



Norges Cup 1 2024/2025

National League - Norway Cup 1

Trondheim,
September 28 - 29





**Norges Cup 1
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Trondheim kortbaneklubb (TKK) is proud to present National League 1 and invites you to participate in this exciting short track competition in Trondheim, Norway.

The competition is open to:

- Norwegian and international athletes who hold a license for speed skating (long track or short track)

The competition is an opportunity for both athletes and the public to experience the exciting sport of short track speed skating. TKK is a member of the Norwegian Skating Federation.

Venue

Leangen Idrettspark (Ungdomshallen)
Tungavegen 3
Trondheim, Norway

Categories

Recruits
Junior E, D, C, B and A
Seniors
Masters
Special Olympics

Distances

Recruits	111m/222m/333m/500m
Junior E/D	777m/ 500m/1000m/relay (TBC)
Junior C/B	1000m/ 500m/1500m/relay (TBC)
Jr A/Sr/Masters	1000m/ 500m/1500m/relay (TBC)

Special Olympics (both days, distances according to division)

Categories may be combined depending on the number of entries in each category. In case of combined categories, awards will still be given based on the categories above. Relay will depend on the number of participants and will be announced on the competition day. Relay teams will be decided by the referee.



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Timetable

Friday 27th of September
18:30-21:30 Open training

Saturday 28th of September
10.30 – 11.30 Warm up
12.00 – 16.00 Races

Sunday 29th of September
09.30 – 10.30 Warm up
11.00 – 16.00 Races

Entries

Entries are made via <https://www.shorttracklive.info>

Clubs without a user profile in the shorttracklive system can use the entry form available through [shorttrackonline.info](https://www.shorttrackonline.info)

Deadline is Tuesday 24th of September

Entrance fee

Entry into the competition is NOK 300. We will email you an invoice, or you can use Vipps

Entry for recruits is free.

Track

The competition will be held on a 60m x 30m artificial indoor ice surface with a 111.12 m oval track. Protective padding will cover the board in the turns (not the entire straightaways).

Conditions of contest

Seeding will be based on 500m time (SB or recent). The qualifying schedule is based on the "all final system". The organizers reserve the right to change the program due to any unforeseen circumstances.

Award of prizes

The award ceremony will be held after the competition on Sunday.



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Liability

All participants have to take care of their own safety. There will be medical personnel present throughout the competition. Please note that athletes must have hard knee protection (if possible knee/shin protection), short track helmet, cut-resistant gloves and cut-resistant neck-protection. Klapskates are not allowed.

At the same time participants should be covered by their own national insurance. The organizers cannot be held responsible for any kind of injury or property loss during the competition.

Accommodation and transport

The participating athletes are responsible for their own meals and accommodation. We recommend Scandic Solsiden hotel for the participants. The hotel is centrally located in Trondheim, close to restaurants and shops and has a good standard.

Bookings and enquiries should be made directly to the hotel email: Solsiden@scandichotels.com
call: +47 21614622

Travelling time from the city center to the arena is 10 minutes. From the airport 20 minutes. Transport to/from Scandic Solsiden - the arena on competition days is easiest with taxi (ca NOK 150).

Organizing club and enquiries:

Organizer:
Trondheim kortbaneklubb

Contact:
Espen Karlsrud
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Referee:
Christian Pedersen

