International shorttrack competition
Lara van Ruijven Memorial
18 - 19 october 2025
The Hague Netherlands



For all categories
Entry fee € 50,00
Entry via: Shorttrackonline.info

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Dates and Venue

The organizing committee has the honour of inviting you to the

3th International LARA VAN RUYVEN MEMORIAL
Short Track competitie
For Juniors, Seniors & Masters

Date: 18-19 october 2025
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 10 october 2025.***

Entry fee: an entry fee of **€ 50,00** must be paid to the organizers for every athlete. To reduce the amount of cash and fast handling of helmet caps, we ask you to wire the money by bank transfer to organizer bank account no later than ***Wednesday 15 october 2025***

Recepient name: T. de Nijs
Receiving bank name: ING Bank
IBAN: NL27 INGB 0008 8562 16
BIC: INGBNL2A

Paying bij Club use the following formatted message with the transfer: “Lara Club X” the abbreviation of your club on ShorttrackOnline, and X the number of skaters you are paying for. This number should correspond to the number of entered skaters on ShorttrackOnline). For example Lara YVZ 5.

If you pay individually, please name of the club and name of the participant.

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:

Junior F: born after 30/06/2016
Junior E: born from 1/07/2014 to 30/06/2016
Junior D: born from 1/07/2012 to 30/06/2014
Junior C: born from 1/07/2010 to 30/06/2012

Junior B: born from 1/07/2008 to 30/06/2010
Junior A: born from 1/07/2006 to 30/06/2008
Senior: born from 1/07/1993 to 30/06/2006
Master: born before 1/07/1993*

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.

(*) Junior A 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.

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 a minimum of two distances. But the goal is to go for 3 distances per category. 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 A/B/S/M (2000m), C/D (2000m) and E/F (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
Junior F 500m, 333m and 222m
Junior E 500m 333m and 222m
Junior D 1000m**,**777m and 500m
Junior C 1500m,1000m and 500m
Junior B 1500m**,**1000m and 500m
Junior A 1500m,1000m and 500m
Senior 1500m, 1000m and 500m
Masters 1000m**,** 777m and 500m

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

Competition Times

Saterday 18 october 2025
8.30: Team leader meeting
9.00 - ±13.00: Competition junior F till D
13.30 - ±14.30: Competion relay
14.30 - ±20.00: Competition junior C till Master

Sunday 19 october 2025
8.00 - 16.00: 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 saterday 18 october 2025 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).

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).

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 only club teams, wil be on Sunday on the end.

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

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