

All Japan Selected Speed Skating Competition

Day 2

as of 13 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
Men	3000m	11	3 q x 06'00	18'00		9:00	9:18
	(Flower giving - 3000m)				20'00	9:18	9:38
Ladies	1000m	52	13 p x 02'40	35'00		9:38	10:13
Ice preparation (race lanes)					12'00	10:13	10:25
			13 p x 02'40	35'00		10:25	11:00
Ice preparation					20'00	11:00	11:20
	(Flower giving - 1000m)						
Men	1000m	68	12 p x 02'30	30'00		11:20	11:50
Ice preparation (race lanes)					12'00	11:50	12:02
			11 p x 02'30	28'00		12:02	12:30
Ice preparation (race lanes)					12'00	12:30	12:42
			11 p x 02'30	28'00		12:42	13:10
					03'00	13:10	13:13
Warm up(for MSR)	(Flower giving - 1000m)				10'00	13:13	13:23
Ice preparation					20'00	13:23	13:43
Ladies	MS	18	1 x 15'00	15'00		13:43	13:58
Change system					05'00	13:58	14:03
Men	MS	23	1 x 15'00	15'00		14:03	14:18
Ice training	(Flower giving - Mass Start Race)		1 30'00	30'00		14:18	14:48
SCHEDULE WITH ALL RESERVED							

Signature Referee Ladies:

Signature Referee Men: