

## The 26th All Japan Speed Skating Single Distances Championships

**Day 3**

as of 26 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		<b>7:05</b>	<b>7:50</b>
Ice preparation						16'00	<b>7:50</b>	<b>8:06</b>
Ice training				1 x 45'00	45'00		<b>8:06</b>	<b>8:51</b>
Ice preparation						20'00	<b>8:51</b>	<b>9:11</b>
<b>Ladies</b>	Jr	1500m	20	5 q x 03'45	19'00		<b>9:11</b>	<b>9:30</b>
<i>Change system</i>						02'00	<b>9:30</b>	<b>9:32</b>
<b>Men</b>	Jr	1500m	19	5 q x 03'30	18'00		<b>9:32</b>	<b>9:50</b>
Ice preparation						20'00	<b>9:50</b>	<b>10:10</b>
<b>Ladies</b>	SD	1500m	26	9 p x 03'15	29'00		<b>10:10</b>	<b>10:39</b>
Ice preparation						12'00	<b>10:39</b>	<b>10:51</b>
<b>Ladies</b>	SD	1500m		4 p x 03'15	13'00		<b>10:51</b>	<b>11:04</b>
<i>Change system</i>						02'00	<b>11:04</b>	<b>11:06</b>
<b>Men</b>	SD	1500m	28	5 p x 03'00	15'00		<b>11:06</b>	<b>11:21</b>
Ice preparation						12'00	<b>11:21</b>	<b>11:33</b>
<b>Men</b>	SD	1500m		9 p x 03'00	27'00		<b>11:33</b>	<b>12:00</b>
Warm up (for Long distances)		(Flower giving - 1500m)		1 x 30'00	30'00		<b>12:00</b>	<b>12:30</b>
Ice preparation						18'00	<b>12:30</b>	<b>12:48</b>
<b>Ladies</b>	SD	5000m	11	3 p x 08'30	26'00		<b>12:48</b>	<b>13:14</b>
Ice preparation (race lanes)						12'00	<b>13:14</b>	<b>13:26</b>
<b>Ladies</b>	SD	5000m		3 p x 08'30	26'00		<b>13:26</b>	<b>13:52</b>
Ice preparation		(Flower giving - 5000m)				20'00	<b>13:52</b>	<b>14:12</b>
<b>Men</b>	SD	10000m	11	2 p x 14'30	29'00		<b>14:12</b>	<b>14:41</b>
Ice preparation (race lanes)						12'00	<b>14:41</b>	<b>14:53</b>
<b>Men</b>	SD	10000m		2 p x 14'30	29'00		<b>14:53</b>	<b>15:22</b>
Ice preparation (race lanes)						12'00	<b>15:22</b>	<b>15:34</b>
<b>Men</b>	SD	10000m		2 p x 14'30	29'00		<b>15:34</b>	<b>16:03</b>
						05'00	<b>16:03</b>	<b>16:08</b>
		(Flower giving - 10000m)				05'00	<b>16:08</b>	<b>16:13</b>
<b>SCHEDULE WITH ALL RESERVED</b>								

Signature Referee Ladies:

Signature Referee Men: