



3rd Asian Junior & Youth Orienteering Championships

第3回アジアジュニア・ユースオリエンテーリング選手権大会

Bulletin 3.1

27th August–1st September 2019

Hokuto Japan



スポーツ振興くじ助成事業



AsJYOC
2019 Hokuto
Japan

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WELCOME



Welcome to all athletes and those concerned, representing Asian federations, to Yamanashi Prefecture, a place with rich nature and beautiful mountains represented by Mt. Fuji. It is a great joy to host the 3rd Asian Junior & Youth Orienteering Championships here in our prefecture.

Sports is a shared culture throughout the world that can touch everyone's hearts. As Tokyo Olympic and Paralympic Games 2020 approaches, the Japanese nation's interest towards sports is increasing. Reflecting the excitement of the Olympic and Paralympic Games, Yamanashi Prefecture will strive to realize a society where everyone can enjoy sports and to achieve community revitalization.

I would like to express my great expectation for all athletes to fully demonstrate the results of their everyday training and to display exciting races worthy of an international competition. I also hope all participants will be able to establish deep friendships with one another. Our prefecture has a variety of attractive features represented by farm products produced with abundant water and sunlight, local products such as jewelries created with traditional techniques, hot springs and historical sites. Please enjoy Yamanashi Prefecture to the fullest throughout the competition.

Finally, I would like to finish my greetings by paying my respect to all those who contributed to the competition. I wish for your success.

Governor of Yamanashi Prefecture

Kotaro Nagasaki

I would like to sincerely state my delight towards our hosting of the 3rd Asian Junior & Youth Orienteering Championships here in Hokuto City, Yamanashi Prefecture. We welcome representative athletes and all those concerned from Asian federations.

Hokuto City is surrounded by magnificent and beautiful mountains such as Mt. Yatsugatake, the South Alps and Mt. Mizugaki. Spring water welling from the mountains is selected as one of Japan's 100 remarkable waters. We are ranked number one in Japan for mineral water production, population of the great purple emperors (Japan's national butterfly) and hours of daylight, thus our city is called a place of scenic beauty.

I hear athletes from eight Asian federations belonging to the International Orienteering Federation will join the competition. I hope all of you can enjoy our beautiful scenery and the great rice and vegetables nurtured with our great waters.

Finally, I hope this competition to be a memorable event, where all participants will be able to give their best performance without any injuries, and where they deepen friendships with fellow participants from across the Asian region. I wish the competition success and express my gratitude to all those who devoted their time and skills to this day.

Mayor of Hokuto City

Eiko Watanabe





Welcome, all orienteering-loving junior and youth athletes of Asia, to the 3rd Asian Junior & Youth Orienteering Championships.

We hold the championships for the first time in Japan, with our motto to connect Japan and the rest of Asia through orienteering, and the experience of competing in previous championships at Hong Kong and China.

The championships take place at Hokuto, Yamanashi located at the foothill of Mt. Yatsugatake, at the center of Japan. It is the highlands, rich in vegetation, with the cool breeze from the mountains that allows you an exhilarating experience like Northern Europe even during the hot Japanese summer. We in Asia are yet to achieve the level of orienteering like Northern Europe, which has been developed through its long history. However, I believe we can continue creating the future of Asian orienteering starting with the energetic spirits and friendship of our young athletes.

I am sincerely grateful to Yamanashi Prefecture, Hokuto City, its residents and all other groups and organizations in their support of the championships, and expect orienteering to develop a more prominent place in Japanese sports culture.

Orienteering was not selected for the 2020 Tokyo Olympic games, but is included in the World Master Games 2021 Kansai. We would like to take part in the efforts to organize many international championships in Asia, and to increase Orienteering's presence within outdoor sports towards the future.

Finally, I hope for junior and youth athletes to run great races with cool minds and wish them the best of luck.

Japan Orienteering Association President

Tetsuro Yamanishi

We are honored to have the 3rd Asian Junior & Youth Orienteering Championships, with many young athletes from various Asian federations and regions.

The western foot of Mt. Yatsugatake is where German Professor Heinrich E. Naumann discovered fossa magna 150 years ago, depicting the grand geological concept of the birth of the Japanese islands. It is also a place where Japanese citizens settled after the Pacific War, rebuilt their lives and realized today's foundations with the help of persons such as American Professor Paul Rusch.

Yamanashi Prefecture had many potential terrain candidates around the foothills of Mt. Fuji and Mt. Yatsugatake and held numerous races from the late 80's to the early 90's. However, we lost many terrains to those areas to development, as golf courses and villas, during the bubble economy. Kiyosato Utsukushimori, the forest terrain for the competition, is the last place that remained safe from development.

I hope the young athletes will build lifelong friendships with each other during their six days together, as in the Japanese saying of "friends who ate from the same pot of rice" (friends who go through highs and lows together), here in Yamanashi which flourished from international cooperation.

I wish the best of luck to all the athletes.

Yamanashi Prefecture Orienteering Association Chairman

Hiroshi Sakai





Dear all Asian junior orienteers:

Japan Orienteering Association welcomes you to the 3rd Asian Junior & Youth Orienteering Championships which will be held in Hokuto City, Japan from 27th August to 1st September 2019.

AsJYOC is not only a place where the champions of Asian junior and youth are decided, but also an introduction to the international races, and a place where new friendships are born. I have participated in the 1st AsJYOC in Hong Kong and 2nd AsJYOC in China. The experiences and friends gained there greatly enriched my orienteering life.

We are preparing the best stages for Asian juniors in the technical and challenging terrains of Hokuto City, a beautiful highland between Mt. Yatsugatake and Mt. Mizugaki. We are looking forward to your challenge.

3rd Asian Junior & Youth Orienteering Championships

Event Director

Go Inamori

COMPETITION INFORMATION

01. ORGANIZATION

Organizer:	Japan Orienteering Association
Co-host:	Hokuto City
Supervisors:	NPO Orienteering Club Tortoise, Yamanashi Orienteering Association, AsJYOC 2019 Executive Committee
Support:	Yamanashi Prefecture
Sponsor:	SUUNTO, SPORTident Asia, FIREE, KanPas, OLAND, forte Inc., Okumikawa Outdoor Association, Yamakawa O-Enterprise Co., Ltd., Orienteering Club Sans Souci
JOA Official Partner:	Bright Compass Inc., NICHIREI CORPORATION, Salming Japan, DESCENTE LTD., LiteraMed K.K., Kaname Sokuryo Co.,Ltd., Arc Communications Inc.
Partner:	Hokuto Tourism Association, Kiyosato Okanokouen Corp., NPO Kiyosato Tourism Promotion Association, Seisen-ryo, Sun Meadows Kiyosato Co.,Ltd., Yatsugatake Tourism Management, Yatsugatake Utsukushimori Lodge, Yatsugatake Leisure Center, Yatsugatake Pie WorkShop
IOF Senior Event Advisor:	Yoonsun Cha
National Controller:	Ryo Hotta (Sprint, Sprint Relay), Masanobu Nishiwaki (Middle Distance)
Event Director:	Go Inamori
Event Secretary:	Ken Shibamura
Course Manager:	Yuki Nitami
Course Planner:	Wakana Miyamoto (Sprint), Suzu Masuzawa (Sprint Relay), Itsuki Ito (Middle Distance)
Mapper:	Tokumasa Nishimura (NishiPRO)
Jury:	Eugene Chow (Singapore), Francis Ko (Hong Kong), Shin Murakoshi (Japan)

02. CONTACT

Japan Orienteering Association

Address: 4F, Japan Sport Olympic Square, 4-2, Kasumigaoka-machi, Shinjuku-ku, Tokyo, 160-0013

Tel: +81-3-5843-1907 (10:00–16:00 JST on weekdays)

Email: asjyoc2019.hokuto@gmail.com

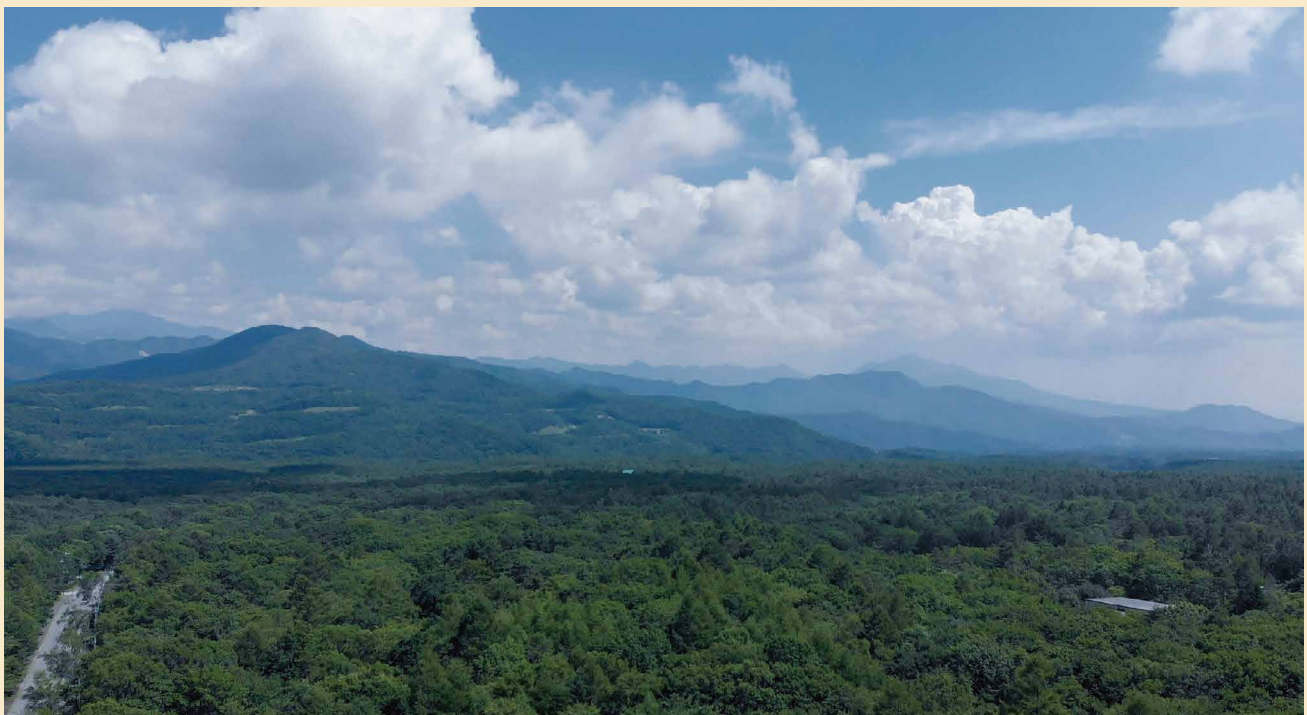
Website: <http://www.orienteering.or.jp/asjyoc2019/>

03. MAIN EVENT PROGRAM

Date	Time	Event/Race	Location
Tue., 27th Aug.		Arrival	Accommodation
	10:00–16:00	Model Event	Youth Outdoor Learning Center
	14:30–15:00	Technical Model Event	Youth Outdoor Learning Center
	17:00–18:00	Team Officials' Meeting (Sprint)	Accommodation
Wed., 28th Aug.	12:30–15:00	Sprint	Kiyosato Okanokouen
	15:00–15:30	Flower Ceremony	Sprint Arena
	18:00	Deadline for Team Numbers and Arrangement Requests (Sprint Relay)	Event Center
	18:50–19:30	Opening Ceremony and Prize-giving Ceremony (Sprint)	Accommodation
	19:30–21:00	Night Activities	Accommodation
Thu., 29th Aug.	09:00	Deadline for Changes in Member Orders (Sprint Relay)	Event Center
	09:00–16:00	Rest Day Activities	
	17:00–18:00	Team Officials' Meeting (Sprint Relay)	Accommodation
Fri., 30th Aug.	13:30–15:40	Sprint Relay	Seisenryo
	15:10–15:30	Flower Ceremony	Sprint Relay Arena
	17:00–18:00	Team Officials' Meeting (Middle Distance)	Accommodation
	19:20–19:50	Prize-giving Ceremony (Sprint Relay)	Accommodation
Sat., 31st Aug.	12:30–15:10	Middle Distance	Forest in Kiyosato
	14:30–15:00	Flower Ceremony	Middle Distance Arena
	18:30–19:10	Prize-giving Ceremony (Middle Distance) and Closing Ceremony	Seisen-ryo Main Lodge
	19:10–21:00	Banquet	Seisen-ryo Main Lodge
Sun., 1st Sep.	08:15–11:00	Departure	Accommodation

04. COMPETITION AREAS

All terrains of the events are located in Hokuto City, Yamanashi Prefecture.



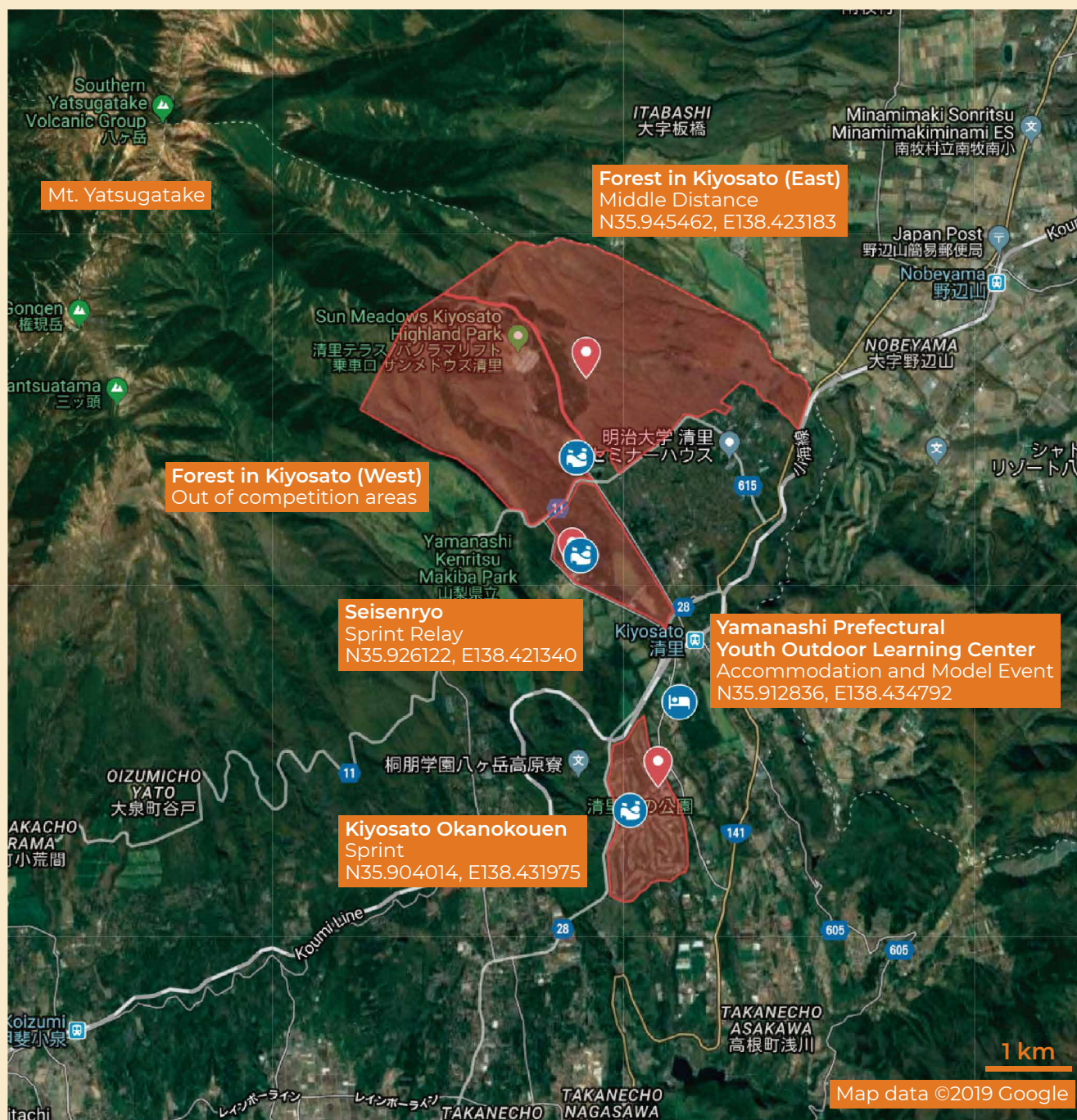
Hokuto City Kiyosato Highland

05. EMBARGOED AREAS

Any attempt to survey or train in the embargoed areas is forbidden, unless explicitly permitted by the organizer. Embargoed areas remain embargoed until the end of each competition

The previous map of Seisenryo and Forest in Kiyosato (Kiyosato Utsukushimori, 1:10,000/5 m, year 2014) can be found on the website. Forest in Kiyosato (West) is out of the competition area, but is embargoed for nature protection. Please check the details on Google Maps:

https://www.google.com/maps/d/viewer?mid=1pxTI-60bqxSszF-Ce5XmIkMmBI_Osmul



06. EVENT CENTERS

Date	Event/Race	Time	Location
Tue., 27th Aug.	Model Event	10:00–21:00	Accommodation
Wed., 28th Aug.	Sprint	09:00–12:00	Accommodation
		12:00–16:00	Sprint Arena
		16:00–21:00	Accommodation
Thu., 29th Aug.	Rest Day	08:00–09:00	Accommodation
		16:00–21:00	Accommodation
Fri., 30th Aug.	Sprint Relay	10:00–12:00	Accommodation
		12:00–16:00	Sprint Relay Arena
		16:00–21:00	Accommodation
Sat., 31st Aug.	Middle Distance	06:00–08:30	Accommodation
		08:30–16:00	Middle Distance Arena
		16:00–18:00	Accommodation
Sun., 1st Sep.	Departure	08:00–10:00	Accommodation

07. ACCREDITATION

Accreditation takes place at the Event Center on **27th Aug.** All teams must process between **10:00–21:00.** Though accreditation shall be performed by the team official, nevertheless all registered competitors and team officials must be present at accreditation in nearby vicinity in case any clarification is needed about citizenship, validity of IOF license etc.

Each registered competitor and team official must present her/his personal passport before she/he can be accredited. A personal AsJYOC ID card will be handed out at accreditation. All accredited persons must wear it at all relevant times and present it for access to all means of transport and authorized zones.

08. ACCOMMODATION

All teams will stay at Yamanashi Prefectural Youth Outdoor Learning Center from 27th Aug. to 1st Sep. An information board will be prepared at the Youth Outdoor Learning Center. There is no Wi-Fi at the accommodation. Please bring your own Wi-Fi or use SIM cards. For the details of the accommodation, please check the website bellow.

Yamanashi Prefectural Youth Outdoor Learning Center

Address: 3545, Kiyosato, Takane-cho, Hokuto City, Yamanashi Prefecture (N35.912836, E138.434792)

Website: <http://www.yatsu.yya.or.jp> (Japanese Only)

09. AMENITIES

There are no amenities. All participants should bring all necessary items. There is no laundry machine, a washing area will be provided.

10. THINGS TO BRING

- Amenities
- Indoor shoes / slippers
- Head light (for the night activity)
- Apron (for the rest day activity)
- Head kerchief (for the rest day activity)

11. MEALS

Breakfast and dinner are served at the accommodation except banquet. Lunch boxes will be provided for lunch. If any special needs (allergies etc.), please notify us in advance.

Date	Breakfast	Lunch	Dinner
Tue., 27th Aug.	-	Lunch Box	18:00
Wed., 28th Aug.	07:30	Lunch Box	18:00
Thu., 29th Aug.	07:30	Rest Day Activity	18:00
Fri., 30th Aug.	07:30	Lunch Box	18:00
Sat., 31st Aug.	07:00	Lunch Box	19:10 (Banquet)
Sun., 1st Sep.	07:30	-	-

12. CEREMONIES

OPENING CEREMONY

Opening Ceremony will take place on 28th Aug., 18:50 at Youth Outdoor Learning Center. Competitors shall wear their team uniform. Flags of all countries will be brought to the arena.

FLOWER CEREMONY

There will be a Flower Ceremony in the arena after each race. Sprint and Middle Distance will be awarded to 1st to 6th, and Sprint Relay to 3rd. There will be an announcement by the speaker. For a Flower Ceremony, competitors/teams who will be awarded shall be present by the stage 15 minutes before the beginning of the ceremony.

PRIZE-GIVING CEREMONY

Sprint and Middle Distance will be awarded to 1st to 6th, Sprint Relay to 3rd. Competitors/teams who will be awarded should be in their official team uniforms. No national flags, signs, sunglasses, hats, mobile phones and other such items are allowed on the stage. Final instructions to the participants will be given prior to the ceremony on site.

CLOSING CEREMONY

Closing Ceremony will be held at Seisen-ryo Main Lodge on 31st Aug. from 18:30 till 19:10, including the Middle Distance Prize-Giving Ceremony.

13. BANQUET

Banquet for competitors and team officials will start around 19:10 on 31st Aug. after the closing ceremony.

14. NIGHT ACTIVITY

Real Escape Game × Orienteering

Recently, “Real Escape Game” is popular in Japan. During your stay, you can play this exciting game as a night activity! There will be three important keys to win. Orienteering maps, flexible ideas, and communication within the team. Cooperate to piece all the information together and find the way to escape!

15. REST DAY ACTIVITIES

We will stop at a supermarket after rest day activities. Please bring cash (JPY).

AM

Takane Klein Garten

Cooking experience of *Hoto* noodle soup which is a popular regional dish of Yamanashi Prefecture. Please bring your own apron, head kerchief and hand towel.

PM

Plan A: Heidi's Village

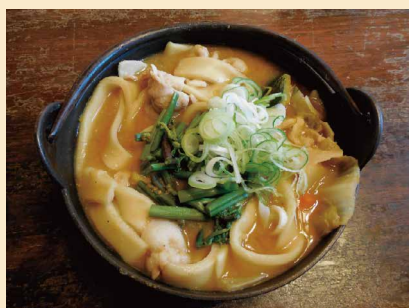
Enjoy many types of flowers at a theme park modeled after *Heidi, Girl of the Alps*! It's a great place for those who like flowers and an instagrammable sight!

Plan B: Yamanashi Prefectural Makiba Park

Meet sheep and goats on a ranch and eat delicious ice cream! It's a suitable activity for animal lovers.

Plan C: Spatio Experience Factory

Workshops for those who want to bring home a handmade souvenir from Japan. You can choose from the following 5 crafts: 1. pressed flower photo frame, 2. glass bead (*Tonbo-dama*) accessories, 3. stained glass photo frame, 4. natural stone accessories and 5. silver accessories.



AM: *Hoto* noodle soup



PM Plan A: A theme park



PM Plan B: A ranch



1



2



3



4



5

PM Plan C: Workshops

16. COMPETITION CLASSES and REGULATIONS

SPRINT AND Middle Distance

W14, M14

Up to 14 years old, born in 2005 or later

W16, M16

Up to 16 years old, born in 2003 or later

W18, M18

Up to 18 years old, born in 2001 or later

W20, M20

Up to 20 years old, born in 1999 or later

SPRINT RELAY

M/W14

Up to 14 years old, born in 2005 or later,
4 legs per team with at least 2 female runners

M/W16

Up to 16 years old, born in 2003 or later,
4 legs per team with at least 2 female runners

M/W18

Up to 18 years old, born in 2001 or later,
4 legs per team with at least 2 female runners

M/W20

Up to 20 years old, born in 1999 or later,
4 legs per team with at least 2 female runners

REGULATIONS

1. Minimum age of participation is age 13, born in or before 2006.
2. In each individual class, each country may enter a maximum of **5 competitors**.
3. Each country may enter **2 teams** in each relay class but only the better-placed team will be counted in the prize list.
4. If a federation is unable to form full relay teams (even with women running in men' s classes), it may form incomplete teams or mixed teams with runners from other federations. Mixed teams will be arranged by AsJYOC 2019 executive committee. Under no circumstances may persons other than entered competitors participate in the competition. Teams with runners from more than one federation are not placed on the official result list.
5. Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the Asian region, can compete in AsJYOC.
6. Competitors representing other member federations of IOF or other Asian countries can participate in AsJYOC but will not be eligible for the AsJYOC titles, medals or diplomas.
7. The winners of the age class 20, 18 and 16 will be the **Asian Junior Champions** and the **Asian Youth Champions** of the AsJYOC respectively. The winners of the **age class 14** will **not** be eligible for the AsJYOC titles.

17. COMPETITION ARENAS

The competition arenas are situated on the following coordinates:

Sprint:	Kiyosato Okanokouen (N35.901902, E138.428671)
Sprint Relay:	Seisen-ryo Kennedy Ground (N35.927659, E138.422350)
Middle Distance:	Utsukushimori Parking (N35.937524, E138.421898)

18. COMPETITION RULES

IOF Competition Rules for Foot Orienteering will apply.

19. CLOTHING

There are no restrictions for the Sprint. For Sprint Relay and Middle Distance, competitors should wear clothing that fully covers their legs. (Leggings are highly recommended in Middle Distance)

Shoes with any kind of metal (spikes, dobb spikes) are not allowed for Sprint and Sprint Relay. Choice of footwear is free for Middle Distance.

20. NUMBER BIBS

All competitors must wear their number bibs at all competitions. All number bibs will be handed out at each team officials' meeting respectively. The bibs must be worn on the chest and the back. They must be entirely visible and must not be folded or cut. Safety pins will be provided.

21. ANTI-DOPING CODE

The organizers will comply with the IOF Anti-Doping Rules valid at the time of the AsJYOC 2019.

22. MEDICAL CARE

First aid services will be provided at the competition arenas and in the terrain. Each federation is responsible for its own insurance.

The emergency call in Japan is 119. There is emergency trauma center in Hokuto City Shiokawa Hospital.

Hokuto City Shiokawa Hospital

Address: 3545, Kiyosato, Takane-cho, Hokuto City, Yamanashi Prefecture (N35.778744, E138.426639)

23. CLIMATE

August is the hottest month in Hokuto City. Average temperature is 24 ° C while it can reach more than 30 ° C on the hot days. However, the competition will be held in the highlands, higher than 1,000 m above sea level, where it will be cooler and less humid. There is a chance of cool temperature on rainy days. Participants are recommended to bring their own warm clothes.

The temperature and precipitation for the past 5 years on 30th Aug. at the observation point (Nobeyama) are as follows. This observation point is located about 4 km east of the Middle Distance arena and about 120 m above sea level.

Year	High (°C)	Low (°C)	Precipitation (mm)
2014	19.7	13.3	12.0
2015	18.1	15.7	31.5
2016	19.1	13.4	29.5
2017	25.7	16.8	0.0
2018	27.0	18.5	0.0

24. TEAM OFFICIALS' MEETINGS

For each competition, a Team Officials' Meeting (TOM) will be held the day before, providing all important information about the competition. Maximum of 2 team officials may attend TOM. The presentation slides will be uploaded to IOF Eventor and the website after the TOM. All TOMs will be held at Youth Outdoor Learning Center.

Questions in advance for TOMs may be sent to asjyoc2019.hokuto@gmail.com until 2 hours before the meetings on the respective day and we will answer them during the meeting. The schedule is as the table below.

Date	Time	Race
Tue., 27th Aug.	17:00–18:00	Sprint
Thu., 29th Aug.	17:00–18:00	Sprint Relay
Fri., 30th Aug.	17:00–18:00	Middle Distance

25. ENTRY DEADLINES for SPRINT RELAY

Deadline for team numbers and arrangement requests is **28th Aug., 18:00**. Deadline for changes in relay member orders is **29th Aug., 09:00**. Turn in the designated Sprint Relay form, which all teams will receive upon accreditation, to the Event Center.

26. LIVE PRODUCTION

We will offer a screen in the competition arenas of Sprint Relay and Middle Distance with live GPS tracking and live results. Speakers will provide great action with their live reporting in the arenas.

27. PHOTO and VIDEO DISCLAIMER

By taking part in the competition as a participant or spectator, you acknowledge your consent to interviews, photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, telecasts, advertising, inclusion on websites, or any other purpose by the organizers and its affiliates.

No drones are allowed in the competition areas without permission from the organizers.

28. WASTE MANAGEMENT

Keep our arenas clean! Please take the trash with you and throw it in the rubbish bag provided in the accommodation.

29. NATURE PROTECTION

Part of the competition is held in an area designated as a quasi-national park. Please strictly adhere to the following rules to protect the environment for rare animals and plants.

- Do not collect or damage animals, plants, fungi, rocks, etc., from the terrain.
- Never enter the restricted areas shown on the map.
- Do not enter areas marked with blue and yellow out-of-bounds tapes, which surround rare plants.
- Do not throw away trash. Keep our areas clean.
- There are many other visitors, such as mountain climbers and hikers, in terrain. Be extra cautious and considerate when passing by, and avoid collision.

30. TRANSPORT

All transportation during the competition will be organized. The time schedule is as the table below. Minor arrangement will be announced individually.

Date	Time	From	To
Wed., 28th, Aug.		All transport will be by foot	
Thu., 29th, Aug.	09:00–09:30	Accommodation	Takane Klein Garten
	12:30–13:00	Takane Klein Garten	Heidi's Village Yamanashi Prefectural Makiba Park Spatio Experience Factory
	15:30–16:10	Heidi's Village	Accommodation
	15:30–15:45	Yamanashi Prefectural Makiba Park	Accommodation
	15:30–16:05	Spatio Experience Factory	Accommodation
Fri., 30th, Aug.	11:15–11:30 11:45–12:00	Accommodation	Sprint Relay Arena
	16:00–16:15 16:30–16:45	Sprint Relay Arena	Accommodation
Sat., 31st, Aug.	07:50–08:05 08:20–08:35	Accommodation	Quarantine
	15:20–15:35 15:30–15:45 15:50–16:05 16:00–16:15	Middle Distance Arena	Accommodation
	17:40–17:55 18:10–18:25	Accommodation	Banquet Arena
	21:00–21:15 21:30–21:45	Banquet Arena	Accommodation
Sun., 1st, Sep.	08:15–08:30	Accommodation	Spectator Races Long Distance Arena
	09:35–10:10 09:50–10:25 10:45–11:20 11:00–11:35	Accommodation	Kobuchizawa Station

31. MODEL EVENT

The model event will provide relevant examples of map, terrain, control setting, control descriptions, taped out of bound area and marked route. Model event maps will be handed out at the time of accreditation. There will be control stands with orienteering flags but no SI Station at control sites.

The technical model event will show the SPORTident Air+ system, control set-up, refreshment point, the start and finish procedures. Competitors will have the possibility to test the equipment.

MODEL EVENT

Date: **27th Aug., 10:00–16:00**

Location: Yamanashi Prefectural Youth Outdoor Learning Center (N35.912836, E138.434792)

TECHNICAL MODEL EVENT

Date: **27th Aug., 14:30–15:00**

Location: Yamanashi Prefectural Youth Outdoor Learning Center (N35.912836, E138.434792)

GENERAL COMPETITION RULES and INSTRUCTIONS

32. CONTROL DESCRIPTIONS

Control descriptions are in accordance with ISCD 2018. Potentially unclear or uncommon control descriptions are illustrated and explained in this bulletin in the section of the respective competition format.

Control descriptions will be available in the pre-start and are also printed on the competition maps. In Sprint Relay, control descriptions are printed only on the map.

33. PUNCHING SYSTEM

The SPORTident Air+ system will be used. All competitors will receive SIAC. from the organizers upon accreditation. The SIAC and GPS watch should be on different arms, as the GPS signal reduces the sensitivity of the SIAC.

Each SIAC is assigned to a specific competitor and must be used by that competitor only. Please notify the organizers in case of a lost, misplaced or forgotten card. JPY 9,000 will be charged for any lost or missing cards. After the Middle Distance, team officials must return all SIACs together to the Event Center by 31st Aug., 15:30 at least.

34. ACTIVATING SIAC

“Clear” and “Check” are necessary to activate SIAC contactless punching mode. The “Clear” and “Check” Stations will be located at the start.

1. Insert the SIAC into the “Clear” Station and wait about 3 seconds.
2. Insert the SIAC into the “Check” Station.
3. Insert the SIAC into the “SI Test” Station to confirm SIAC activation.

Check for the beep from the SIAC and the red light from the SI Station. This confirms that the SIAC has been reset. In each quarantine, an SI Station will be installed to check the battery level of SIAC. If the battery runs out, there is a risk that no record will remain in SIAC. Be sure to check the battery.

35. PUNCHING at CONTROL

When the SIAC is held over the SI Station, set at each control point, it generates light and sound for 3 seconds and records the passage. **Be sure to check the light and sound of your own SIAC.**

In the unlikely situation of SIAC failing to register in contactless punching mode, the competitor has to perform the direct punch by placing the SIAC into SPORTident Station. If Station fails to respond, in case of an SIAC punching fails (neither a feedback beep nor a light feedback signal) competitors must punch manually anywhere on the map using the pin-punch.

36. GPS TRACKING

There will be GPS tracking for some competitors in all competition formats. Competitors who will wear the GPS tracking device will be announced at TOM. The device will be handed out at the call up. The device will be collected at the finish of each race. GPS vests will be collected at the arena.

37. QUARANTINE

Arriving at the quarantine, the competitors have to check in by showing their AsJYOC ID card and sign the list before the quarantine closes. No-one will be allowed into the quarantine area after the deadline. The warm-up maps will be available at quarantine in Sprint and Middle Distance. Warm-up maps are considered as part of quarantine.

All competitors are strongly advised to perform the SIAC battery test.

All quarantines offer covered area (building or tents). You may stay inside or outside. Small warm-up area outdoors, toilets and water is available. There will be a clock showing the official competition time. Bags and warm-up clothing should be transported by the team officials. Organizers will provide minimal transportation and will carry the minimum amount of luggage required for operation.

Competitors and team officials can leave the quarantine at any time, but once they have left they are not allowed to return.

Please be fair and remember the following important things:

- The use of mobile phones, computers or any communication devices inside the quarantine is strictly forbidden;
- It is not allowed to bring any maps of the embargoed area into the quarantine zones;
- Team tents are not allowed;
- Team officials are not allowed to follow the competitors beyond the call up at any competitions;
- The use of spiked shoes is strictly forbidden indoors.

38. PRE-START and START

Only competitors registered for that race have access beyond the pre-start. Once the competitors pass the pre-start they are not allowed to go back to the quarantine.

Sprint and Middle Distance

Competitors will reach the pre-start where they clear and check their SIACs and get the control descriptions. In the pre-starts, refreshments will be provided. Bags and clothing are not collected by the organizer.

Start with a chime sound. Please take map at the same time of start signal sound and start. There is no punching at the each start.

The listed start times will be used.

Sprint Relay

Please refer to the special instructions sections

39. LATE STARTS

The competitors who miss their start time due to their own fault are permitted to start, but are timed as if they had started at their allocated start time. The competitors who are late because of a fault by the organizers are given a new start time. In both cases the following procedure must be used at the start: A late competitor must report at the entrance of the pre-start.

If the organizers decide there is still enough time to start at the allocated start time, she/he can continue through the start lanes followed by an organizer. If it is not possible for the runner to start at the allocated start time, she/he will be allowed to start one minute before the next runner on that course. However, competitors from the same federation are not allowed to start consecutively.

40. CONTROL SET-UP

The SI Stations are placed on metal legs or fiberglass sticks. Every control has its own SI Station and a backup pin punch. Radio controls and/or their stands are not marked in the competition map and on the control description.

41. FINISH

Sprint and Middle Distance

The marked route from last control to the finish must be followed. The finish time is taken, when the SIAC is held over the finish control with the light and sound. The running times are rounded down to whole seconds.

After finishing their race, the competitors read out their SIAC, return the GPS device (if applicable). Refreshments will be provided.

It is strictly forbidden for competitors and team officials to reenter the competition area except the arena.

Sprint Relay

Please refer to the special instructions section.

42. COLOR OF TAPES

During Competition:	Red and white tapes
Quarantine–Pre-start:	Blue tapes
Out of Bounds:	Blue and yellow tapes

43. ABANDONING A RACE

Competitors who are forced to abandon a race must report to the finish organizer and hand in their competition maps. A retiring competitor may not influence any other competitor.

44. COMPLAINTS and PROTESTS

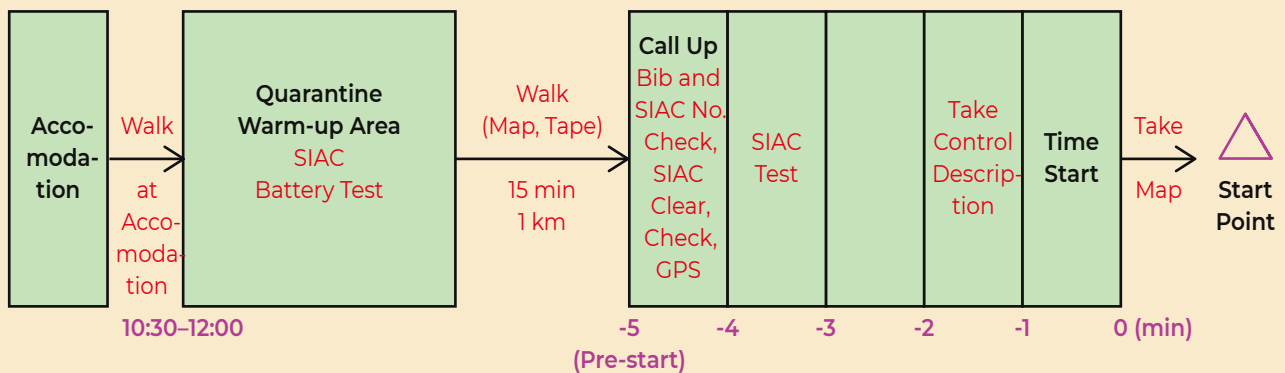
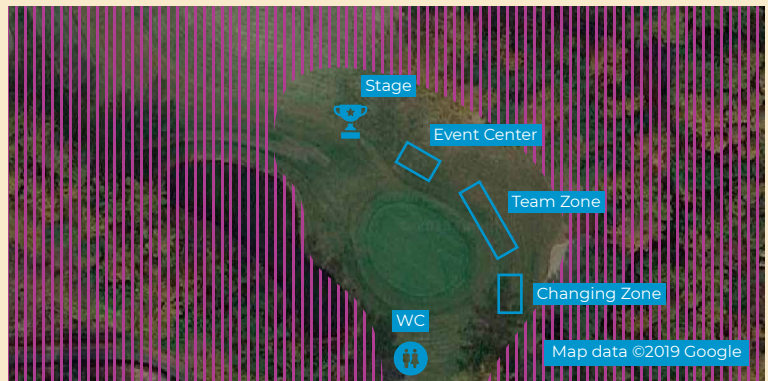
Any complaints must be made in writing and handed in at the Event Center. Complaints concerning results must be made no later than 15 minutes after the organizer has informed the complainant of the decision about the complaint. Use the IOF complaint form provided at the Event Center. A protest can be made against the decision about a complaint. The protest fee of EUR 50.00 shall be paid in cash to the IOF.

SPECIAL INSTRUCTION for EACH COMPETITION

45. SPRINT

Arena: Kiyosato Okanokouen

(N35.901902, E138.428671)



Transport: There is no parking lot for the team. Please move by foot between the accommodation and the arena. Competitors and team officials will be allowed to depart from the arena and head back to the accommodation after 14:00. It is a 30 minutes walk between the arena and the accommodation. A map with a marked route between the accommodation and the arena will be handed out at the quarantine and the arena respectively.

Quarantine: It is located indoors at the accommodation and opens at 10:30 and all competitors have to check in before 12:00. To the pre-start, competitors and team officials will use the warm-up map with a marked route and then follow blue tapes.

Competitors and team officials who do not enter the quarantine will be handed a map with a marked route to the arena and must arrive at the arena by 12:30.

Warm-up: At Quarantine. The warm-up map will be provided.

Start Interval: 2 minutes

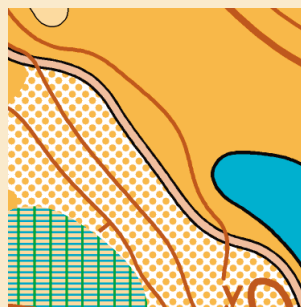
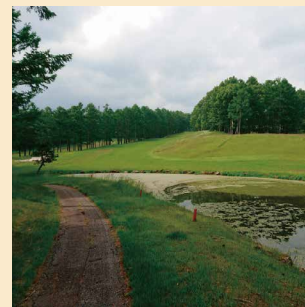
Start and Finish: Please refer to the general instruction section.

