

All Japan Selected Speed Skating Competition

Day 1

as of 12 Nov.2020

| Category | 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 | | | 1 x 25'00 | 25'00 | | 8:15 | 8:40 |
| Ice preparation | | | | | 20'00 | 8:40 | 9:00 |
| Ladies | 500m | 38 | 16 p x 02'10 | 35'00 | | 9:00 | 9:35 |
| Ice preparation (race lanes) | | | | | 12'00 | 9:35 | 9:47 |
| | | | 3 p x 02'10 | 07'00 | | 9:47 | 9:54 |
| <i>Change system</i> | | | | | 02'00 | 9:54 | 9:56 |
| Men | 500m | 56 | 13 p x 02'10 | 28'00 | | 9:56 | 10:24 |
| | | | | | 12'00 | 10:24 | 10:36 |
| | | | 15 p x 02'10 | 33'00 | | 10:36 | 11:09 |
| | | | | | 03'00 | 11:09 | 11:12 |
| Warm up (for LD) | (Flower giving - 500m) | | 1 x 30'00 | 30'00 | | 11:12 | 11:42 |
| Ice preparation | | | | | 20'00 | 11:42 | 12:02 |
| Ladies | 3000m | 46 | 6 q x 06'00 | 36'00 | | 12:02 | 12:38 |
| Ice preparation (race lanes) | | | | | 12'00 | 12:38 | 12:50 |
| Ladies | 3000m | | 6 q x 06'00 | 36'00 | | 12:50 | 13:26 |
| Ice preparation | (Flower giving - 3000m) | | | | 20'00 | 13:26 | 13:46 |
| Men | 5000m | 48 | 4 q x 08'40 | 35'00 | | 13:46 | 14:21 |
| Ice preparation (race lanes) | | | | | 12'00 | 14:21 | 14:33 |
| Men | 5000m | | 4 q x 08'30 | 34'00 | | 14:33 | 15:07 |
| Ice preparation (race lanes) | | | | | 12'00 | 15:07 | 15:19 |
| Men | 5000m | | 4 q x 08'20 | 33'00 | | 15:19 | 15:52 |
| | | | | | 03'00 | 15:52 | 15:55 |
| Ice training | (Flower giving - 5000m) | | 1 30'00 | 30'00 | | 15:55 | 16:25 |
| SCHEDULE WITH ALL RESERVED | | | | | | | |

Signature Referee Ladies:

Signature Referee Men: