

The 30th All Japan Speed Skating Single Distances Championships (Provisional)

Day 1

as of 8 October 2023

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	Iceprepar.	start	end
Ice training				1 x 45'00	45'00		7:15	8:00
Ice preparation						15'00	8:00	8:15
Ice training				1 x 45'00	45'00		8:15	9:00
Ice preparation						30'00	9:00	9:30
Men	Jr	500m	23	12 p x 01'50	22'00		9:30	9:52
Ice preparation (race lanes)						15'00	9:52	10:07
Women	Jr	1500m	21	11 p x 03'15	36'00		10:07	10:43
Ice preparation (race lanes)						15'00	10:43	10:58
Men	Jr	5000m	9	5 p x 08'15	41'00		10:58	11:39
						03'00	11:39	11:42
Warm up (for SD)				1 x 50'00	50'00		11:42	12:32
Ice preparation						28'00	12:32	13:00
Men	SD	500m	24	12 p x 02'20	28'00		13:00	13:28
Ice preparation (race lanes)		(Medal Ceremony - 500m)				20'00	13:28	13:48
Women	SD	1500m	26	13 p x 03'15	42'00		13:48	14:30
Ice preparation		(Medal Ceremony - 1500m)				20'00	14:30	14:50
Men	SD	5000m	22	4 p x 08'15	33'00		14:50	15:23
Ice preparation (race lanes)						15'00	15:23	15:38
Men	SD			4 p x 08'15	33'00		15:38	16:11
Ice preparation (race lanes)						15'00	16:11	16:26
Men	SD			3 p x 08'15	25'00		16:26	16:51
						03'00	16:51	16:54
Ice training		(Medal Ceremony - 5000m)		1 x 30'00	30'00		16:54	17:24
SCHEDULE WITH ALL RESERVED								

Signature Referee Women:

Signature Referee Men:

The 30th All Japan Speed Skating Single Distances Championships (Provisional)

Day 2

as of 8 October 2023

Category	Div.	Distance	Number of skaters	Series x time	Time	Iceprepar.	Planning	
					compet.		start	end
Ice training				1 x 45'00	45'00		7:30	8:15
Ice preparation						15'00	8:15	8:30
Ice training				1 x 45'00	45'00		8:30	9:15
Ice preparation						30'00	9:15	9:45
Women	Jr	500m	20	10 p x 01'50	18'00		9:45	10:03
Ice preparation (race lanes)						15'00	10:03	10:18
Men	Jr	1500m	23	12 p x 03'00	36'00		10:18	10:54
Ice preparation (race lanes)						15'00	10:54	11:09
Women	Jr	3000m	10	5 p x 05'40	28'00		11:09	11:37
						03'00	11:37	11:40
Warm up (for SD)				1 x 50'00	50'00		11:40	12:30
Ice preparation						30'00	12:30	13:00
Women	SD	500m	22	11 p x 02'20	26'00		13:00	13:26
Ice preparation (race lanes)		(Medal Ceremony - 500m)				20'00	13:26	13:46
Men	SD	1500m	27	14 p x 03'00	42'00		13:46	14:28
Ice preparation		(Medal Ceremony - 1500m)				20'00	14:28	14:48
Women	SD	3000m	21	6 p x 05'30	33'00		14:48	15:21
Ice preparation (race lanes)						15'00	15:21	15:36
Women	SD			5 p x 05'30	28'00		15:36	16:04
						03'00	16:04	16:07
Ice training		(Medal Ceremony - 3000m)				30'00	16:07	16:37
SCHEDULE WITH ALL RESERVED								

Signature Referee Women:

Signature Referee Men:

The 30th All Japan Speed Skating Single Distances Championships (Provisional)

Day 3

as of 8 October 2023

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	Iceprepar.	start	end
Ice training				1 x 45'00	45'00		7:00	7:45
Ice preparation						15'00	7:45	8:00
Ice training				1 x 45'00	45'00		8:00	8:45
Ice preparation						25'00	8:45	9:10
Men	Jr	1000m	15	8 p x 02'20	19'00		9:10	9:29
Change system						02'00	9:29	9:31
Women	Jr	1000m	18	9 p x 02'30	23'00		9:31	9:54
Ice preparation (race lanes)						15'00	9:54	10:09
Men	Jr	3000m	19	5 q x 05'30	28'00		10:09	10:37
				1 x 03'00	03'00		10:37	10:40
Warm up				1 x 50'00	50'00		10:40	11:30
Ice preparation						30'00	11:30	12:00
Women	SD	5000m	8	4 p x 08'30	34'00		12:00	12:34
Ice preparation (race lanes)		(Medal Ceremony - 5000m)				20'00	12:34	12:54
Men	SD	10000m	8	2 p x 15'30	31'00		12:54	13:25
Ice preparation (race lanes)						15'00	13:25	13:40
Men	SD			2 p x 15'00	30'00		13:40	14:10
Ice preparation		(Medal Ceremony - 10000m)				20'00	14:10	14:30
Women	SD	1000m	23	12 p x 02'40	32'00		14:30	15:02
Ice preparation (race lanes)		(Medal Ceremony - 1000m)				20'00	15:02	15:22
Men	SD	1000m	25	13 p x 02'40	35'00		15:22	15:57
				1 x 03'00	03'00		15:57	16:00
Warm up for MS		(Medal Ceremony - 1000m)		1 x 10'00	10'00		16:00	16:10
Ice preparation						20'00	16:10	16:30
Women	SD	Mass start	15	1 h x 10'00	10'00		16:30	16:40
Change system						10'00	16:40	16:50
Men	SD	Mass start	21	1 h x 10'00	10'00		16:50	17:00
		(Medal Ceremony - Mass Start)				05'00	17:00	17:05
SCHEDULE WITH ALL RESERVED								

Signature Referee Women:

Signature Referee Men: