WHAT IS SPEED SKATING?
THE DIFFERENCE

Short Track
- Olympic event since 1992
- Often referred to as NASCAR on ice
- Skaters race counter clockwise on an Olympic sized hockey rink
- Athletes compete in individual and relay races done in a pack or mass start
- Competition reduces the field through elimination races until the final round

Long Track
- Olympic event since 1924
- The fastest, human powered, non-mechanical sport in the world
- Skaters race counter clockwise on a 400 meter oval
- Athletes compete in pairs and change lanes to equalize distance
- Competition is against the clock (fastest time wins)
LONG TRACK BASICS

• Individual events – 500m, 1000m, 1500m, 3k, 5k, and 10,000m
• Team events – Sprint and Pursuit
• Other events – Mass Start

*Can travel upwards of 35 mph

Mia Kilburg USA

Austin Kleba and Brett Perry, both USA
SHORT TRACK BASICS

- Individual events – 500m, 1000m, and 1500m
- Team events – 3k Relay (Ladies) and 5k Relay (Men)
- Other events – 2k Mixed Relay (new)

*Fighting extreme G-forces in each turn*
MEDIA PRESENTATION

Video - USS Champs Long Track and Short Track
HOW TO GET STARTED

1. If you do not know how to ice skate start with a Learn to Skate class

2. If you know how to ice skate take a Learn To Speed Skate class

3. Join the local Club and become a US Speedskating member to participate in practices and races

4. Get your friends to join as well!

https://www.facebook.com/groups/OvalSpeedskatingClub/photos/
WHERE TO FIND US

US Speedskating
5662 South Cougar Lane
Kearns, UT
84118

www.usspeedskating.org

@usspeedskating

Your club information here
EQUIPMENT...DEMO...AND MORE

EQUIPMENT
1. Skates
2. Skinsuits
3. Other protective gear

DEMONSTRATION
• Slideboard or dryland
• Have group participate
• Show Olympic or USS medals

QUESTIONS?