

All Japan Sprint Speed Skating Championship 2016, Nagano
Time Schedule : Schedule with all Reserve

Category	Distance	Number of skaters	Series x time	Time		Planning	
			n x min.	compet.	iceprepar.	start	end
Day 2 December, 29, 2016						as of Dec. 28, 2016	
Warm up			1	45		9:45	10:30
					15		
Warm up			1	45		10:45	11:30
Ice Preparation、 All					25		
					5		
Ladies	500m	31	16 p	32		12:00	12:32
Ice Preparation	Prize giving - 500m Ladies				20		
Men	500m	34	17 p	34		12:52	13:26
Ice Preparation、 All	Prize giving - 500m Men				25		
Ladies	1000m	30	15 p	37		13:51	14:28
Ice Preparation	Prize giving - 1000m Ladies				25		
Men	1000m	34	17 p	42		14:53	15:35
					3		
	Prize giving - 1000m Men				10	15:38	15:48