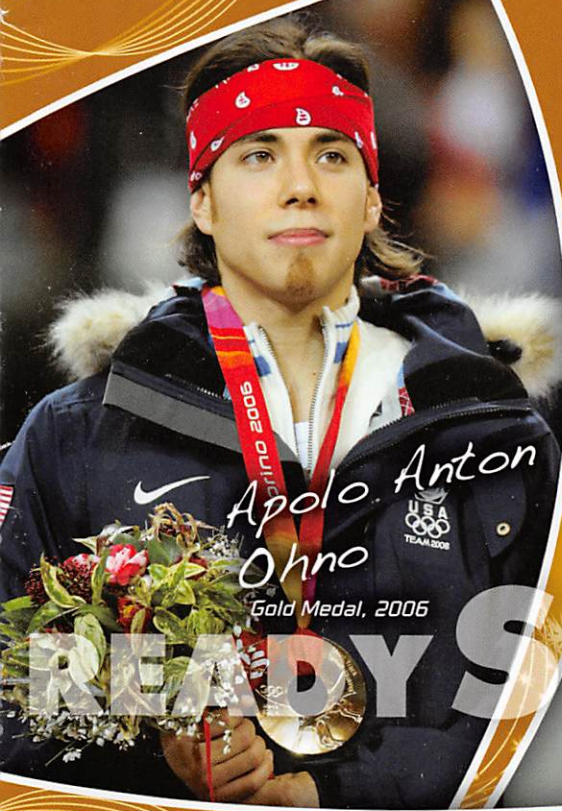


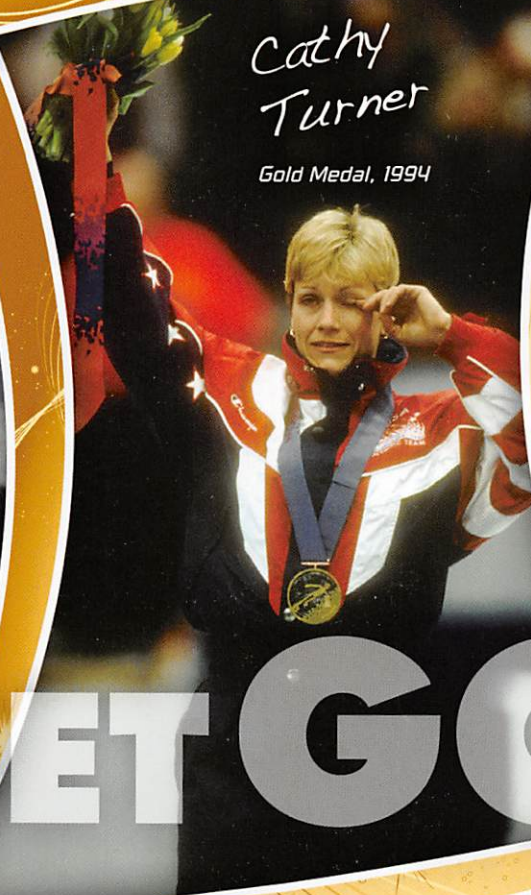


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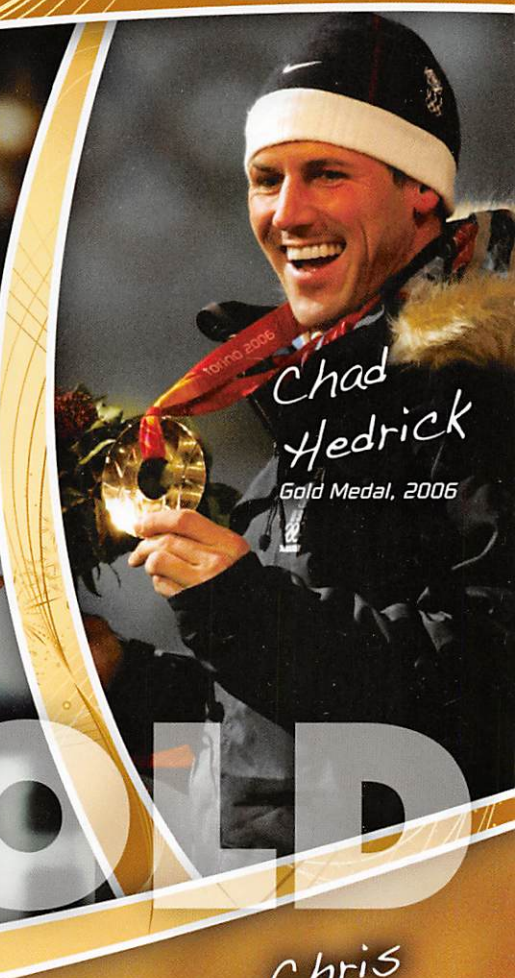
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Apo Anton Ohno
Gold Medal, 2006

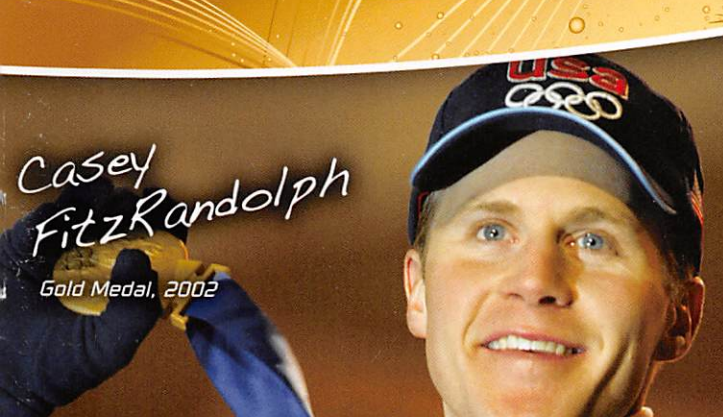


Cathy Turner
Gold Medal, 1994



Chad Hedrick
Gold Medal, 2006

READYSET GOLD



Casey FitzRandolph
Gold Medal, 2002



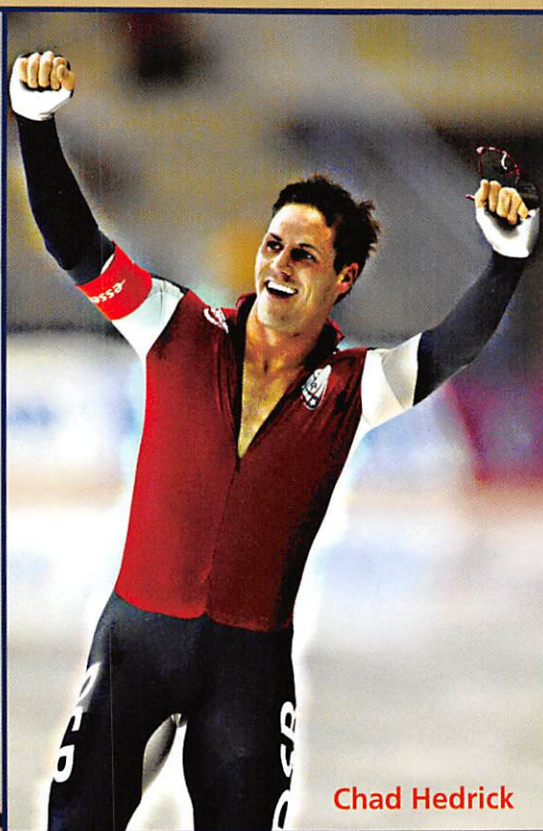
Chris Witty
Gold Medal, 2002

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Derek Parra



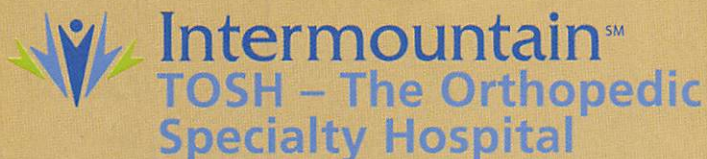
Chad Hedrick



Catherine Raney

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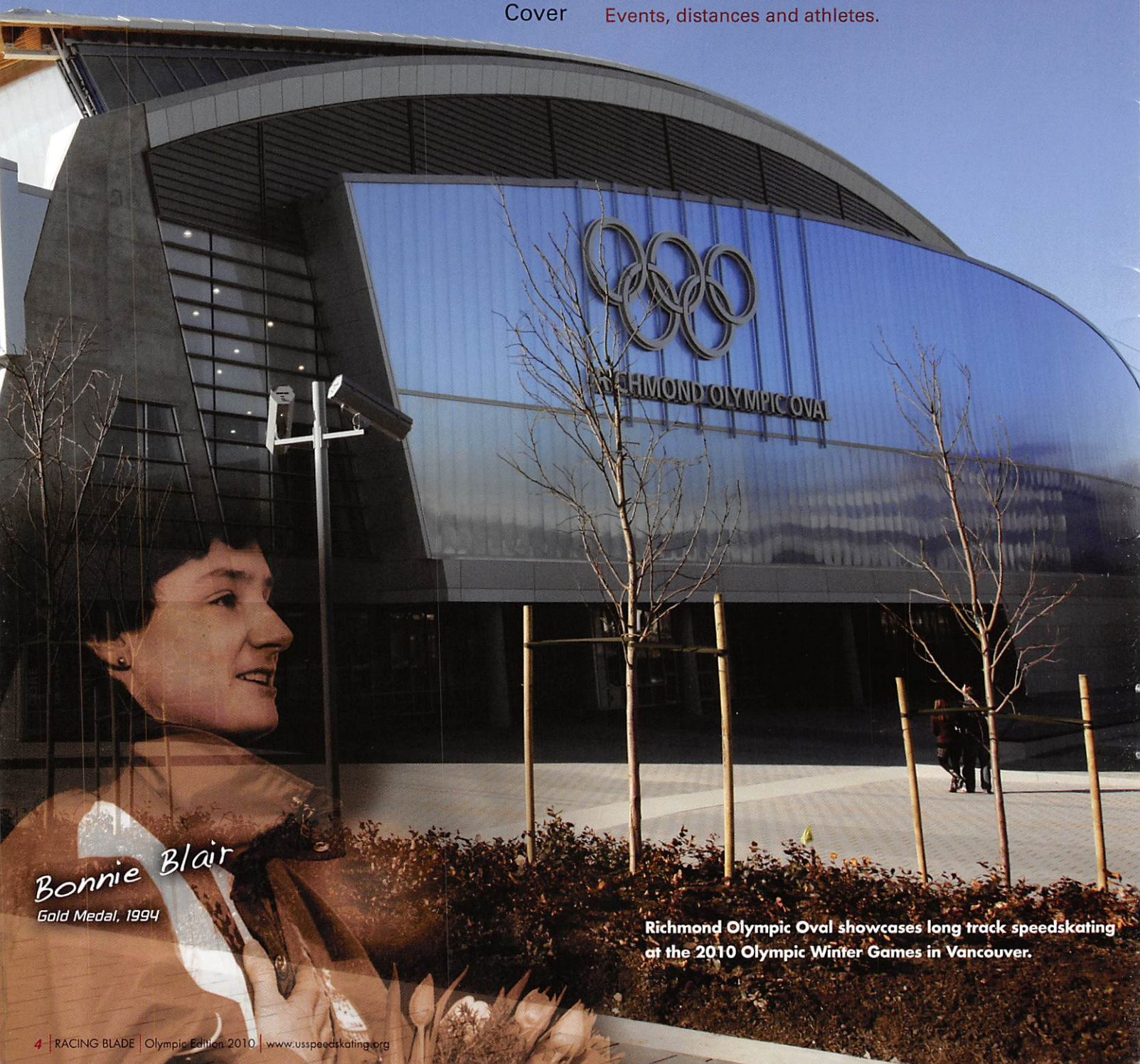
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20	2010 OLYMPIC VENUES This is where the action is.	28	THE COLBERT NATION Stephen Colbert a fan, as well as supporter, of US Speedskating
25	ASU SCHOLARSHIP Call for entries.	Back Cover	2010 OLYMPIC SPEEDSKATING SCHEDULE Events, distances and athletes.



Bonnie Blair
Gold Medal, 1994

Richmond Olympic Oval showcases long track speedskating at the 2010 Olympic Winter Games in Vancouver.

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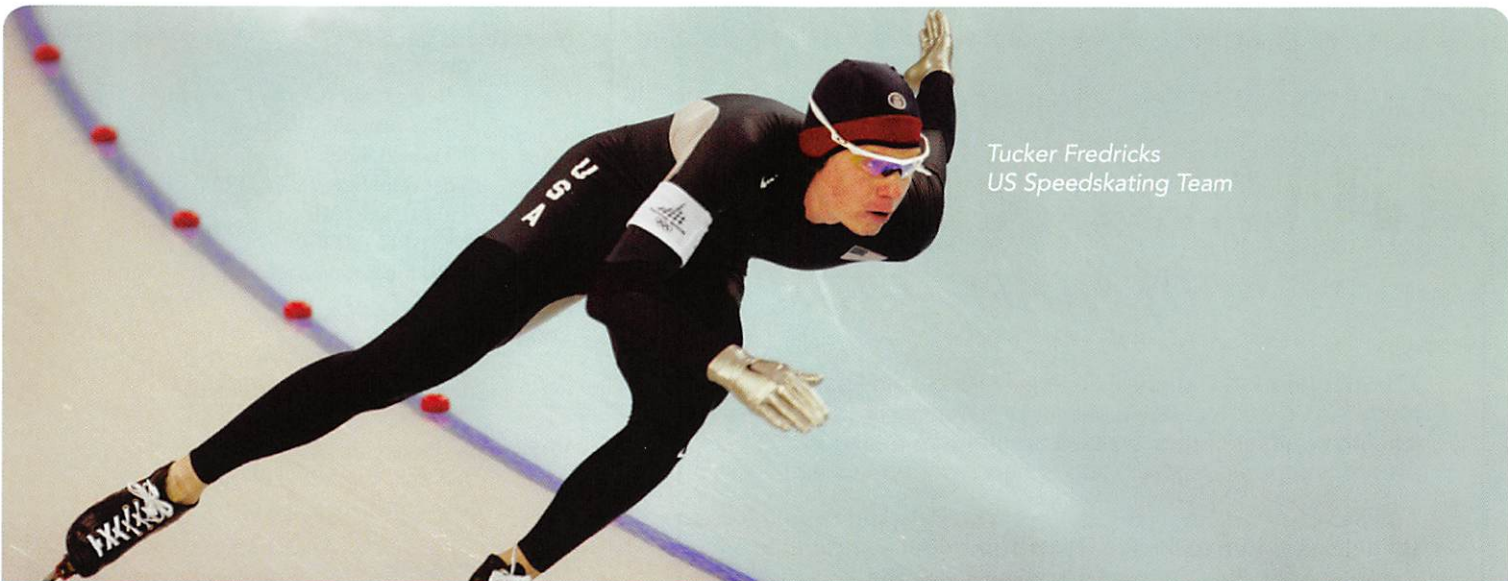
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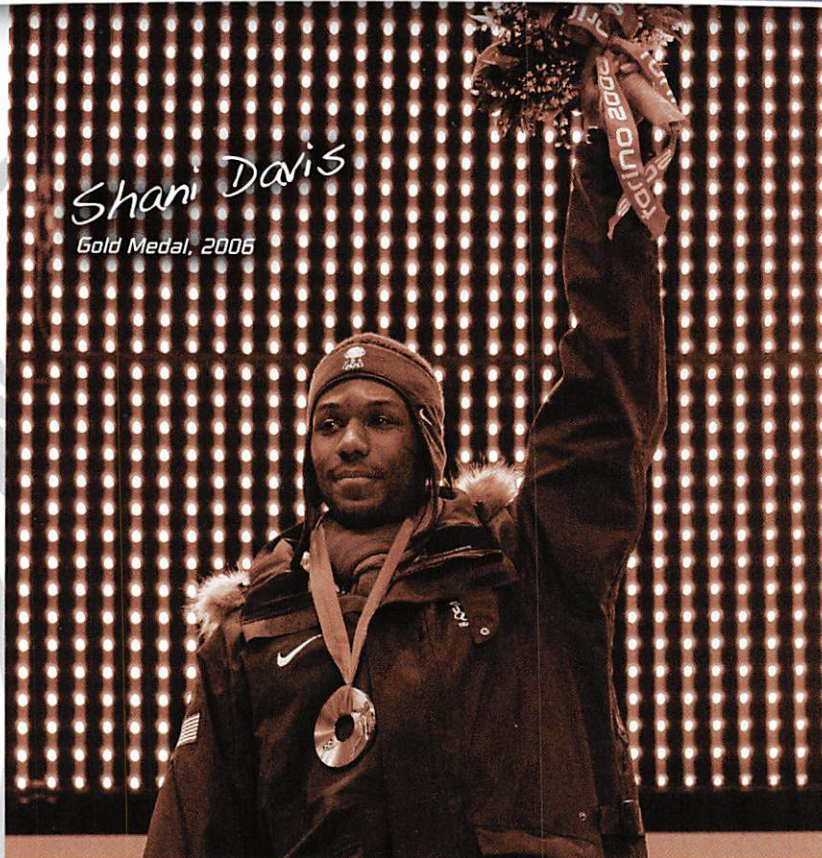
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Shani Davis
Gold Medal, 2006



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Racing Blade

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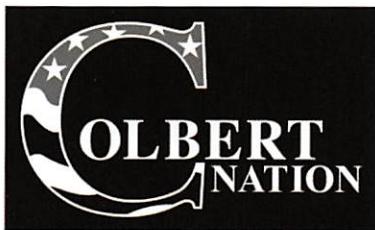
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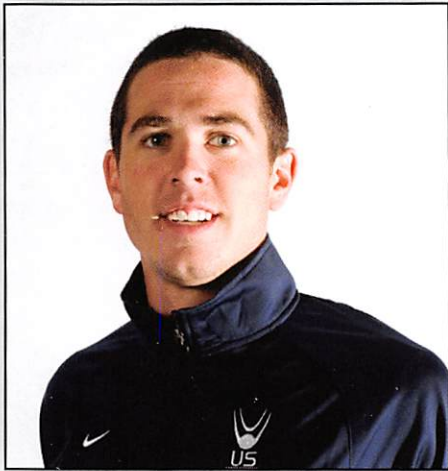


Congratulations

to our 2010 U.S. Olympic Speedskating Team!



LONG TRACK



Ryan BEDFORD

DISTANCE: 10,000M

Ryan Bedford has always enjoyed athletic pursuits and racing, whether in road cycling or track and cross country. However, he began skating at age 16 simply because he wanted to go faster. He soon learned that on ice, he could go faster than most of his peers. A lifelong passion ensued.

Competing at both disciplines' U.S. Championships in December, he laid out his path by making the U.S. World Championship and World Cup Teams in short track and qualifying for distance events for the long track World Cup. Bedford won a gold medal for the men's 5000m relay at the 2009 World Short Track Championships and the next week he won a bronze medal in the Men's Team Pursuit at the 2009 World Single Distance Championships.



Tucker FREDRICKS

DISTANCE: 500M

Tucker Fredricks is a mainstay in the U.S. National Sprint Program attending World Cup and World Championship Speedskating events since the 2004-2005 season. He was a member of the 2006 Winter Olympic Long Track team in Torino and is excited to be a part of the 2010 Winter Olympic Long Track team headed for Vancouver, Canada. His international experience spans Asia, North America and Europe as he participated in dozens of speedskating events. One of Fredricks' great accomplishments is winning the gold medal in 500m at 2003 World Junior Championships.

His 2009-2010 World Cup season has been fantastic as Fredricks had podium finishes in each of the World Cups he skated, winning a gold, a silver and two bronze medals in the 500m.



Brian HANSEN

DISTANCE: 1500M, TEAM PURSUIT

Brian Hansen, 19, is coached by 4-time Olympian Nancy Swider-Peltz in Milwaukee, WI. As a junior skater, Brian earned a second place spot at the 2008 and 2009 U.S. Junior Speedskating Championships, going on to compete at the 2008 and 2009 World Junior Speedskating Championships. At the 2009 World Junior Championships, Brian finished third overall, plus won a silver in the 5000m and a bronze in the Team Pursuit. He currently holds five Junior American records and one Junior World record.

During the 2009 World Single Distance Championships, Brian was one of the three men who took home the bronze medal in the Team Pursuit.

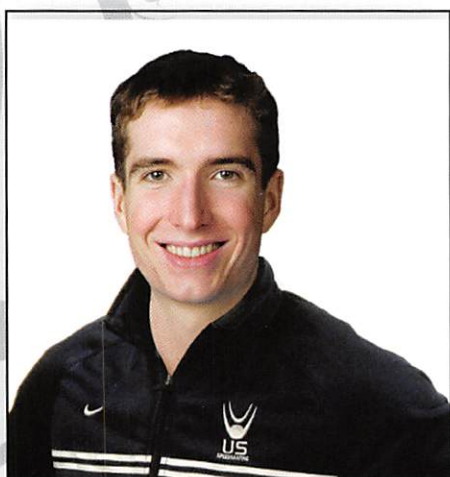


Chad HEDRICK

DISTANCE: 1000M, 1500M, 5000M, TEAM PURSUIT

Hedrick has been a dominating force in the long track speedskating world. He won a gold, silver and bronze medal at the 2006 Winter Olympic Games in Torino and is the 2009 U.S. Men's Allround Champion. Hedrick's sights are set on the 2010 Vancouver Winter Olympic Games where he hopes to win more medals for Team USA.

Hedrick topped the podium once again during the 2009-2010 World Cup season, winning a gold medal in the Men's 1500m in Calgary during World Cup 4. He also won a 1500m silver the next weekend in Salt Lake during World Cup 5. Hedrick was part of the gold-medal winning Team Pursuit in November 2009, along with Shani Davis and Trevor Marsicano.



Jonathan KUCK

DISTANCE: 10,000M, TEAM PURSUIT

At 10 years old, Jonathan Kuck thought it would be interesting to try speedskating. Now, 10 years later, Kuck is skating the Team Pursuit at the Olympic Games. Kuck was the 2008 and 2009 U.S. Junior Speedskating Champion and took second overall at the 2009 World Junior Speedskating Championships. During the 2009-2010 season, Kuck competed in the 1000m, 1500m 5/10,000m in World Cup events.

Kuck is coached by Paul Marchese in Milwaukee and credits much of his success to his parents' influence and support. He's currently attending the University of Illinois at Champaign/Urbana, majoring in engineering physics with a minor in computer science.



Trevor MARSICANO

DISTANCE: 1000M, 1500M, 5000M, TEAM PURSUIT

Trevor Marsicano is a name to remember. The 19-year-old skates head-to-head with Olympic medalist Chad Hedrick, and gives him a run for his money. Since winning the 3000m at the 2007 World Junior Allround Championships in Innsbruck, Austria, Marsicano has only improved his technique, speed and endurance.

During the world cup final in Salt Lake City, UT, Marsicano blew past the competition to set a world record in the 1500m. Just twenty minutes later, Shani Davis broke the record again, leaving Marsicano in second place. The next weekend at the 2009 World Single Distance Championships, Marsicano won a 1000m gold, a 1500 silver, a 5000m bronze and a bronze in the men's team pursuit.

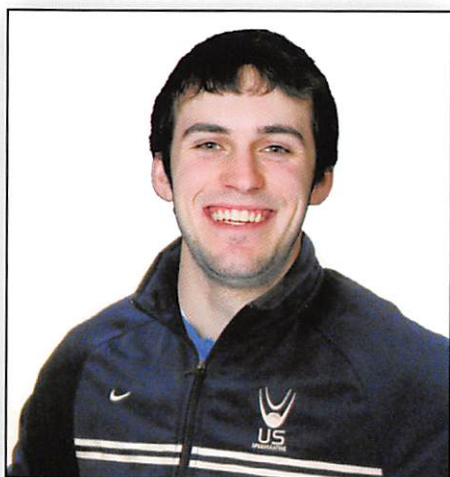


Nick PEARSON

DISTANCE: 500M, 1000M

Nick Pearson grew up watching speedskating greats like Dan Jansen and Bonnie Blair. Encouraged by his parents to compete at speedskating events, Pearson quickly rose through the ranks and was the Junior Long Track National Champion in both 1997 and 1999. From 1999-2004, Pearson finished in the top three skaters at the U.S. Sprint Championships and was fourth in the 2000 U.S. Allround Championships.

A 2002 Olympian, Pearson recently came out of retirement to show the world he still had the determination to succeed. He went on to make both the fall and winter 2007-2008 World Cup teams and finished in the top 15 at the 2008 World Single Distance Championships. For the 2008-2009 season and the 2009-2010 season, Pearson has again skated in World Cup competitions all over the globe.



Mitchell WHITMORE

DISTANCE: 500M

Looking for a way to stay in shape for track and field events, 9-year-old Mitch Whitmore started speedskating. Although he took sixth place in the 10,000m event at the 2006 U.S. Speedskating Championships, Whitmore has turned his focus to the sprint events earning a first place finish in the 500m at the 2009 World Junior Speedskating Championships and fourth place in the 1000m.

Whitmore has always been involved in sport, competing in cross-country, soccer and tennis along with speedskating. He is enrolled at the University of Wisconsin—Milwaukee, earning a degree in psychology but has taken the year off to focus on the Olympic Games. He is the current 2010 U.S. Sprint Champion and will represent the U.S. during the 500m event in Vancouver.



Rebekah BRADFORD

DISTANCE: 1000M

Rebekah Bradford has competed in international speedskating events since 2002 when she skated at the World Junior Speedskating Championships. Since that time she has competed on five World Cup teams. Bradford also competed at the 1998 Olympic trials when she was only 13 years old.

During the 2008-2009 season, Bradford was presented with the 2009 Joey Carlson Spirit Award during the Midway Speedskating Club's awards banquet and she recently earned the title of 2010 U.S. Sprint Champion at the U.S. Speedskating Championships in Salt Lake City, UT.



Lauren CHOLEWINKSI

DISTANCE: 500M

Lauren is another successful speedskater with an inline racing background. Although she started inline skating at the age of 9, she didn't start skating on ice until 4 years ago. Since then, Cholewinski's skated on three World Cup teams and in three U.S. Speedskating Championships.

Cholewinski has a variety of interests outside the rink which include modeling and obtaining a pilot's license. Her brother, James, is also an experienced speedskater, competing in the 2010 World Sprint Championships.



Maria LAMB

DISTANCE: 5000M

Maria Lamb started speedskating after she decided she would much rather go fast, than learn jumps and spins in figure skating. In 2005 she was the U.S. National Allround Champion and she holds Junior records in the 3000m and 1500m as well as the Allround Points National record holder. Maria skated at the 2006 Olympic Winter Games in Torino in the 1500m and Team Pursuit. Although she was injured the season leading up to the 2007 World Allround Championships, Lamb ended up setting 3 personal bests and was one of the top finishing American women.

Recently, Lamb earned the 2010 Allround Championship title during the U.S. Speedskating Championships in Salt Lake City, UT.



Elli OCHOWICZ

DISTANCE: 500M, 1000M

Elli Ochowicz began her skating career following in the footsteps of her Olympian parents. Her first big accomplishment came at 14 years old when she beat her father's personal record in the 500m. Since then, Ochowicz has been on two Olympic teams, making the 2010 Games her third Olympic appearance.

Her list of accomplishments include holding the Junior American Sprint Samalog record of 154.815, set in January 2003. She also earned a silver and a bronze medal at the Junior Worlds. Ochowicz is a three-time national champion including the 2008 U.S. Speedskating Championships when she was crowned the 2008 U.S. Ladies Sprint Champion. During the 2008-2009 season, Ochowicz competed in World Cup competitions all over the world.



Catherine RANEY NORMAN

DISTANCE: 3000M, TEAM PURSUIT

Catherine Raney Norman holds a multitude of U.S. Championship titles and currently holds American records in the 3000m and the 5000m. She was the overall champion at the 1997 U.S. Junior Speedskating Championships and was the U.S. Ladies Allround Champion in 1999, 2002, 2003 and 2008. Raney Norman continues to skate in World Cup and World Championship competitions. During the 2008-2009 World Cup season, Raney Norman was part of the bronze medal-winning team pursuit event in the first World Cup.

Raney recently got involved with the group "Girls on the Run," a non-profit organization that utilizes an interactive curriculum to develop self-respect and healthy lifestyles in pre-teen girls. She has donated Nike apparel and hours of her time to the group in an effort to demonstrate the importance of healthy activity.



Heather RICHARDSON

DISTANCE: 500M, 1000M, 1500M

Heather Richardson began roller skating in 1998. She found she had both talent and a love for speedskating. Richardson rose to the top of the inline world, making world teams and winning several gold medals. But with the hope of skating in an Olympic Games, she decided to make the transition to ice.

Richardson was only on the ice for four months when she made her first world cup team. Now, less than three years from transitioning to long track speedskating, Richardson was the 2009 U.S. Ladies Sprint Champion and has competed in World Cup events as well as the 2009 World Sprint Championships. Richardson has proven herself to be an amazing addition to the US Speedskating family.



Jen RODRIGUEZ

DISTANCE: 500M, 1000M, 1500M, TEAM PURSUIT

Rodriguez competed at the 2002 Winter Olympic Games in Salt Lake City, winning bronze medals in the Ladies 1000m and 1500m. After winning the 2005 World Sprint Championships, Rodriguez competed at the 2006 Torino Olympic Winter Games, then decided to retire.

After taking a break from skating for two years, Rodriguez is back on the ice and won a World Cup gold medal in the Ladies 1000m in Nagano, Japan in December 2008. "I'm really trying not to put pressure on myself. I'm a lot more balanced," she says. "This time around I'm going to enjoy skating and I'm enjoying myself outside of skating, too."



Jilleanne ROOKARD

DISTANCE: 1500M, 3000M, 5000M, TEAM PURSUIT

Coached by her brother Brian, Rookard started roller skating at the age of 6 and didn't take up speedskating on ice until 2006. After bursting onto the speedskating scene, Rookard immediately earned a spot on her first World Cup team in 2007 and again in 2009. Rookard is dedicated to her family and the relationships in her life. Right before Christmas 2009 her mother passed away from cancer but Rookard was glad her mother knew she had made the Olympic team.

Whether its softball, volleyball, bowling, diving, tennis, figure skating or roller hockey, Rookard gives each sport everything she's got. "I do everything with passion and love for sport and see where the road will take me. No limits."



Nancy SWIDER-PELTZ, JR.

DISTANCE: 3000M, TEAM PURSUIT

Coached by her mother and four-time Olympian Nancy Swider-Peltz, Nancy Swider-Peltz, Jr. is a force to be reckoned with. As the 2009 U.S. Ladies' Allround Champion, Swider-Peltz, Jr. was also the 2005 U.S. Junior Ladies Overall Champion.

Swider-Peltz, Jr. had the experience of competing against her mother at the Olympic trials in 2001, even paired together in the first race. However, neither Swider-Peltz made the Olympic team that year. But Swider-Peltz, Jr. proved her skill when she won the 3000m event at the 2010 U.S. Speedskating Championships, earning an Olympic spot in that distance.



J.R. CELSKI

DISTANCE: 1000M, 1500M, RELAY

J.R. Celski is one of the best up-and-coming short track speedskaters in the US Speedskating program—and in the world. At the 2009 ISU World Short Track Championships, Celski finished second overall, winning a gold in the 3000m and a bronze in the 1000m and 1500m. A week later, Celski was part of the bronze medal winning team at the 2009 ISU World Short Track Team Championships. As a junior skater, Celski finished third overall at the 2009 World Junior Short Track Championships held in Sherbrooke, Canada and was a member of the gold-medal relay team at the same event. During the 2009 U.S. Short Track Championships in St. Louis, MO, Celski placed second overall, earning second-place finishes in the 1000m and 3000m.

Following an injury during the 2010 U.S. Olympic Trials for Short Track Speedskating, Celski missed the World Cup events for the season but was able to qualify to skate the 1000m, 1500m and relay during the Olympic Games in Vancouver.

SHORT TRACK



Simon CHO

DISTANCE: 500M, RELAY

Simon Cho, at 18, is the youngest member of the Olympic Team who actually gave up skating in January 2009 after a disappointing speedskating season. After thinking it through, Cho decided to skate at the 2010 Olympic Trials, but had no idea he would make the team. At the trials, Cho won a 500m event, securing a spot on the team in Vancouver.

Cho started skating when he was 3 years old in Seoul, South Korea. After moving to the United States when he was 5, Cho continued skating at several clubs until connecting with Jimmy Jang (USS National Assistant Coach) who has coached Cho for nearly a decade.



Travis JAYNER

DISTANCE: 1000M, RELAY

Born in New Brunswick, Canada, to American parents, Travis Jayner took to the ice at age 5 with the encouragement of his father, who also was a speedskater. Having competed in the 500m, 1000m, 1500m, 3000m and 5000m relay team, Jayner is a versatile skater who consistently delivers a strong performance on the ice.

Jayner became the 2008-2009 National Champion in the 500m, won the bronze medal at the World Team Championships and celebrated his personal best World Cup season with two gold medals in the relay and two 6th place finishes in both the 500m and 1000m at World Cup 5. Earning a spot on the 2010 Olympic team at the Olympic Trials in Marquette, MI, Jayner finished second overall in the 1000m. He won his first individual World Cup medal in Montreal in the 1500m, bringing home the bronze. Jayner was an integral part of the Men's Relay Team that won a silver medal at the World Cup in Marquette, earning the team a fourth-place World Cup classification.



Jordan MALONE

DISTANCE: 500M, 1500M, RELAY

Jordan Malone is the only short track skater in the U.S. to compete in all of the past five World Championship events (2005-2009). With multiple world cup medals, along with being a member of the 2008 World Short Track Team Championships gold-medal team, Malone is focused on an Olympic future.

Malone proved his worth during the 2008-2009 World Cup season, bringing home a silver in the 1000m and helping the men's relay team earn a first-place finish at the 2009 World Short Track Championships in Vienna, Austria. During the 2009-2010 World Cup events, Malone won a silver medal in the 1000m. He injured his knee before the final two World Cup events and couldn't race but he's back on the ice and ready to rock the world in Vancouver.



Apolo Anton OHNO

DISTANCE: 500M, 1000M, 1500M, RELAY

Apolo Anton Ohno has become the face of American short track speed skating. The only American to ever win the overall World Cup (2000-01) Title, and the first and only American to win the Junior World Championships Title, he has since gone on to win 5 Olympic medals at two Olympic Games. His two gold medals, one silver and two bronze Olympic medals make him one of the highest medal winners in U.S. history. At the 2002 Olympics, Ohno took home the gold medal for the 1500m and a silver medal in the 1000m. In Turin, Italy at the 2006 Olympics, Ohno earned three medals with a gold in the 500m and bronze medals in the 1000m and 5000m relay.

At the 2008 World Short Track Championships, Ohno became the first and only American to win the overall World Championships title and helped guide the Men's 5000m relay to victory as the anchor. During the 2009-2010 World Cup season, Ohno won gold in the 1000m, silver in the 500m and 1500m, and was part of the Men's Relay team bringing home the silver medal in World Cup 4.



Allison BAVER

DISTANCE: 1000M, 1500M, RELAY

2007 U.S. Short Track Champion and Olympian Allison Baver didn't start speedskating on ice until she was a junior in high school. A former inline skater, Baver moved to Marquette, MI, in 2000 to train for the 2002 Olympic Games. Just over one year later, Baver broke the American records in the 1000m event at the Olympic Trials to qualify for the Olympic Team. The 2002 Olympic Games was Baver's first international speedskating competition.

While contending for the Overall World Cup Title in February 2009, Baver broke her leg in Bulgaria and spent months in physical therapy. After a phenomenal recovery, Baver skated the 2010 U.S. Olympic Trials just seven months after her accident, earning a spot on the 2010 Olympic team for her third Olympic Games. Her fast skating in the 1500m, in which she currently holds the American record, earned her second place overall for that distance. Baver is also an important part of the Ladies Relay team.



Kimberly DERRICK

DISTANCE: 1000M, 1500M, RELAY

During world cup competition in the 2008-2009 season, Derrick earned three medals in the 1000m, including a gold. She was also part of the ladies relay team that won the gold medal in Dresden, Germany: the first time the U.S. ladies have ever won gold in this event. During the ISU World Short Track Team Championships in the Netherlands, Derrick was part of the ladies team earning a bronze medal overall.

Derrick is an instrumental part of the Ladies Relay team which won a silver medal at World Cup 3 in Montreal and is currently ranked third in the world. She will be part of a great team taking the ice at the 2010 Olympic Winter Games in Vancouver.



Alyson DUDEK

DISTANCE: 500M, RELAY

During her 2008-2009 inaugural season on the World Cup Team, Dudek was a member of the Ladies 4th place World Championship Relay Team and the bronze medal-winning Ladies World Team Championship Team.

Dudek's season on the Junior circuit was equally impressive as she finished 2nd Overall at the 2009 U.S. Junior Short Track Championships, and 10th Overall at the 2009 World Junior Short Track Championships. At the 2010 U.S. Olympic Trials for Short Track Speedskating, Dudek blew away the competition in the Ladies 500m, earning her first U.S. Championship title for the event and securing a spot on the Olympic team.



Lana GEHRING

DISTANCE: RELAY

One of the youngest members of the US Speedskating Short Track Training Program, Lana Gehring is a 2009 graduate of Glenbrook South (IL) High School. Gehring started skating at age 9 immediately after being introduced to the sport as a spectator.

With experience in both Short and Long Track disciplines, Gehring secured a spot on each of the 2004 Junior Short and Long Track teams at age 14. Currently focused exclusively on short track competition, Gehring was the 2009 U.S. Junior Short Track Champion while also competing on the 2008-2009 World Cup circuit. She was a member of the gold medal Ladies Relay Team at World Cup 6, and helped propel the Ladies Relay Team to a bronze podium finish at the 2009 World Short Track Team Championships.



Katherine REUTTER

DISTANCE: 500M, 1000M, 1500M, RELAY

During 2008-2009 World Cup competition, Reutter earned three silver medals in the 1500m and won seven individual world cup medals overall. She was also part of the ladies relay team that won the gold medal in Dresden, Germany: the first time the U.S. ladies have ever won gold in this event. Reutter had three top five finishes in Vienna during the 2009 World Short Track Championships and her individual medal count is up to 11, with 17 total medals.

The 2009-2010 World Cup season brought Reutter her first two individual gold medals in the 1000m and 1500m. She is ranked second and third in those distances in World Cup classification. Her dedication to the sport is inspiring as she works hard to meet the goal of winning an Olympic medal. Following her Olympic career, Reutter will attend the University of Illinois.

LONG TRACK COACHES



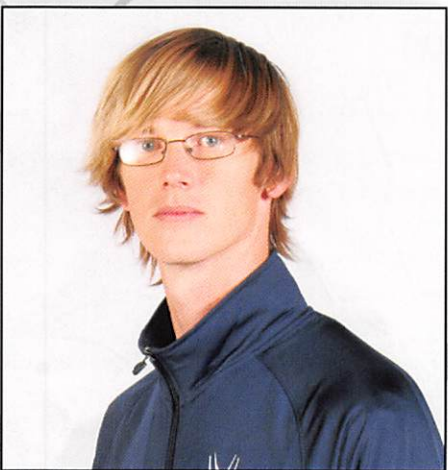
Ryan SHIMABUKURO NATIONAL SPRINT COACH

Ryan Shimabukuro started coaching with US Speedskating in 1998. During his time as coach, Shimabukuro coached Joey Cheek to a gold medal in the 2006 Olympic Winter Games and Tucker Fredricks to a 500m World Cup title in 2007. He continues training the top level sprinters in the country and looks forward to the next Olympic Games. Shimabukuro has a love for wakeboarding and spending his free time on the water helps keep his life balanced. He lives with his wife and their two children.



Derek PARRA NATIONAL ALLROUND COACH

As a gold-medal Olympian in the 1500m, Derek Parra brings years of experience to his national training program. Working with former Olympians Chad Hedrick and Catherine Raney, Parra is taking this group to a higher level of performance and expects great results at the 2010 Olympic Winter Games. Actively involved in many charities, Parra donates his time to children's organizations and worthy causes. He enjoys golfing, snowboarding and spending time with his daughter Mia.



Mike KOOREMAN NATIONAL ASSISTANT COACH, LONG TRACK COORDINATOR & OLYMPIC TEAM LEADER

Mike Kooreman has been assistant coach for the long track team since the 2008-2009 season, as well as serving as the long track coordinator. As a short track athlete, Mike has been on several national and world teams throughout his competitive career, and was a coach for the Utah Olympic Oval's FAST program before coming to work for US Speedskating. Mike organizes dozens of travel itineraries for world and domestic competitions for athletes, coaches and staff. His travel expertise and skating experience will serve him well since he was recently named the Long Track Olympic Team Leader for the 2010 Olympic Winter Games in Vancouver.

SHORT TRACK COACHES



Jae Su CHUN NATIONAL HEAD COACH

Since taking over as US Speedskating head coach for short track in 2007, Jae Su Chun challenges the national skaters to train harder, faster and stronger than ever before. When not training with the national team, Chun enjoys traveling, music, cycling, photography, Korean food and baseball. He lives in Utah with his wife and two sons.



Laurent DAIGNAULT NATIONAL ASSISTANT COACH SHORT TRACK COORDINATOR

Laurent Daignault is considered to be one of the best skate technicians in the world. As an assistant coach and short track coordinator, Larry makes sure everyone's skates are in the best condition to perform at elite levels. In 1992, Larry and his brother Michel competed in the Winter Olympics for Team Canada, winning a silver medal in the 5000m relay. Larry has been coaching since 1987 and was a Canadian National Team Coach starting in 1995 until he was hired by US Speedskating for the 2007-2008 season. His success at numerous Olympic Winter Games and countless world events brings an exciting vision to Team USA.



Jimmy JANG NATIONAL ASSISTANT COACH

Jimmy Jang's passion for short track speedskating is passed along to every skater he coaches. He has been coaching with US Speedskating for a number of years in different roles before coming to train with the national team in Salt Lake City. A talented Korean skater, Jimmy also enjoys golf, considering himself a master! He inspires the athletes to push harder, skate faster and achieve levels of greatness they didn't know they had. He's a definite asset to the US Speedskating program.

OLYMPIC VENUE

PACIFIC COLISEUM

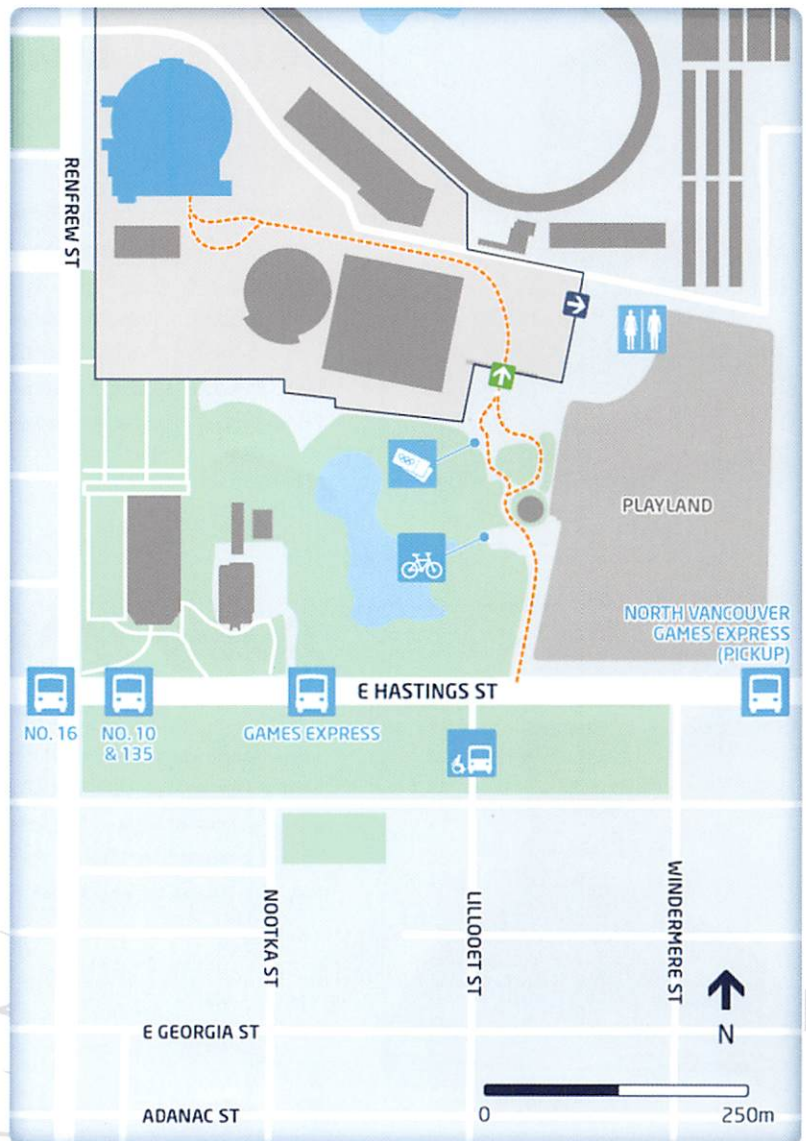
Short track speedskaters will compete at the Pacific Coliseum on February 13, 17, 20, 24 and 26. Olympic short track and figure skaters will share the venue during the duration of the Games.

- Approximately 30 field-of-play turnovers will take place to meet the speedskating and figure skating schedule.
- It takes 50 people more than one hour to make each field-of-play change. The Coliseum was recently upgraded to update entrances, washrooms and concession areas.
- A state-of-the-art pad system will ensure safety during speedskating events and kick plates will cover the pads during figure skating events to avoid a figure skater catching a blade in the padding.
- The chief ice maker monitors conditions to keep ice thickness perfect for each sport: a thicker, softer ice for figure skating and a thinner, firmer ice for short track skaters.
- The Pacific Coliseum is used for boxing, basketball, hockey, concerts, trade shows and assemblies.



PACIFIC COLISEUM SPECIFICATIONS:

Total capacity:	17,500
Permanent Seating:	15,713
Floor Seating:	1,600
Arena Floor:	56,825 square feet
Upper Level:	37,500 square feet
Ceiling Height:	68' - Floor to beams
Floor to score clock:	50'
Total:	94,325 square feet

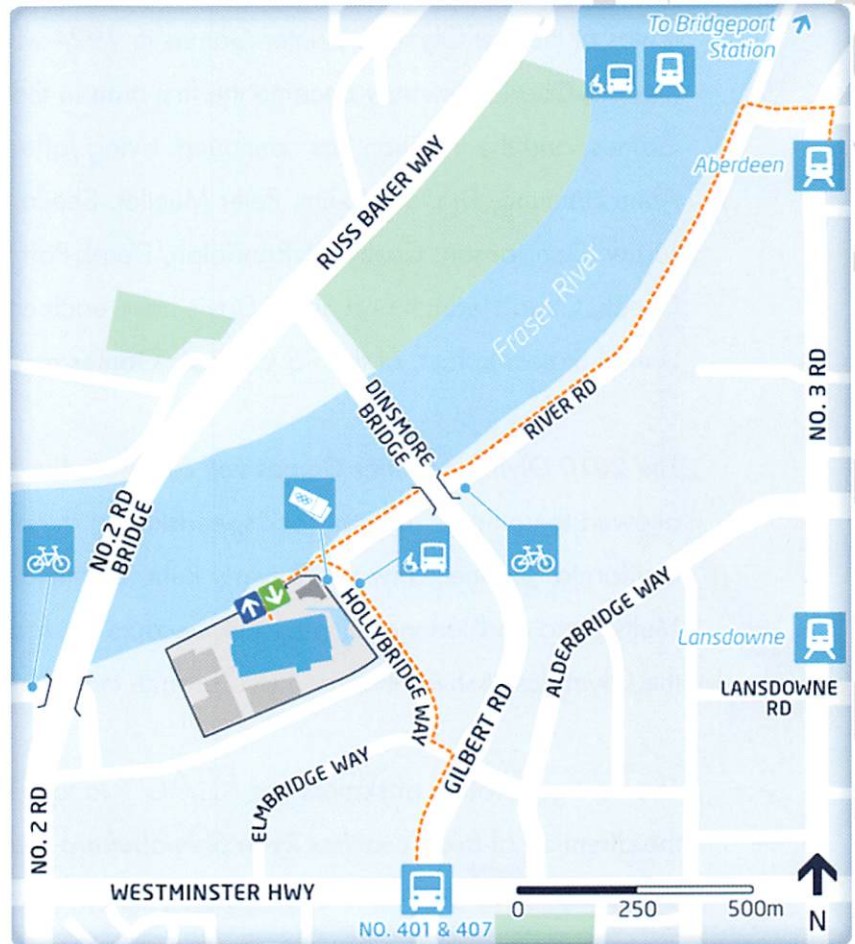
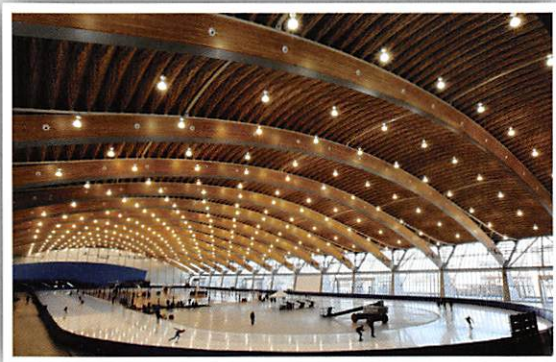


OLYMPIC VENUE

RICHMOND OLYMPIC OVAL

The Richmond Olympic Oval is home to the long track speedskating events and was built keeping sustainability in mind. The Oval's ceiling is made of wood salvaged from a pine-beetle infestation in British Columbia. At 100m by 200m, the beautiful ceiling is a showcase of the Oval. Additionally, a rainwater recapture system and waste heat reuse keeps energy costs down.

- The Richmond Olympic Oval will seat 8,000 fans and be the home to 12 medal events.
- The main anti-doping lab will be housed at the Oval.
- The venue sports an indoor rowing tank and rowing machine, a spin cycling studio and two group fitness studios.
- Four jetliners could park wingtip to wingtip on the Oval's main floor.
- There are more than 2,000 stone columns underneath the Richmond Olympic Oval.



RICHMOND OVAL SPECIFICATIONS:

Broadcast commentator positions:	200
Seated press positions:	200
Seating capacity:	8,000
Size of the Richmond Olympic Oval:	33,750 square meters
Meters of pine-beetle damaged lumber:	304,800 meters
Amount of concrete used to build the Oval:	335, 280 cubic meters (1,100,000 cubic feet)
Steel rebar needed to construct the Oval:	5,600,000 kilograms



OLYMPIC HISTORY

It was at the first Olympic Winter Games in **1924** when U.S. speedskaters started **winning gold medals**. Charles Jewtraw became the first man in the world to win a gold medal during the Games, and the tradition has continued. Irving Jaffee, Jack Shea, Ken Henry, Terry McDermott, Anne Henning, Dianne Holum, Peter Mueller, Sheila Young, Eric Heiden, Bonnie Blair, Cathy Turner, Dan Jansen, Casey FitzRandolph, Derek Parra, Chris Witty, Apolo Anton Ohno, Joey Cheek, Chad Hedrick and Shani Davis have each contributed to the gold medal count for the United States. In fact, of the 75 Olympic Games medals won, 32 of those are gold!

The 2010 Olympic Winter Games will celebrate the 50-year anniversary of ladies being allowed to compete in long track speedskating during the Games. In 1960, at Squaw Valley, California, Jeanne Ashworth, Beverly Buhr, Cornelia Harrington, Barbara Lockhart, Kathleen Mulholland and Jeanne Omelenchuk became the first U.S. ladies long track team to skate at the Olympics. Ashworth skated to a bronze medal in the 500m during those Games.

The next generation of skaters are **READY** to take their place on the Olympic podium. Under the direction of **head coaches Ryan Shimabukuro, Derek Parra and Jae Su Chun**, the Olympic teams are **SET** and have been training and preparing for their chance to shine on the world stage.

Heiden and Blair hold the record for most **GOLD** medals won at the Olympic Games (5 each) so the bar is set high for the upcoming skaters. No matter the outcome, the 2010 Olympic Winter Games should provide heart-stopping excitement as the **U.S. athletes blaze new trails, creating their own Olympic Games history.**

Favorite Olympic Memories



“I was lucky enough to attend the 2002 Olympics in Salt Lake City. I had never heard of short track speedskating, but came by some free tickets. I thought it was one of the most exciting sports I had ever seen, and was watching live when Stephen Bradbury won his improbable 1000m gold medal. And while it took me four more years to try it, that thrill from the 2002 Olympics started my own obsession with speedskating”

—*Tod Shannon and son Niall*



“My favorite Olympic memory is the 1994 Olympics in Lillehammer. Six years earlier in Calgary, on the day he was to compete, Dan Jansen’s sister, Jane, died from leukemia. But it was not to be for Jansen in 1988, nor in the 1992. Jansen had one more shot in Lillehammer—the 1000m. Jansen not only won his race but set a new world record. And then came the victory lap. There in his arms Jansen carried his baby daughter, who he had named Jane after his older sister.”

—*Martha Breidenthal—Houston, TX*



“The late Eddie Rudolph and I were training in Colorado Springs. My girlfriend gave me a pair of lightweight black pantyhose that were great for skating. Eddie wanted a pair, so we went downtown to a women’s clothing shop. The salesgirl approached and Eddie said he needed a pair of black pantyhose for his girlfriend. The salesgirl asked what size he needed. Eddie hesitated, then said, ‘Well, she’s about my size—6’2” and 180 pounds.’”

—*Olympian Floyd Bedbury*



“My favorite Olympics moment was when Dan Jansen slipped the last time before he got his gold and a reporter hounded his coach Peter Mueller and asked if the ice was slippery. Pete replied, ‘Ice is always slippery,’ and walked away.”

—*Katherine Reutter—2010 Short Track Olympian*

RANEY'S RECIPES

By Catherine Raney Norman, Four-time Olympian



YETI'S TWO PAWS UP PUPPY CAKE!

MAKES 1-2 RUFF SERVINGS

As many of you know I am the proud owner of (in my opinion) the best dog in the world...YETI Norman. This January, Yeti hit a milestone--he is 10 years old. While the vet may classify him as a senior dog, I know he is still all puppy. He is the best interval running partner I have ever had, and not too shabby when it comes to low walks! I know that many of my fellow speedskaters are dog lovers too and hope they will share this recipe with their furry friends!

- 1 cup flour
- 1 cup shredded carrots
- 1 tsp baking soda
- 1 tsp. vanilla
- 1/4 cup peanut butter
- 1/3 cup honey
- 1/4 cup vegetable oil
- 1 egg

Mix flour and baking soda.

Add remaining ingredients.

Pour into greased 8" round cake pan and **bake** at 350° for 30 minutes.

Let cool. **Puree** cottage cheese in blender for icing. **Decorate** with more peanut butter and carrots.

****DO NOT UNDER ANY CIRCUMSTANCES GIVE YOUR DOG CHOCOLATE AS IT IS FATAL FOR DOGS TO INGEST! 🐾

2010 WORLD JUNIORS

2010 U.S. Junior Short Track Champions earned a trip to Chinese Taipei for the 2010 World Junior Short Track Championships. Representing Team USA on January 8-9 was 2009 Junior World Team member Mary Grace with Morgan Izykowski, Petra Acker and Sarah Chen.

For the men, 2009 Junior World Team member Robert Lawrence was the veteran joined by three skaters from the Pittsburgh Speedskating Club—Julian Wood, Cole Krueger and John-Henry Krueger.

At the end of the WJST Championships, Cole Krueger was ranked 10th overall, followed by Lawrence in 11th and Wood in 38th. For the ladies, Izykowski took the 19th place spot, with Grace in 25th and Acker in 32nd. 🏇



2010 ASU Foundation Scholarship Application

The ASU Foundation Board and Scholarship Committee is pleased to announce the acceptance of applications for the 2010 ASU Foundation Scholarships. The purpose of the ASU Foundation Scholarship Fund is to award educational scholarships to USS members who participate in the sport. The scholarship will help members continue their education as they participate in speedskating competitions, or if they are coaching, assisting a coach or assisting a local club or association. Several \$1000 scholarships are awarded annually to be used for the recipient's educational endeavors.

The ASU Foundation Scholarships are awarded annually to recognize those individuals who best exemplify the qualities of sport and academics. The Scholarship Committee is made up of five voting members from across the country. The female receiving the highest ranking is recognized with the Blatchford Scholarship in honor of the late Carol Blatchford an aspiring young speed skater who tragically died in an automobile accident in the late 60s. The male receiving the highest ranking is recognized with the Gutgesell Scholarship in honor of the late Howard Gutgesell who was a loyal contributor to the ASU Foundation from its inception.

Applications and support documents are to be sent electronically or postmarked on or before February 28, 2010 to Phil Bedford, ASU Scholarship Chair, 12130 Spruce St., Thornton, Colorado 80602, pobedford@aol.com.

APPLICANT: Complete all sections of this application. Use NA in sections that don't apply to you. Mail the completed application, letters of recommendation and transcripts to ASU Foundation Scholarship Committee, 12130 Spruce St., Thornton, Colorado 80602. Applications and all support documents must be sent electronically or post marked on or before February 28, 2010.

QUESTIONS: E-mail, Phil Bedford, Chair, ASU Foundation Scholarship Committee, E-mail pobedford@aol.com

1. PERSONAL

Name _____ Age _____ Date of Birth _____
Address _____
Number Street City State Zip
Phone _____ E-Mail _____

2. SPEED SKATING HISTORY

Year first registered with USSpeedskating _____
Current Association, Club or Team _____
Speed Skating Experience, training camps, competitions attended and awards

3. EDUCATION

Name of Current School _____
Grade or Status _____
Other Schools Attended _____
Extra Curricular Activities & Awards _____

ATTACH ALL AVAILABLE TRANSCRIPTS

4. EDUCATIONAL GOALS

Name of University or School you plan to attend _____
Degree you plan to obtain _____
Career you plan to pursue _____

5. APPLICANTS STATEMENT

Attach a brief explanation, 500 words or less, of your personal goals, for life, and speed skating, school or community service, contributions to the sport and how an ASU Foundation Scholarship could help you.

6. LETTERS OF RECOMMENDATION

Enclose, or have sent, two letters of recommendation: one from someone other than a relative, such as your coach or a friend, who knows you and your speed skating and lifetime experiences, and another from one of your teachers.

IMPORTANT - The following criteria will be used to evaluate your application: Completeness of application, neatness of application, academic achievements, expressed need, letters of reference, quality of essay, school or community service, level of skating experience and contributions to the sport. All support documents and completed application must be sent electronically or postmarked on or before February 28, 2010.



BUILDING AN OLYMPIC FOUNDATION

By Nicole Detling Miller, PhD.



They didn't make the Olympic team overnight, but after years of hard work, dedication, and commitment.

The 2010 Olympic Winter Games are here. The best winter athletes from around the globe will compete for hard-won Olympic medals in Vancouver. These athletes have spent enormous amounts of time and effort to master their sport. They didn't make the Olympic team overnight, but after years of hard work, dedication, and commitment.

So how did they get to where they are now? It all starts with having a strong foundation through a personal philosophy. A personal philosophy, or creed, defines the "why" and "how" to guide you through your athletic involvement. It helps bring focus on the process rather than the outcome. These athletes have developed and lived by their foundational beliefs and philosophies.

Building a foundation is the first step to achieving athletic excellence. Consider the Olympic Creed as an example: *"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well"*. – Pierre de Coubertin (Olympic Games founder)

6 Hard work pays off in the long run — there are no shortcuts to success."

Here are a few other examples:

Hard work pays off in the long run — there are no shortcuts to success. This statement refers to the traditional value of working hard with delayed gratification. If it was easy, everyone would do it. Most athletes who have achieved high levels of success "arrived early and left late." They put their effort in and achieved success without taking any shortcuts. The United States Olympic Committee has a similar motto: "It's not every four years, it's every day."

Each day I will be a little better than the day before. Athletes who challenge themselves on a daily basis, rather than merely going through the motions, see self-improvement more rapidly. This

improvement quickly leads to success.


I will always be in the moment. Being mentally present at the time of athletic performance is extremely important. However, many athletes are thinking of past or future events rather than what they are doing at that particular time. "The past is history, the future is mystery, the present is a gift, that's why they call it the present." Whatever you are doing at the time (training, competing, homework, job, etc.) is the most important thing.

So, what is your philosophy of skating? Do you have a foundation for achieving athletic excellence?

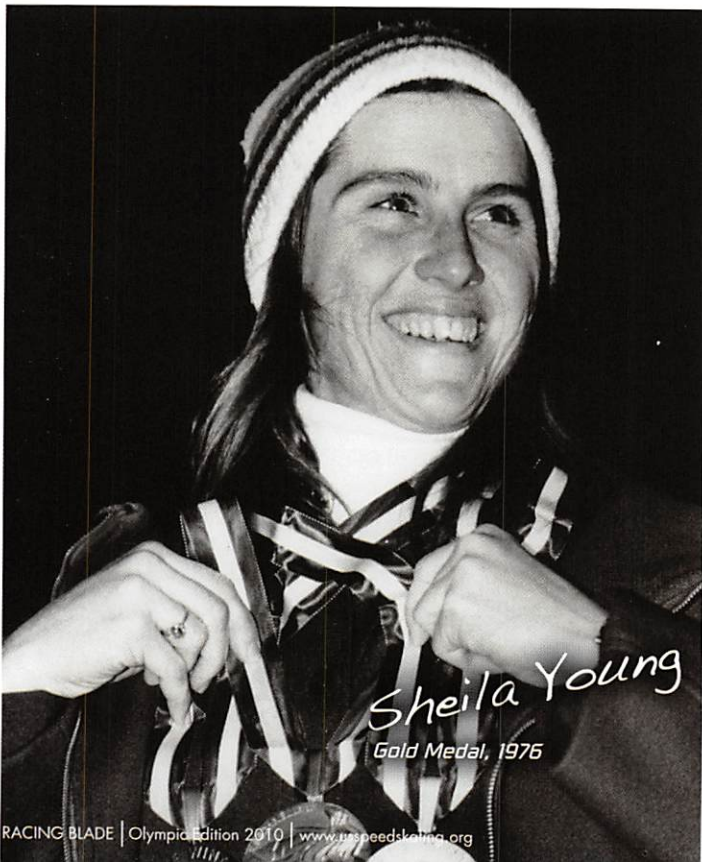
Athletes: Write down several statements that identify your philosophy toward your sport. These should be statements that provide personal meaning and understanding to your athletic performances.

Coaches: Your philosophy should include information that will guide you in your coaching decisions. Coaching is easy when your skaters are skating well, but it is also important to maintain your philosophy during the difficult times.

Parents: How you will support your child in their sport? Many parents have good intentions, yet take the pressure too far for their child to handle. Adhering to your philosophy will help you maintain the level of involvement and support that is best for your child (not necessarily for you).

It's one thing to know what you want; it's another to have a foundation that explains how you will get there. 

Nicole Detling Miller, PhD. Nicole is a sport psychology consultant and professor in the Exercise and Sport Science Department at the University of Utah. She has been working with US Speedskating since April 2008. Nicole.Miller@health.utah.edu





OLYMPIC REUNION DINNER

by Peri Kinder

With almost 40 Olympic athletes in attendance, the Pettit National Ice Center hosted a legacy dinner in Milwaukee, Wisconsin on October 23, 2009.




With almost 40 Olympic athletes in attendance, the Pettit National Ice Center hosted a legacy dinner in Milwaukee, Wisconsin on October 23, 2009 to benefit and celebrate PNIC's contribution to speedskating. First opened in 1992, the PNIC is one of only 12 indoor Olympic speedskating ovals in the world, and one of two in the United States.

PNIC directors organized the event to raise funds for much-needed repairs and upgrades at the facility. Randy Dean, PNIC Executive Director, was pleased with the turnout from speedskating Olympians and support from the community. The event marked the largest reunion for Olympic speedskaters ever.

"I think the Olympians were just ripe to attend something like this," Dean said. "I don't think it had been done before. We thought it was a good time to

do it with the improvements going on at the Pettit."

During the banquet that raised more than \$40,000 for the PNIC, many athletes spoke of their memories of the rink—before and after it became a covered oval. Five-time Olympic gold medalist Eric Heiden talked with fondness of the parental and community support as he was learning to skate. Olympic gold medalist Dan Jansen talked about his heroes in the sport and six-time Olympic medalist Bonnie Blair Cruikshank remembered the freezing temperatures at the rink before it was covered.

Each year the Pettit Center welcomes 500,000 visitors through its doors. The facility is also the home to the National Speed Skating Museum and Hall of Fame. 

»» THE COLBERT NATION

Stephen Colbert a fan, as well as supporter, of US Speedskating

By Tom Haraldsen



Stephen Colbert remembers it well—the first time he became a fan of speedskating. It was during the 1980 Winter Olympics in Lake Placid, where American Eric Heiden dazzled the world by winning five gold medals, one in every men’s speedskating event—a feat that has never been equaled.

So it wasn’t a surprise when Colbert, host of Comedy Central’s popular “The Colbert Report,” decided to pledge his support, and attach his name, to a fundraising effort for US Speedskating after DSB

bank filed for bankruptcy, leaving USS with a \$300,000 sponsorship hole to fill.

In stepped the Colbert Nation.

“We’d wanted to do something around the Winter Olympic Games, but we wanted it to be meaningful,” Colbert said in an interview for *Racing Blade*. “We’d been thinking about going to Vancouver and wondered if there was anything we could do to get involved. When one of our researchers told us that US Speedskating had lost a major sponsor, we felt it was right to step in.”

Colbert called Bob Crowley, USS executive director, telling him The Colbert Nation would serve as a sponsor and start a fundraising drive for the program.

“I got Bob on the phone, and God bless him, he agreed to work with us,” Colbert said. “I told him to trust us, that the focus would really be on speedskating.”

And it has been. Crowley, along with Olympic gold medalist Dan Jansen, appeared on Colbert’s show on Nov. 2, where they formally announced the sponsorship agreement. Immediately, the online donations began to pour in. In the first 24 hours, more than \$70,000 had been pledged by Colbert’s viewers. Within the first week, that amount grew to close to \$200,000. And it continues to grow.

Colbert’s efforts at raising money for good causes are nothing new. He helped with fundraisers for schools around the nation as well as schools at military bases all over the world. Colbert took his show to a military base in Iraq last fall for an entire week to support the troops. A Pennsylvania school campaign raised \$185K through the “Colbert bump,” as the mere mention of their needs elevated their visibility nationwide.

But \$200 grand in a week?

“I should never be surprised by the Colbert Nation,” Colbert said. “They always come through, but I’m always amazed how hard they play the game with my character on the show. I guess they realized that this is being done with a real spirit of trying to support these Olympic athletes, and wanted to make it work. I was hoping we’d get to the big numbers by the Olympics, and we’re almost there.”

Colbert can name almost every member of the USS program

who’s ever medaled, from Jansen to Bonnie Blair, Chad Hedrick to Jen Rodriguez, Shani Davis to Casey FitzRandolph. He had U.S. Short Track Champion Katherine Reutter as a guest on his show and he plans to do a few shows from Vancouver during the Games in February.

“I still come back to Eric Heiden, because his accomplishments were such a big deal,” Colbert remembers. “He was so dominant in his sport in 1980. Since then, I’ve followed speedskating, learning as much as I can, and I follow the World Cup events each weekend.”

Not only have his efforts elevated USS—it’s helped with the other Winter Games’ sports as well. Colbert’s character has mockingly tried out for bobsled, skeleton and curling teams. He came to the Utah Olympic Oval in December to try out for the long track team and ended up racing Davis. Sports Illustrated did a cover story on Colbert in December, praising him (and his nation) for their efforts to save USS.

“It’s all about the athletes,” he said, “and I’m glad The Colbert Nation has stepped forward to help.”



News from our Clubs and Associations

ALASKA SPEEDSKATING CLUB

Based in the Anchorage area, the Alaska Speedskating Club has had a growth year. For short track, the focus for this year on developing skaters heading to the Arctic Winter Games--a youth Olympic-style event for kids from northern territories and countries. The closest speedskating club to Anchorage is 705 miles away in Whitehorse, Yukon, and our club has developed close ties with the Yukoners. We usually do two trips a year to Whitehorse for camps. Driving time, one way, is about 13 hours, and although the ride is long, it is beautiful. One skater says they are the best part of the weekend. The Yukon also sends a team to Arctic Winter Games, so friendships developed over these weekends flourish at AWG.

Last winter was our first with our new long track speedskating oval. It is regulation size, three lanes wide, outdoors, unrefrigerated, and located in the heart of Anchorage in a beautiful new park. Skating at the oval has nice views of mountains in the distance and colorfully lighted office buildings. Ice maintenance has been very good, and the community as a whole has been using the oval for skating around the clock. Most long track skaters are masters, and it has been great to see new people showing up. A local store rents long track speedskates and is supporting a long track race series. Anchorage has a huge Nordic skiing community and many skiers have bought "Nordic skates" that clip on their ski boots, so they can skate for a change of pace. The last three years, we have had a speedskate-ski duathlon with about 4 km of each activity. This has been a great way to combine two fun sports and it increases the awareness of speedskating among the Nordic skiers. For more information see: www.alaskaspeedskating.com



Quinlan and Clair Fitzpatrick skate in Alaska

ROCHESTER SPEEDSKATING

The Rochester Speedskating Team's 2009-10 season got off to a great start, on and off the ice. October's Rochester International Speedskating Competition attracted more than 150 skaters from 10 states, Washington DC and Canada. RSST skaters have also participated in regional meets, American Cup races, Junior Nationals and several long track marathons.

Practice continues at ESL Sports Centre and Genesee Valley Ice Arena, with enthusiastic coaches who are also all competitors in the sport. Off the ice, skaters have laced up their running shoes and medaled in 5K and 10K road races.

RSST was invited by the City of Rochester to join the festivities for the lighting of downtown's Liberty Pole led by Mayor Robert Duffy. Members of the speedskating team paraded from the Liberty Pole to the Manhattan Square Park outdoor rink for music, skating and fireworks. RSST skaters, proudly carrying their team banner, were featured on several TV news broadcasts.




Kathy Feinberg (returning to speedskating after several decades) leads a group in a 40K race in Quebec in December.



A group of RSST members following a 5K and a Candy Cane run with Santa.

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Paula J Dahlberg


make-up artist / hair stylist

Specializing in television, movie, model and special occasion make up and hair. **Paula** is one of the Preferred stylists for the **US Speedskating Ladies team**. Paula can be contacted at Salon Keiji at 801-485-1110 or visit her on her website at www.paulajdahlberg.com



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2010 Olympic Speedskating Schedule

LONG TRACK

SATURDAY, FEBRUARY 13, 2010

12:00 - Speed Skating - Men's 5000 m—Medal Event
Shani Davis, Chad Hedrick, Trevor Marsicano

SUNDAY, FEBRUARY 14, 2010

13:00 - Speed Skating - Ladies' 3000 m—Medal Event
*Catherine Raney Norman, Jilleanne Rookard
Nancy Swider-Peltz, Jr.*

MONDAY, FEBRUARY 15, 2010

15:30 - Speed Skating - Men's 500 m Race 1 of 2
17:28 - Speed Skating - Men's 500 m Race 2 of 2—Medal Event
*Tucker Fredricks, Shani Davis
Nick Pearson, Mitch Whitmore*

TUESDAY, FEBRUARY 16, 2010

13:00 - Speed Skating - Ladies' 500 m Race 1 of 2
14:52 - Speed Skating - Ladies' 500 m Race 2 of 2—Medal Event
*Elli Ochowicz, Heather Richardson
Jen Rodriguez, Lauren Cholewinski*

WEDNESDAY, FEBRUARY 17, 2010

16:00 - Speed Skating - Men's 1000 m—Medal Event
*Shani Davis, Chad Hedrick
Trevor Marsicano, Nick Pearson*

THURSDAY, FEBRUARY 18, 2010

13:00 - Speed Skating - Ladies' 1000 m—Medal Event
*Jen Rodriguez, Heather Richardson
Elli Ochowicz, Rebekah Bradford*

SATURDAY, FEBRUARY 20, 2010

16:15 - Speed Skating - Men's 1500 m—Medal Event
*Shani Davis, Chad Hedrick
Trevor Marsicano, Brian Hansen*

SUNDAY, FEBRUARY 21, 2010

15:00 - Speed Skating - Ladies' 1500 m—Medal Event
*Jen Rodriguez, Jilleanne Rookard
Heather Richardson*

TUESDAY, FEBRUARY 23, 2010

11:00 - Speed Skating - Men's 10000 m—Medal Event
Ryan Bedford, Jonathan Kuck

WEDNESDAY, FEBRUARY 24, 2010

13:00 - Speed Skating - Ladies' 5000 m—Medal Event
Jilleanne Rookard, Maria Lamb

FRIDAY, FEBRUARY 26, 2010

12:30 - Speed Skating - Men's Team Pursuit Quarterfinals
13:20 - Speed Skating - Ladies' Team Pursuit Quarterfinals
*Chad Hedrick Jen Rodriguez
Trevor Marsicano Jilleanne Rookard
Brian Hansen Catherine Raney Norman
Jonathan Kuck Nancy Swider-Peltz, Jr.*

14:07 - Speed Skating - Men's Team Pursuit Semifinals

SATURDAY, FEBRUARY 27, 2010

12:30 - Speed Skating - Ladies' Team Pursuit Semifinals
12:51 - Speed Skating - Men's Team Pursuit Final D
12:57 - Speed Skating - Men's Team Pursuit Final C
13:13 - Speed Skating - Ladies' Team Pursuit Final D
13:19 - Speed Skating - Ladies' Team Pursuit Final C
13:49 - Speed Skating - Men's Team Pursuit Final B—Medal Event
13:55 - Speed Skating - Men's Team Pursuit Final A—Medal Event
14:12 - Speed Skating - Ladies' Team Pursuit Final B—Medal Event
14:17 - Speed Skating - Ladies' Team Pursuit Final A—Medal Event

SHORT TRACK

SATURDAY, FEBRUARY 13, 2010

17:00 - Short Track - Men's 1500 m Heats
Apolo Anton Ohno, J.R. Celski, Jordan Malone

17:45 - Short Track - Ladies' 500 m Heats
Alyson Dudek, Katherine Reutter

18:24 - Short Track - Men's 1500 m Semifinals

18:49 - Short Track - Ladies' 3000 m Relay Semifinals
*Katherine Reutter, Alyson Dudek
Kimberly Derrick, Allison Baver, Lana Gehring*

19:18 - Short Track - Men's 1500 m Finals—Medal Event

WEDNESDAY, FEBRUARY 17, 2010

17:00 - Short Track - Ladies' 500 m Quarterfinals

17:27 - Short Track - Men's 1000 m Heats
Apolo Anton Ohno, Travis Jayner, J.R. Celski

18:14 - Short Track - Ladies' 500 m Semifinals

18:35 - Short Track - Men's 5000 m Relay Semifinals
*Apolo Anton Ohno, Travis Jayner
J.R. Celski, Jordan Malone, Simon Cho*

19:07 - Short Track - Ladies' 500 m Finals—Medal Event

SATURDAY, FEBRUARY 20, 2010

17:45 - Short Track - Ladies' 1500 m Heats
Katherine Reutter, Allison Baver, Kimberly Derrick

18:29 - Short Track - Men's 1000 m Quarterfinals

18:59 - Short Track - Ladies' 1500 m Semifinals

19:28 - Short Track - Men's 1000 m Semifinals

19:51 - Short Track - Ladies' 1500 m Finals—Medal Event

20:05 - Short Track - Men's 1000 m Finals—Medal Event

WEDNESDAY, FEBRUARY 24, 2010

17:00 - Short Track - Ladies' 1000 m Heats

Katherine Reutter, Kimberly Derrick, Allison Baver

17:47 - Short Track - Men's 500 m Heats

Apolo Anton Ohno, Jordan Malone, Simon Cho

18:26 - Short Track - Ladies' 3000 m Relay Finals—Medal Event

FRIDAY, FEBRUARY 26, 2010

18:00 - Short Track - Men's 500 m Quarterfinals

18:14 - Short Track - Ladies' 1000 m Quarterfinals

18:45 - Short Track - Men's 500 m Semifinals

18:53 - Short Track - Ladies' 1000 m Semifinals

19:16 - Short Track - Men's 500 m Finals—Medal Event

19:26 - Short Track - Ladies' 1000 m Finals—Medal Event

19:52 - Short Track - Men's 5000 m Relay Finals—Medal Event