

4TH EDITION

**LARA
VAN RUIJVEN**
MEMORIAL

INTERNATIONAAL SHORTTRACK

**24 & 25
OKTOBER
2026**

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DE UITHOF,
DEN HAAG

INTERNATIONAAL
SHORTTRACK

*In memory.
Forever in our hearts.*

TeamNL
KNSB

HER LEGACY OUR DRIVE

@laravanruijvenmemorial

Dates and Venue

The organizing committee has the honour of inviting you to the

4th International LARA VAN RUYVEN MEMORIAL Short Track competitie For U9 – U11 – U13 – U15 - U17 – U19, Seniors & Masters

Date: 24-25 october 2026

Venue: Sportcomplex De Uithof, Jaap Edenweg 10, 2544 NL Den Haag, Netherlands

The competition will be held in accordance with the ISU regulations.

Entries

The entries are open to all clubs and skaters affiliated with an ISU member. Final Entries must reach the organizing committee by **Friday 16 october 2026**.

Max limit of 200 participants

Entry fee: an entry fee of **€ 60,00** must be paid to the organizers for every athlete.

After the entry for the competition has closed an invoice will be sent to the e-mail address which is registered in the entry system. The invoice will contain a BOOKING number, the amount to pay and the information of the bank account to transfer the payment to. We request to use the BOOKING number as reference and do the payment immediately after receiving the invoice

Clubs can only make entries with the approval of their respective ISU Member at: **shorttrackonline.info**

Age Groups

The competition is open to all Juniors, Seniors & Masters. Prizes will be awarded in the following categories per gender:

U9 (Junior F): born after 30/06/2017
U11 (Junior E): born from 1/07/2015 to 30/06/2017
U13 (Junior D): born from 1/07/2013 to 30/06/2015
U15 (Junior C): born from 1/07/2011 to 30/06/2013
U17 (Junior B): born from 1/07/2009 to 30/06/2011
U19 (Junior A): born from 1/07/2007 to 30/06/2009
Senior: born from 1/07/1992 to 30/06/2007
Master: born before 1/07/1992*

(*) U19 and Senior skaters are allowed to skate with the Master categories if their best time in the last 2 seasons is slower than 1:00.00 on the 500m distance.

The equipment of the skaters must be in accordance with the ISU regulations. Different age groups and genders may skate together depending on the number of participants in each group.

Program

The individual competition will follow an All Final Qualifying System. Seeding in the first round is done by the best time for that distance in the past and current seasons. According to the number of entries, there will be a competition with two distances. The total number of points from all distance finals will determine the competition's overall winner in each category.

Relay races will be held with club teams and may consist of women and men in 3 categories U17/U19/S/M (2000m), U13/U15 (2000m) and U9/U11 (2000m).

Depending on the number of club teams, extra mixed club teams may be allowed as well, if time permits it. The races of the Relay teams shall happen as if they were finals by assigning a virtual rank based on the sum of the best 500m times of the skaters of each team.

Hence the last Relay race of each category shall consist of the (virtually) fastest teams. However, the distance classification of the Relay shall follow the finish times of each team. In such a way, we can provide challenging and safe Relays.

1st distance 2nd distance and 3th distance

U9 500m and 333m

U11 500m and 333m

U13 1000m and 500m

U15 1000m and 500m

U17 1000m and 500m

U19 1000m and 500m

Senior 1000m and 500m

Masters 1000m and 500m

The organizing committee may alter the program should it be deemed necessary.

Competition Times

Saturday 24 october 2026

8.30: Team leader meeting (Corner opposite from entrance)

9.00 - ±13.00: Competition U9 till U13

13.30 - ±14.30: Competition relay

14.30 - ±20.00: Competition U15 till Master

Sunday 25 october 2026

8.00 - 17.00: Competition all categories

Accreditation

Helmet caps pro club will be given at the entrance of the Ice Rink (registration desk), between 7.45 and 8.15 on saturday 24 october 2026 A deposit of € 10,00 per helm cap has to be **payed in cash** and will be returned upon recollection of the helmet caps (max € 50,00 pro club).

Numbers on Skate-Tech visor helmets can be submitted before **October 17, 2026** by laravanruijvenmemorial@gmail.com; after this date, we will no longer accept number changes. We will include the submitted number in the participant list.

Condition of contest

Points for each Distance Classification will be awarded in accordance with Rule 295, paragraph 6. The Overall Classification will be calculated in accordance with Rule 295, paragraph 8. Skaters who did not start in the first round of any of the distances with a valid reason, e.g. a medical reason, will get a ranking on that distance equal to the number of participants plus 1.

Awards

Individual distance classification: Awards will be given to the first, second and third in the final A race of each category on ice. If categories compete together, they will be split pro category and the awards ceremony will be after the A final.

Individual classification: Awards will be given to the first, second and third in the final classification of each category.

Relay classification: Awards will be given to the first, second and third of each relay category on time classification. Awards categorie club teams and categorie Mixed clubs, will be on Sunday on the end of the competition.

Awards will only given in person on the podium. If you don't come tot he podium you will not get your price.

Buying Memento

Pre-order a hoodie featuring a Lara van Ruijven image from the 4th edition of the Memorial, and it will be ready for you on the first day of the race. The price for this hoodie is €20.00. Please provide your name and size via laravanruijvenmemorial@gmail.com.

LARA VAN RUIJVEN
MEMORIAL HOODIE
SIZE GUIDE · MAATTABEL

ZO MEET JE DE HOODIE
A HALF CHEST — plat gemeten van oksel tot oksel
B BODY LENGTH — vanaf het hoogste schouderpunt
Alle maten zijn in centimeters · Meet een passende hoodie plat op tafel

KIDS B&C HOODED / KIDS WK681

	1/2	3/4	5/6	7/8	9/11	12/14
A · HALF CHEST	—	37	40	43	46	50
B · BODY LENGTH	—	43	48	53	58	63
C · SLEEVE LENGTH	—	33	37	41	45	50

ADULTS B&C ID.333 HOODIE WQ005 · 15+

	XS	S	M	L	XL	2XL	3XL	4XL	5XL
A · HALF CHEST	51	54	57,5	61	64,5	68	72	76	80
B · BODY LENGTH	67	69	71	73	75	77	78	79	80

HER LEGACY. OUR DRIVE.
Kledingmaten kunnen licht afwijken · Kies bij twijfel de grotere maat

Track and padding

The track is an artificial indoor ice surface of 30 m x 60 m. The competition will be held on ac111,12 m oval track with a measuring curve of 8,50 m. Five (5) other tracks will be laid out according to ISU rules. The starting line will be moved accordingly. For all tracks, one finishing line with a photo finish will be used. We provide traditional padding of 60 cm in the primary and secondary crash zone and 40 cm of padding in

the safe zone per ISU communication 2128 for competitions for International Competitions (Seniors and Junior A+B).

Liability and Medical Insurance

In accordance with Rule 119 of the ISU General Regulations, the ISU, the Royal Speed Skating Federation and the Organizing Committee assume no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection with the competition. Each Member is solely responsible for providing insurance (medical and accident) coverage for their athletes.

Accommodation

All participating clubs are responsible for their own accommodation. Book your hotel in advance:

Hotel Van der Valk Delft A4
Peuldreef 3
2635 BX Den Hoorn
7,7 km from the icerinck

Hotel NH Atlantic Den Haag
Deltaplein 200
2554 EJ Den Haag
4,6 km from the icerinck

Contact

Organization Committee
Tim de Nijs and Constanze Kluivers

laravanruijvenmemorial@gmail.com