

2019/2020 Japan Cup Speed Skating Competition, Ena
Time Schedule : Schedule with all Reserve

Category	Division	Distance	Number of skaters	Series x time	Time		Planning	
				n x min.	compet.	iceprepar.	start	end
Day 1								
Fri. December, 06, 2019							as of Nov. 29, 2018	
Ice Training					60		7:30	8:30
Ice Preparation, All						30	8:30	9:00
Opening Ceremony					10		8:40	8:50
Ladies	A	Div.A500m	27	14 p x 1.50	25		9:00	9:25
Ice Preparation		Prize giving - 500m Ladies				15		
Men	B	Div.B500m	10	5 p x 1.45	8		9:40	9:48
change system						4		
Men	A	Div.A3000m	7	2 q x 5.30	11		9:52	10:03
Training		Prize giving - 3000m Men			30		10:03	10:33
Ice Training					60		15:30	16:30
Ice Preparation, All						30		
Men	A	Div.A500m	20	10 p x 1.45	17		17:00	17:17
Ice Preparation		Prize giving - 500m Men				15		
Ladies	A	Div.A3000m	21	3 q x 5.45	17		17:35	17:52
Ice Preparation		Prize giving - 500m Ladies				15		
Ladies	A	Div.A3000m		3 q x 5.45	17		18:10	18:27
Warm up for MSR				1 x 10.00	10		18:27	18:37
Ice Preparation, All						20		
Men		MSR(SF)	26	2 h x 13.00	26		18:57	19:23
Training		Prize giving - 3000m Ladies			30		19:24	19:54

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Day 2		Sat. December, 07, 2019				as of Nov. 29, 2018			
Ice Training					60		7:30	8:30	
Ice Preparation, All						30	8:30	9:00	
Ladies	B	Div.B1000m	11	3 q x 3.00	9		9:00	9:09	
change category						1			
Men	B	Div.B1000m	18	5 q x 2.50	14		9:10	9:24	
Ice Preparation						15			
Men	B	Div.B5000m	11	3 q x 8.30	25		9:39	10:04	
Training					30		10:04	10:34	
Ice Training					60		15:30	16:30	
Ice Preparation, All						30			
Ladies	A	Div.A1000m	20	5 q x 3.00	15		17:00	17:15	
Ice Preparation		Prize giving - 1000m Ladies				15			
Men	A	Div.A1000m	20	5 q x 2.50	14		17:35	17:49	
Ice Preparation		Prize giving - 1000m Men				15			
Men	A	Div.A5000m	16	2 q x 8.30	17		18:10	18:27	
Ice Preparation						15			
Men	A	Div.A5000m		2 q x 8.30	17		18:45	19:02	
Training		Prize giving - 5000m Men				30		19:02	19:32

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				n x min.	compet.	iceprepar.	start	end	
Day 3		Sun. December, 08, 2019			as of Nov. 29, 2018				
Ice Training					60		7:00	8:00	
Ice Preparation, All						30	8:00	8:30	
Ladies	B	Div.B1500m	9	3 q x 3.40	11		8:30	8:41	
change category						1			
Men	B	Div.B1500m	12	3 q x 3.25	10		8:42	8:52	
Ice Preparation						15			
Ladies	A	Div.A1500m	20	5 q x 3.40	18		9:07	9:25	
Ice Preparation		Prize giving - 1500m Ladies				15			
Men	A	Div.A1500m	20	5 q x 3.25	17		9:42	9:59	
Warm up for MSR		Prize giving - 1500m Men		1 x 10.00	10		9:59	10:09	
Ice Preparation, All						20			
Ladies		MSR	13	1 h x 15.00	15		10:49	11:04	
change category						5			
Men		MSR	16	1 h x 15.00	15		11:09	11:24	
		Prize giving - MSR L&M							