

## All Japan Selected Speed Skating Competition(Provisional)

**Day 1**

as of 9 Nov. 2022

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 30'00	30'00		<b>7:30</b>	<b>8:00</b>
Ice preparation						15'00	<b>8:00</b>	<b>8:15</b>
Warm up				1 x 25'00	25'00		<b>8:15</b>	<b>8:40</b>
Ice preparation						20'00	<b>8:40</b>	<b>9:00</b>
<b>Women</b>		500m	31	16 p x 02'00	32'00		<b>9:00</b>	<b>9:32</b>
Ice preparation (race lanes)		(Flower giving - W500m)				18'00	<b>9:32</b>	<b>9:50</b>
<b>Men</b>		500m	41	21 p x 02'00	42'00		<b>9:50</b>	<b>10:32</b>
Warm up		(Flower giving - M500m)		1 x 30'00	30'00		<b>10:32</b>	<b>11:02</b>
Ice preparation						20'00	<b>11:02</b>	<b>11:22</b>
<b>Women</b>		3000m	40	5 q x 06'00	30'00		<b>11:22</b>	<b>11:52</b>
Ice preparation (race lanes)						15'00	<b>11:52</b>	<b>12:07</b>
<b>Women</b>		3000m		5 q x 06'00	30'00		<b>12:07</b>	<b>12:37</b>
System Change						02'00	<b>12:37</b>	<b>12:39</b>
<b>Men</b>		5000m	44	1 q x 08'30	09'00		<b>12:39</b>	<b>12:48</b>
Ice preparation		(Flower giving - W3000m)				18'00	<b>12:48</b>	<b>13:06</b>
<b>Men</b>		5000m		5 q x 08'30	43'00		<b>13:06</b>	<b>13:49</b>
Ice preparation (race lanes)						15'00	<b>13:49</b>	<b>14:04</b>
<b>Men</b>		5000m		5 q x 08'30	43'00		<b>14:04</b>	<b>14:47</b>
		(Flower giving - M5000m)				03'00	<b>14:47</b>	<b>14:50</b>
Ice training				1 x 30'00	30'00		<b>14:50</b>	<b>15:20</b>
<b>SCHEDULE WITH ALL RESERVED</b>								

Signature Referee Women:

Signature Referee Men:

## All Japan Selected Speed Skating Competition(Provisional)

**Day 2**

as of 9 Nov. 2022

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 30'00	30'00		<b>7:30</b>	<b>8:00</b>
Ice preparation						15'00	<b>8:00</b>	<b>8:15</b>
Warm up				1 x 25'00	25'00		<b>8:15</b>	<b>8:40</b>
Ice preparation						20'00	<b>8:40</b>	<b>9:00</b>
<b>Men</b>		3000m	10	3 q x 06'00	18'00		<b>9:00</b>	<b>9:18</b>
Ice preparation (race lanes)		(Flower giving - M3000m)				18'00	<b>9:18</b>	<b>9:36</b>
<b>Women</b>		1000m	49	13 q x 03'15	42'00		<b>9:36</b>	<b>10:18</b>
Ice preparation		(Flower giving - W1000m)				18'00	<b>10:18</b>	<b>10:36</b>
<b>Men</b>		1000m	55	14 q x 03'00	42'00		<b>10:36</b>	<b>11:18</b>
Warm up		(Flower giving - M1000m)		1 x 30'00	30'00		<b>11:18</b>	<b>11:48</b>
Ice preparation						20'00	<b>11:48</b>	<b>12:08</b>
<b>Women</b>		5000m	11	3 q x 09'20	28'00		<b>12:08</b>	<b>12:36</b>
Ice preparation (race lanes)		(Flower giving - W5000m)				18'00	<b>12:36</b>	<b>12:54</b>
<b>Men</b>		10000m	21	3 q x 16'00	48'00		<b>12:54</b>	<b>13:42</b>
Ice preparation (race lanes)						15'00	<b>13:42</b>	<b>13:57</b>
<b>Men</b>		10000m		3 q x 16'00	48'00		<b>13:57</b>	<b>14:45</b>
		(Flower giving - M10000m)				03'00	<b>14:45</b>	<b>14:48</b>
Ice training				1 x 30'00	30'00		<b>14:48</b>	<b>15:18</b>
<b>SCHEDULE WITH ALL RESERVED</b>								

Signature Referee Women:

Signature Referee Men:

## All Japan Selected Speed Skating Competition(Provisional)

**Day 3**

as of 9 Nov. 2022

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 30'00	30'00		<b>7:30</b>	<b>8:00</b>
Ice preparation						15'00	<b>8:00</b>	<b>8:15</b>
Warm up				1 x 25'00	25'00		<b>8:15</b>	<b>8:40</b>
Ice preparation						20'00	<b>8:40</b>	<b>9:00</b>
<b>Women</b>		1500m	44	11 q x 03'45	41'00		<b>9:00</b>	<b>9:41</b>
Ice preparation (race lanes)		(Flower giving - W1500m)				18'00	<b>9:41</b>	<b>9:59</b>
<b>Men</b>		1500m	48	12 q x 03'30	42'00		<b>9:59</b>	<b>10:41</b>
Warm up (for MS)		(Flower giving - M1500m)		1 x 10'00	10'00		<b>10:41</b>	<b>10:51</b>
Ice preparation						20'00	<b>10:51</b>	<b>11:11</b>
<b>Women</b>		MS	19	1 H x 15'00	15'00		<b>11:11</b>	<b>11:26</b>
Change system						15'00	<b>11:26</b>	<b>11:41</b>
<b>Men</b>		MS	20	1 H x 15'00	15'00		<b>11:41</b>	<b>11:56</b>
		(Flower giving - MS)						
<b>SCHEDULE WITH ALL RESERVED</b>								

Signature Referee Women:

Signature Referee Men: