

2022/2023 All Japan Selected Speed Skating Competition

Day 1

as of 27 November 2022

| Category | Div. | Distance | Number of skaters | Series x time | Time | | Planning | |
|-----------------------------------|------|-------------------------|-------------------|---------------|---------|------------|--------------|--------------|
| | | | | | compet. | iceprepar. | start | end |
| Ice training | | | | 1 x 30'00 | 30'00 | | 7:30 | 8:00 |
| Ice preparation | | | | | | 15'00 | 8:00 | 8:15 |
| Warm up (for race) | | | | 1 x 25'00 | 25'00 | | 8:15 | 8:40 |
| Ice preparation | | | | | | 20'00 | 8:40 | 9:00 |
| Women | JS | 500m | 16 | 8 p x 02'10 | 17'00 | | 9:00 | 9:17 |
| Ice preparation (race lanes) | | | | | | 15'00 | 9:17 | 9:32 |
| Men | JS | 500m | 24 | 12 p x 02'10 | 26'00 | | 9:32 | 9:58 |
| | | | | | | 15'00 | 9:58 | 10:13 |
| | | (Flower giving - 500m) | | 1 x 15'00 | 15'00 | | 10:13 | 10:28 |
| Warm up (for race) | | | | 1 x 60'00 | 60'00 | | 15:30 | 16:30 |
| Ice preparation | | | | | | 30'00 | 16:30 | 17:00 |
| Women | JS | 3000m | 20 | 3 q x 06'00 | 18'00 | | 17:00 | 17:18 |
| Ice preparation (race lanes) | | | | | | 15'00 | 17:18 | 17:33 |
| Women | JS | 3000m | | 2 q x 06'00 | 12'00 | | 17:33 | 17:45 |
| Ice preparation (race lanes) | | | | | | 15'00 | 17:45 | 18:00 |
| Men | JS | 5000m | 28 | 4 q x 08'30 | 34'00 | | 18:00 | 18:34 |
| Ice preparation (race lanes) | | (Flower giving - 3000m) | | | | 15'00 | 18:34 | 18:49 |
| Men | JS | 5000m | | 3 q x 08'30 | 26'00 | | 18:49 | 19:15 |
| Ice training | | (Flower giving - 5000m) | | 1 x 30'00 | 30'00 | | 19:15 | 19:45 |
| SCHEDULE WITH ALL RESERVED | | | | | | | | |

Signature Referee Women:

Signature Referee Men:

2022/2023 All Japan Selected Speed Skating Competition

Day 2

as of 27 November 2022

| Category | Div. | Distance | Number of skaters | Series x time | Time | | Planning | |
|-----------------------------------|------|-------------------------------|-------------------|---------------|---------|------------|--------------|--------------|
| | | | | | compet. | iceprepar. | start | end |
| Ice training | | | | 1 x 30'00 | 30'00 | | 7:30 | 8:00 |
| Ice preparation | | | | | | 15'00 | 8:00 | 8:15 |
| Warm up (for race) | | | | 1 x 25'00 | 25'00 | | 8:15 | 8:40 |
| Ice preparation | | | | | | 20'00 | 8:40 | 9:00 |
| Wemen | JS | 1000m | 23 | 6 q x 03'10 | 19'00 | | 9:00 | 9:19 |
| Ice preparation (race lanes) | | | | | | 15'00 | 9:19 | 9:34 |
| Men | JS | 1000m | 36 | 5 q x 03'00 | 15'00 | | 9:34 | 9:49 |
| Ice preparation (race lanes) | | | | | | 15'00 | 9:49 | 10:04 |
| Men | JS | 1000m | | 4 q x 03'00 | 12'00 | | 10:04 | 10:16 |
| Ice preparation (race lanes) | | | | | | 15'00 | 10:16 | 10:31 |
| Men | JS | 3000m | 14 | 4 q x 05'30 | 22'00 | | 10:31 | 10:53 |
| | | | | | | 15'00 | 10:53 | 11:08 |
| | | (Flower giving - 1000m 3000m) | | 1 x 30'00 | 30'00 | | 11:08 | 11:38 |
| Warm up (for race) | | | | 1 x 60'00 | 60'00 | | 15:30 | 16:30 |
| Ice preparation | | | | | | 30'00 | 16:30 | 17:00 |
| Women | JS | 5000m | 9 | 3 q x 09'00 | 27'00 | | 17:00 | 17:27 |
| Ice preparation(race lanes) | | | | | | 15'00 | 17:27 | 17:42 |
| Men | JS | 10000m | 11 | 2 q x 16'30 | 33'00 | | 17:42 | 18:15 |
| Ice preparation(race lanes) | | (Flower giving - 5000m) | | | | 15'00 | 18:15 | 18:30 |
| Men | JS | 10000m | | 1 q x 16'30 | 17'00 | | 18:30 | 18:47 |
| Ice training | | (Flower giving - 10000m) | | 1 x 30'00 | 30'00 | | 18:47 | 19:17 |
| SCHEDULE WITH ALL RESERVED | | | | | | | | |

Signature Referee Women:

Signature Referee Men:

2022/2023 All Japan Selected Speed Skating Competition

Day 3

as of 27 November 2022

| Category | Div. | Distance | Number of skaters | Series x time | Time | Planning | | |
|-----------------------------------|------|------------------------------------|-------------------|---------------|---------|------------|--------------|--------------|
| | | | | | compet. | iceprepar. | start | end |
| Ice training | | | | 1 x 30'00 | 30'00 | | 7:30 | 8:00 |
| Ice preparation | | | | | | 15'00 | 8:00 | 8:15 |
| Warm up (for race) | | | | 1 x 25'00 | 25'00 | | 8:15 | 8:40 |
| Ice preparation | | | | | | 20'00 | 8:40 | 9:00 |
| Women | JS | 1500m | 25 | 4 q x 04'00 | 16'00 | | 9:00 | 9:16 |
| Ice preparation (race lanes) | | | | | | 12'00 | 9:16 | 9:28 |
| Women | JS | 1500m | | 3 q x 04'00 | 12'00 | | 9:28 | 9:40 |
| Ice preparation (race lanes) | | | | | | 12'00 | 9:40 | 9:52 |
| Men | JS | 1500m | 30 | 4 q x 03'45 | 15'00 | | 9:52 | 10:07 |
| Ice preparation (race lanes) | | | | | | 12'00 | 10:07 | 10:19 |
| Men | JS | 1500m | | 4 q x 03'45 | 15'00 | | 10:19 | 10:34 |
| | | | | | | 06'00 | 10:34 | 10:40 |
| Warm up (for MSR) | | | | 1 x 10'00 | 10'00 | | 10:40 | 10:50 |
| Ice preparation | | | | | | 20'00 | 10:50 | 11:10 |
| Women | JS | Mass start | 11 | 1 h x 10'00 | 10'00 | | 11:10 | 11:20 |
| | | | | | | 15'00 | 11:20 | 11:35 |
| Men | JS | Mass start | 20 | 1 h x 10'00 | 10'00 | | 11:35 | 11:45 |
| | | | | | | 15'00 | 11:45 | 12:00 |
| | | (Flower giving - 1500m Mass start) | | | | 30'00 | 12:00 | 12:30 |
| SCHEDULE WITH ALL RESERVED | | | | | | | | |

Signature Referee Women:

Signature Referee Men: