

## 2020/2021 All Japan Selected Speed Skating Competition, Nagano

Day 1

Thursday 11 Feb.2021

as of 26 Jan. 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Warm up (for JS)				1 x 45'00	45'00		10:20	11:05
Ice preparation						30'00	11:05	11:35
Ladies	JS	500m	44	16 p x 01'45	28'00		11:35	12:03
Ice preparation (race lanes)						15'00	12:03	12:18
Ladies	JS	500m		6 p x 01'45	11'00		12:18	12:29
Change system						05'00	12:29	12:34
Men	JS	500m	47	9 p x 01'45	16'00		12:34	12:50
Ice preparation (race lanes)		(Flower giving - L500m)				15'00	12:50	13:05
Men	JS	500m		15 p x 01'45	26'00		13:05	13:31
Warm up (for Long distances)		(Flower giving - M500m)		1 x 30'00	30'00		13:31	14:01
Ice preparation						30'00	14:01	14:31
Ladies	JS	3000m	48	6 q x 06'00	36'00		14:31	15:07
Ice preparation (race lanes)						15'00	15:07	15:22
Ladies	JS	3000m		6 q x 06'00	36'00		15:22	15:58
Ice preparation		(Flower giving - L3000m)				22'00	15:58	16:20
Men	JS	5000m	45	4 q x 08'40	35'00		16:20	16:55
Ice preparation (race lanes)						15'00	16:55	17:10
Men	JS	5000m		4 q x 08'40	35'00		17:10	17:45
Ice preparation (race lanes)						15'00	17:45	18:00
Men	JS	5000m		4 q x 08'20	33'00		18:00	18:33
		(Flower giving - M5000m)						
SCHEDULE WITH ALL RESERVED								

## 2020/2021 All Japan Selected Speed Skating Competition, Nagano

Day 2

Friday 12 Feb.2021

as of 26 Jan. 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Warm up (for JS)				1 x 45'00	45'00		11:45	12:30
Ice preparation						30'00	12:30	13:00
Men	JS	3000m	8	2 q x 06'00	12'00		13:00	13:12
Change system						08'00	13:12	13:20
Ladies	JS	1000m	64	11 q x 02'40	29'00		13:20	13:49
Ice preparation (race lanes)		(Flower giving - M3000m)				15'00	13:49	14:04
Ladies	JS	1000m		5 q x 02'40	13'00		14:04	14:17
Change system						05'00	14:17	14:22
Men	JS	1000m	66	6 q x 02'30	15'00		14:22	14:37
Ice preparation (race lanes)		(Flower giving - L1000m)				15'00	14:37	14:52
Men	JS	1000m		11 q x 02'30	28'00		14:52	15:20
		(Flower giving - M1000m)					15:20	15:35
Warm up (for MSR)				1 x 15'00	15'00		16:10	16:25
Ice preparation						22'00	16:25	16:47
Ladies	JS	Mass start (F)	16	1 h x 15'00	15'00		16:47	17:02
Change system						05'00	17:02	17:07
Men	JS	Mass start (F)	21	1 h x 15'00	15'00		17:07	17:22
		(Flower giving - Mass start)						
SCHEDULE WITH ALL RESERVED								

## 2020/2021 All Japan Selected Speed Skating Competition, Nagano

Day 3

Saturday 13 Feb.2021

as of 26 Jan. 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Warm up (for JS)				1 x 45'00	45'00		12:35	13:20
Ice preparation						30'00	13:20	13:50
Ladies	JS	1500m	61	10 q x 03'45	38'00		13:50	14:28
Ice preparation (race lanes)						15'00	14:28	14:43
Ladies	JS	1500m		6 q x 03'45	23'00		14:43	15:06
<i>Change system</i>						05'00	15:06	15:11
Men	JS	1500m	58	4 q x 03'30	14'00		15:11	15:25
Ice preparation		(Flower giving - L1500m)				22'00	15:25	15:47
Men	JS	1500m		10 q x 03'30	35'00		15:47	16:22
Warm up (for Long distances)		(Flower giving - M1500m)		1 x 30'00	30'00		16:22	16:52
Ice preparation						22'00	16:52	17:14
Ladies	JS	5000m	15	4 q x 09'20	37'00		17:14	17:51
Ice preparation (race lanes)		(Flower giving - L5000m)				15'00	17:51	18:06
Men	JS	10000m	20	3 q x 16'00	48'00		18:06	18:54
Ice preparation (race lanes)						15'00	18:54	19:09
Men	JS	10000m		2 q x 16'00	32'00		19:09	19:41
		(Flower giving - M10000m)						
SCHEDULE WITH ALL RESERVED								