

# 2018/2019 Japan Cup Speed Skating Competition, Ena

## Time Schedule : Schedule with all Reserve

| Category                       | Division | Distance                   | Number of skaters | Series x time | Time    |                     | Planning     |       | Reality |     |
|--------------------------------|----------|----------------------------|-------------------|---------------|---------|---------------------|--------------|-------|---------|-----|
|                                |          |                            |                   | n x min.      | compet. | iceprepar.          | start        | end   | start   | end |
| <b>Day 1</b>                   |          |                            |                   |               |         |                     |              |       |         |     |
| <b>Fri. December, 07, 2018</b> |          |                            |                   |               |         | as of Nov. 30, 2018 |              |       |         |     |
| Ice Training                   |          |                            |                   |               | 60      |                     | 7:30         | 8:30  |         |     |
| Ice Preparation, All           |          |                            |                   |               |         | 30                  | 8:30         | 9:00  |         |     |
| Opening Ceremony               |          |                            |                   |               | 15      |                     | 8:40         | 8:55  |         |     |
|                                |          |                            |                   |               | 5       |                     |              |       |         |     |
| Ladies                         |          | 500m                       | 28                | 14 p x 1.45   | 24      |                     | <b>9:00</b>  | 9:24  |         |     |
| Ice Preparation                |          | Prize giving - 500m Ladies |                   |               |         | 25                  |              |       |         |     |
| Men                            |          | 500m                       | 33                | 17 p x 1.40   | 28      |                     | 9:49         | 10:17 |         |     |
|                                |          | Prize giving - 500m Men    |                   |               |         |                     |              |       |         |     |
| Ice Training                   |          |                            |                   |               | 60      |                     | 15:30        | 16:30 |         |     |
| Ice Preparation, All           |          |                            |                   |               |         | 30                  |              |       |         |     |
| Ladies                         | QS       | 3000m                      | 23                | 3 q x 5.45    | 17      |                     | <b>17:00</b> | 17:17 |         |     |
| Ice Preparation                |          |                            |                   |               |         | 18                  |              |       |         |     |
| Ladies                         | QS       | 3000m                      |                   | 3 q x 5.40    | 17      |                     | 17:35        | 17:52 |         |     |
| Ice Preparation, All           |          | Prize giving - 3000m Lad   |                   |               |         | 22                  |              |       |         |     |
| Men                            | QS       | 5000m                      | 36                | 3 q x 8.30    | 25      |                     | 18:14        | 18:39 |         |     |
| Ice Preparation                |          |                            |                   |               |         | 18                  |              |       |         |     |
| Men                            | QS       | 5000m                      |                   | 3 q x 8.30    | 25      |                     | 18:57        | 19:22 |         |     |
| Ice Preparation                |          |                            |                   |               |         | 18                  |              |       |         |     |
| Men                            | QS       | 5000m                      |                   | 3 q x 8.20    | 25      |                     | 19:40        | 20:05 |         |     |
| Ice Preparation                |          | Prize giving - 5000m Men   |                   |               |         | 4                   |              |       |         |     |
| Training                       |          |                            |                   |               | 30      |                     | 20:09        | 20:39 |         |     |

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|----------------------|-------------|-----------------------------|-------------------|---------------|---------|---------------------|----------|-------|---------|----------|--|
|                      |             |                             |                   | n x min.      | compet. | iceprepar.          | start    | end   | start   | end      |  |
| <b>Day 2</b>         | <b>Sat.</b> | <b>December, 08, 2018</b>   |                   |               |         | as of Nov. 30, 2018 |          |       |         |          |  |
| Ice Training         |             |                             |                   |               | 60      |                     | 7:30     | 8:30  |         |          |  |
| Ice Preparation, All |             |                             |                   |               |         | 30                  | 8:30     | 9:00  |         |          |  |
| Men                  | QS          | 3000m                       | 20                | 5 q x 5.30    | 27      |                     | 9:00     | 9:27  |         |          |  |
| Ice Preparation      |             | Prize giving - 3000m Men    |                   |               |         | 15                  |          |       |         | MS check |  |
| Warm up for MSR      |             |                             |                   | 1 x 10.00     | 10      |                     | 9:42     | 9:52  |         |          |  |
| Ice Preparation, All |             |                             |                   |               |         | 30                  |          |       |         | check    |  |
| Ladies               |             | MSR                         | 17                | 1 h x 15.00   | 15      |                     | 10:22    | 10:37 |         |          |  |
| change category      |             |                             |                   |               |         | 5                   |          |       |         | check    |  |
| Men                  |             | MSR                         | 27                | 1 h x 15.00   | 15      |                     | 10:42    | 10:57 |         |          |  |
|                      |             | Prize giving - MSR          |                   |               |         |                     |          |       |         |          |  |
| Ice Training         |             |                             |                   |               | 60      |                     | 15:30    | 16:30 |         |          |  |
| Ice Preparation, All |             |                             |                   |               |         | 30                  |          |       |         |          |  |
| Ladies               | QS          | 1000m                       | 34                | 9 q x 3.00    | 27      |                     | 17:10    | 17:37 |         |          |  |
| Ice Preparation, All |             | Prize giving - 1000m Ladies |                   |               |         | 22                  |          |       |         |          |  |
| Men                  | QS          | 1000m                       | 44                | 6 q x 2.50    | 17      |                     | 17:59    | 18:16 |         |          |  |
| Ice Preparation      |             |                             |                   |               |         | 18                  |          |       |         |          |  |
| Men                  | QS          | 1000m                       |                   | 5 q x 2.50    | 14      |                     | 18:34    | 18:48 |         |          |  |
| Ice Preparation      |             | Prize giving - 1000m Men    |                   |               |         | 7                   |          |       |         |          |  |
| Training             |             |                             |                   |               | 30      |                     | 18:55    | 19:25 |         |          |  |

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|----------------------|-------------|-----------------------------|-------------------|---------------|---------|------------|----------|-------|---------|----------------------------|
|                      |             |                             |                   | n x min.      | compet. | iceprepar. | start    | end   | start   | end                        |
| <b>Day 3</b>         | <b>Sun.</b> | <b>December, 09, 2018</b>   |                   |               |         |            |          |       |         | <b>as of Nov. 30, 2018</b> |
| Ice Training         |             |                             |                   |               | 60      |            | 7:30     | 8:30  |         |                            |
| Ice Preparation, All |             |                             |                   |               |         | 30         | 8:30     | 9:00  |         |                            |
| Ladies               | QS          | 1500m                       | 25                | 7 q x 3.40    | 25      |            | 9:00     | 9:25  |         |                            |
| Ice Preparation      |             | Prize giving - 1500m Ladies |                   |               |         | 18         |          |       |         |                            |
| Men                  | QS          | 1500m                       | 39                | 5 q x 3.25    | 17      |            | 9:43     | 10:00 |         |                            |
| Ice Preparation      |             |                             |                   |               |         | 18         |          |       |         |                            |
| Men                  | QS          | 1500m                       |                   | 5 q x 3.25    | 17      |            | 10:18    | 10:35 |         |                            |
|                      |             | Prize giving - 1500m Men    |                   |               |         |            |          |       |         |                            |
| Ice Training         |             |                             |                   |               | 60      |            | 15:30    | 16:30 |         |                            |
| Ice Preparation, All |             |                             |                   |               |         | 30         |          |       |         |                            |
| Ladies               | QS          | 5000m                       | 5                 | 2 q x 8.55    | 17      |            | 17:00    | 17:17 |         |                            |
| Ice Preparation      |             | Prize giving - 5000m Ladies |                   |               |         | 18         |          |       |         |                            |
| Men                  | QS          | 10000m                      | 12                | 2 q x 15.40   | 31      |            | 17:35    | 18:06 |         |                            |
|                      |             |                             |                   |               |         | 18         |          |       |         |                            |
| Men                  | QS          | 10000m                      |                   | 1 q x 15.40   | 15      |            | 18:24    | 18:39 |         |                            |
|                      |             | Prize giving - 10000m Me    |                   |               |         |            |          |       |         |                            |

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