# 2024　明治北海道十勝オーバルスピードスケート競技会第１戦
# Starting Protocol

## 9月8日(日）2日目

| Category | Distance | Number | Pair | Quartet | Pairs x Time | Calculation | | | Time | | Planning | | Check |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Ladies/Men | | of skaters | | | n x min. | Number of Pairs | Min | sec | Comp. | Ice prep. | Start | End | |
| Training | | | | | | | | | 40 | | 7:30 | 8:10 | |
| | | | | | | | | | | 20 | | | |
| 女子 | 1500m | 76 | 38 | 19 | 12Q×3.25 | 12 | 3 | 25 | 41 | | 8:30 | 9:11 | |
| | | | | | | | | | | 11 | | | |
| | | | | | 7Q×3.25 | 7 | 3 | 25 | 23 | | 9:22 | 9:45 | |
| 男子 | 1500m | 143 | 72 | 36 | 4Q×3.20 | 4 | 3 | 20 | 13 | | 9:45 | 9:58 | |
| | | | | | | | | | | 11 | | | |
| | | | | | 11Q×3.20 | 11 | 3 | 20 | 36 | | 10:09 | 10:45 | |
| | | | | | | | | | | 11 | | | |
| | | | | | 11Q×3.20 | 11 | 3 | 20 | 36 | | 10:56 | 11:32 | |
| | | | | | | | | | | 11 | | | |
| | | | | | 10Q×3.10 | 10 | 3 | 10 | 31 | | 11:43 | 12:14 | |
| Warm-up（500M） | | | | | | | | | 30 | | 12:14 | 12:44 | |
| | | | | | | | | | | 20 | | | 全面 |
| 女子 | 500m | 91 | 46 | | 28P×1.25 | 28 | 1 | 25 | 39 | | 13:04 | 13:43 | |
| | | | | | | | | | | 11 | | | |
| | | | | | 18P×1.25 | 18 | 1 | 25 | 25 | | 13:54 | 14:19 | |
| 男子 | 500m | 119 | 60 | | 8P×1.25 | 8 | 1 | 25 | 11 | | 14:19 | 14:30 | |
| | | | | | | | | | | 11 | | | |
| | | | | | 26P×1.25 | 26 | 1 | 25 | 36 | | 14:41 | 15:17 | |
| | | | | | | | | | | 11 | | | |
| | | | | | 26P×1.25 | 26 | 1 | 25 | 36 | | 15:28 | 16:04 | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |