

The 29th All Japan Speed Skating Single Distances Championships

Day 2

as of 21 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		6:50	7:30
Ice preparation						15'00	7:30	7:45
Ice training				1 x 45'00	45'00		7:45	8:30
Ice preparation						30'00	8:30	9:00
Women	Jr	500m	16	8 p x 01'50	15'00		9:00	9:15
Ice preparation (race lanes)						15'00	9:15	9:30
Men	Jr	1500m	15	8 p x 03'00	24'00		9:30	9:54
Ice preparation (race lanes)						15'00	9:54	10:09
Women	Jr	3000m	15	8 p x 05'40	45'00		10:09	10:54
Warm up (for SD)				1 x 50'00	50'00		10:54	11:44
Ice preparation						21'00	11:44	12:05
Women	SD	500m	24	12 p x 02'10	26'00		12:05	12:31
Ice preparation (race lanes)		(Flower giving - 500m)				20'00	12:31	12:51
Men	SD	1500m	30	8 p x 03'00	24'00		12:51	13:15
Ice preparation (race lanes)						15'00	13:15	13:30
Men	SD			7 p x 03'00	21'00		13:30	13:51
Ice preparation		(Flower giving - 1500m)				20'00	13:51	14:11
Women	SD	3000m	20	5 p x 05'30	28'00		14:11	14:39
Ice preparation (race lanes)						15'00	14:39	14:54
Women	SD			5 p x 05'30	28'00		14:54	15:22
						03'00	15:22	15:25
Ice training		(Flower giving - 3000m)				30'00	15:25	15:55

SCHEDULE WITH ALL RESERVED

Signature Referee Women:

Signature Referee Men: