



# **IFK Inlinere**

## **International**

# **Outdoor Criterium 2010**

On the track where the European Championship for Juniors and Cadets were in 2008



**The 22 - 23. May 2010**  
**in Næstved, Denmark**

**[www.ifkinlinere.dk](http://www.ifkinlinere.dk)**

- Free start for the 4 first skater.
- Races for all categories, beginners, proved and elite.
- Cheap accomandation.
- Come friday at try the track.
- 300 meter road track from 2006.



# International Outdoor 2010

## Saturday 22th and Sunday 23th May in Næstved

IFK In-Linere cordially invites you to the international outdoor speedskating meeting on our **300 meter road track**.

There will be races in category A, B and C.

**Remember: According to the regulations you must wear a helmet when on rollerskates.**

Programme:	Saturday.	Sunday.
	08.00 Warm up on the track.	08.00 Warm up on the track.
	08.55 Line up of the first skaters.	08.55 Line up of the skaters.
	09.00 Start of the Criteria	09.00 Criteria continues
	13.00 Lunch for officials	12.00 Lunch for officials
	13.30 Criteria continues	12.30 Criteria continues
	18.00 Finish of day one	16.00 Finish of the Criteria

It is very important that participants are informed by their teamleaders about times of races and are ready for the start of their race. (See under Warming up).

Age groups and Distances:	Categories A and B (Elite and Advanceses)
	Micro (- 7 years) 300m line, 500m line, 800m line, 1000 line
	Mini (8-9 years) 500m line, 1000m line, 1200m line, 1500 line, 2000m Relay
	Maxi (10-11 years) 1000m line, 1500m line, 2000m line, 3000 line, 3000m Relay
	Youth (12-13 years) 1000m line, 3000m line, 3000m point, 5000 udskil., 3000m Relay
	Cadet (14-15 years) 1000m line, 5000m line, 5000m point, 10000 udskil., 5000m Relay
	Junior (16-17 years) 500m sprint, 1500m line, 10.000m point, 20.000 Elim., 10.000m Relay
	Senior (18+ years) 500m sprint, 1500m line, 10.000m point, 20.000 Elim., 10.000m Relay
	AK30 (30-39 years) 500m sprint, 1500m line, 10.000m point, 20.000 Elim., 10.000m Relay
	AK40 (40-49 years) 500m sprint, 1500m line, 10.000m point, 20.000 Elim., 10.000m Relay
	AK50 (50+ years) 500m sprint, 1500m line, 10.000m point, 20.000 Elim., 10.000m Relay

### Class C

Lilleput (- 5)	50m line, 100m line, 200 line
Micro (6-7 years)	100m line, 300m line, 500 line
Mini (8-9 years)	300m line, 500m line, 1000 line
Maxi (10-11 years)	500m line, 1000m line, 1500 line
Youth (12-13 years)	500m line, 1000m line, 1500 line
Cadet (14-15 years)	500m line, 2000 line, 3000m line
Junior (16-17 years)	500m sprint, 3000m point, 5000 Elim., 3000m Relay
Senior (18+ years)	500m sprint, 3000m point, 5000 Elim., 3000m Relay
AK30 (30-39 years)	500m sprint, 3000m point, 5000 Elim., 3000m Relay
AK40 (40-49 years)	500m sprint, 3000m point, 5000 Elim., 3000m Relay
AK50 (50+ years)	500m sprint, 3000m point, 5000 Elim., 3000m Relay

Category C will only race on Saturday.

Depending on the amount of participants - IFK Inlinere can change the programme.

**Regulations:** Regulations apply to Danish and International rules. You can find them on [www.dkrul.dk](http://www.dkrul.dk).

**Teamleader:** All participating clubs must have a non-racing teamleader, who is responsible for informing the skaters about the following:

**Warming up:** Skaters must be ready in a designated area at the start of the last race before their own race. Warming up will take place in that area. It is absolutely forbidden to warm up on the track during races.

**Age groups and classes:** Age groups will be placed together in the various races because of a narrow time framework, even though there are more than 6 skaters participating - but will be rewarded in their own group.  
Cut off date is 1st January 2010. For example if you are 12 years old in December 2010, you are Youth 12-13 years throughout 2010.

**Entry fee:** 175 kr. for A og B Class. (23 Euros)  
150 kr. for micro og mini i A og B Class (20 Euros)  
100 kr. for C Class. (13 Euros)

**Entry forms:** Entry forms have to be sent clubwise no later than May 9th 2010, after which date entries are binding and cannot be changed. All entry forms must carry the following information: Name of the club. Full name of the teamleader. Participants first name, last name, date of birth, sex, Age group and Category. Entry forms are to be sent to:

**turneringsudvalg@drs-fitness-speed.dk**

**Payment:** Non-Danish clubs can pay cash on arrival. Payment can be either in DKR or EURO.  
Payment to bank: IBAN **DK8898194571153411** and SWIFT/BIC: **SPNODK22**  
Please remember name of the club.

**Addresses:** The track is situated at the old military base, Gardehusarvej, DK-4700 Næstved.

**Accommodation:** Næstved Youth Hostel, Danhostel, Præstøvej 65, 4700 Næstved . Tlf. +45 55 72 20 91

**How to get there:** From Sweden, Copenhagen etc.: Follow E47 towards Rødby, turn off at junction 37 RØNNEDE and then turn right towards Næstved.

From Germany, Rødby etc.: Follow E47 towards Copenhagen, turn off at junction 39 BÅRSE and then turn right towards Næstved.

From Germany, Jylland-Fyn over the bridge at Storebælt: Follow E20 and turn off at junction 39 SLAGELSE and then it is just straight on towards Næstved.

**Track condition:** The asphalt is new and smooth with no cracks. The track is 300 meter.

**Refreshments:** There are possibilities for buying foods and softdrinks fruit mm.

**Further information:** For further information contact Kim Hartz, Thit Jensens Vej 10, DK-4700 Næstved.  
E-mail: [kimhartz@stofanet.dk](mailto:kimhartz@stofanet.dk) or [www.ifkinlinere.dk](http://www.ifkinlinere.dk)

# See you in Næstved!

