



Oslo Skøiteklub

150 år med skøytesport og skøyteglede



Official invitation, OSK Open/ 3 National league Norway cup

The Norwegian Skating Federation and Oslo Speedskating Club (OSK) have the honor to invite you to the OSK Open/ 3 National league Norway cup. The competition will be held in Oslo 20th and 21st December 2025. International skaters will not be eligible for points and ranking in the Norway Cup, but will race against all skaters in OSK Open

The shorttrack competition will be held in accordance with the latest ISU Regulations and relevant ISU Communications.

Entries are open to all ISU members and their affiliated clubs.

Categories for Women and Men

The competition is open for all categories including skaters from Special Olympics

Conditions of Contest

The Qualifying Schedule on each distance shall be based on an "All Final System" in all categories. The All Final System is used in order to guarantee a minimum number of races to all participants. The organizer reserves the right to change the program for distances and classes due to number of entries or other circumstances.

Distances/ Groups

Elite/Norway Cup	1500m	500m	1000m	(Relay TBC)
Junior D - C	1000m	500m	777m	(Relay TBC)
Junior E	333m	111m	500m	
Junior F	333m	111m	222m	
Special Olympics	777m	500m	1000m	

Preliminary program

Friday, December 19 th	18:30 - 21:00	Registration and helmetcovers/ training
Saturday, December 20 th	08:00 – 09:00	Registration and helmetcovers
Saturday, December 20 th	08:30 – 10:45	Warm up
	11:00	Start of competition
	15:00	End of competition (depending. On entries)
Sunday, October 13 th	08:30 – 10:45	Warm up
	11:00	Start of competition
	15:00	End of competition

The program is tentative and subject to changes by the organizing club and the referee.

Entries

Entries are open to all ISU members and their affiliated clubs.

All entries for the OSK Open/ 2 National league Norway cup must be made on I-sonen (national skaters) www.shorttracklive.info (international skaters)

The final entry form must be submitted not later than December 16th, 2025 and shall be made via I-Sonen or www.shorttracklive.info (International skaters)

Entry Fee

An entry fee of 40,00 EUR (400 kr) for Juniors D-Masters and 20 EUR (200 kr) for Recruits – Junior E and Special Olympics, and must be paid through I-sonen or to the organizers for international skaters for each accredited person, e.g. for every athlete. All International skaters must pay through bank transfer at the latest December 16th. Please pay the total amount for all skaters per club! Please indicate club name and how many skaters for the club. Account nr 1506 86 45198

International skaters can pay with credit/ debit card at the rink.

Meals

There will be a café in the ice rink. No lunch delays.

Track

The track is an artificial refrigerated indoor ice surface with the measures of 28x58 meters, protective padding will cover the boards. The standard track 111,12 meters to the lap with measured curves of 8,50 meters and there will be 7 markers used to establish each curve. The length of the straight is 28,85m. Beside the original track there will be 7 tracks set up to preserve good ice conditions. For all tracks one finish line will be used.

Award of Prizes

Prize for the first, second and third classed in the final results for the Norway Cup class, Junior C – Masters, ladies and men. All other classes, all participants will be awarded prizes

Medical Assistance

A doctor will be present at the competition days. There will be an adequate response time for an ambulance to be on site in case of need.

Medical Insurance

It is the sole responsibility of each Member, on behalf of its participating clubs, to ensure or provide medical and accident insurance for their athletes. Proof of such shall be requested by the Organizing Committee. See I.S.U. Rule 119.

Liability

In accordance with I.S.U. Rule 119, the Organizing Committee assumes no responsibility with respect to medical, bodily or personal injury or property loss or damage sustained or caused in connection with this Competition.

Ice rink

Sonja Henie ice Rink: Middelthuns gate 26, 0368 Oslo

Map:

<https://www.google.no/maps/place/Sonja+Henie+Ishall/@59.926554,10.7092035,15z/data=!4m5!3m4!1s0x0:0x783aa4455f89a1f0!8m2!3d59.926554!4d10.7092035>

Organizing Committee

For information about the OSK Open/ 3 National league Norway cup you can contact:

Christian Pedersen, Tel: + 47 99 28 76 68, E-mail cfredpe@gmail.com (Contact preferred by mail)

Hotel-accommodation:

There are plenty of hotel option in Oslo close to the rink. Please use the address of the rink as your search criteria to find your preferred hotel.

We look forward to see you in Oslo

Best regards

Christian Pedersen

Oslo Speedskating Club