

The 28th All Japan Speed Skating Single Distances Championships

Day 3

as of 23 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		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						25'00	9:15	9:40
Women	Jr	1500m	22	6 q x 03'45	23'00		9:40	10:03
<i>Change system</i>						02'00	10:03	10:05
Men	Jr	1500m	17	5 q x 03'30	18'00		10:05	10:23
Ice preparation						22'00	10:23	10:45
Women	SD	1500m	21	11 p x 03'15	36'00		10:45	11:21
Ice preparation (race lanes)						12'00	11:21	11:33
Men	SD	1500m	26	13 p x 03'00	39'00		11:33	12:12
						03'00	12:12	12:15
Warm up (for Long distances)		(Flower giving - 1500m)		1 x 30'00	30'00		12:15	12:45
Ice preparation						23'00	12:45	13:08
Women	SD	5000m	13	4 p x 08'30	34'00		13:08	13:42
Ice preparation (race lanes)						12'00	13:42	13:54
Women	SD	5000m		3 p x 08'30	26'00		13:54	14:20
Ice preparation		(Flower giving - 5000m)				20'00	14:20	14:40
Men	SD	10000m	10	3 p x 15'00	45'00		14:40	15:25
Ice preparation (race lanes)						12'00	15:25	15:37
Men	SD	10000m		2 p x 14'45	30'00		15:37	16:07
		(Flower giving - 10000m)				05'00	16:07	16:12

SCHEDULE WITH ALL RESERVED

Signature Referee Women:

Signature Referee Men: