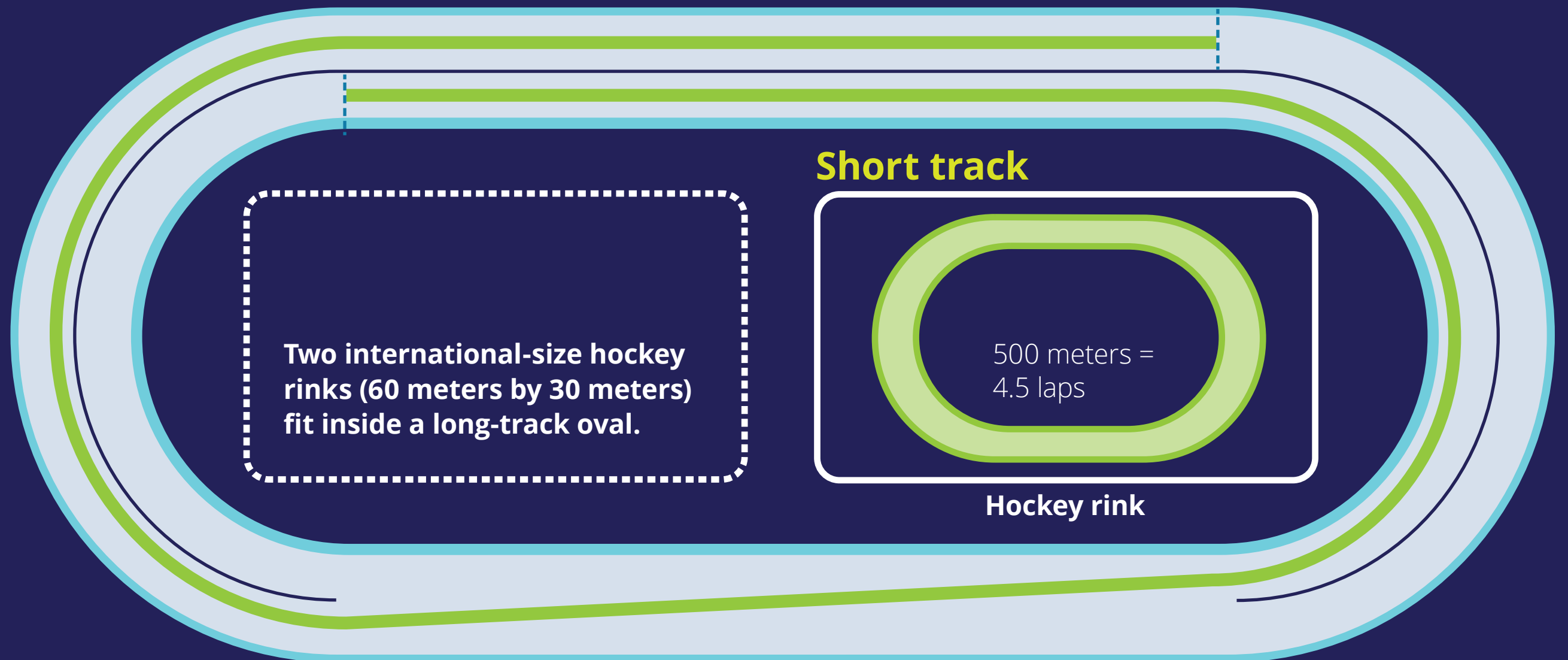


# Short- vs. long-track speedskating

Long track is skated on a 400-meter oval, about the same size as a running track. Short track is skated on a 111-meter oval inside a hockey rink.

## Long track

500 meters = 1 lap plus 1 straightaway



Two international-size hockey rinks (60 meters by 30 meters) fit inside a long-track oval.

## Short track

500 meters =  
4.5 laps

Hockey rink

Long-track speedskaters race in pairs and change lanes each lap on the back straight.

The skater who starts in the outside lane wears a red armband, and the skater on the inside lane wears a white armband. The skater passing from the outside lane to the inside lane has priority.

Due to the number of racers on the ice at once, short-track speedskaters wear more protective gear. Hard plastic helmets, shin guards, and gloves protect them from crashes and the blades of other skaters.

The current Olympic Winter Games program includes six long-track events: both men and women compete in 500-meter, 1,000-meter, 1,500-meter, 5,000-meter, and team pursuit; additionally, men compete in a 10,000-meter and women compete in a 3,000-meter.

Currently, the Olympic Winter Games program includes four short-track events for each men and women: 500-meter, 1,000-meter, 1,500-meter, and team relay (5,000-meter men's and 3,000-meter women's).