

# Welcome to the Netherlands



Utrecht, August 19, 2016

## Subject: Invitation Marathon season 2016-2017 including 4-day competition

On behalf of the Royal Dutch Speed Skating Association (KNSB) I it is an honor for me to invite you to take part in our speed skating marathon races in The Netherlands. In this document we would like to inform you about the different opportunities for signing up, the race schedule for next winter and a resume of the changed regulations.

In the past marathon seasons we notices a growing interest from long track skaters and inline skaters to participate in speed skating marathon races. Participants last season were Dutch skaters as Jorrit Bergsma, Arjan Stroetinga, Janneke Ensing, Irene Schouten, Carien Kleibeuker, Gary Hekman, Chrispijn Ariens, Elma de Vries, Jan Blokhuisen and Ingmar Berga. But also international participants like: Bart Swings, Alexis Contain, Francesca Lollobrigida, Fabio Francolini, Heather Richardson – Bergsma and Ivanie Blondin.



### 1. Signing up

There are three different possibilities:

- As a team being able to take part in the whole competition
- As a team being able to take part in the four-day competition
- Individually being able to take part in a single race.

#### 1.1. Whole competition

The entire national competition will take place from October 22, 2016 to March 4, 2017. In this period there will be organized a total of 25 marathons; 18 marathons on artificial ice (400m track) in The Netherlands and 7 marathons on natural ice in Austria and Sweden. And also in case of natural ice in The Netherlands you will have the right to start.

Category Name	Number of Skaters	Registration Fee
Man A (Topdivisie Heren)	5 or 6	€ 6000,-
Man B (Beloftendivisie Heren)	4	€ 750,-
	3	€ 600,-
Ladies A (Topdivisie Dames)	4	€ 1000,-
	3	€ 750,-

### 1.2. Four-day marathon competition

From December 15 to 18 there will be a great four-day marathon competition in The Netherlands. Only four days after the ISU World Cup III speed skating in Heerenveen. The four-day marathon competition starts on Tuesday, near Heerenveen in Leeuwarden, continued in Utrecht and Breda. The final will take place in the city of Alkmaar.

A great opportunity to accomplish a total marathon competition, gain in a short period a lot of experience, and a tough training stimulus.

Category Name	Max number of skaters participating in a team	Registration Fee each person
Man A (Topdivisie Heren)	5	€ 150,-
Man B (Beloftendivisie Heren)	4	€ 150,-
Ladies A (Topdivisie Dames)	4	€ 150,-

Please make note that only 40 additional (foreign) skaters per category per race will be allowed to take part in the national competition and/or four-day competition. Applications are dealt with in the order in which they are received at the national office. Participation is open to all ISU Members. Eligibility and acceptance of the skater is restricted in the below mentioned requirements. When skaters are accepted the KNSB will send a confirmation.

### 1.3. Single marathon participation

During the whole season there is a possibility for individually signing in for a marathon race. This is for skaters who like to have an introduction in the marathon skating in The Netherlands or have few possibilities to enter the entire marathon competition.

The regulation for single marathon participation:

- Maximum of 3 times per season per person
- Maximum number of skaters per category
- With more interest for entering a race than the maximum number of skaters, a draw will take place 24 hours prior to the race
- Participants will compete for daily prizes
- Participants will not receive prize money or competition-points

Category Name	Max number of skaters participating in a race	Registration Fee each person
Man A (Topdivisie Heren)	5	€ 25,-
Man B (Beloftendivisie Heren)	4	€ 25,-
Ladies A (Topdivisie Dames)	4	€ 25,-

## 2. Entries and additional information

Entries should be addressed to [w.hut@knsb.nl](mailto:w.hut@knsb.nl), also for additional information you can send your email to this email address.

Attached you will find a copy of the race calendar including dates, locations and length of the races. The race calendar is also available on <http://www.schaatsen.nl/kalender/>.

### 3. Requirements

Necessary requirements for participation in the different categories are as follows:

- Category A (Men A) PB time faster than 1 min 55 sec (1500m) or 6 min 55 sec (5000m)
- Category D (Ladies): PB time faster than 2 min 08 sec (1500m) 4 min 30 sec (3000m)
- Category B (Men B): PB time faster than 2 min 00 sec (1500m) or 7 min 25 sec (5000m)

### 4. Regulations

We aim before starting the marathon season 2016-2017 the complete regulations to be available in English. The most important regulations for the marathon competition are:

- After a warming-up lap, a starting signal will announce the start of the competition;
- During the competition a bell signal will announce prize sprints;
- After the total amounts of laps the sprint will be announced by a bell signal on 1 lap before the finish;
- Participants who lead with one lap ahead of the main group will sprint off after the total amount of laps. The previous group will sprint off 2 (in case of 1 leader) or 5 laps earlier (in case of more than 1 leader but less than 8 leaders). From 8 leaders in the race, or more, the previous group will sprint off 10 laps earlier.

