



10th Masters' International HEERENVEEN SPRINT

Heerenveen, the Netherlands

Wednesday, March 14th and Thursday, March 15th 2018

10 th Masters' Intern. Heerenveen Sprint	Provisional Time Schedule
Warm up (on Warm up track)	18:05-18:15 h
Masters and Senior B (M30 & M35) 500m	18:15 h
Others 500m	
Ice preparation	
Masters and Senior B (M30 & M35) 1000m	
Others 1000m	

14th Masters' International Long Distance Races

Heerenveen, the Netherlands | Thursday, March 15th 2018

14 th Long Distance Races	Provisional Time Schedule
Warm up (on Warm up track)	11:05 h
500m (10k participants)	11:15 h
500m (5k participants)	
Ice preparation	
10k (3 quartets)	11:45 h
Ice preparation	
10k (2 quartets)	
500m (3k participants)	13:15 h
5k	
3k	

The competition will be held in accordance to the Regulations of the International Masters Speed Skating Committee (IMSSC) and the International Skating Union (ISU).

This competition is a regular event on the International ISU Masters calendar.

Heerenveen, March 13th 2018

(Version 2)

Competition Manager: Leen van den Heuvel