

Speed skating and short track

LONG TRACK

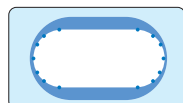
400m oval – two skaters racing against clock

Hinged **klap skates**, introduced in 1997, generate extra speed

38-46cm blade for greater speed

SHORT TRACK

111.12m oval



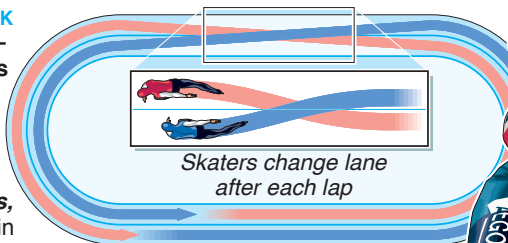
Pack race – up to eight skaters race on single lane



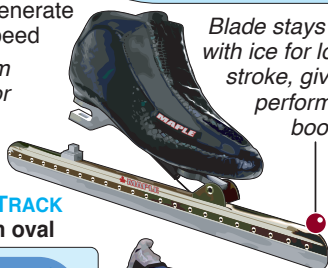
Bend on blade – especially on outside (right) foot – gives better grip on tight corners

Take-off push

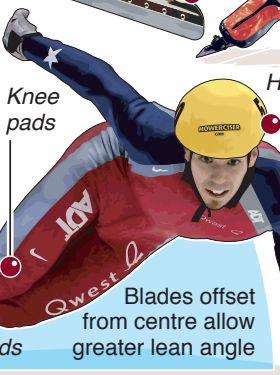
Sources: TOROC, Maple



Skaters change lane after each lap



Blade stays in contact with ice for longer push stroke, giving 20% performance boost



Knee pads

Hard shell helmet

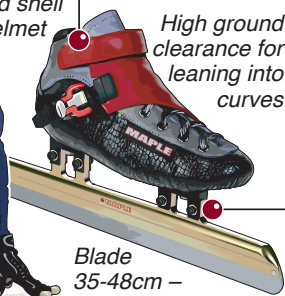
Blades offset from centre allow greater lean angle

Shin guards

Klap skates have broken all long track records, including eight at 2002 Olympics

Ankle support vital for high G-force corners

High ground clearance for leaning into curves



Blade 35-48cm – bi-metallic or glued

ALL-TIME MEDALS

Long / Short track

NOR 79 KOR 19

NED 66 CAN 16

RUS 66 CHN 15



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