

The 29th All Japan Speed Skating Single Distances Championships

Day 1

as of 20 October 2022

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	Iceprepar.	start	end
Ice training				1 x 40'00	40'00		9:20	10:00
Ice preparation						15'00	10:00	10:15
Ice training				1 x 45'00	45'00		10:15	11:00
Ice preparation						30'00	11:00	11:30
Men	Jr	500m	18	9 p x 01'50	17'00		11:30	11:47
Ice preparation (race lanes)						15'00	11:47	12:02
Women	Jr	1500m	19	10 p x 03'15	33'00		12:02	12:35
Ice preparation (race lanes)						15'00	12:35	12:50
Men	Jr	5000m	13	4 p x 08'15	33'00		12:50	13:23
Ice preparation (race lanes)						15'00	13:23	13:38
Men	Jr			3 p x 08'15	25'00		13:38	14:03
Warm up (for SD)				1 x 50'00	50'00		14:03	14:53
Ice preparation						22'00	14:53	15:15
Men	SD	500m	25	13 p x 02'10	28'00		15:15	15:43
Ice preparation (race lanes)		(Flower giving - 500m)				20'00	15:43	16:03
Women	SD	1500m	28	7 p x 03'15	23'00		16:03	16:26
Ice preparation (race lanes)						15'00	16:26	16:41
Women	SD			7 p x 03'15	23'00		16:41	17:04
Ice preparation		(Flower giving - 1500m)				20'00	17:04	17:24
Men	SD	5000m	26	5 p x 08'15	41'00		17:24	18:05
Ice preparation (race lanes)						15'00	18:05	18:20
Men	SD			4 p x 08'15	33'00		18:20	18:53
Ice preparation (race lanes)						15'00	18:53	19:08
Men	SD			4 p x 08'15	33'00		19:08	19:41
						03'00	19:41	19:44
Ice training		(Flower giving - 5000m)		1 x 30'00	30'00		19:44	20:14
SCHEDULE WITH ALL RESERVED								

Signature Referee Women:

Signature Referee Men: