RED DEER
JEUX DU CANADA GAMES
2019

TM/MC

SPORT INFORMATION PACKAGE

LONG TRACK SPEED SKATING

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SPEED SKATING (LONG TRACK)

A. HISTORY OF SPORT

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

C. NUMBER OF ATHLETES PER TEAM

D. EVENT FORMAT AND RULES OF PLAY

E. EQUIPMENT & TERMINOLOGY

F. ELIGIBILITY

G. JUDGING/SCORING SYSTEM

H. PLAYOFF AND TIE-BREAKING FORMAT

I. TECHNOLOGY OF SPORT

J. ROLE OF OFFICIALS IN SPORT

K. FACILITY DESCRIPTION

L. NOTABLE PAST ATHLETES/ALUMNI

M. CANADA GAMES RECORDS

N. CANADIAN RECORDS

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, 1500m, 5000m 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.

Olympic speed skating, or long track as it is known today, made its debut at the first Winter Olympics in 1924 in Chamonix, France and has been a highlight of the Games ever since. Early Olympic competition was dominated by the Finns and Norwegians, however the Americans invariably provided stiff competition.

Canada's first Olympic speed skating medals were won in 1932 in Lake Placid. The medal count was one silver and four bronze for the men while the women, competing in demonstration events, captured one gold and two silver medals.

For more speed skating history, visit the Speed Skating Canada website: 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.

Results from the most recent Canada Winter Games in Prince George can be found here: https://www.speedskating.ca/events/canada-games.

C. NUMBER OF ATHLETES PER TEAM

Competitors: Maximum of 4 males and 4 females per province.

For list of competitors by province visit: https://www.speedskating.ca/events/canada-winter-games-long-track.

D. EVENT FORMAT AND RULES OF PLAY

Speed Skating Canada rules (as available in the SSC Red Book) shall prevail.

Races are scheduled over 4 days and may be subject to weather conditions. Distances to be contested include:

Women: 500m, 1000m, 1500m, 3000m, Mass Start (10 laps) and Team Pursuit (6 laps)
Men: 500m, 1000m, 1500m, 5000m, Mass Start (10 laps) and Team Pursuit (8 laps)

These events will be skated Olympic-style on a standard 400-meter track.

E. EQUIPMENT & TERMINOLOGY

Equipment

Blades: Long track blades range from 40 to 48 centimeters in length and are approximately 1.1 millimeter thick. The high tempered, carbon steel blade has very little rocker, or curve, compared to hockey or figure skates and permits speed skaters to glide in long, straight lines.

Skates: Long track speed skaters use clap skates. The blade on a clap skate detaches at the heel. There is a spring-loaded hinge under the ball of the foot, which serves to snap the blade back into its original position. This allows the skater's blade to discharge a greater amount of energy on the ice with a resulting increase in traction and, therefore, acceleration. Over time, the angles get rounded off causing the skate to lose sharpness, thus causing slips during the push.

The type of ice that the skater races on affects the sharpness of the blade. Natural outdoor ice dulls the blades more quickly than artificial indoor ice. High performance skaters hand-sharpen their blades after every race using a specially designed jig. The procedure takes at least 15-20 minutes per pair. For maximum efficiency during the push, the edges of the blades must be at perfect 90-degree angles.

Boot: The speed skate boot is made of leather and a carbon graphite base. The upper part of the boot is less rigid than a short track boot and it is cut lower on the ankle. Many skaters have gone to a custom boot that has been designed from a mold taken from the athlete's actual foot. To increase the feel of the skates on the ice, many skaters refrain from wearing socks.

Skinsuit: To minimize air resistance, speed skaters wear tight-fitting spandex suits with an aerodynamic hood and thumb loops. Aerodynamic strips are also placed on the legs and arms to reduce friction while skating. Most skaters use eyewear to enhance their vision or to prevent their eyes from tearing caused by the wind. Some sprinters will opt to wear a glove for the start.

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: The traditional distances in long track speed skating include:

500m	One and one-quarter laps
1000m	Two and a half laps
1500m	Three and three-quarter laps
3000m	Seven and a half laps
5000m	Twelve and a half laps
10,000m	Twenty-five laps (*not raced at the Canada Games*)

There are two newer events: the Mass Start (10 laps) and Team Pursuit (8 laps for the men and 6 laps for the ladies).

