



USSPEEDSKATING

# US Long Track American Records

Ladies	Name	Location	Time	Date
500m	Heather Bergsma	Salt Lake City, USA	36.90	Nov 16 2013
1000m	Brittany Bowe	Salt Lake City, USA	1:11.61 (WR)	Mar 9 2019
1500m	Brittany Bowe	Salt Lake City, USA	1:50.32	Mar 10 2019
3000m	Catherine Raney Norman	Salt Lake City, USA	4:01.98	Dec 27 2005
	Mia Manganello	Salt Lake City, USA	4:01.98	Jan 6 2017
5000m	Catherine Raney Norman	Salt Lake City, USA	6:56.92	Dec 31 2005
10,000m	Catherine Raney Norman	Calgary, CAN	14:56.12	Mar 11 2005
Junior Ladies	Name	Location	Time	Date
500m	Elli Ochowicz	Salt Lake City, USA	38.78	Dec 1 2001
1000m	Elli Ochowicz	Salt Lake City, USA	1:16.41	Jan 12 2003
1500m	Maria Lamb	Salt Lake City, USA	1:58.88	Jan 9 2005
3000m	Maria Lamb	Salt Lake City, USA	4:10.50	Jan 8 2005
5000m	Kristin Holum	Nagano, JPN	7:14.20	Feb 20 1998
10,000m	Sarah Crovella	Lake Placid, USA	19:22.08	Jan 9 1017
Men	Name	Location	Time	Date
500m	Mitchell Whitmore	Salt Lake City, USA	34.19	Nov 20 2015
1000m	Shani Davis	Salt Lake City, USA	1:06.42	Mar 7 2009
1500m	Shani Davis	Salt Lake City, USA	1:41.04	Dec 11 2009
3000m	Chad Hedrick	Calgary, CAN	3:39.02	Mar 10 2005
5000m	Chad Hedrick	Calgary, CAN	6:09.68	Nov 13 2005
10,000m	Chad Hedrick	Salt Lake City, USA	12:55.11	Dec 31 2005
Junior Men	Name	Location	Time	Date
500m	Austin Kleba	Salt Lake City, USA	35.40	Dec 9 2017
1000m	Austin Kleba	Calgary, CAN	1:09.29	Mar 16 2019
1500m	Brian Hansen	Salt Lake City, USA	1:44.45	Dec 11 2009
3000m	Ethan Cepuran	Calgary, CAN	3:45.60	Mar 9 2019
5000m	Emery Lehman	Salt Lake City, USA	6:19.86	Nov 17 2013
10,000m	Emery Lehman	Salt Lake City, USA	13:22.77	Jan 1 2014

*If there are discrepancies with these records please contact US Speedskating at: [membership@usspeedskating.org](mailto:membership@usspeedskating.org)*