



Official invitation, IF Herkules

3rd National league Norway cup

The Norwegian Skating Federation and IF Herkules speedskating have the honor to invite you to the 3. National league Norway cup. The competition will be held in Skien 14.-15. October 2023. International skaters will not be eligible for points and ranking in the Norway Cup but will race against all skaters in the competition.

The competition is open for all categories including skaters from Special Olympics.

Conditions of Contest

The Qualifying Schedule on each distance shall be based on an "All Final System" in all categories. The All-Final System is used in order to guarantee a minimum number of races to all participants. The organizer reserves the right to change the program for distances and classes due to number of entries or other circumstances.

Distances

Senior and Masters	1500 m	500 m	1000 m	(Relay TBC)
Junior C-A	1500 m	500 m	1000 m	(Relay TBC)
Junior F-D	777 m	500 m	1000 m	
Recruits	333 m	111 m	500 m	
Special Olympics	777 m	500 m	1000 m	

Preliminary program

Friday, October 13th	16.45 – 18.00 Training 18.00 – 18.30 Registration and helmet covers
Saturday, October 14th	08.00 - 09.30 Registration and helmet covers. 08.30 - 09.30 Warm up 09.00 Meeting for teamleaders 10.00 Start of competition 16.00 End of competition
Sunday, October 15th	08.30 – 09.30 Warm up 10.00 Start of competition 15.00 End of competition

Entries must be made at www.shorttrackonline.info not later than Tuesday 10th of October at 20.00.

Clubs and Federations have a special password for login to the entry page for International Competitions. If not available, is it possible to apply the webmaster for a login through the website.

Entry Fee

An entry fee of 50,00 EUR (500 NOK) Juniors C-Masters and 20 EUR (200 NOK) for Recruits – Junior D and Special Olympics must be paid to the organizers for each accredited person, e.g. for every athlete. All Norwegian skaters must pay through bank transfer October 10th at the latest. Please pay the total amount for all skaters per club! Please indicate club name and how many skaters from the club. Account nr 2801.44.50256

International skaters can pay with credit/debitcard at the rink

Meals

There will be a café in the ice rink.

Award of Prizes

Prize for the first, second and third classed in the final results for Junior C – Masters. All other classes will be awarded prizes.

Ice rink

Skien ishall, Moflatvegen 67, 3733 Skien

Map: [Skien ishall](#)

Organizing Committee

For information about the race, contact:

Lars Stomperudhaugen, Tel: +4797542068, E-mail stomperudhaugen@gmail.com (Contact preferred by mail)

Liability

In accordance with I.S.U. Rule 119, the Organizingcommittee assumes no responsibility with respect to medical, bodily or personal injury or property loss or damage sustained or caused in connection with this Competition.

There will be medical trained persons in the rink due the competition.

Hotel- Accomodation

Hotell Fritidsparken, (100 m from the rink)

Moflatvegen 59, hotell@skienfritidspark.no, +47 35541040

Clarion Collection Bryggeparken, (In the centre of Skien)

Langbrygga 7, cc.bryggeparken@choice.no, +47 35912102

We look forward too see u in Skien!