Team Pursuit: The Team Pursuit brings a team event to long track speed skating and is raced in two formats: head-to-head elimination events or a time trial. At the Canada Winter Games, it is raced as a time trial.

The Team Pursuit involves teams of three or four skaters (four for Canada Winter Games), racing at the same time on the same 400-meter ice surface. The teams start on opposite sides of the oval, at a line in the middle of the straightaway. When the gun goes, each team begins the race by skating in a train or single file, using only the inner lane. This allows the skaters in the back to avoid wind resistance and conserve energy until it is their turn to lead. The finish time is taken as the last skater crosses the line. In pursuit-style racing, it is extremely important that the skaters work as a team and communicate to each other as they race.

Mass Start: The mass start is a race of 10 laps, first introduced to the Canada Games during the 2015 Prince George Winter Games. Only the inner lane is used. The skaters are placed on the start line in rows of six based on their ranking; the highest ranked skaters start in the first row with the lower ranked skaters in the remaining rows. The first lap is neutral with no passing of the lead skater permitted. After the neutral lap, passing is permitted. Skaters will draft to conserve energy and teammates may work together. Lapped skaters are eliminated from the race. The medalists are the first three skaters to cross the line.

Oval: The racing track used for long track speed skating is a two-lane 400m oval and the skaters race counterclockwise.

Order of Racing - Group: The skaters are seeded into groups based on a performance criterion, usually seed times. This is done in order to have relatively even pairings, so the best skaters are not racing the skaters who are not as fast.

Order of Racing - Draw: The night before the races begin, a random draw is held within each group to determine the lane the skaters will race in and the order of the pairs within the groups. Normally, the better group of skaters races in the last pairs.

Inner and Outer Lanes: The skaters race in pairs with one starting in the inner lane and the other in the outer lane. Each skater wears an armband. If the skater starts in the inner lane, they wear a white armband; if they start outer, they wear a red arm band. Sometimes the skaters race in quartets or quads (see below); in this case, the second pair's inner lane skater wears a yellow armband and the second pair outer wears a blue or green arm band.

Crossover: The skaters race in pairs in their own lanes. In each full lap, the skaters race one corner in the inner lane and one corner in the outer lane. They change from inner to outer and from outer to inner on the back stretch, which is also called the crossover straight.

Staggered Starts: Because all the races except the 500m and the 10,000m are at least one-half lap longer than full laps, one skater will skate only the inner lane for the first lap. The start lines are therefore staggered in order for both skaters to skate the proper distance.

Quartets: Also known as quads, these races have two pairs of skaters in each lane at the same time. The second pair is started when the first pair has completed one half of the first lap. Quartets are usually used for longer distances and have two main advantages: they can accommodate a larger number of skaters and minimize the effect of weather changes when skating outdoors.

Coaching: In long track speed skating, coaching is permitted from a specific area on the back stretch – the coach's box. Coaches communicate with their athletes while they skate, telling them their lap times and giving them technical advice.

Infractions

Crossover Interference: The most frequent cause of obstruction is on the crossovers where the two skaters are changing lanes. At the crossover, the skater going from the outer to inner lane has skated further when they enter the crossover straight, therefore they have the right of way. Unless the outer skater acts inappropriately, the inner skater is disqualified for crossover interference.

False Start: In long track speed skating, only one false start is allowed per pair. Therefore, if there is a second false start in a pair, the skater responsible for it is disqualified.

Pace Making: In individual distances (not the Mass Start), skaters are required to race on their own. If they receive pace making from a teammate or follow directly behind another skater, they may be disqualified for this infraction.

Poor Sportsmanship: This is a very rare event in speed skating but if a skater behaves inappropriately, they may be disqualified from the distance or the entire event.

Fresh Start: These are more commonly known as re-skates. If a skater is interfered with through no fault of their own, they are entitled to another attempt at the distance. This is known as a fresh start. The skater must have at least 30 minutes of rest before the re-skate and gets the better of the two times posted.

F. ELIGIBILITY

Athletes must be born between July 1, 1998 and June 30, 2004, 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; and,
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 the other discipline (e.g., long track).

No athlete can be rendered ineligible 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 are granted carding status after November 17, 2018).

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 starts an event but does not complete it 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 semifinal and cannot race the final, they would be placed in the B Final 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 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 or territory's three best results in every event will count towards the provincial/territorial ranking point total as per the following table.

Position	Pts	Position	Pts	Position	Pts
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 may 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 that 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 the Mass Start event in long track.

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

Final A	Placement	Medal	Points
Skater A	1st	Gold	100
Skater B	2nd	Silver	97
Skater C	DQ		91
Skater D	DQ		91
Final B			
Skater E	3rd	Bronze	94
Skater F			85
Skater G			83
Skater H			81

6.2 Team Pursuit Competitions

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

Position	**Pts**	**Position**	**Pts**	**Position**	**Pts**	**Position**	**Pts**
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						

6.3 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 per the following table.

Place	Pts	Place	Pts	Place	Pts
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	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 (then the second last event, etc.) will be assigned the highest ranking.

I. TECHNOLOGY OF SPORT

With the increased pressure to win medals at the Olympic, World Championship and World Cup level, many countries are seeking ways to shave precious hundredths of a second off their athlete's times in order to gain a place on the podium. The following are some ways that technology is contributing to this goal.

Wind Tunnels: Teams have traveled to cities where wind tunnel testing facilities are located so that they can learn what the best aerodynamic positioning is for their skaters. Skating in the most aerodynamic position reduces wind resistance which can dramatically affect the skater's performance.

Transponders: This is a relatively new method used to time skaters. The transponder is a small device that is strapped to the ankle of the skater. The athlete skates over a 3mm detection loop embedded in the ice and an exact time is taken as the skater passes. This method of timing is used for training purposes and is ideally suited and used for timing the Team Pursuit.

Aerodynamic Suits: Many countries have spent a lot of time and money trying to achieve the ultimate speed skating suit. Scientists have been experimenting with different types of fabrics and adhering special appliqués to the suit to make it more aerodynamically sound. The technology that countries develop to create the perfect suit is often shrouded in secrecy.

Skate and Blade Technology: In the quest for gold, skate technology has been fast-moving and ever-changing. Blade manufacturers are constantly experimenting with different types of metals that will hold their bend and reduce friction on the ice.

Boots have also changed from all leather boots to a much more rigid combination of molded leather and carbon fibre / epoxy.

Long track skates adopted a clap mechanism, which utilizes a hinged technology to connect the blade to the boot and allows for a much more efficient stride. Today, this mechanism is used by every international long track skater.

Virtual Reality Technology: Cutting edge advancements in technology have now made it possible to experience skating at the Olympic Ovals in Calgary and Salt Lake City, Utah without actually stepping foot on the ice. The research aims to explore the importance of perception and reality as a training tool to help skaters visualize future events.

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 dispute 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 overruled.

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 takes 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 timekeeping system.

Meet Coordinator

- Responsible to the governing body (club/provincial/national or international) executive and Chief 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.

Chief Recorder

- 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 skaters' 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.
- Provides the lane armbands 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

- Replaces missing blocks on the corners and straightaways of the track and fulfills 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, 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

Long track speed skating at the Canada Winter Games will take place at Grand Chief Park in Red Deer, Alberta. The oval ice surface measures 400m.

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L. NOTABLE PAST ATHLETES/ALUMNI

Athlete	Province	Canada Games	Olympic Games
Isabelle Weidemann	ON	2011	2018
Vincent De Haître	ON	2011 - silver in relay *(short track)*	2018 2014
Laurent Dubreuil	QC	2011 - gold in 100m, 500m and team pursuit; silver in 1500m; bronze in 3000m	2018
Alexandre St-Jean	QC	2011 - gold in 500m and relay; silver in 1500m super final *(short track)*	2018
Keri Morrison	ON	2011 - bronze in 3000m relay *(short track)*	2018
Heather McLean	MB	2011 - gold in 100m	2018
Ivanie Blondin	ON	2007 - gold in 1500m; silver in 1000m and relay *(short track)*	2018 2014
Marsha Hudey	SK	2007 - gold in 100m, 500m and team pursuit	2018 2014
Anastasia Bucsis	AB	2007 - silver in 500m	2014 2010
Kali Christ	SK	2007 - gold in team pursuit; silver in 1500m	2018 2014
William Dutton	SK	2007 - bronze in 100m	2014
Christine Nesbitt	ON	2003 1999	2014 2010 - gold in 1000m 2006 - silver in team pursuit
Lucas Makowsky	SK	2003	2014 2010 - gold in team pursuit
Mathieu Giroux	QC	2003	2014 2010 - gold in team pursuit
Cindy Klassen	MB	2001 *(cycling)* 1999 1995 *(hockey)*	2006 - gold in 1500m; silver in 1000m and pursuit; bronze in 3000m and 5000m 2002 - bronze in 3000m
Kristina Groves	ON	1995 - gold in 3000m; silver in 1500m	2010 - silver in 1500m; bronze in 3000m 2006 - silver in 1500m and team pursuit 2002
Jason Parker	SK	1995 - gold in 5000m, 3000m, 1500m and 500m 1991	2006 - silver in pursuit

Catriona Le May Doan	SK	1993 *(athletics)* 1987 - silver in 400m; bronze in 800m 1983 - bronze in relay	2002 - gold in 500m 1998 - gold in 500m; bronze in 1000m 1994 1992
Clara Hughes	MB	1991	2012 *(cycling)* 2010 - bronze in 5000m 2006 - gold in 5000m; silver in team pursuit 2002 - bronze in 5000m 2000 *(cycling)* 1996 - bronze in road race and time trial *(cycling)*
Susan Auch	MB	1985 *(cycling)* 1983 - gold in 800m and pursuit; silver in relay	2002 1998 - silver in 500m 1994 - silver in 500m 1992
Gaétan Boucher	QC	1971	1988 1984 - gold in 1000m and 1500m; bronze in 500m 1980 - silver in 1000m 1976

M. CANADA GAMES RECORDS

Women

Distance	Name	Time	Year	Location
100m	Marsha Hudey, SK	11.01	2007	Whitehorse
500m	Sara Spence, BC	41.49	2015	Prince George (Fort St John Oval)
1000m	Geanne Blais-Dufour, QC	1:22.27	2015	Prince George (Fort St John Oval)
1500m	Jennessa Kemp, AB	2:15.35	2011	Halifax
3000m	Sara Spence, BC	4:35.26	2015	Prince George (Fort St John Oval)
Mass Start	Carolane Gingras, QC	5:20.20	2015	Prince George (Fort St John Oval)
Team Pursuit	Ali Banwell, Sarah Pousette, Josie Spence, Tori Spence, BC	3:36.62	2011	Halifax

Men

Distance	Name	Time	Year	Location
100m	Laurent Dubreuil, QC	10.02	2011	Halifax
500m	Jacob Graham, BC	37.00	2015	Prince George (Fort St John Oval)
1500m	Lucas Morin, SK	1:56.01	2011	Prince George (Fort St John

				Oval)
3000m	Antoine Gelinas-Beaulieu, QC	4:14.65	2011	Halifax
5000m	Laurent Marcotte, QC	7:09.01	2015	Prince George (Fort St John Oval)
Mass Start	Tyson Langelaar, MB	7:03.64	2015	Prince George (Fort St John Oval)
Team Pursuit	Antoine Gelinas-Beaulieu, Francois Dery, Daniel Dubreuil, Laurent Dubreuil, QC	4:23.65	2011	Halifax

N. CANADIAN RECORDS

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

Junior Women

Distance	Name	Time	Year	Location
500m	Shannon Rempel	0:38.53	2003	Calgary
1000m	Béatrice Lamarche	1:16.05	2017	Calgary
1500m	Béatrice Lamarche	1:58.13	2017	Calgary
3000m	Nicole Garrido	4:04.49	2007	Calgary
5000m	Isabelle Weidemann	7:14.55	2015	Calgary

Junior Men

Distance	Name	Time	Year	Location
500m	Laurent Dubreuil	0:34.66 (WR)	2012	Salt Lake City
1000m	Philippe Riopel	1:08.56	2008	Calgary
1500m	Connor Howe	1:44.16	2019	Calgary
3000m	Ben Donnelly	3:45.45	2015	Calgary
5000m	Justin Warsylewicz	6.27.68	2005	Calgary