

# **SPORT INFORMATION PACKAGE**

## **SHORT TRACK SPEED SKATING**

**2011 Canada Games**  
**Halifax, Nova Scotia**

# **SPORT INFORMATION PACKAGE SPEED SKATING**

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## A. HISTORY OF SPORT

The roots of ice skating date back over 1,000 years to the frozen canals and waterways of Scandinavia and the Netherlands when men laced animal bones to their footwear and glided across frozen lakes and rivers.

Credit for the first pair of all-iron skates goes to a Scotsman who invented them in 1592. The iron blade accelerated the spread of speed skating and in 1642 the Skating Club of Edinburgh was formed. In 1763 the world's first organized speed skating race, which covered a distance of slightly more than 24 kilometres, was held on the Fens in England.

Eventually, the fledgling sport found its way to North America, where a lighter, sharper and longer all-steel blade was first produced in 1850. In 1889, the Dutch organized the first world championship with skaters covering four distances — 500m, 1,500m, 5,000m and 10,000m. The International Skating Union (ISU) was formed in the Netherlands in 1892.

Canada's first recorded ice skating race took place on the St. Lawrence River in 1854 when three British army officers raced from Montréal to Québec City. Speed skating races became a regular feature of winter life; and by 1887 the Amateur Skating Association of Canada, the young country's first sport association, was formed.

The sport of short track speed skating, characterized by the mass start, originated in Canada and the United States in 1905, with the first known competition to have taken place in 1909. By the 1920s and 1930s, crowds regularly packed New York's Madison Square Gardens in anticipation of the thrills and spills that characterize the sport.

Short track speed skating became part of the ISU in 1967, although it would be some time before ISU-sanctioned competitions were organized on a world-wide basis. In the meantime, Great Britain, Belgium, France, Australia, Japan, New Zealand, Canada, and the United States competed among themselves. International competitions began in the 1970s and an official ISU competition was launched in 1976. In 1981, the sport's first World Championship was held at Meudon-la-Forêt, France.

In 1984 the name of the discipline was changed to Indoor Short Track Speed Skating and the use of a hard shell helmet became mandatory. Another milestone occurred in 1988 when the sport made its Olympic debut as a demonstration event at the Calgary Winter Olympic Games. Full medal status came in 1992 at the Albertville Winter Games.

Despite its relatively short history, short track speed skating has produced many illustrious moments — many of which have belonged to Canadians. Domination of the discipline has seesawed between Canada and the United States with the Canadians taking the early honours and the Americans dominating the scene from 1940 to 1960. For the next couple of decades, titles were shared between Americans and Canadians, with such familiar names as Gaétan Boucher and Sylvie Daigle taking world titles. Today, the sport is dominated by South Korea, Canada, China, the United States, but it is developing rapidly in Japan, the Netherlands and Italy as well as Russia and Hungary.

For more speed skating history, visit the “About Speed Skating” section of the Speed Skating Canada website at [www.speedskating.ca](http://www.speedskating.ca)

## B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Long track speed skating has been part of the Canada Games since the first Canada Winter Games in 1967 in Quebec City with the exception of the 1987 and 1991 Canada Winter Games. Short track speed skating was first introduced at the 1983 Canada Winter Games in Saguenay-Lac-St-Jean, Québec. Please find below the provincial and territorial rankings since the first Games in 1967 (short track and long track combined after 1983):

	1967		1971		1975		1979		1983		1987		1991		1995		1999		2003		2007	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
<b>AB</b>	1	2	-	-	-	-	5	5	7	7	7	7	6	7	4	4	4	2	5	2	3	2
<b>BC</b>	-	-	3	3	3	-	6	6	3	5	5	6	3	5	5	5	5	3	4	3	4	6
<b>MB</b>	2	1	1	2	-	1	3	2	5	2	6	4	7	6	7	8	8	9	8	7	5	5
<b>NB</b>	-	-	-	-	-	-	7	9	4	6	4	3	5	2	3	3	3	4	3	6	6	7
<b>NL</b>	-	-	-	-	-	-	8	8	8	8	9	8	9	10	-	-	11	11	9	11	11	11
<b>NWT</b>	-	-	-	-	-	-	11	11	10	9	10	10	10	9	9	9	9	10	10	8	9	8
<b>NS</b>	-	-	-	-	-	-	10	10	9	10	8	9	8	8	8	7	7	7	7	10	13	10
<b>NU</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12	13	12	-
<b>ON</b>	-	-	2	1	2	3	2	4	2	4	3	2	2	3	2	2	2	5	2	4	2	3
<b>PE</b>	-	-	-	-	-	-	9	7	-	11	-	-	-	-	10	10	10	8	11	9	8	9
<b>QC</b>	-	-	-	-	-	-	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
<b>SK</b>	3	-	-	-	1	2	4	3	6	3	2	5	4	4	6	6	6	6	6	5	7	4
<b>YT</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	13	12	10	12

## C. NUMBER OF ATHLETES PER TEAM

Competitors: 5 male, 5 female

## D. EVENT FORMAT AND RULES OF PLAY

Speed Skating Canada Rules shall prevail.

### Scheduled over 4 days

Men and women: 500m, 1000m, 1500m, Super 1500m (all compete) and a 3000m relay for men and women.

These events shall be skated on a standard 111.12 meter oval track on a 30m X 60m ice surface.

## E. EQUIPMENT & TERMINOLOGY

## Equipment

Skate: Short Track is performed on a 111m oval opposed to a 400m long track oval. As a result, there are differences in the skate. Short Track blades range from 40-80cm in length. The blades are also slightly wider (1.3 mm) than a long track blade so that they can withstand the stress of turning. The blades are also bent which makes it easier for the skaters to turn left and there is a greater rocker than a long track blade. The off set of the blades can be adjusted allowing the skater to lean in the turns without hitting the side of the boot on the ice.

The boot is slightly higher cut than a long track boot and made of fiberglass molded to the shape of the foot. Many skaters have gone to a custom boot that has been designed from a mold taken from the athlete's actual foot.

All speed skates are hand sharpened by the skater using a specially designed sharpening jig or vice. Sharpening takes from 10-20 minutes to complete. Skaters may sharpen their blades after every race to ensure maximum sharpness.

Protective gear: Every skater wears protective gear, which includes a short track helmet fastened under the chin, cut resistant gloves, kneepads, a neck protector, shin guards and protective eyewear. Their clothing must also be cut resistant.

Skin suit: To minimize air resistance, speed skaters wear tight fitting spandex suits. Aerodynamic strips are also placed on the legs and arms to reduce friction caused while skating. With safety of the skater in mind, Kevlar cut resistant suits have been developed and are even mandatory at higher-level meets.

## Terminology

ISU: The ISU (International Skating Union) is the international governing body for competitive ice skating disciplines, including figure skating, synchronized skating, speed skating, and short track speed skating. Founded in 1892, it is one of the oldest international sport federations. The ISU was formed to establish standardized international rules and regulations for the skating disciplines that it governs, and to organize international competitions in these disciplines.

### Distances:

500m Four and a half laps

1000m Nine laps

1500m Thirteen and a half laps

3000m Twenty-Seven laps

5000m (Men's relay distance) Forty-Five laps (not skated at the Canada Games where both men and women skate a 3000m relay)

Short Track Racing: This style of racing is fast paced and exciting to watch. There are normally 4-6 skaters on the start line depending on the distance skated. All races are skated in a counter clockwise direction. Unlike long track speed skating, little emphasis is on time. Finishing position in a race is all that matters. Many heats are often needed to eliminate the weaker competitors before quarter-finals, semi-finals and finals can take place. Only the top two or three skaters from one round will make it to the next.

Seeding: Skater's personal best times are submitted prior to a competition in order for them to be seeded into the first distance. After the first distance, they are seeded into the next distance based upon the points awarded in the previous distance. The higher a skater placed in the previous distance, the easier the preliminary in the next distance.

Photo Finish Equipment: A system that records the order of finish in such a way that it can be reproduced immediately after the race concerned.

Relay Races: Relay races usually involve four teams of four skaters per race. Each skater must take at least one turn out on the track. Normally the skaters will exchange turns in rotation, with those not on the track either resting, covering the skater on the track, or preparing to receive an exchange, all on the inside of the track. In order to complete an exchange, the skater on the track needs to only tag the incoming skater. However, in order to maintain momentum, the incoming skater will position himself in basic speed skating position and receive a push from behind.

In the event of a fall, a covering skater may tag the fallen skater and continue the race. A gun will sound indicating three laps are remaining, which means that each team may only complete one more exchange. One skater must complete the final two laps, except if the skater falls.

Did not Finish (DNF): Usually due to an injury the skater was not able to finish the race.

Did Not Skate (DNS): The skater did not go to the start line.

## **INFRACTIONS:**

False Start: A short track skater is only permitted one false start. If the same skater false starts a second time, they are disqualified.

Un-sportsmanlike Conduct: Acting in a manor not befitting an athlete or role model. This includes swearing at another competitor or official, kicking your feet, striking other skaters or officials etc. This infraction leads to a yellow or red card.

Equipment: Not wearing the proper safety equipment, losing or removing equipment during the race, or exposure of skin other than on the face of neck.

Impeding: Pushing, blocking, or otherwise deliberately causing an impediment for another skater.

Off Track: Shortening the distance to be skated with one or both skates on the left side of the curve, marked by track marking blocks.

Shooting the Line or Kicking Out: Driving the lead foot ahead to reach the finish line faster, resulting in the rear foot lifting off the ice and creating a dangerous situation for others.

Assistance: Permitting to give and/or receive assistance during a race. This will not apply to the push the Skater receives from their teammate in a relay event.

**Penalty:** Skaters receive a penalty for any of the infringements stated above. A skater / team receiving a penalty is disqualified in the relevant race in which the infringement occurred and will be excluded from participating in the next round of the distance concerned.

**Yellow Card:** If an infringement of the Racing rules is deemed by the Referee to be an unsafe, harmful or hazardous offense, a yellow card will be shown to the infringing skater. The skater / team will be disqualified from that race and excluded from participating in the next round of the distance concerned. Any skater who is shown two yellow cards in the same competition will be sanctioned by a red card and will be excluded from participating in the rest of the competition

**Red Card:** In the case of an infringement which is deemed by the Referee to be intentionally dangerous or grossly negligent, the skater will receive a red card automatically and will be excluded from the rest of the competition.

## **F. ELIGIBILITY**

### **SHORT TRACK**

Competitors who have reached the age of 14 on June 30th, 2010 but have not reached the age of 19 on June 30th, 2010  
Year of Birth: July 1, 1991 to June 30, 1996 inclusive

Excluded from the Canada Games are:

- a) Athletes that have held a senior card (as defined by Sport Canada's Athlete Assistance program) at any time;
- b) Athletes that have been National Senior Team members (as defined by Speed Skating Canada and approved by the Canada Games Council) at any time;
- c) Athletes that have competed in speed skating for any nation at any Olympics Games, Senior World Championship or World Cup Competition.

If a skater competed in one of the above competitions in one discipline e.g. Short Track, they would remain eligible to compete in the Canada Winter Games in Long Track. No athlete can be rendered within 90 days of the opening of the Games due to a change in carding status or national team status (no athlete will be excluded if they attain National Senior Team members status for the first time, skate in a World Cup or World Championships for the first time, or they are granted carding status after November 13, 2010).

## **G. JUDGING/SCORING SYSTEM**

Those competitors who complete an event will be ranked ahead of those who start but do not complete the event. The competitors that start but do not complete the event will receive last place points unless there is a disqualification. The competitors who do not complete a race will be ranked ahead of a disqualified skater in the race.

In the case where a skater that starts an event but does not complete an event due to injury, that skater will receive a rank based upon the placement in the following round. For example, if the skater is taken out in the semi final and cannot race the final, they would be placed in the Final B and receive last place ranking for that final.

A disqualification in any race will place the skater in last place position. In the case of disqualification in a final, no point will be given to the skater if the Referee judges that there is unsportsmanlike-like conduct or a major infraction. In short track, for all other disqualifications in finals, the skater (s) will receive the points of the last place for the final skated. In long track, a disqualified skater will receive last place points.

Athletes who register but do not compete will not be ranked. If an athlete does not start the first round of an event the athlete does not receive any points.

### 6.1 Individual

The Province/Territory's three best results in every event will count towards the provincial/territorial ranking point total.

<b>Position</b>	<b>Pts</b>	<b>Position</b>	<b>Pts</b>	<b>Position</b>	<b>Pts</b>
1st	100	23rd	63	45th	41
2nd	97	24th	62	46th	40
3rd	94	25th	61	47th	39
4th	91	26th	60	48th	38
5th	88	27th	59	49th	37
6th	85	28th	58	50th	36
7th	83	29th	57	51st	35
8th	81	30th	56	52nd	34
9th	79	31st	55	53rd	33
10th	77	32nd	54	54th	32
11th	75	33rd	53	55th	31
12th	74	34th	52	56th	30
13th	73	35th	51	57th	29
14th	72	36th	50	58th	28
15th	71	37th	49	59th	27
16th	70	38th	48	60th	26
17th	69	39th	47	61st	25
18th	68	40th	46	62nd	24
19th	67	41st	45	63rd	23
20th	66	42nd	44	64th	22
21st	65	43rd	43	65th	21
22nd	64	44th	42		

In speed skating medals are not awarded to disqualified skaters. When there are multiple disqualifications it can be necessary to award a medal to the highest ranked skater in the next level final (usually the B Final). This could lead to an anomaly of a skater getting a medal but earning fewer points than a disqualified skater in the superior final. To prevent this anomaly the medal skater would earn the points associated with the medal position in the A final. See the example below as an illustration. This will apply to all events that are not based on ranking by time including all Short Track events and the Long Track 100 m event.

In case of two DQ in one final, medals and points will be distributed as below

<u>Final A</u>	<u>Placement</u>	<u>Medal</u>	<u>Points</u>
Skater A	1st	Gold	100
Skater B	2nd	Silver	97
Skater C	DQ		91
Skater D	DQ		91

<u>Final B</u>			
Skater E	3rd	Bronze	94
Skater F			85
Skater G			83
Skater H			81

## 6.2 Relay and Team Pursuit Competitions

In the relay and pursuit events there are 13 scoring positions, with points allocated for 1st through 13th as follows:

<b>Position</b>	<b>Pts</b>	<b>Position</b>	<b>Pts</b>	<b>Position</b>	<b>Pts</b>	<b>Position</b>	<b>Pts</b>
1st	150	5th	110	8th	80	11th	50
2nd	140	6th	100	9th	70	12th	40
3rd	130	7th	90	10th	60	13th	30
4th	120						

### Provincial/Territorial Ranking

The final provincial/territorial ranking will be determined by the cumulative totals of the team points from each short track and long track event. There will be a separate ranking for men and women. Points for the Games Flag will be awarded as follows:

<b>Place</b>	<b>Pts</b>	<b>Place</b>	<b>Pts</b>	<b>Place</b>	<b>Pts</b>
1st	10	6th	5	11th	1.5
2 <sup>nd</sup>	9	7th	4	12th	1
3 <sup>rd</sup>	8	8th	3	13th	0.5
4 <sup>th</sup>	7	9th	2.5		
5 <sup>th</sup>	6	10th	2		

## **H. PLAYOFF AND TIE-BREAKING FORMAT**

Ties are not broken. Athletes will be given the same rank and the next rank is eliminated. Should a tie occur in final provincial/territorial standings, the province with the greatest number of event first places will be assigned the highest ranking. If a tie still exists, the procedure is repeated for second places, then third places, etc. If the tie persists, the province/territory with the highest team standing in the last event completed will be assigned the highest ranking, then the second last event, etc.

## I. TECHNOLOGY OF SPORT

**Mats:** The speed in relation to the skating surface that a short track speed skater must race on can often lead to crashes. While the boards at a short track venue are all covered in protective mats, studies have shown that the type of mat that a skater crashes into can affect the seriousness of the skater's injury. The University of Calgary's Faculty of Engineering has spent countless hours trying to determine which mats are the safest for a skater to fall into. Boardless self standing mat systems have been developed and have proven the safest environment for skaters.

**Kevlar Suits:** While some manufacturers are trying to develop the fastest suit, others are striving to find the safest suit. With weight and bulkiness being a huge concern to speed skaters, the task of finding a cut resistant suit which does not impede the skater's performance has been somewhat difficult. To date there has been major advancements in this area. Skin suits made of spandex, nylon, and Kevlar are now available to the skater who wants the lightness of a traditional suit but with the added protection to resist cuts.

**Blades:** As the short track skater is increasingly pushing the speed limits, the blade that he or she relies on must perform to perfection. Experimentation with bends in the blade and different degrees of rocker have all been tried to great success. The material that the blade is made of has also undergone changes and to date companies have developed an exceptional product.

**Boots:** The short track boot today can be made from custom molds that have been taken from the actual skater's foot. Carbon/acrylic bases allow the boot to have very little weight which in turn allows the skater to "feel" the ice better. The use of carbon fibers also allows a greater stability on the ice.

## J. ROLE OF OFFICIALS IN SPORT

The role of every official is very important. It is their responsibility to ensure that the meet is run smoothly, efficiently and most importantly fairly.

### Chief Referee

- Is responsible for all aspects of the competition.
- Has far ranging powers to change everything from distances to the ice surface, to make rulings consistent with fair play and to do anything necessary to ensure that the meet is completed in the best possible manner.
- Decides all points of disputes and infringement of the rules with the exception of false starts and the order of finishes.
- Has the final say in any disputes.
- Oversees or conducts the drawing of pairs the night before the start of the meet.
- Decides when to resurface the ice.
- Monitors the races and ensures the orderly progression of the competition.

### Starter

- Starts all races and is in complete control of the start.
- Calls false starts.
- Ensures that all competitors have a fair and equal opportunity at the start of the race.

### **Chief Finish Line Judge**

- Determines the first place finish.
- Records all finishes.
- Has the final say on finish placings and cannot be over-ruled.

### **Chief Timer**

- Makes sure that all timers are familiar with watches, assigns positions for the timers to time, records final times.
- Lets the timers know when the gun is up, when there is a false start, and when to clear watches.
- Records all manual times.

### **Timers**

- Manually take the finish of their assigned skater(s).
- Designated timers take lap times (splits).

### **Chief Electronic Timer**

- Captures all times through the use of an electronic time keeping system.

### **Meet Coordinator**

- Responsible to the governing body (club/provincial/national or international) executive and Referee for the total organization of the meet. This includes receiving and verifying entries, setting the program of events, overseeing the Chief Recorder and ensuring that all paperwork before, during and after the meet is completed including record applications and results distribution.

### **Competitor Steward**

- In coordination with, and under the direction of the Meet Coordinator, prepares all paper associated with the running of the meet.
- Makes sure accurate records are inputted, kept, and posted.

### **Clerk of the Course**

- Checks the skater's names and numbers.
- Makes sure that there is flow to the races by organizing the skaters while in the heat box and confirming their start positions on the line.
- Responsible to provide the lane arm bands to the skaters.

### **Lap Recorder**

- Informs the skaters and the officials of the number of laps left to be skated.
- Rings the bell indicating last lap.

### **Track Stewards**

- Replace missing blocks on the corners and straight a-ways of the track and fulfill other duties as directed by the Referee.

### **Announcer**

- Informs the audience as to what is happening, who is racing etc.
- Relays to the audience points of interest, any corrections in scheduling, and upon confirmation, any disqualifications.

### Technical Representative

- At major competitions there is an individual appointed by the sport governing body as a technical representative. It is their responsibility to oversee organizational issues and sanctioning body policies and special regulations by collaborating with the referees and competition organizers. They are usually very experienced speed skating officials and are an excellent contact for information about the details of the events and speed skating in general.

### K. FACILITY DESCRIPTION

Short Track Speed Skating will be competed at St. Margaret's Centre, located 28 kilometres from the Athletes Village. The field of play (30 m x 60 m) has undergone a complete renovation with an expanded ice surface which is now an Olympic size rink with new walls, ceiling insulation, boards, glass and seats.

### L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

#### Speed Skating Canada Membership Numbers

	Associates	Competitive	Lifetime	Recreation	Special Events	Total
YT	10	13	0	20	0	43
NT	25	110	0	130	0	265
NU	48	16	0	38	0	102
BC	690	734	12	66	0	1502
AB	302	597	2	75	33	1009
SK	243	260	14	16	8	541
MB	124	147	0	16	0	287
ON	659	1043	31	196	438	2367
QC	580	794	5	3620	141	5140
NB	134	252	2	237	0	625
NS	28	42	0	36	0	106
PE	9	45	0	13	0	67
NL	5	21	0	0	0	26
<b>Total</b>	<b>2,872</b>	<b>4,074</b>	<b>66</b>	<b>4,463</b>	<b>620</b>	<b>12,095</b>

### M. ATHLETES TO WATCH FOR

Typically, Québec athletes are very strong in short track speed skating. This year is no exception, and all members of team Québec, especially **Pier-Olivier Gagnon, Alexandre St-Jean, Ann-Véronique Michaud** and **Cynthia Mascitto** should be watched closely. The Québec Relay teams, both men and women, should dominate the competition, but Team Ontario and BC are typically challenging. In addition, **Michelle Mackay, Timothy Hempvall** and **Tori Spence** of British Columbia should have strong showings in the 500m and 1000m. From Ontario, keep an eye out for **Stephanie Bowskill, Keri Morrison, Patrick Duffy, Vincent DeHaitre, Julien Collin Demers** and **Dan Carruthers**.

## N. NOTABLE PAST ATHLETES/ALUMNI

<b>Athlete</b>	<b>Province</b>	<b>Canada Games</b>	<b>Olympics</b>
Marianne St-Gelais	Québec	2007 – 4 gold medals (500m, 1000m, 3000m and 3000m relay) and one silver (1500m)	2010 – silver in relay and 500m
Olivier Jean	Québec	2003 – Gold in 3000m and 3000m relay, and silver in 500m and 1000m	2010 – gold in relay
Charles Hamelin	Quebec	2003 – Gold in 3000m relay	2006 – silver in relay; 4 <sup>th</sup> in 1500m 2010 – gold in relay and 500m
Amélie Goulet-Nadon	Quebec	1999 – Silver in 1000m and bronze in 500m	2002 – bronze in relay
François-Louis Tremblay	Quebec	1999 – Gold in 3000m and 1000m	2002 – gold in relay 2006 – silver in relay and 500m 2010 – gold in relay, bronze in 500m
Marie-Eve Drolet	Quebec	1999 – Gold in 3000m, 1500m, 1000m	2002 – bronze in relay; 4 <sup>th</sup> in 1000m
Amanda Overland	Ontario	1999	2006 – silver in relay, 5 <sup>th</sup> in 1000m and 1500m
Jonathan Guilmette	Quebec	1995 – Gold in 3000m relay, silver in 500m	2002 – gold in relay, silver in 500m
Alanna Kraus	BC	1991	2002 – bronze in relay
Christine Boudrias	Quebec	1991- Silver in 1500m, 1000m, 800m, 400m, Bronze in 400m Pursuit	1994 – silver in relay 1998 – bronze in relay
Francois Drolet	Quebec	1991 – Bronze in 1000m	1998 – gold in relay
Marc Gagnon	Quebec	1991 – gold in 3000m	1994 – bronze in 1000m 1998 – gold in relay 2002 – gold in relay and 500m, bronze in 1500m
Éric Bédard	Quebec	1995 – gold in 777m, 1000m, 1500m, 3000m relay	1998 – gold in relay, bronze in 1000m 2002 – gold in relay 2006 – silver in relay, 4 <sup>th</sup> in 500m
Derrick Campbell	Ontario	1991 gold in 1500m, 1000m, 400m, silver in 400m pursuit	1994 1998 – gold in relay
Annie Perreault	Quebec	1987 – gold in 400m, 800m, 3000m, silver in 400m pursuit, 4 <sup>th</sup> in 1500m 1993 (soccer) – bronze	1992 – gold in relay 1998 – gold in 500m, bronze in relay
Nathalie Lambert	Quebec	1979	1992 – gold in relay 1994 – silver in 1000m and relay

