

# The 28th All Japan Speed Skating Single Distances Championships

Day 1

as of 21 October 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 45'00	45'00		8:00	8:45
Ice preparation						15'00	8:45	9:00
Ice training				1 x 45'00	45'00		9:00	9:45
Ice preparation						30'00	9:45	10:15
Women	Jr	500m	13	7 p x 01'50	13'00		10:15	10:28
<i>Change system</i>						02'00	10:28	10:30
Men	Jr	500m	15	8 p x 01'50	15'00		10:30	10:45
Ice preparation (race lanes)						15'00	10:45	11:00
Women	Jr	3000m	14	4 q x 06'00	24'00		11:00	11:24
<i>Change system</i>						02'00	11:24	11:26
Men	Jr	5000m	7	2 q x 08'15	17'00		11:26	11:43
Warm up (for SD)				1 x 45'00	45'00		11:43	12:28
Ice preparation						22'00	12:28	12:50
Women	SD	500m	24	12 p x 02'10	26'00		12:50	13:16
Ice preparation (race lanes)						12'00	13:16	13:28
Men	SD	500m	28	14 p x 02'10	30'00		13:28	13:58
Ice preparation		(Flower giving - 500m)				20'00	13:58	14:18
Men	SD	5000m	19	4 p x 07'45	31'00		14:18	14:49
Ice preparation (race lanes)						12'00	14:49	15:01
Men	SD	5000m		3 p x 07'45	23'00		15:01	15:24
Ice preparation (race lanes)						12'00	15:24	15:36
Men	SD	5000m		3 p x 07'45	23'00		15:36	15:59
Ice preparation		(Flower giving - 5000m)				20'00	15:59	16:19
Women	SD	3000m	21	6 p x 05'15	32'00		16:19	16:51
Ice preparation (race lanes)						12'00	16:51	17:03
Women	SD	3000m		5 p x 05'15	26'00		17:03	17:29
						03'00	17:29	17:32
Ice training		(Flower giving - 3000m)		1 x 30'00	30'00		17:32	18:02
SCHEDULE WITH ALL RESERVED								

Signature Referee Women:

Signature Referee Men: