

# The 31st All Japan Speed Skating Single Distances Championships (Provisional)

## Day 1

as of 7 Oct. 2024

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training				1 x 45'00	45'00		<b>8:00</b>	<b>8:45</b>
Ice preparation						15'00	<b>8:45</b>	<b>9:00</b>
Ice training				1 x 45'00	45'00		<b>9:00</b>	<b>9:45</b>
Ice preparation						26'00	<b>9:45</b>	<b>10:11</b>
<b>Men</b>	Jr	5000m	12	3 q x 08'45	26'00		<b>10:11</b>	<b>10:37</b>
Ice preparation (race lanes)						15'00	<b>10:37</b>	<b>10:52</b>
<b>Women</b>	Jr	1500m	15	4 q x 03'45	15'00		<b>10:52</b>	<b>11:07</b>
Ice preparation (race lanes)						15'00	<b>11:07</b>	<b>11:22</b>
<b>Men</b>	Jr	500m	16	8 p x 01'50	15'00		<b>11:22</b>	<b>11:37</b>
						03'00	<b>11:37</b>	<b>11:40</b>
Warm up (for SD)				1 x 50'00	50'00		<b>11:40</b>	<b>12:30</b>
Ice preparation						30'00	<b>12:30</b>	<b>13:00</b>
<b>Men</b>	SD	5000m	14	4 p x 08'30	34'00		<b>13:00</b>	<b>13:34</b>
Ice preparation (race lanes)						15'00	<b>13:34</b>	<b>13:54</b>
<b>Men</b>	SD			3 p x 08'15	25'00		<b>13:54</b>	<b>14:27</b>
Ice preparation		(Medal Ceremony - 5000m)				20'00	<b>14:27</b>	<b>14:47</b>
<b>Women</b>	SD	1500m	20	10 p x 03'20	33'00		<b>14:47</b>	<b>15:20</b>
Ice preparation		(Medal Ceremony - 1500m)				20'00	<b>15:20</b>	<b>15:40</b>
<b>Men</b>	SD	500m	21	11 p x 02'20	26'00		<b>15:40</b>	<b>16:06</b>
						03'00	<b>16:06</b>	<b>16:09</b>
Ice training		(Medal Ceremony - 500m)		1 x 30'00	30'00		<b>16:09</b>	<b>16:39</b>
<b>SCHEDULE WITH ALL RESERVED</b>								

Signature Referee Women:

Signature Referee Men:

## The 31st All Japan Speed Skating Single Distances Championships (Provisional)

### Day 2

as of 7 Oct. 2024

Category	Div.	Distance	Number of skaters	Series x time	Time	Planning		
						compet.	iceprepar.	start
Ice training				1 x 45'00	45'00		<b>8:00</b>	<b>8:45</b>
Ice preparation						15'00	<b>8:45</b>	<b>9:00</b>
Ice training				1 x 45'00	45'00		<b>9:00</b>	<b>9:45</b>
Ice preparation						28'00	<b>9:45</b>	<b>10:13</b>
<b>Women</b>	Jr	3000m	9	3 q x 06'00	18'00		<b>10:13</b>	<b>10:31</b>
Ice preparation (race lanes)						15'00	<b>10:31</b>	<b>10:46</b>
<b>Men</b>	Jr	1500m	20	5 q x 03'30	18'00		<b>10:46</b>	<b>11:04</b>
Ice preparation (race lanes)						15'00	<b>11:04</b>	<b>11:19</b>
<b>Women</b>	Jr	500m	19	10 p x 01'50	18'00		<b>11:19</b>	<b>11:37</b>
				1 x 03'00	03'00		<b>11:37</b>	<b>11:40</b>
Warm up (for SD)				1 x 50'00	50'00		<b>11:40</b>	<b>12:30</b>
Ice preparation						30'00	<b>12:30</b>	<b>13:00</b>
<b>Women</b>	SD	3000m	18	5 p x 05'30	28'00		<b>13:00</b>	<b>13:28</b>
Ice preparation (race lanes)						15'00	<b>13:28</b>	<b>13:43</b>
<b>Women</b>	SD	3000m		4 p x 05'30	22'00		<b>13:43</b>	<b>14:05</b>
Ice preparation		(Medal Ceremony - 3000m)				20'00	<b>14:05</b>	<b>14:25</b>
<b>Men</b>	SD	1500m	19	10 p x 03'10	32'00		<b>14:25</b>	<b>14:57</b>
Ice preparation		(Medal Ceremony - 1500m)				20'00	<b>14:57</b>	<b>15:17</b>
<b>Women</b>	SD	500m	16	8 p x 02'10	17'00		<b>15:17</b>	<b>15:34</b>
						03'00	<b>15:34</b>	<b>15:37</b>
Ice training		(Medal Ceremony - 500m)				30'00	<b>15:37</b>	<b>16:07</b>
<b>SCHEDULE WITH ALL RESERVED</b>								

Signature Referee Women:

Signature Referee Men:

# The 31st All Japan Speed Skating Single Distances Championships (Provisional)

## Day 3

as of 7 Oct. 2024

Category	Div.	Distance	Number of skaters	Series x time	Time	Planning		
						compet.	iceprepar.	start
Ice training				1 x 45'00	45'00		<b>7:05</b>	<b>7:50</b>
Ice preparation						15'00	<b>7:50</b>	<b>8:05</b>
Ice training				1 x 45'00	45'00		<b>8:05</b>	<b>8:50</b>
Ice preparation						30'00	<b>8:50</b>	<b>9:20</b>
<b>Men</b>	Jr	1000m	18	5 q x 03'00	15'00		<b>9:20</b>	<b>9:35</b>
<i>Change system</i>						02'00	<b>9:35</b>	<b>9:37</b>
<b>Women</b>	Jr	1000m	18	5 q x 03'15	16'00		<b>9:37</b>	<b>9:53</b>
Ice preparation (race lanes)						15'00	<b>9:53</b>	<b>10:08</b>
<b>Men</b>	Jr	3000m	19	5 q x 05'50	29'00		<b>10:08</b>	<b>10:37</b>
				1 x 03'00	03'00		<b>10:37</b>	<b>10:40</b>
Warm up				1 x 50'00	50'00		<b>10:40</b>	<b>11:30</b>
Ice preparation						30'00	<b>11:30</b>	<b>12:00</b>
<b>Women</b>	SD	5000m	6	3 p x 08'45	26'00		<b>12:00</b>	<b>12:26</b>
Ice preparation (race lanes)		(Medal Ceremony - 5000m)				20'00	<b>12:26</b>	<b>12:46</b>
<b>Men</b>	SD	10000m	8	2 p x 15'45	32'00		<b>12:46</b>	<b>13:18</b>
Ice preparation (race lanes)						15'00	<b>13:18</b>	<b>13:33</b>
<b>Men</b>	SD			2 p x 15'30	31'00		<b>13:33</b>	<b>14:04</b>
Ice preparation		(Medal Ceremony - 10000m)				20'00	<b>14:04</b>	<b>14:24</b>
<b>Women</b>	SD	1000m	20	10 p x 02'40	27'00		<b>14:24</b>	<b>14:51</b>
Ice preparation (race lanes)		(Medal Ceremony - 1000m)				20'00	<b>14:51</b>	<b>15:11</b>
<b>Men</b>	SD	1000m	19	10 p x 02'40	27'00		<b>15:11</b>	<b>15:38</b>
Warm up for MS		(Medal Ceremony - 1000m)		1 x 10'00	10'00		<b>15:38</b>	<b>15:48</b>
Ice preparation						20'00	<b>15:48</b>	<b>16:08</b>
<b>Women</b>	SD	Mass start	16	1 h x 10'00	10'00		<b>16:08</b>	<b>16:18</b>
<i>Change system</i>						15'00	<b>16:18</b>	<b>16:33</b>
<b>Men</b>	SD	Mass start	11	1 h x 10'00	10'00		<b>16:33</b>	<b>16:43</b>
		(Medal Ceremony - Mass Start)				05'00	<b>16:43</b>	<b>16:48</b>
<b>SCHEDULE WITH ALL RESERVED</b>								

Signature Referee Women:

Signature Referee Men: