

| THURSDAY, 16.01.2020 – Final | | | |
|-------------------------------------|-----------------|---------------|--------------|
| GROUP | Distance | Quart. | Start |
| | Warm Up A | | 07:30 |
| | Ice Preparation | | 08:00 |
| MEN A | 500 m | 19 | 08:30 |
| LADIES A | 500 m | 7 | 09:10 |
| | Ice Preparation | | |
| MEN A | 3000 m | 7 | 09:34 |
| | Ice Preparation | | |
| MEN A | 3000 m | | 10:40 |
| | Ice Preparation | 7 | |
| | | | 12:57 |
| AWARDING CEREMONY | | | |
| | Warm Up B | | 13:10 |
| | Ice Preparation | | 13:40 |
| MEN B | 500 m | 14 | 14:15 |
| LADIES B | 500 m | 7 | 14:53 |
| | Ice Preparation | | |
| MEN B | 3000 m | 7 | 15:20 |
| | Ice Preparation | | |
| MEN B | 3000 m | 6 | 16:33 |
| | Ice Preparation | | |
| LADIES B | 3000 m | 5 | 17:46 |
| AWARDING CEREMONY | | | |
| | | | 18:40 |

| FRIDAY, 17.01.2020 – Final | | | |
|-----------------------------------|-----------------|----------|--------------|
| GROUP | Distance | Q | Start |
| | Warm Up A | | 08:00 |
| | Ice Preparation | | 08:30 |
| MEN A | 1500 m | 13 | 09:00 |
| LADIES A | 1500 m | 7 | 09:52 |
| | Ice Preparation | | 10:20 |
| MEN A | 5000 m | 5 | 10:40 |
| | Ice Preparation | | 11:25 |
| MEN A | 5000 m | 2 | 11:35 |
| LADIES A | 5000 m | 3 | 11:53 |
| AWARDING CEREMONY | | | |
| | Warm Up B | | 12:30 |
| | Ice Preparation | | 13:00 |
| MEN B | 1500 m | 14 | 13:30 |
| | Ice Preparation | | 14:30 |
| MEN B | 1500 m | 7 | 14:40 |
| LADIES B | 1500 m | 6 | 15:10 |
| | Ice Preparation | | 15:35 |
| MEN B | 5000 m | 6 | 15:55 |
| | Ice Preparation | | 17:00 |
| MEN B | 5000 m | 3 | 17:10 |
| LADIES B | 5000 m | 3 | 17:35 |
| AWARDING CEREMONY | | | |
| | | | 18:05 |

| SATURDAY, 18.01.2020 – Final | | | |
|-------------------------------------|------------------------------|-----------|--------------|
| GROUP | Distance | Q. | Start |
| | Warm Up 1000 m | | 08:00 |
| | Ice Preparation | | 08:30 |
| MEN A | 1000 m | 12 | 09:00 |
| | Ice Preparation | | 09:40 |
| MEN B | 1000 m | 17 | 09:50 |
| | Ice Preparation | | 10:40 |
| LADIES A | 1000 m | 7 | 10:50 |
| LADIES B | 1000 m | 7 | 11:12 |
| AWARDING CEREMONY | | | |
| | Warm Up 10000 m after 1000 m | | |
| | Ice Preparation | | |
| LADIES | 10000 m | 2 | 12:00 |
| MEN | 10000 m | 1 | 12:45 |
| | Ice Preparation | | 13:05 |
| MEN | 10000 m | 3 | 13:15 |
| | Ice Preparation | | 14:15 |
| MEN | 10000 m | 3 | 14:25 |
| | Ice Preparation | | 15:25 |
| MEN | 10000 m | 3 | 15:35 |
| | Ice Preparation | | 16:20 |
| MEN | 10000 m | 3 | 16:30 |
| AWARDING CEREMONY | | | |
| | | | 17:20 |

The program is tentative and subject to change.

**PROVISIONAL TIME SCHEDULE
WITH ALL RESERVE**