



—JEUX DU—
CANADA
—GAMES—

**MEDIA INFORMATION PACKAGE
LONG TRACK SPEED SKATING**



MEDIA INFORMATION PACKAGE LONG TRACK SPEED SKATING



- 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. SPORT MEMBERSHIP NUMBERS AND STRUCTURE**
- M. ATHLETES TO WATCH FOR**
- N. NOTABLE PAST ATHLETES/ALUMNI**
- O. CANADA GAMES RECORDS**
- P. 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, 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.

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 it 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 “About Speed Skating” section of the Speed Skating Canada website at 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		
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
AB	1	2	-	-	-	-	5	5	7	7	7	7	6	7	4	4	4	2	5	2	
BC	-	-	3	3	3	-	6	6	3	5	5	6	3	5	5	5	5	3	4	3	
MB	2	1	1	2	-	1	3	2	5	2	6	4	7	6	7	8	8	9	8	7	
NB	-	-	-	-	-	-	7	9	4	6	4	3	5	2	3	3	3	4	3	6	
NL	-	-	-	-	-	-	8	8	8	8	9	8	9	10	-	-	11	11	9	11	
NWT	-	-	-	-	-	-	11	11	10	9	10	10	10	9	9	9	9	10	10	8	
NS	-	-	-	-	-	-	10	10	9	10	8	9	8	8	8	7	7	7	7	10	
NU	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12	13
ON	-	-	2	1	2	3	2	4	2	4	3	2	2	3	2	2	2	5	2	4	
PE	-	-	-	-	-	-	9	7	-	11	-	-	-	-	10	10	10	8	11	9	
QC	-	-	-	-	-	-	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
SK	3	-	-	-	1	2	4	3	6	3	2	5	4	4	6	6	6	6	6	5	
YT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	13	12

C. NUMBER OF ATHLETES PER TEAM

Competitors: 4 male, 4 female

D. EVENT FORMAT AND RULES OF PLAY

Speed Skating Canada Rules shall prevail.

Long Track (held over 4 days)

Women: 100m, 500m, 1000m, 1500m, 3000m, Team pursuit: 6 lap race

Men: 100m, 500m, 1500m, 3000m, 5000m, Team pursuit: 8 lap race

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

E. EQUIPMENT & TERMINOLOGY

Equipment

Blades: They range from 40 to 48cm in length and are approximately 1.1mm 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.

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.

Skin suit: 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 caused while skating. Most skaters use eyewear to enhance vision or to prevent their eyes from tearing caused by the wind.

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 include 500m, 1,000m, 1,500m, 3,000m, 5,000m and 10,000m.

- 500m – One and a quarter laps
- 1,000m – Two and a half laps
- 1,500m – Three and three quarter laps
- 3,000m – Seven and a half laps
- 5,000m – Twelve and a half laps
- 10,000m – Twenty five laps (Not raced at the Canada Games)

There are two newer events: the 100m and Team Pursuit.

- 100m – One quarter of the track on the straightaway
- Men's Team Pursuit – 8 laps
- Ladies Team Pursuit – 6 laps

Team Pursuit: The Team Pursuit has brought a team event to long track speed skating and it is raced in two formats: head to head elimination events or a time trial. At the Canada Winter Games it will be raced as a time trial. The pursuit involves three or four skater teams (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 starting at a line in the middle of the straightaway. When the gun goes, each team begins the race skating in a train or single file. This allows the skaters in the back to conserve energy until it is their turn to lead. Only the inner lane is used. The finish time is taken as the third (or fourth) skater crosses the line. In pursuit style racing, it is extremely important that the skaters work as a team communicating to each other as they race.

100m Sprint: The 100m sprint is not a time trial. Instead, the skaters race in a series of elimination events with the winner advancing to the next round. At the Canada Winter Games all skaters will advance to the elimination rounds. They will all be ranked in these rounds but only the top nine skaters will be in the medal semi finals and finals.

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 criteria, usually seed times. This is done in order to have relatively even pairing 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 arm band. If the skater starts inner they wear a white arm band; if they start outer they wear a red arm band. Sometimes the skaters race in quartets or quads (see below) and in this case the second pair inner wears a yellow arm band 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, so the start lines are staggered in order for both skaters to skate the proper distance.

Quartets: Also known as quads, they have two pairs of skaters in the lanes 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 large numbers of skaters and in outdoor weather minimize the effect of weather changes.

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 outer to inner actually has skated further when they enter the cross over straight, therefore they have the right away. Unless the outer skater acts inappropriately, the inner skater is disqualified for crossover interference.

False Starts: 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: The skaters are required to race on their own and 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 Starts: These are more commonly known as reskates. If a skater is interfered with through no fault of his own he is entitled to another attempt at the distance known as a fresh start. The skater must have at least 30 minutes rest and he gets the better of the two times he posts.

F. ELIGIBILITY

Athletes participating in long track events must have reached the age of 14 but have not the age of 19 as of June 30th, 2006. Therefore, athletes must be born between July 1, 1987 and June 30, 1992.

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 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 can not 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. For all other disqualifications in finals, the skater (s) will receive the points of the last place for the final skated.

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.

Individual

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

If there is a tie, points will be shared equally between competitors (i.e. If tied for first then each competitor would receive 98.5 points $(100+97)/2$).

Position	Pts	Position	Pts	Position	Pts	Position	Pts
1st	100	23rd	63	45th	41	67th	19
2nd	97	24th	62	46th	40	68th	18
3rd	94	25th	61	47th	39	69th	17
4th	91	26th	60	48th	38	70th	16
5th	88	27th	59	49th	37	71st	15
6th	85	28th	58	50th	36	72nd	14

7th	83	29th	57	51st	35	73rd	13
8th	81	30th	56	52nd	34	74th	12
9th	79	31st	55	53rd	33	75th	11
10th	77	32nd	54	54th	32	76th	10
11th	75	33rd	53	55th	31	77th	9
12th	74	34th	52	56th	30	78th	8
13th	73	35th	51	57th	29	79th	7
14th	72	36th	50	58th	28	80th	6
15th	71	37th	49	59th	27	81st	5
16th	70	38th	48	60th	26	82nd	4
17th	69	39th	47	61st	25	83rd	3
18th	68	40th	46	62nd	24	84th	2
19th	67	41st	45	63rd	23	85th	1
20th	66	42nd	44	64th	22		
21st	65	43rd	43	65th	21		
22nd	64	44th	42	66th	20		

Relay Competitions

In the relay 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						

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:

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

With the increased pressure to win medals at the Olympic, World Championships 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 areas that have been explored in order to achieve the ultimate 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 the wind resistance which can dramatically affect the skater's performance.

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

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 even going to the extent of adhering special appliqués to the suit to make it more aerodynamically sound. The technology that countries put into coming up with the perfect suit is more often than not shrouded in secrecy. Every country wants to have the ultimate racing suit and some countries have been more successful than others in achieving their goal.

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 change from all leather boots to much more rigid combination of molded leather and composition boots.

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

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

J. ROLE OF OFFICIALS IN SPORT

The role of every officials 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.

A. 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 sanctioning 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.

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 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 over see 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

At the 2007 Canada Games, Long Track Speed Skating will be competed at F.H. Collins Secondary School.

F.H. Collins Secondary School features a new outdoor oval track (182 m x 70 m) on which the long track speed skating events will be competed. This track is made of natural ice with snow berms around the outside circumference.

L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

Speed Skating Canada Membership Numbers

	Associates	Competitive	Recreation	Special Events
IND		1		
YT	13	14	35	0
NT	16	42	62	65
NU	16	48	37	0
BC	666	793	88	2
AB	282	497	193	32
SK	278	272	28	212
MB	99	126	5	0
ON	369	945	64	227
QC	590	809	1092	1413
NB	75	244	84	109
NS	2	44	12	89
PE	9	22	37	0
NL	6	25	0	0
Total	2,421	3,881	1,737	2,149

M. ATHLETES TO WATCH FOR

Women:

Marie-Pier Gervais Moreau (QC) and Sarah Gregg (AB) could medal in all 5 events. Alana Komisar (AB) is also expected to do quite well. In the sprint events, keep in mind the names of Shayla Heidinger (MB) and Marsha Hudey (SK) as they should be very fast. Andrea Johnson (MB), Keara Maguire (BC) and Madeline Martin (ON) are all medal hopefuls in the distance races.

The team pursuit will be raced for the first time ever at the Canada Games in Whitehorse, and it should be a good show. Teams to watch will be Alberta, Manitoba, British Columbia, Quebec and Saskatchewan.

Men:

Keep an eye on Clouis Auger (QC), Patrick Marsh (ON), Keith Sulzer (AB) and Lucas Duffield (AB) as they could all come home with a good collection of medals! Spencer Zettler (ON) is expected to be strong in the longer events. Daljinder Sanghera (BC) and Kyle Gendro (MB) can possibly medal in the 5000m race, and William Dutton (SK), Austin Hudey (SK) and Kevin Plante (AB) will be among the best sprinters.

In the pursuit, watch Team Alberta, Ontario, Saskatchewan, British Columbia and Manitoba as they battle it out for the honours and try to establish a newly created Canada Games record.

N. NOTABLE PAST ATHLETES/ALUMNI

Athlete	Province	Canada Games	Olympic Games
Catriona LeMay Doan	SK	1983 – bronze in relay 1987 – silver in 400m, bronze in 800m 1993 (athletics)	1992 1994 1998 – gold in 500m, bronze in 1000m 2002 – gold in 500m
Cindy Klassen	MB	1995 - Hockey 1999 – did not compete because of weather	2002 – bronze in 3000m 2006 – gold in 1500m, silver in 1000m and pursuit, bronze in 3000m and 5000m
Susan Auch	MB	1983 – gold in 800m and pursuit, silver in relay 1985 (cycling)	1992 1994 – silver in 500m 1998 – silver in 500m 2002
Gaétan Boucher	QC	1971	1976 1980 – silver in 1000m 1984 – gold in 1000m and 1500m; bronze in 500m 1988
Sylvie Daigle	QC	1979 – gold in 500m, 1000m, 1500m, 1500m mass start	1980 1984 1992 – short track; gold in relay 1994 – short track; silver in relay
Jason Parker	SK	1991 1995 – gold in 5000m, 3000m, 1500m, 500m	2006 – silver in pursuit

O. CANADA GAMES RECORDS

Women

Distance	Name	Time	Year	Location
500m	Kerry Simpson SK	44.69	2003	Campbellton
1000m	Kerry Simpson SK	01:28.83	2003	Campbellton
1500m	Kerry Simpson SK	02:24.70	2003	Campbellton
3000m	Kerry Simpson SK	05.05.01	2003	Campbellton

Men

Distance	Name	Time	Year	Location
500m	Jason Parker SK	40.11	1995	Grande Prairie
1500m	Jason Parker SK	02:02.68	1995	Grande Prairie
3000m	Jason Parker SK	04.31.50	1995	Grande Prairie
5000m	Jason Parker SK	07.39.34	1995	Grande Prairie

Please note the Long Track 100m and team pursuit are being raced for the first time at the 2007 Canada Winter Games and the records will be established at the Games

P. CANADIAN RECORDS

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

Senior Women

Distance	Name	Time	Year	Location
500m	Catriona Le May Doan SK	37.22	2001	Salt Lake City
1000m	Cindy Klassen MB	01:13.11	2006	Calgary
1500m	Cindy Klassen MB	01:51.79	2005	Salk Lake City
3000m	Cindy Klassen MB	03:53.34	2006	Calgary
5000m	Cindy Klassen MB	06:48.97	2006	Calgary
10000m	Clara Hughes MB	14:19.73	2005	Calgary
Team Pursuit	Cindy Klassen MB Kristina Groves ON Christine Nesbitt ON	03:01.24	2006	Turin

Senior Men

Distance	Name	Time	Year	Location
500m	Jeremy Wotherspoon AB	34.37	2003	Calgary
1000m	Jeremy Wotherspoon AB	01:07.72	2001	Salt Lake City
1500m	Denny Morrison BC	01:42.97	2006	Salk Lake City
3000m	Arne Dankers AB	03:41.96	2005	Calgary
5000m	Arne Dankers AB	06:14.01	2005	Salt Lake City
10000m	Arne Dankers AB	13:10.58	2005	Heerenveen
Team Pursuit	Arne Dankers AB Steven Elm AB Denny Morrison BC	03:39.69	2005	Calgary

Junior Women

Distance	Name	Time	Year	Location
500m	Shannon Rempel MB	38.53	2003	Calgary
1000m	Shannon Rempel MB	01:16.16	2003	Calgary
1500m	Shannon Rempel MB	01:59.06	2002	Calgary
3000m	Tara Risling AB	04:12.49	2001	Calgary
5000m	Tara Risling AB	07:22.70	2001	Calgary

Junior Men

Distance	Name	Time	Year	Location
500m	Muncef Ouardi QC	36.20	2005	Calgary
1000m	Denny Morrison BC	01:09.83	2004	Calgary
1500m	Denny Morrison BC	01:46.83	2005	Calgary
3000m	Justin Warsylewicz SK	03:45.98	2004	Calgary
5000m	Justin Warsylewicz SK	06:27.68	2005	Calgary