

The 88th All Japan Speed Skating Championships

Day 3

as of 29 Dec.2020

Category	Distance	Number of skaters	Series x time	Time		Planning	
				compet.	iceprepar.	start	end
Ice training			1 x 40'00	40'00		8:15	8:55
Ice preparation					15'00	8:55	9:10
Warm up			1 x 30'00	30'00		9:10	9:40
Ice preparation					20'00	9:40	10:00
Ladies	1500m	15	8 p x 03'15	26'00		10:00	10:26
Ice preparation (race lane)	(Flower giving - 1500m)				20'00	10:26	10:46
Men	1500m	18	9 p x 03'05	28'00		10:46	11:14
					03'00	11:14	11:17
Warm up (for Long distan)	(Flower giving - 1500m)		1 x 30'00	30'00		11:17	11:47
Ice preparation					20'00	11:47	12:07
Ladies	5000m	15	4 p x 08'40	35'00		12:07	12:42
Ice preparation (race lanes)					12'00	12:42	12:54
Ladies			4 p x 08'40	35'00		12:54	13:29
Ice preparation	(Flower giving - 5000m)				20'00	13:29	13:49
Men	10000m	12	3 p x 15'15	46'00		13:49	14:35
Ice preparation (race lanes)					12'00	14:35	14:47
Men	10000m		3 p x 15'15	46'00		14:47	15:33
					05'00	15:33	15:38
	(Flower giving - 10000m)				05'00	15:38	15:43
SCHEDULE WITH ALL RESERVED							