

The 87th All Japan Speed Skating Championships

Day 4

as of Dec.28, 2019

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 40'00	40'00		9:40	10:20
Ice preparation						15'00	10:20	10:35
Ice training				1 x 40'00	40'00		10:35	11:15
Ice preparation						15'00	11:15	11:30
Warm-up (for Day 4)				1 x 40'00	40'00		11:30	12:10
Ice preparation						20'00	12:10	12:30
Ladies	SP	500m	34	17 p x 02'10	37'00		12:30	13:07
<i>Change system</i>						02'00	13:07	13:09
Ladies	Sr.	500m	1	1 p x 02'10	02'00		13:09	13:11
Ice preparation (race lanes)						12'00	13:11	13:23
Men	SP	500m	35	18 p x 02'10	39'00		13:23	14:02
<i>Change system</i>						02'00	14:02	14:04
Men	Sr.	500m	1	1 p x 02'10	02'00		14:04	14:06
Ice preparation						18'00	14:06	14:24
Ladies	SP	1000m	34	9 p x 02'30	23'00		14:24	14:47
Ice preparation (race lanes)						12'00	14:47	14:59
Ladies	SP	1000m		8 p x 02'30	20'00		14:59	15:19
<i>Change system</i>						02'00	15:19	15:21
Ladies	Sr.	1000m	3	2 p x 02'30	05'00		15:21	15:26
Ice preparation		(Flower giving)				18'00	15:26	15:44
Men	SP	1000m	35	9 p x 02'20	21'00		15:44	16:05
Ice preparation (race lanes)						12'00	16:05	16:17
Men	SP	1000m		9 p x 02'20	21'00		16:17	16:38
<i>Change system</i>						02'00	16:38	16:40
Men	Sr.	1000m	2	1 p x 02'20	02'00		16:40	16:42
		(Flower giving - SP Ladies & Men)				08'00	16:42	16:50

Signature Referee Ladies:

Signature Referee Men: