

## ABSTRACT

An annealing plate is one of a plurality of plates that are to be used in an annealing process for annealing a plate-shaped blank and are to be stacked  
5 to hold the blank from both sides. The annealing plate includes a pair of main surfaces, at least one of the main surfaces coming into contact with the blank, and one or more through-holes that are open in the main surfaces and pass through the plate.