

2020/2021 All Japan Selected Speed Skating Competition, Nagano

Day 1

Thursday 11 Feb.2021

as of 10 Feb. 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
Ice training (for JS)				1 x 30'00	30'00		9:40	10:10
Ice preparation						25'00	10:10	10:35
Warm up (for JS)				1 x 30'00	30'00		10:35	11:05
Ice preparation						30'00	11:05	11:35
Ladies	JS	500m	43	16 p x 01'45	28'00		11:35	12:03
Ice preparation (race lanes)						15'00	12:03	12:18
Ladies	JS	500m		6 p x 01'45	11'00		12:18	12:29
Change system						05'00	12:29	12:34
Men	JS	500m	45	9 p x 01'45	16'00		12:34	12:50
Ice preparation (race lanes)		(Flower giving - L500m)				15'00	12:50	13:05
Men	JS	500m		14 p x 01'45	25'00		13:05	13:30
Warm up (for Long distances)		(Flower giving - M500m)		1 x 30'00	30'00		13:30	14:00
Ice preparation						30'00	14:00	14:30
Ladies	JS	3000m	48	6 q x 06'00	36'00		14:30	15:06
Ice preparation (race lanes)						15'00	15:06	15:21
Ladies	JS	3000m		6 q x 06'00	36'00		15:21	15:57
Ice preparation		(Flower giving - L3000m)				22'00	15:57	16:19
Men	JS	5000m	43	4 q x 08'40	35'00		16:19	16:54
Ice preparation (race lanes)						15'00	16:54	17:09
Men	JS	5000m		4 q x 08'40	35'00		17:09	17:44
Ice preparation (race lanes)						15'00	17:44	17:59
Men	JS	5000m		3 q x 08'20	25'00		17:59	18:24
		(Flower giving - M5000m)						
SCHEDULE WITH ALL RESERVED								