



ANNOUNCEMENT

2017 BRITISH LONG TRACK SPEED SKATING SINGLE DISTANCE CHAMPIONSHIPS and THE NISA LONGTRACK SPEED SKATING CUP

Men, Ladies, Boys, Girls, Peewees

The Championship will take place at:

De Uithof, The Hague, Netherlands

Date: Saturday 25th and Sunday 26th March 2017

Day 1: British Longtrack Speed Skating Single Distance Championships

Day 2: NISA Longtrack Speed Skating Cup

Timings:

<u>SIGNING IN TIME</u>	08.15 hrs – 9:15hrs
<u>DAY 1 WARM UP STARTS</u>	08.30 hrs – 9:00hrs (30 mins)
<u>DAY 1 COMPETITION</u>	9:30 hrs – 15:30hrs
<u>DAY 1 PRIZE CEREMONY</u>	17:00 hrs
<u>SOCIAL EVENT</u>	18:00 hrs – 21:00hrs
<u>DAY 2 WARM UP STARTS</u>	08.30 hrs
<u>COMPETITION STARTS</u>	09.00 hrs
<u>DAY 2 PRIZE CEREMONY</u>	15:30 hrs
<u>CLOSE</u>	16:00 hrs

Categories:

British Longtrack Speed Skating Single Distance Championships

<u>MEN</u>	1500m, 1000m, 500m, 3000m, 5000m*
<u>LADIES</u>	1500m, 1000m, 500m, 3000m, 5000m*
<u>JUNIOR SPECIFIC</u>	500m**

NISA Longtrack Speed Skating Cup:

<u>MEN</u>	Super Sprint & Marathon***
<u>LADIES</u>	Super Sprint & Marathon***
<u>PEEWEEES*****</u>	Super Sprint***
<u>TEAM</u>	Team Pursuit, Team Sprint ****
<u>CLUB</u>	Best Club – combination event

**See later in announcement for possible distance combinations*

*** Juniors may also enter other events, Juniors are up to and including Jun A2 category*

**** Supersprint = 100/100/300/300m, result is decided by the Samalog of all 4 races, Mass start shall be 40 or 20 laps, final distance announced after all entries are known for Men and Ladies.*

***** A Team consists of 3 skaters. Team Sprint consists of 3 laps; all three skaters skate the first lap, two skaters skate the second lap, only one skater skates the third lap. Team Pursuit consists of 3 skaters and of 6 laps, the time is taken as that of the last of the team's skaters to cross the finish.*

****** PEEWEEES are skaters younger than Jun C1.*

LOCATION

The Championships shall take place at De Uithof in The Hague, The Netherlands. De Uithof is an artificially frozen 400m semi-covered ice rink with inner lane radius of 25m and outer lane radius of 29m. The racing lanes are 4m wide and the warm up lane is 3m wide.

ENTRIES

All skaters must be current members of the NISA and either hold a British Passport or be resident in the United Kingdom and have achieved the minimum standard for entry, being:

- 1) **The skater must have a time recorded in a NISA recognised competition (i.e. a time registered in www.speedskatingresults.com)**

OR

- 2) **The skater has competed in a KNSB registered marathon/ mass start event (Weissensee event and Fen skating events are included) within the past 3 years AND attends the pre-competition briefing.**

OR

- 3) **The skater has demonstrated competence in short track speed skating OR natural ice speed skating OR has attended at least one of the NISA Longtrack Training Weekends AND attends the pre-competition briefing.**

Entrants falling under qualification method 3 shall acknowledge that they accept the risk to not be allowed to compete should the course organiser consider it inappropriate or unsafe for them to do so. Entry fees will not be refunded in this case. Entrants falling under qualification criteria 3 will be restricted to distances of 1000m and below.

Non-British Skaters

Skaters of other nationalities not belonging to NISA may enter and compete in the NISA Longtrack Speed Skating Cup. Such skaters must be a member of their own National Governing Body, be eligible skaters under ISU rules, and provide evidence that they have suitable insurance cover. Such skaters must have achieved criteria 1 of the minimum standard as listed above. Non-British skaters may also apply to enter the single distance events on Day 1 and, while a time will be recorded and published, such skaters will not be considered as part of the competition and will not be eligible to win medals. The number of spaces available to Non-British skaters is limited and priority will be given to skaters from Belgium, Denmark and Australia.

The competition is not an International Competition and therefore skaters entering from other ISU members are considered to be representing themselves and their club only. It is up to the skater to secure any required permission from their National Governing Body needed to participate in the event.

Kit requirements

All skaters must use longtrack speed skates (e.g. icehockey, short track or figure skates are not allowed). Rental of longtrack skates may be arranged locally via Oomssports (www.oomssports.nl).

All PeeWees **MUST** wear gloves.

In the Marathon all skaters must wear a helmet, gloves and cut proof protection for the neck, shins and ankles.

Skaters are asked to forward their own entries, using the official entry form (see Annex to this announcement), together with the **entry fees** and appropriate forms in electronic form to Stephen Airey at info@uklongtrack.org.

NOTE: All Great Britain Team/ Development Squad members **must** compete.

AWARD CEREMONIES

All skaters winning a trophy or medal shall attend the prize ceremony. There is no specific dress code for the prize ceremony.

SOCIAL EVENT

The Social Event includes a buffet meal, quiz and raffle draw. The Social Event is open to all skaters and all spectators to the event on purchase of a ticket. The Social Event will also be held at De Uithof.

ENTRY FEES

DAY 1 (British Longtrack Speed Skating Single Distance Championships):

£20 per skater (non- refundable).

DAY 2 (NISA Longtrack Speed Skating Cup):

£15 per skater (non- refundable)., £15 per Team

SOCIAL EVENT (SKATERS and SUPPORTER CLUB MEMBERS):

£15.00 per person (non- refundable)

SOCIAL EVENT (NON-SKATERS):

£18.50 per person (non- refundable)*

Payments can be made via Cheque or Bank Transfer

**Social Event tickets may also be purchased on the day for £23.00 but with limited availability*

BANK TRANSFER

PLEASE ENSURE YOU QUOTE YOUR SURNAME AND 'LONGTRACK CHAMPIONSHIPS' IN THE REFERENCE WHEN SENDING FUNDS VIA THIS METHOD

SORT CODE 12-24-81

ACCOUNT NUMBER 00690501

SWIFT BOFSGBS1BBL

IBAN GB25BOFS12248100690501

ACCOUNT NAME NATIONAL ICE SKATING ASSOCIATION (UK) LTD

Please note, the account name can be abbreviated to NISA if needed

CLOSING DATE

Entries must reach the Stephen Airey no later than close of business on **Mon 1st March 2017** and be sent to:

Stephen Airey, Email: Info@UKLongtrack.org

Tel: +31 (0)627014681

**LATE ENTRIES OR ENTRIES NOT INCLUDING ENTRY
FEES WILL NOT BE ACCEPTED**

ADDITIONAL NOTES

The format of the Championship will be as follows:

Men and Ladies (& Junior 500m): Individual Distance Championship.
Club Events: Best Club (points system)

The format of the NISA Longtrack Speed Skating Cup will be as follows:

Men and Ladies: Supersprint and Marathon, Open Championship.
Peewees: Supersprint, Open Championship.
Team Events: Team Pursuit, Team Sprint, Open Championship
“The Ashes”: Team Pursuit – Restricted event: UK skaters vs Australian skaters

- Men and Ladies categories are open to all ages of skater from Youth to Master.
- Peewee events are restricted to skaters younger than Junior C1

A British Champion will be declared for each category and individual distance. Medals will be awarded to 1st, 2nd and 3rd places for each category and distance.

Medals will be awarded to 1st, 2nd and 3rd places for each event in the NISA Longtrack Speed Skating Cup, irrespective of nationality, there shall be no declared ‘Champion’.

On Day 1 – The Individual Distance Championships: Entrants may choose to enter any combination of 500m, 1000m, 1500m plus a maximum of one additional longer distance (3000m or 5000m) to give a maximum of 4 events.

The entry fee is not dependent on the number of distance skated. Skaters are free to enter fewer distances than the maximum of 4. The number of 5000m places is limited. If this number is exceeded, priority will be given to the faster skaters and the non-placed entrants will be placed in the 3000m.

Note that competitors under 15yrs old on 30th June 2017 shall consider only the short distances (up and including 1500m)¹ and those under 12 years old, together with those qualifying via method 3, shall consider only the 500m on Day 1 and only the supersprint on Day 2.

The Best Club competition is open to all NISA Affiliated Longtrack Clubs as of 1st March, it shall be based on points, earned as follows:

- Per club skater competing in and finishing a race/ event: 1pt
- Individual Distance Podium Finish points: 1st – 5pts, 2nd – 3pts, 3rd – 2pts
- SuperSprint and Marathon Points: 1st – 10pts, 2nd – 7pts, 3rd – 5pts, 4th – 4pts, 5th – 3pts, 6th – 2pts.
- Team Pursuit and Team Sprint: Entry 3pts, Points: 1st – 10pts, 2nd – 7pts, 3rd – 5pts

Enclosed is an Anti Doping Parental Consent form and Photo Consent form - please copy and distribute the Anti Doping form to all athletes taking part who are under 18 years of age, and the photo consent form to **all** athletes. These forms need to be filled in and submitted with the entry forms.

¹ Unless specific permission is obtained apriori. Exceptional permission may be granted based on evidence of suitable 1500m experience and times.

Coaching services will be provided by NISA during the event. **Only NISA LEVEL 2A Longtrack coach certificate holders (or equivalent from other countries) are allowed on the ice.** Programs, including the start list, will be available to buy at the event.

ADDITIONAL NOTES FOR SUPPORTERS AND 100 CLUB MEMBERS

As part of the reward scheme for being a member of the Supporters Club you are entitled to a number of benefits during the British Championships. In order to claim these, please be sure to wear your supporters club pin badge at the event and to register at the desk on the day:

- Free program (available at registration)
- Discount on social event ticket
- Free raffle ticket (100 Club and Business supporters only – available at reception)
- Entrance to the sponsors room (100 Club and Business supporters only – entrance ticket from reception)
- Free drink in the sponsors room (100 Club and Business supporters only)

TRAVEL ADVICE

All Travel and Accommodation arrangements and costs are the responsibility of the attendees. However, to aid travel planning, NISA would like to make you aware of the following, none exhaustive, list of possibilities:

Travel by Boat:

The most convenient route is the Harwich to Hoek van Holland overnight route. This departs Harwich at 23:15 and arrives at Hoek van Holland at 06:30. De Uithof is 20 minutes by car, 40 minutes by bike or a short train ride away. By train, take the train to Lozerlaan/ Nieuweweg and it is then a 6 minute walk. For those travelling from further north, the Hull to Rotterdam overnight crossing (Dep 20:30, Arrive 9:00) or Newcastle to Ijmuiden (Depart 17:00, Arrive 9.00) crossing are possibilities. Rotterdam is about 35 minute drive to De Uithof and Ijmuiden is about a 1 hour drive from De Uithof so you would have to travel on the Thursday night if taking these options.

Travel by Air:

Flights to Schiphol are available from most UK airports on a regular basis with Easyjet, Jet2, KLM and other carriers. Most have both late night and early morning flights. From Schiphol take the train to Den Haag Centraal (these leave every 20 minutes and takes approximately 40 minutes) and then Tram 4 from Den Haag Centraal to De Uithof (these leave every 15 minutes and take approximately 25 minutes). Flights are also available to Rotterdam airport which is a 35minute taxi ride from De Uithof.

Travel by Car:

Cross channel train/ ferries from Dover to Calais depart every 30 minutes. It is approximately a 3 hour drive from Calais to De Uithof but some stretches can get busy and accumulate delays.

Accommodation:

Den Haag offers a wide range of accommodation. Most are in the centre of Den Haag where parking and driving can be difficult. Some example accommodations are given hereunder:

Stay OK: www.stayokay.com

NH Hotel Kijkduin: www.nh-hotels.nl

Easyhotel Den Haag: www.easyhotelbenelux.com

The Student Hotel: www.thestudenthotel.com/thehague

NISA also have an agreement with **Hotel Saint Vincent** in Poeldijk for **special rates for NISA members**. These rates are only available when presenting your NISA membership card on payment and by advance arrangement. The Hotel Saint Vincent is 3km from De Uithof, has free car parking and is on an easy bus route (although cycling and walking are also readily possible).

Hotel Saint Vincent

Voorstraat 31

2685 EH Poeldijk

0174-248800

info@hotelsaintvincent.nl

www.hotelsaintvincent.nl

Video and Photography Policy

Please be aware that due to Child Protection Legislation in the UK, the taking of video and photography is strictly controlled at the British Championships and requires registration. All photos and videos are restricted to a) the on-ice races, b) the award ceremonies and c) the social event. To register to take photographs or video, apply by email to

Lynda.Young@iceskating.co.uk with copy to
Stephen.Airey@UKLongtrack.org

Photography and Filming approval will not allow access on the ice.

INSURANCE ADVICE

All Participants are highly recommended to have their own sports injury, travel and third party liability insurance.



LongTrack Speed Skating

British Championships 2017 - Individual Distance Entry Form

Full Name		
NISA membership Number (Mandatory)		
Nationality and NGB membership number (if not NISA member)		
Member which Longtrack Club (optional)		
Date of Birth		
Competition Licence (Y/N) (not a requirement)	Y	N
Competition Licence number (if known)		
Gender (Male/ Female)	M	F

Qualification Status (tick one)	
	1) Existing time (see www.speedskatingresults.com)
	2) Marathon / Natural Ice skater + Briefing
	3) Other skater + Briefing + Pre-competition course

Entry (circle as appropriate)	£20.00 pp (irrespective of # distances)		
Short Distances (select up to 3)	500m	1000m	1500m
Long Distances (select maximum 1)	3000m	5000m	

Social Event (also for spectators/ parents/ partners and for Day 2 participants – i.e. open to other nationalities)	£18.50 pp Normal Price	£15.00 pp – <i>Competitors & Supporters</i> <i>Club Members</i>
Name	Cost	Cost
TOTAL SOCIAL EVENT COST		



NISA LongTrack Speed Skating **Cup 2017 – Entry Form**

Full Name		
NISA membership Number (Mandatory)		
Nationality and NGB membership number (if not NISA member)		
Member which Longtrack Club (optional)		
Date of Birth		
Competition Licence (Y/N) (not a requirement)	Y	N
Competition Licence number (if known)		
Gender (Male/ Female)	M	F

Qualification Status (tick one)	
	1) Existing time (see www.speedskatingresults.com)
	2) Marathon / Natural Ice skater + Briefing
	3) Other skater + Briefing + Pre-competition course

Individual Entry (circle as appropriate)	£15.00 pp (irrespective of # distances)		
Events (select up to 2)	Supersprint	Marathon	

Team Entry	£15.00 per team	
Skaters Names	Club & NISA membership # OR National Governing Body Membership # & Country	
EVENTS (circle max 2)	Team Pursuit	Team Sprint

Eligible Teams

Teams may be of mixed gender and age. Teams may consist of any three skaters but they must all be members of the same club OR (if not a member of NISA) a member of the same ISU Member.

UKLongtrack A
UKLongtrack B
UKLongtrack C

Skate Ipswich
Aldwych

The Fen Centre

Teams not listed above are also welcome if from an ISU member country. If you wish to submit a team not listed above, please request entry and supply proof that all members of the team are part of a club affiliated to an ISU member and all have the same nationality.

The Teams UKLongtrack B and C shall be selected and invited by NISA from the skaters not belonging to a registered longtrack club. Any skater particularly wishing to be part of such a team should make those wishes known at the time of entry. UKLongtrack A shall be selected and invited by NISA and shall be the team to compete against a team of Australian skaters for the Ashes.

Each skater may be a member of only 1 team (max 2 events per team).

ANTI-DOPING

PARENTAL CONSENT FORM FOR SKATERS UNDER THE AGE OF 18

Please read the following very carefully

6.0 Eligibility of Skaters for Anti-Doping Tests

It is the Association's policy that no skater under the age of 18 years at the time of anti-doping may be tested without written parental or guardian consent except those skaters under 18 who are currently members of or who have been members, of a UK Regional, National or International Squad. It is a condition of eligibility for UK Regional, National and/or International Squad membership that skaters under 18 years provide written parental or guardian consent to anti-doping testing both in and out-of-competition. For all skaters over 18 years of age, it is a condition of entry to all events and competitions sanctioned by NISA permit, that they are willing to participate in anti-doping testing at that event.

6.1 Anti-Doping Testing Programme - NISA Policy

The Association has determined that anti-doping testing may be carried out at any of the following:

<u>Competition Testing:</u>	International events held in the UK UK Championships, irrespective of where held Regional Championships (England/Scotland/Wales/N Ireland) National Competitions (Series)
<u>Squad Testing:</u>	International Squad National Squad (Junior/Senior)
<u>Out-of-Comp Testing:</u> (Including camps)	International Squad National Squad (Junior/Senior)
<u>Disciplines:</u>	Figure Dance Synchronized Short Track Speed Long Track Speed
<u>Genders:</u>	Male/Female
<u>Age:</u>	Not under 18 without written parental/guardian consent <u>except</u> Current/past members of National Squad who may be tested.

I have read, understand and agree to the above conditions.

Name of Skater.....

Signed.....Parent/Guardian

Date



Photography Consent Form

2017 BRITISH LONG TRACK SPEED SKATING CHAMPIONSHIP and NISA LONG TRACK SPEED SKATING CUP

25/26th March 2017

To comply with the NISA Protection Policies and Procedures, **ALL** competitors are **required** to provide consent to be photographed and video'd by the official photographers/ videographers.

By entering the event, there is an acceptance that the participant may be photographed and/or video'd, and that images may be published by the National Ice Skating Association.

I/we **DO** consent to the taking of photographs/video by the NISA Official Photographers/ Videographers at the above named event:

Skater Name (please print in capitals):

Signature:

Parent/Guardian Name:
(if skater is under 18 - please print in capitals)

Parent/Guardian Signature (if skater is under 18):

I/we **DO NOT** consent to the taking of photographs/video by the NISA Official Photographer/ Videographer at the above named event:

Skater Name (please print in capitals):

Signature:

Parent/Guardian Name:
(if skater is under 18 - please print in capitals)

Parent/Guardian Signature (if skater is under 18):