

2021/2022 Third All Japan Selected Speed Skating Competition

Day 1

as of 17 December 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 30'00	30'00		7:30	8:00
Ice preparation						15'00	8:00	8:15
Warm up (for race)				1 x 25'00	25'00		8:15	8:40
Ice preparation						20'00	8:40	9:00
Men	JS	3000m	9	3 q x 05'30	17'00		9:00	9:17
Ice preparation (race lanes)						15'00	9:17	9:32
Women	JS	3000m	29	4 q x 06'00	24'00		9:32	9:56
Ice preparation (race lanes)						15'00	9:56	10:11
Women	JS	3000m		4 q x 06'00	24'00		10:11	10:35
						05'00	10:35	10:40
		(Flower giving - 3000m)		1 x 10'00	10'00		10:40	10:50
Warm up (for race)				1 x 60'00	60'00		15:30	16:30
Ice preparation						30'00	16:30	17:00
Women	JS	500m	25	13 p x 02'10	28'00		17:00	17:28
Ice preparation						20'00	17:28	17:48
Men	JS	500m	20	10 p x 02'10	22'00		17:48	18:10
						05'00	18:10	18:15
Ice training		(Flower giving - 500m)		1 x 30'00	30'00		18:15	18:45
SCHEDULE WITH ALL RESERVED								

Signature Referee Women:

Signature Referee Men:

2021/2022 Third All Japan Selected Speed Skating Competition

Day 2

as of 18 December 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 30'00	30'00		7:30	8:00
Ice preparation						15'00	8:00	8:15
Warm up (for race)				1 x 25'00	25'00		8:15	8:40
Ice preparation						20'00	8:40	9:00
Men	JS	5000m	23	3 p x 08'30	26'00		9:00	9:26
Ice preparation (race lanes)						15'00	9:26	9:41
Men	JS	5000m		3 p x 08'30	26'00		9:41	10:07
						08'00	10:07	10:15
		(Flower giving - 5000m)		1 x 10'00	10'00		10:15	10:25
Warm up (for race)				1 x 60'00	60'00		15:30	16:30
Ice preparation						30'00	16:30	17:00
Women	JS	1000m	35	9 q x 03'10	29'00		17:00	17:29
Ice preparation						20'00	17:29	17:49
Men	JS	1000m	29	8 q x 03'00	24'00		17:49	18:13
						07'00	18:13	18:20
Ice training		(Flower giving - 1000m)		1 x 30'00	30'00		18:20	18:50

SCHEDULE WITH ALL RESERVED

Signature Referee Women:

Signature Referee Men:

2021/2022 Third All Japan Selected Speed Skating Competition

Day 3

as of 19 December 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 30'00	30'00		7:30	8:00
Ice preparation						15'00	8:00	8:15
Warm up (for race)				1 x 25'00	25'00		8:15	8:40
Ice preparation						20'00	8:40	9:00
Women	JS	1500m	33	5 q x 03'45	19'00		9:00	9:19
Ice preparation (race lanes)						12'00	9:19	9:31
Women	JS	1500m		4 q x 03'45	15'00		9:31	9:46
Ice preparation (race lanes)						12'00	9:46	9:58
Men	JS	1500m	38	5 q x 03'30	18'00		9:58	10:16
Ice preparation (race lanes)						12'00	10:16	10:28
Men	JS	1500m		5 q x 03'30	18'00		10:28	10:46
						04'00	10:46	10:50
Warm up (for MSR)				1 x 10'00	10'00		10:50	11:00
Ice preparation		(Flower giving - 1500m)				20'00	11:00	11:20
Women	JS	Mass start	19	1 h x 10'00	10'00		11:20	11:30
						10'00	11:30	11:40
Men	JS	Mass start	26	1 h x 10'00	10'00		11:40	11:50
						15'00	11:50	12:05
		(Flower giving - Mass start)				10'00	12:05	12:15
SCHEDULE WITH ALL RESERVED								

Signature Referee Women:

Signature Referee Men: