Speed skating an ice sport for men and women

In the latter in the 16th century, people actually started to look at skating as a fun and as a sports activity. In the late 16th century a Scotsman designed a unique skate having iron blades.

It was this design of the iron bladed skates that eventually made skating and speed skating popular. The Skating Club of Edinburg, the first officially recorded skating club was born in 1642. By 1763 the world witnessed the first officially held speed skating race. It was found out that these skates were made from the bones of the animals. The bones of cows and horses were frequently used.

Further examination of the skates revealed that it was polished from one side and contained a hole on the other. The hole was used to tie the skates to the feet of the skater. Almost all the early speed skates contained a blade that was affixed to the skater’s foot. After the invention of metal blades it was attached to a wooden platform that was affixed to the skater’s foot.

The requirement of the goggles is not necessary but it is worn by some skaters. It is used to safeguard their eyes from the ice chips and air current. The goggles are anti-glare and also it helps in the improvement of visibility. Depending on the individual heats, it begins with 32 athletes competing with each other, four to six skaters at a time in a mass start.

The skating is done by the athletes in counter clockwise direction. The first two athletes to cross the finishing line moves forward to the next round of the event. The relay competition of the men and women short track is held over a period of two days. At Albertville Winter Games in 1992, it was

upgraded as a full medal status and its been an important part of the Games since then.

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Heats are then taken place. The two top teams of the semi-final event moves forward to the final.