

# The 43<sup>rd</sup> All Japan Junior Speed Skating Championships

## Schedule

Day 3

Monday, 13 January 2020

as of 12 January 2020

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Warm up				1 x 40'00	40'00		7:00	7:40
Ice preparation						15'00	7:40	7:55
Warm up				1 x 35'00	35'00		7:55	8:30
Ice preparation						30'00	8:30	9:00
Ladies		TPR	9	5 h x 06'30	33'00		9:00	9:33
Ice preparation (race lanes)		(Medals given - TPR Ladies)				20'00	9:33	9:53
Men		TPR	6	3 h x 06'00	18'00		9:53	10:11
Warm up (for TSR)		(Medals given - TPR Men)		1 x 10'00	10'00		10:11	10:21
Ice preparation						20'00	10:21	10:41
Ladies		TSR	6	3 h x 04'00	12'00		10:41	10:53
Men		TSR	7	4 h x 03'30	14'00		10:53	11:07
Warm up (for MSR)		(Medals given - TSR)		1 x 10'00	10'00		11:07	11:17
Ice preparation						20'00	11:17	11:37
Ladies		MSR Final	16	1 h x 15'00	15'00		11:37	11:52
Cange system						05'00	11:52	11:57
Men		MSR Final	16	1 h x 15'00	15'00		11:57	12:12
Ice Training		(Medals given - MSR)		1 x 30'00	30'00		12:12	12:42
SCHEDULE WITH ALL RESERVE								

Signature Referee Ladies:

Signature Referee Men: