

## The 29th All Japan Speed Skating Single Distances Championships

**Day 3**

as of 23 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		<b>7:00</b>	<b>7:40</b>
Ice preparation						15'00	<b>7:40</b>	<b>7:55</b>
Ice training				1 x 45'00	45'00		<b>7:55</b>	<b>8:40</b>
Ice preparation						30'00	<b>8:40</b>	<b>9:10</b>
<b>Men</b>	Jr	1000m	14	7 p x 02'20	16'00		<b>9:10</b>	<b>9:26</b>
<i>Change system</i>						02'00	<b>9:26</b>	<b>9:28</b>
<b>Women</b>	Jr	1000m	23	12 p x 02'30	30'00		<b>9:28</b>	<b>9:58</b>
Ice preparation (race lanes)						15'00	<b>9:58</b>	<b>10:13</b>
<b>Men</b>	Jr	3000m	21	6 q x 05'30	33'00		<b>10:13</b>	<b>10:46</b>
Warm up				1 x 50'00	50'00		<b>10:46</b>	<b>11:36</b>
Ice preparation						29'00	<b>11:36</b>	<b>12:05</b>
<b>Women</b>	SD	5000m	6	3 p x 08'30	26'00		<b>12:05</b>	<b>12:31</b>
Ice preparation (race lanes)		(Flower giving - 5000m)				20'00	<b>12:31</b>	<b>12:51</b>
<b>Men</b>	SD	10000m	8	2 p x 15'30	31'00		<b>12:51</b>	<b>13:22</b>
Ice preparation (race lanes)						15'00	<b>13:22</b>	<b>13:37</b>
<b>Men</b>	SD			2 p x 15'00	30'00		<b>13:37</b>	<b>14:07</b>
Ice preparation		(Flower giving - 10000m)				20'00	<b>14:07</b>	<b>14:27</b>
<b>Women</b>	SD	1000m	24	12 p x 02'30	30'00		<b>14:27</b>	<b>14:57</b>
Ice preparation (race lanes)		(Flower giving - 1000m)				20'00	<b>14:57</b>	<b>15:17</b>
<b>Men</b>	SD	1000m	25	13 p x 02'30	33'00		<b>15:17</b>	<b>15:50</b>
Warm up for MS		(Flower giving - 1000m)		1 x 10'00	10'00		<b>15:50</b>	<b>16:00</b>
Ice preparation (race lanes)						20'00	<b>16:00</b>	<b>16:20</b>
<b>Women</b>	SD	Mass start	20	1 h x 10'00	10'00		<b>16:20</b>	<b>16:30</b>
<i>Change system</i>						05'00	<b>16:30</b>	<b>16:35</b>
<b>Men</b>	SD	Mass start	24	1 h x 10'00	10'00		<b>16:35</b>	<b>16:45</b>
		(Flower giving - Mass Start)				05'00	<b>16:45</b>	<b>16:50</b>

**SCHEDULE WITH ALL RESERVED**

Signature Referee Women:

Signature Referee Men: