 400m standard speed skating track of Kolomna/Moscow Region (ice-hall) on artificial ice. This competition is a regular event on the International Masters' ISU-Calendar.

Organizer:

The Masters Speed Skating Union of Russia (MSSUR) in cooperation with the Administration of the Icehall Kolomna.

Leader:

Vladimir Tkachenko

1. Competitions:

Ladies, age groups 30 – 65 (Masters) and age groups 20 and 25 (Seniors):
500 m, 1.500 m / 1.000 m, 3.000 m

Ladies, age groups 70 and higher (Masters):

500 m, 1.000 m / 1.500 m

Men, age groups 30 – 65 (Masters) and age groups 20 and 25 (Seniors):

500 m, 3.000 m / 1.500 m, 5.000 m

Men age groups 70 and higher (Masters):

500 m, 1.500 m / 1.000 m, 3.000 m

Four respectively three distances combinations.

No restrictions of the number of participants in the longest distances 3000 m and 5000 m (fourth distances).

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/national teams allowed.

* = Senior age groups

AG	born	AG	born
20*	1.7.85 - 30.6.90	55	1.7.50 - 30.6.55
25*	1.7.80 - 30.6.85	60	1.7.45 - 30.6.50
30	1.7.75 - 30.6.80	65	1.7.40 - 30.6.45
35	1.7.70 - 30.6.75	70	1.7.35 - 30.6.40
40	1.7.65 - 30.6.70	75	1.7.30 - 30.6.35
45	1.7.60 - 30.6.65	80	1.7.25 - 30.6.30
50	1.7.55 - 30.6.60	85	1.7.20 - 30.6.25 etc.

You will not get a confirmation of your participation, but you can find in the webpage www.veteranes.ru a list of the accepted participants, which will be actualized from time to time.

3. Schedule:**3.1. Training**

See informations in the icehall.

3.3. Payment entrance fee

New: Thursday, March 25th 2010 (not Friday, March 26th 2010), 3.00 pm to 5.30 pm at the information desk in the entrance hall of the icehall.

3.4. Drawing

New: Thursday, March 25th 2010 (not Friday, March 26th 2010), 6.00 pm in the icehall building.

3.5 Welcome Reception

New: Thursday, March 25th 2010 (not Friday, March 26th 2010), 7.30 pm. There will be an information about the place in the entrance hall of the icestadium. Tickets for 15 EUR per person (not included in the entrance fee) available at the information desk in the entrance hall of the icehall.

3.6. Competition starts

New: Friday, March 26th 2010 (not Saturday, March 27th 2010), 12.00 am

New: Saturday, March 27th 2010 (not Sunday, March 28th 2010), 10.00 am

3.7. Price giving ceremony

New: Saturday, March 27th 2010 (not Sunday, March 28th 2010) following the competitions.

Changes will be making if necessary!

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. Drawing / Classification:

Neighbourhood 5 year age groups with small numbers of participants may be put together for drawing and speed skating in the competition. The classification however will be separately in 5 year age groups independent of the number of participants. The winner of a four distance competition in a five year age group is the skater who has completed successfully all distances and has obtained the lowest total of points.

6. Prizes:

All skaters obtain a document and a protocol (containing also starting times, lap times and accumulated lap times). The winners of every age group obtain a medal and a cup or a Russian souvenir, the second and the third medals.

7. Doping control:

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

8. Entries:

Entries must be made of the competitors by submitting the Electronic Entry Form on the Website www.imssg.org , filled in with all data asked.

You can find the Electronic Entry Form at once by clicking on this link:

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

If you fill it out and send it off by clicking on “Submit” you will get the confirmation of the arrival of your entry at the organizer by email.

The Entries are expected until Sunday, 28th February 2010 at the latest.

9. Entrance Fee:

Entrance fee will be 24,00 EUR per person (includes EUR 8,00 fee for the costs of the International Masters' Speed Skating Committee). The entrance fee has to be paid before drawing. Announced skaters arriving after drawing and having confirmed their participation by fax in due time (12 hours before drawing at the latest) have to pay their entrance fee until three hours before the announced starting time of the competition at the first competition day.

10. Liability:

In Accordance with ISU Rule 119, the ISU, the IMSSC and the Organizer assume no responsibility for or liability with respect to bodily or personal injury or property damage incurred

with connection with the 4th Masters' International Russian Speed Skating Allround Championships 2010. Each skater or accompanying person is solely responsible for providing insurance coverage thereto.

11. Accommodation:

Hotel "Kolomna" and Hotel "Sovetskaya" within walking distance (15 min), also to reach by tramway (3 – 4 stations).

11.1 Hotel Kolomna (former prices from 2009)

Hotel has three categories: **Luxury Suits, Standard and Economy.**

To your safety all rooms are equipped with electronic locks.

Hotel with breakfast and restaurant.

Standard (Mini bar, TV)

Single room 2800 RUB = 75,60 RUB (1,00 EUR = 37,00 RUB).

Double room 3200 RUB = 86,40 EUR

Standard for 100 persons.

11.2 Hotel Sovetskaya (former prices from 2009)

5 min from Hotel Kolomna, without breakfast, room with TV and refrigerator

Luxe

double rooms 3800 RUB or 3300 RUB

single rooms 2600 RUB

Standard

Single room 1159 RUB = 31,00 EUR

Double room 1800 RUB = 48,60 EUR

Room for 5 persons 2750 RUB = 74,30 EUR

Room for 3 persons 2400 RUB = 64,80 EUR

12. Visa

We suggest you to get Russian visa through your local travel-bureau, please.

13. Contact

For accommodation, informations and further help please contact IMSSC Member RUS:

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Email (New): vladimir-skating@yandex.ru (not anumati1@yahoo.com)

Kolomna, September 2009

Vladimir Tkachenko

Head of the Organisation Committee