

The 26th All Japan Speed Skating Single Distances Championships

Day 1

as of 24 Oct. 2019

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 45'00	45'00		8:32	9:17
Ice preparation						20'00	9:17	9:37
Ice training				1 x 45'00	45'00		9:37	10:22
Ice preparation						20'00	10:22	10:42
Ladies	Jr	500m	17	9 p x 01'45	16'00		10:42	10:58
<i>Change system</i>						02'00	10:58	11:00
Men	Jr	500m	16	8 p x 01'45	14'00		11:00	11:14
Ice preparation (race lanes)						12'00	11:14	11:26
Ladies	Jr	3000m	13	4 q x 06'00	24'00		11:26	11:50
Warm up (for SD)		(Opening Ceremony)		1 x 40'00	40'00		11:50	12:30
Ice preparation						20'00	12:30	12:50
Ladies	SD	500m	20	10 p x 02'10	22'00		12:50	13:12
Ice preparation (race lanes)						12'00	13:12	13:24
Men	SD	500m	25	13 p x 02'10	28'00		13:24	13:52
Ice preparation		(Flower giving - 500m)				20'00	13:52	14:12
Ladies	SD	3000m	22	6 p x 05'30	33'00		14:12	14:45
Ice preparation (race lanes)						12'00	14:45	14:57
Ladies	SD	3000m		5 p x 05'30	28'00		14:57	15:25
Ice preparation		(Flower giving - 3000m)				20'00	15:25	15:45
Men	SD	5000m	24	4 p x 08'00	32'00		15:45	16:17
Ice preparation (race lanes)						12'00	16:17	16:29
Men	SD	5000m		4 p x 08'00	32'00		16:29	17:01
Ice preparation (race lanes)						12'00	17:01	17:13
Men	SD	5000m		4 p x 08'00	32'00		17:13	17:45
						03'00	17:45	17:48
Ice training		(Flower giving - 5000m)		1 30'00	30'00		17:48	18:18

SCHEDULE WITH ALL RESERVED

Signature Referee Ladies:

Signature Referee Men: