

The 45th All Japan Orienteering Championships 2018

Long Distance Competition

Program (Bulletin3)

Issued on April 6, 2019



LiteraMed

ホテル ファミテック



Ra-shin



Bright Compass



FORTE

OUTLINE OF EVENT

The 45th All Japan Orienteering Championships
Long Distance, IOF World Ranking Event (M21E & W21E)

Date: Sunday, April 14, 2019

Venue: Nikko, Tochigi Pref. Japan

Nikko is well known for the luxury grave temple of the first Tokugawa Shogunate, Toshogu, the world heritage. <https://www.japan-guide.com/e/e3800.html>

Organizer: Japan Orienteering Association (JOA)

Local Organizer: Tochigi Prefectural Orienteering Association

Event Officials:

IOF Event Adviser: Yoshiaki Sakai

National Controller: Kenya Watanabe

Chairman: Katsunori Yamakawa

Event Director: Yasunori Ogita

Technical Director: Kazuki Terashima

Course Planner: Yutaro Miyanishi, Shin Murakoshi

Public Relations Director: Shoya Banno

COMPETITION INFORMATION

Type of Competition: Long Distance

Program:

Sat, April 13: Warm-up event

Sun, April 14: Competition

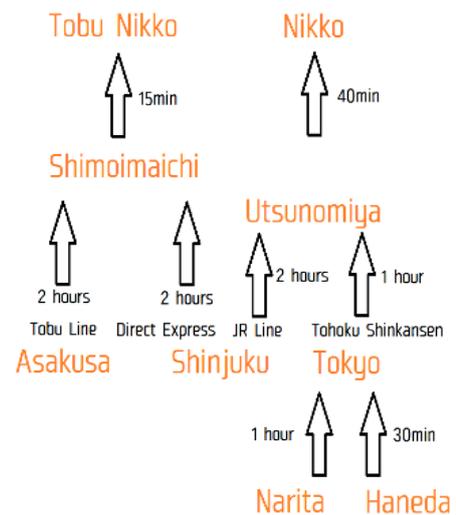
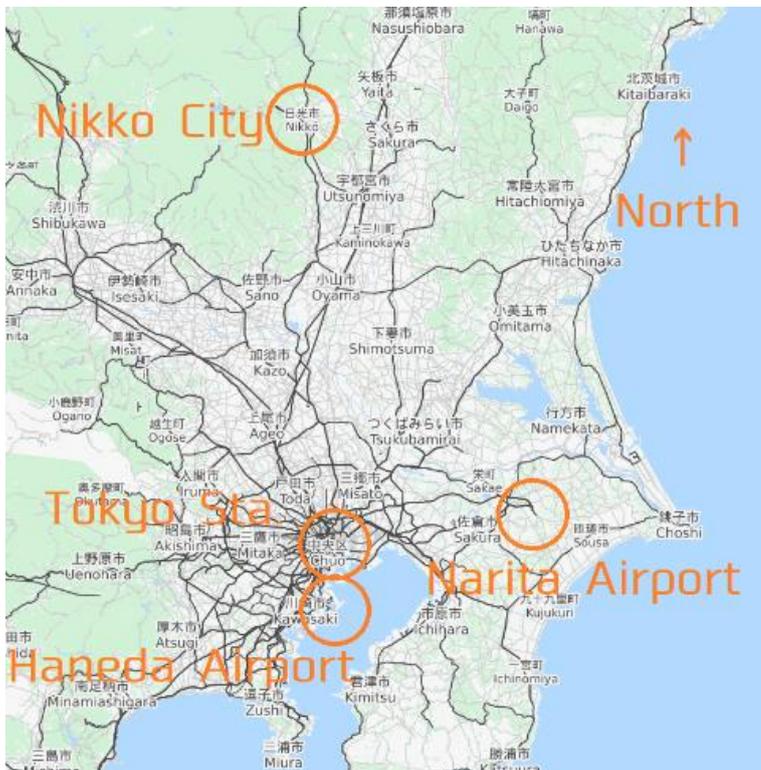
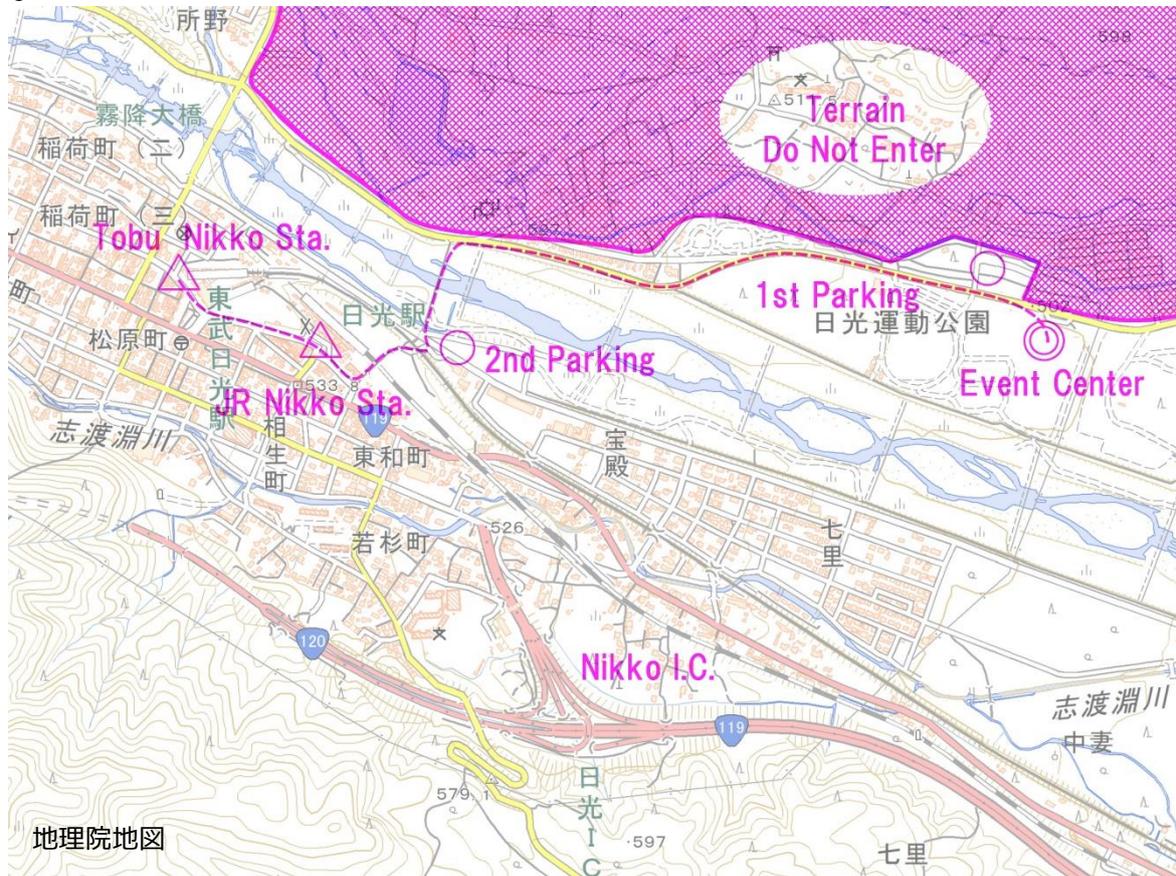
■Time Schedule

8:00	Event Center Open
8:15~10:30	Accreditation (Distribution of number bib and e-card) Registration for entry on the day (subject to map availability)
8:40~11:05	Bus transportation to Start No.1 Note: It takes time to go to the start area for higher classes including elite due to bus ride. It is recommended to arrive at event center at least 2 hours before start time.
9:46	First Start
12:10	Start Area Close
12:30~	Prize giving Ceremony for public classes, Start Map sales
14:00	Prize giving Ceremony for Elite classes, Closing Ceremony Finish Close (Public classes except for M21A & MJS)
14:40	Finish Close (Elite classes, M21A, MJS)
16:00	Event Center Close

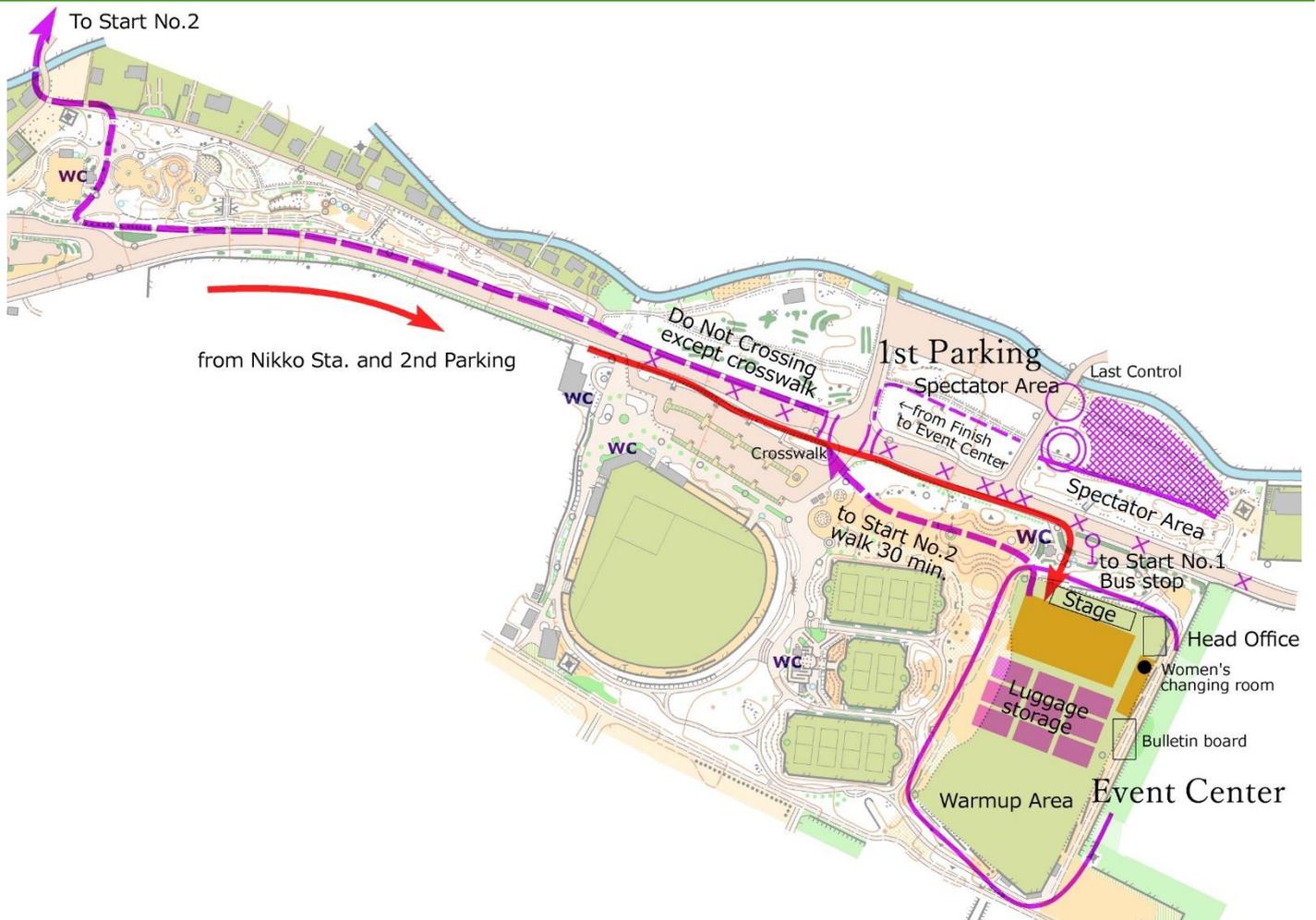
ACCESS

Event Center: Nikko Sports Hiroba (open-air park)

Access to the event center: The nearest train stations are JR Nikko and Tobu Nikko. Walk approx. 2km and 30 minutes from stations (see the access map). Car parking available at the event center. 10 minute drive from Nikko Inter change.



EVENT CENTER



■ Accreditation

Please pick the following items up at the accreditation.

Number bib (no safety pins are available), e-card (in case of rental), Back-up label

■ Entry on the day at accreditation

Class: OAL、OAS、OB、N

Entry fee: OAL, OAS, OB: ¥4,800 (age under 18: ¥3,000), N: ¥1,000 (all ages)

Note: entry subject to map availability, No prize giving for open classes.

■ Sales of the O-map

After 12:30, The O-Map will be sold. ¥700 for each course and ¥1,000 for All controls.

■ Note

Spike shoes are allowed but are not at toilets in the event center

COMPETITION INFO

Fee category	general	high school and under
N class	¥1,000	
Other open class	¥4,800	¥3,000

option	Price
E-card rental	¥300
Map (courses)	¥700
all control map	¥1,000

- Rental compass is available for free. In case of damage or loss is ¥3000.
- In case of lost or damage of E card, deposit is ¥8,500.

■ Competition Rules The Competition rules for IOF Foot Orienteering Events (valid from 1 January 2019) are applied to WRE. Competition rules of JOA are applied to non-WRE

■ Map 「Nikko Kirifuri · Tokorono」

Survey and Cartography: 2019

Scale 1:15,000

Enlarged map (Scale 1:10,000 or 1:7,500) will be used for youth and senior classes

Contour Interval 5m, Runnability 4 categories, Regulation ISOM2017

Old map “Nikko Kirifuri”&”Nikko Tokorono”

<http://www.orienteering.com/~joc2018/images/oldmap-kirifuri.jpg>

Size of Control Description: 6cm x 18cm (maximum)

■ Timing System

EMIT punching system

■ Special symbols

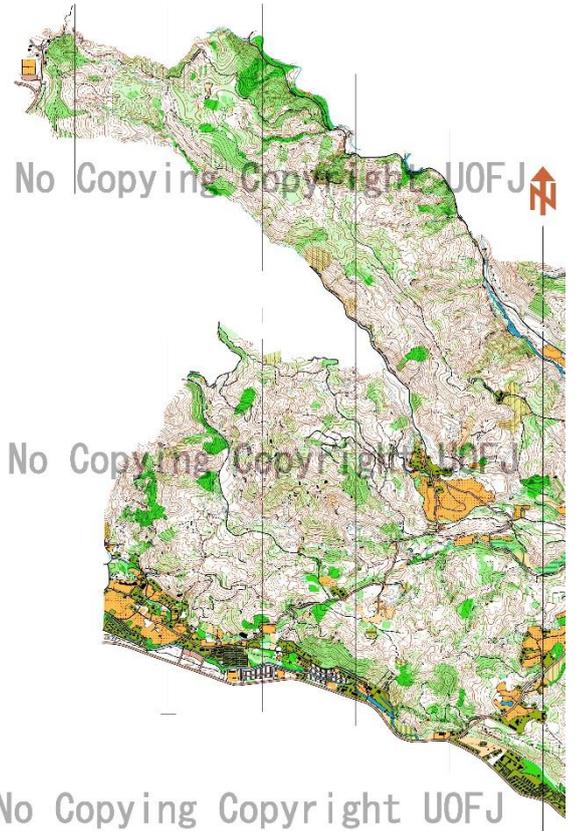
○ (Black) 530 Ruin of charcoal kiln

× (Black) 531 man-made features (small shrine, wrecked car etc.)



A hole of about 1 m in diameter, of which the outer edge is partially lowered.

■ Embargoed areas and Previous Maps



COURSE INFORMATION

■Men

Class	Length [km]	Climb [m]	Win.Time [min]	Scale	Max. Running time [min]	Start Area
M21E	11.8	620	100	1:15,000	150	1
M20E	7.5	380	70	1:15,000	110	1
M21A	9.0	455	80	1:15,000	160	1
M21AS	6.3	320	60	1:10,000	120	1
M35A	7.4	475	70	1:15,000	140	1
M40A	6.3	320	65	1:10,000	130	1
M45A	5.6	310	60	1:10,000	120	1
M50A	5.0	280	55	1:10,000	110	2
M55A	4.2	300	50	1:10,000	100	2
M60A	4.2	235	50	1:10,000	100	2
M65A	4.2	235	50	1:10,000	100	2
M70A	3.5	175	50	1:7,500	100	2
M75A	3.5	175	50	1:7,500	100	2
M80A	3.1	170	50	1:7,500	100	2
M85A	2.6	140	50	1:7,500	100	2
M20A	7.3	420	70	1:15,000	140	1
M18A	5.7	380	60	1:10,000	120	2
M15A	4.0	245	50	1:10,000	100	2
MJS	7.5	380	70	1:15,000	140	1
M12	2.6	125	30	1:7,500	120	2
M10	1.9	80	30	1:7,500	120	2
MBL	4.8	265	50	1:10,000	120	2
MBS	4.0	250	40	1:10,000	120	2

■Women

Class	Length [km]	Climb [m]	Win. Time [min]	Scale	Max. Running time [min]	Start Area
W21E	8.0	385	80	1:15,000	120	1
W20E	5.5	320	55	1:15,000	90	2
W21A	5.6	310	65	1:15,000	130	1
W21AS	4.2	235	50	1:10,000	100	2
W35A	4.2	300	55	1:10,000	110	2
W40A	4.2	235	50	1:10,000	100	2
W45A	3.5	175	45	1:7,500	90	2
W50A	3.1	170	45	1:7,500	90	2
W55A	3.1	170	45	1:7,500	90	2
W60A	2.6	140	45	1:7,500	90	2
W65A	2.6	140	45	1:7,500	90	2
W70A	2.5	140	45	1:7,500	90	2
W75A	2.5	140	45	1:7,500	90	2
W80A	2.5	140	45	1:7,500	90	2
W20A	4.6	345	60	1:15,000	120	2
W18A	4.2	270	50	1:10,000	100	2
WJS	5.5	320	55	1:15,000	110	2
W12	2.6	125	30	1:7,500	120	2
W10	1.9	80	30	1:7,500	120	2
WBL	4.0	250	50	1:10,000	120	2
WBS	2.6	125	30	1:7,500	120	2

■Open Classed (Entry on the day)

Class	Length [km]	Climb [m]	Winning Time [min]	Scale	Max. Running Time [min]	Start Area
OAL	5.0	280	50	1:10,000	100	2
OAS	2.6	140	30	1:7,500	60	2
OB	4.0	250	40	1:10,000	120	2
N	1.9	80	30	1:7,500	120	2

TO START

■Start No. 1

Classes for Start No.1

M21E、W21E、M20E、MJS、M21A、W21A、M35A、M40A、M45A、M21AS、M20A

(Note: W20E and WJS's start area is START No.2)

- Bus transportation to START No.1
Please take bus assigned by your start time beside an arena. It takes approx. 20 min.
- Do not miss your bus. Otherwise, you will be on standby and may wait for the next bus, due to seats are limited.
- Bus No. 0 is non-reserved bus which means you can ride regardless of the start time. If you want to go start No.1 earlier, take bus No. 0. It is first-come basis.
- Bring number bib, e-card with backup label, compass and so on.
- Map for warming-up will be distributed at the waiting area of start No.1.
- At Waiting area of Start No.1, toilet and water are available.
- Bag drop: Small bag with name tag can be left at bag drop desk. Bag will be returned at the event center.
- From waiting area to Start Box: follow yellow tape. It takes about 5 min.

《Bus transportation / Time Table》

Bus	Departure at Event Center	Assigned Start time
No. 0	8:40	Non-reservation (regardless of start time/ first come basis)
No. 1	8:45	9:46-10:00
No. 2	8:50	10:01-10:10
No. 3	9:00	10:11-10:19
No. 4	9:10	10:20-10:27
No. 5	9:20	10:28-10:35
No. 6	9:30	10:36-10:43
No. 7	9:40	10:44-10:52
No. 8	9:50	10:53-11:00
No. 9	10:00	11:01-11:09
No. 10	10:10	11:10-11:17
No. 11	10:20	11:18-11:25
No. 12	10:30	11:26-11:35
No. 13	10:40	11:36-11:44
No. 14	10:50	11:45-11:52
No. 15	11:00	11:53-11:57
No. 16	11:05	11:58-12:00

■Start No. 2

- Classes for Start No. 2: See the table of "COURSE INFORMATION".
- To start No. 2 from Event Center: Follow yellow tape. Approx. 2 km, 60m of climb, it takes 30 min.
- No toilet available.
- Warming up area (50m×50m) will be provided around start area No. 2, but no warming up map distributed.
- Water available
- No bag drop service

DURING RACE

■ Start procedure

- Clock at the start area displays THE PRESENT TIME.
- Start close time is 12:10.
- There is forking in M21E. Please check your control description distributed at Start Box 2 (-2 min) and take right map at Box 3 (-1 min). It is runners' responsibility to take right map. The legs order might be different among runners, and you might pass the same controls several times. You should run according to the order shown on the map/description.

■ Start Box

Box 1 (-3 min)

Clock at the start area displays THE PRESENT TIME.

When your start time, please activate your e-card and enter Box 1 (3 minutes before you start). At this point your bib number and start time will be checked by the staff.

Box 2 In the second box, you can collect a loose control description for your course. It is your responsibility to take the right one.

IMPORTANT FOR M21E runner: There are 2 patterns in M21E due to forking. You MUST receive control description, which your name and course pattern are designated. It is necessary to take right map according to the course pattern at Box 3 (-1min).

Box 3 Proceed to the box with your class category displayed. Class category (for M21E, class category and course code) will be printed on the back side of the map. It is your responsibility to take the correct map.

From box 3 there is a marked route to the start point. The start point is marked with a control flag

■ In the terrain

- First aid station: Marked with a red cross on the map. The stations will be manned and water available.
- Refreshment(water) stations (Help yourself to (self-service/ No officials): Marked with cup on the map. Please use cup and DO NOT drink from pet bottle directly due to sanitation reason.
- Hazard: There might be road crossings, extremely steep areas, large cliffs, or pointed fall trees. Be aware of those hazards.
- It is the duty of all competitors to help injured runners.
- The route may pass near settlements / cultivated areas which are out of bound. Possible passage is indicated symbol as below;



■ Finish

- From the last control, follow the marked route to the finish line.
- At the Finish line, you must punch at EMIT finish units. After the finish line, you will walk to a readout station.
- Competition map will be collected at the Finish by 12:00. Collected map will be returned to competitors at Event Center after 12:30.
- Finish will be closed at 14:00 for all classes except for the elites and M21A, and 14:40 for the elites and M21A. You should go back to the finish before the time.
- Go back from the finish to arena by following the tapes. You should use crosswalk with traffic signal. You should not cross other part of the road.
- On the way to the arena, PET bottled drink supplied by official supplier are available. Do not throw PET bottle away. Take the PET bottle and litter home.

AFTER RACE

■Anti-Doping

Doping is forbidden: "Think positive – test negative". All competitors shall follow the IOF Anti-Doping Code. For more information, please consult: <https://orienteering.org/anti-doping/>

■Complaints and protests

Complaints and protests must be made in writing (in English), using the prepared form. A complaint should be handed to the Claim Desk at the Head Office (dead line is 15:00). If you are not satisfied with the organiser's decision, then, within the next 15 minutes, you can protest. Protests will be passed to the IOF Event Adviser, who will convene the jury.

Jury members: Mr. Itsuki Kunisawa, Ms. Yuko Miyakawa, Mr. Yosuke Yagami

■Prize giving ceremony

- Prize giving ceremony will start at 12:30.
- Elites: The first 6 competitors of M21E and W21E will be awarded. The first competitor registered athlete in JOA receive the title of Japan Champion or Junior Japan Champion.
- Public Classes except open classes : The first 3 competitors will be awarded.

NOTICE

■General

- Personal information for the entry will only be used for the event and shall not be used otherwise. The name, club, and gender will be published in the program, result and on the internet.
- The organizer holds publishing right of photos or videos during competition, articles and the result of the competition.
- The event will be held on rain or shine but the event will be cancelled when safety of participants would not be ensured. The cancellation will be notice in web site of the event.

■The arena

- Food and drink are allowed in the arena. You are requested to take all litter home. Do not make the arena dirty, otherwise you are requested to clean the arena.
- You should not damage terrain and facility of the arena.
- The organizer is not responsible for the lost, theft, or accidents during the event. You should take care of your valuable things. There is no baggage room.

■Competition

- You compete at your own risk. The organizer is not liable for injuries or sickness occurring either during the competition or during transport to and from the competition.
- There are no regulations regarding clothing. However, full body cover is recommended. Spike shoes are allowed. Outfit for cold weather is recommended.

TRAINING OPPOTUNITY

【Date】	TUE, April 11 – SAT, April 13, 2019 10:00-15:00 Registration: 10:00 - 14:00 on April 11-12, 10:00-13:00 on April 13
【Event Center】	Nikko Maruyama Park East Parking https://goo.gl/maps/UjErY5S9fXv Training Area is very close to terrain of All Japan Championships.
【Training and map】	You can choose map scale 1:15000 or 1:10,000. 10-15 controls placed in the terrain but without EMIT system. Model course will be displayed. Entry Fee ¥1,000 (Student and Junior ¥700).
【Return check】	For your safety, officials will check your return. You are requested to write your name when you enter the terrain and report your return to the officials.
【Inquiry】	Yamakawa Katsunori : rmo-s.yamakawa@nifty.com 090-8041-4673

PRE EVENT (13TH APRIL)

■Pre event: Knock-out sprint.

For more detail : <https://japan-o-entry.com/event/view/259>

- 13th April, 2019 (sat) The same venue as All Japan Championships, Nikko Sports Park.

■The Orienteering Forum

For detail; http://www.orienteering.or.jp/archives/2019/0314_o-forum45.php

- 13th, April, 2019 (sat). 15:00~17:00
- Nikko Public hall (4-1 Miyuki-cho, Nikko city (in Nikko city hall)
Ten minutes walk (0.6km) from Tobu Nikko sta. or 15 minutes walk (0.9km) from JR Nikko sta. or 40 minutes walk (2.3km) from Nikko Sports Park.
- Free entry (capacity is ca. 80 person)
- For inquiry : Keishi Kimura kimurakeishi11@gmail.com

INQUIRY

Official web site	http://www.orienteering.com/~joc2018
Official Press release	https://joc2018-nikko.hateblo.jp/
Official e-mail address	joc2018.nikko@gmail.com
Cellphone (only on April 13-14)	Katsunori Yamakawa : 090-8041-4673
Japan Orienteering Association	http://www.orienteering.or.jp/ Phone : 03-3467-4548 Mail joa@orienteering.or.jp