Sylvie Daigle	Quebec	1979 – gold in 500m, 1000m, 1500m, 1500m mass start, 4 <sup>th</sup> in 3000m	1980 (Long Track) 1984 (Long Track) 1992 – gold in relay 1994 – silver in relay
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## O. CANADA GAMES RECORDS

### SHORT TRACK

#### Women

Distance	Name	Time	Year	Location
500m	Marianne St-Gelais, QC	44.83	2007	Whitehorse
1000m	Marianne St-Gelais, QC	1:33.81	2007	Whitehorse
1500m	Ivanie Blondin, QC	2:27.69	2007	Whitehorse
3000m	Marianne St-Gelais, QC	5:08.54	2007	Whitehorse
3000m Relay	Andréa Do-Duc, Valérie Lambert, Valérie Maltais, Marie-Andrée Mendes-Campeau, Marianne St-Gelais, QC	4:29.52	2007	Whitehorse

#### Men

Distance	Name	Time	Year	Location
500m	Guillaume Blais-Dufour, QC	42.78	2007	Whitehorse
1000m	Charles Hamelin, QC	1:28.45	2003	Bathurst-Campbellton
1500m	Steve Robillard, QC	2:20.20	2003	Bathurst-Campbellton
3000m	Guillaume Blais-Dufour, QC	4:58.80	2007	Whitehorse
3000m Relay	Vincent André, Guillaume Blais-Dufour, Maxime Fortin, Maxime Lauzier-Tremblay, Mathieu Richer, QC	4:14:19	2007	Whitehorse

## P. CANADIAN RECORDS

*Only Canadian Junior Records and Canada Games Records can be broken at the Canada Games.*

#### Senior Women

Distance	Name	Time	Year	Location
500m	Marianne St-Gelais	43.241	2010	Vancouver
1000m	Marie-Andrée Mendes-Campeau, QC	1:29.132	2010	Calgary
1500m	Kalyna Roberge, QC	2:17.194	2008	Québec
3000m	Raphaëlle Lemieux, QC	4:57.389	2002	Calgary
Relay 3000m	Jessica Gregg, AB Tania Vicent, QC	4:09.137	2002	Salt Lake City

	Marianne St-Gelais, QC Kalyna Roberge, QC			
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### Senior Men

Distance	Name	Time	Year	Location
500m	Charles Hamelin, QC	40.770	2010	Vancouver
1000m	Charles Hamelin, QC	1:23.454	2009	Montréal
1500m	Michael Gilday, NT	2:06.565	2009	Calgary
3000m	Mathieu Giroux, QC	4:32.193	2005	Bormio
Relay 5000m	Charles Hamelin QC Steve Robillard QC François-Louis Tremblay QC Mathieu Turcotte QC	6:39.990	2005	Beijing

### ISU Junior Women

Distance	Name	Time	Year	Location
500m	Marianne St-Gelais, QC	43.922	2009	Sherbrooke
1000m	Marie-Ève Drolet, QC	1:33.320	2000	Szedesfehervar
1500m	Ivanie Blondin, ON	2:26.940	2008	Saguenay
Relay 3000m	Marianne St-Gelais, QC Ivanie Blondin, ON Valérie Maltais, QC Marie-Andrée Mendes-Campeau, QC	4:16.781	2009	Sherbrooke

### ISU Junior Men

Distance	Name	Time	Year	Location
500m	Maxime Fortin, QC	41.949	2009	Calgary
1000m	Antoine Gélinas-Beaulieu, QC	1:25.599	2009	Sherbrooke
1500m	Nicolas Bean, QC	2:12.702	2005	Calgary
Relay 3000m	Maxime Fortin, QC Guillaume Blais-Dufour, QC Antoine Gélinas-Beaulieu, QC Maxime Gauthier, QC	4:07.280	2009	Sherbrooke