

All Japan Selected Speed Skating Competition

Day 3

as of 14 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
Ladies	1500m	45	8 q x 03'45	30'00		9:00	9:30
Ice preparation (race lanes)					12'00	9:30	9:42
			4 q x 03'45	15'00		9:42	9:57
Change system					02'00	9:57	9:59
Men	1500m	65	3 q x 03'30	11'00		9:59	10:10
Ice preparation (race lanes)					12'00	10:10	10:22
			7 q x 03'20	23'00		10:22	10:45
Ice preparation (race lanes)					12'00	10:45	10:57
			7 q x 03'20	23'00		10:57	11:20
					03'00	11:20	11:23
Warm up (for LD)	(Flower giving - 1500m)		1 x 30'00	30'00		11:23	11:53
Ice preparation					20'00	11:53	12:13
Ladies	5000m	11	3 q x 09'20	28'00		12:13	12:41
Ice preparation (race lanes)	(Flower giving - 5000m)				20'00	12:41	13:01
Men	10000m	17	3 q x 16'00	48'00		13:01	13:49
Ice preparation (race lanes)					12'00	13:49	14:01
Men	10000m		2 q x 16'00	32'00		14:01	14:33
					05'00	14:33	14:38
	(Flower giving - 10000m)				05'00	14:38	14:43
SCHEDULE WITH ALL RESERVED							

Signature Referee Ladies:

Signature Referee Men: