

Short track speed skating is more well-known across the province as it can be done in most community arenas. However, Speed Skate New Brunswick is also committed to delivering opportunities in long track speed skating. Our skaters have not gone unnoticed at the national level, with many of our athletes on the podium over the years!

The basic skills and technique are similar to short track, so many speed skaters can enjoy both sports! Unlike short track, long track is done on a 400m oval (similar to a running track), so each lap is 400m. Skaters of all ages can enjoy the sport as athletes are, for the majority, skating on their own with less risk of colliding with others. Unfortunately, there are no ovals in the province. Therefore travel is required to access such facilities to train or compete.

There are two ovals within driving distance:

- Halifax, Nova Scotia (outdoor oval)
- Ste-Foy, Quebec (new indoor oval)

In accordance with the other provinces, SSNB has athletes of all ages attending practices, training camps and competitions every year. We organize coached practices and training camps throughout the season at the two nearest facilities to help our New Brunswick athletes reach their full potential!

Some equipment needed for those interested in trying long track:

- Fixed LT blades (suitable for beginners) OR LT clap blades
 - Can switch out ST blades; no need to buy another pair of boots
- Cut resistant under suit and skin suit
- Helmet
- Knee pads and shin pads
- Ankle guards
- Eye protection (ST glasses)
- Skating gloves and warm gloves (outdoor oval)
- Sunglasses (outdoor oval)
- Warm layers (outdoor oval)

For more information or questions, please get in touch with Morgan Haslett (morgan.haslett@gmail.com).