### 5. Mandatory safety requirements

For participate in the marathon races there are different safety requirements.

- Each competitor must wear:
  - A helmet with a regular shape and in accordance with the specifications approved for Short Track Speed Skating (ASTM F1849).
  - Cut-resistant racing suit or underwear, in accordance with specifications for Short Track Speed Skating (ISU Communication No. 1265)
  - Shin protection, made of plastic or cut resistant material
  - Cut resistant gloves, neck protection and ankle protection
  - Other protective gear is recommended, for example: protective eyewear.
- Blades: the back and front part of the blades must be rounded off, with an indicative radius of 1 cm
- Transponders for timekeeping (which rent is included in the registration fee for the four day competition and a single marathon participation)
- Numbers, worn on the leg (which rent is included in the registration fee)

### 6. Doping

The doping control regulations are based upon the regulations of the ISU.

Hoping to have provided you with sufficient information. I look forward to hearing from you.

Yours Sincerely,

Royal Dutch Speed Skating Association (KNSB)

Willem Hut  
Manager Marathon

(Inter)national race calendar marathon season 2016-2017				
<b>Artificial Ice 400m</b>				
Day	Date	Location	Race Name	Categories /Distances
sa	October 22, 2016	Amsterdam	KPN Marathon Cup 1	B: 100 laps / D: 80 laps / H: 125 laps
sa	October 29, 2016	Groningen	KPN Marathon Cup 2	B: 100 laps / D: 80 laps / H: 125 laps
sa	November 5, 2016	Tilburg	KPN Marathon Cup 3	B: 100 laps / D: 80 laps / H: 125 laps
sa	November 12, 2016	Heerenveen	KPN Marathon Cup 4	B: 100 laps / D: 80 laps / H: 125 laps
sa	November 19, 2016	Haarlem	KPN Marathon Cup 5	B: 100 laps / D: 80 laps / H: 125 laps
sa	November 26, 2016	Hoorn	KPN Marathon Cup 6	B: 100 laps / D: 80 laps / H: 125 laps
sa	December 10, 2016	Enschede	KPN Marathon Cup 7	B: 100 laps / D: 80 laps / H: 125 laps
th	December 15, 2016	Leeuwarden	Four-day competition	B: 100 laps / D: 80 laps / H: 125 laps
fr	December 16, 2016	Utrecht	Four-day competition	B: 100 laps / D: 80 laps / H: 125 laps
sa	December 17, 2016	Breda	Four-day competition	B: 100 laps / D: 80 laps / H: 125 laps
su	December 18, 2016	Alkmaar	Final four-day competition	B: 100 laps / D: 100 laps / H: 150
su	January 1, 2017	Heerenveen	Dutch Championships	B: 100 laps / D: 100 laps / H: 150
sa	January 7, 2017	Eindhoven	KPN Marathon Cup 8	B: 100 laps / D: 80 laps / H: 125 laps
fr	January 13, 2017	Rotterdam	KPN Marathon Cup 9	B: 100 laps / D: 80 laps / H: 125 laps
sa	January 14, 2017	Alkmaar	KPN Marathon Cup 10	B: 100 laps / D: 80 laps / H: 125 laps
sa	January 21, 2017	Groningen	KPN Marathon Cup 11	B: 100 laps / D: 80 laps / H: 125 laps
sa	February 11, 2017	Den Haag	KPN Marathon Cup 12	B: 100 laps / D: 80 laps / H: 125 laps
sa	February 18, 2017	Deventer	KPN Marathon Cup 13	B: 100 laps / D: 80 laps / H: 125 laps
sa	March 4, 2017	Amsterdam	Final KPN Marathon Cup	B: 100 laps / D: 100 laps / H: 150
<b>Natural Ice</b>				
sa	January 28, 2017	Austria: Weissensee	Open Dutch Championships	B + H: 100km / D: 80km
mo	January 30, 2017	Austria: Weissensee	Team Pursuit	B + H: 5km / D: 4km
we	February 1, 2017	Austria: Weissensee	KPN Grandprix 1 AEW	B + H: 200km / D: 200km
sa	February 4, 2017	Austria: Weissensee	KPN Grandprix 2 AKM	B + H: 100km / D: 70km
we	February 22, 2017	Sweden: Lulea	KPN Grandprix 3	B + H: 100km / D: 70km
sa	February 25, 2017	Sweden: Falun	KPN Grandprix 4	B + H: 100km / D: 70km
su	February 26, 2017	Sweden: Falun	Final KPN Grandprix	B + H: 100km / D: 70km
<b>Legend</b>				
KPN Cup				
Marathon four-day competition				
KPN Grand Prix Natural Ice				
National Championships				
B	First Division Men			
D	Topdivisie Ladies			
H	Top division Men			
<b>Information:</b>				
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