Out-of-bounds Areas: Out-of-bounds areas are marked on the map as ISSOM 709 (Out-of-bounds area). Certain areas on the terrain will be marked with blue and yellow tapes. It is strictly forbidden to cross these areas.

Map: scale 1:4,000, contour interval 2 m, ISSOM 2007, issued 2019

Mapper: Tokumasa Nishimura (NishiPRO)

Terrain Profile: The terrain is a natural park, which was used as a golf course until March. It is located on a slope at the southern foot of Mt. Yatsugatake at an altitude of 1,150–1,250 m. The old golf course is an area occupied mostly by open areas and forest with good runnability, with ponds and bunkers. On the other hand, the runnability of the surrounding forest is generally not good. There are several paved roads, but small paths are rarely seen.

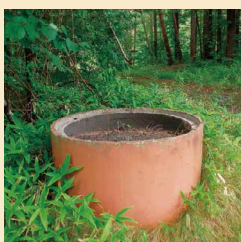


20 m

20 m

Shoes: Shoes with any kind of metal (spikes, dobb spikes) are not allowed.

Special symbols:



× Flower pot

Course: Course lengths are the shortest feasible route as specified in IOF Foot O Competition Rules.

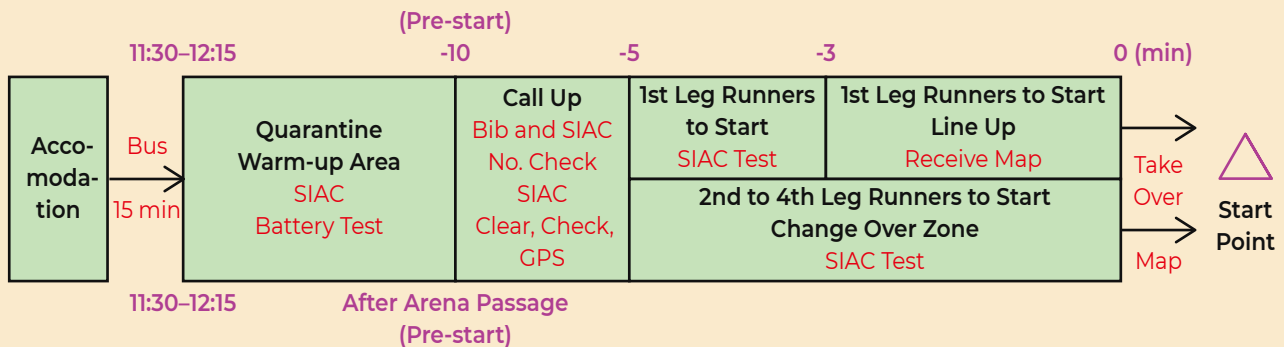
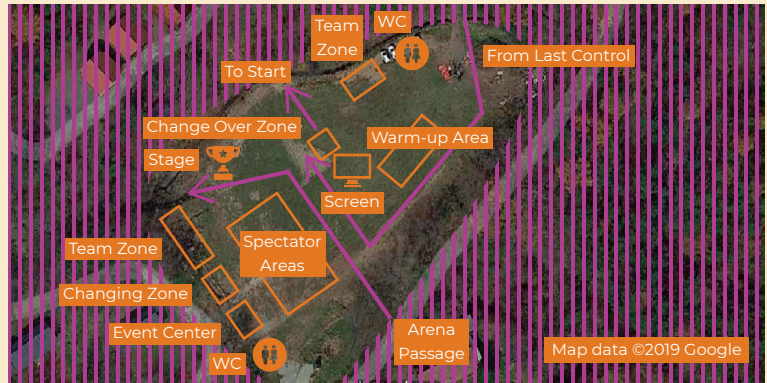
	W14	M14	W16	M16	W18	M18	W20	M20
Length (km)	1.7	2.0	2.1	3.0	2.4	3.3	3.1	3.5
Climb (m)	22	30	24	50	40	60	60	70
Controls	12	13	13	17	15	18	17	19
Winning Time (min)	15	15	15	15	15	15	15	15
Maximum Running Time (min)	50							
Map Size (mm)	210×297							
Control Description Size (mm)	90×52	96×52	96×52	126×52	115×52	132×52	126×52	138×52

Course Planner: Wakana Miyamoto

46. SPRINT RELAY

Arena: Seisen-ryo Kennedy Ground

(N35.927659, E138.422350)



Transport: There is no parking lot for the team. Please use the official bus to move between the accommodation and the arena.

Quarantine: It is located in the arena and opens at 11:30 and all competitors have to check in before 12:15.

Warm-up: At Quarantine. There is no warm-up map.

Start Time: M/W14 and M/W18 13:30
M/W16 and M/W20 13:33

1st Leg Start: 10 minutes before start competitors are called to perform SIAC Clear and Check. 5 minutes before the start, the competitors will be called up to follow an organizer to the start area. The competitors will receive their maps 3 minutes before the start. They are not allowed to unfold maps before the start signal. In addition, the marked route to start for 2nd to 4th leg runners differs from the 1st leg due to change in the marked route to start halfway for safety reasons.

Arena Passage: about 60%–80% of the course.

Change Over: Incoming runner will

1. Cross the finish line
2. Put the map in the map discard box
3. Continue to the map board
4. Pick up the map marked with bib number
5. Hand over the map to the next runner
6. Punch the SIAC to the finish control.

It's the competitor's responsibility to take the correct map. Teams running with a wrong map will be disqualified.

Finish: 4th leg runners must follow the marked route from the last control. There is no punching at the finish line. The chest position is determining factor in a close finish. Judges will rule on the final placements based on the order that the competitors' chests cross the finish line. After finishing, the runner must proceed through the lane in the order of the finish line, punch the SIAC to the finish control, and proceed to reading out the SIAC. Competitors and team officials having finished their races are not allowed to return in the competition area.

Mass Start for the Later Legs: A mass start for 2nd to 4th leg runners of slower teams may take place if needed at 15:00. Teams with forerunners disqualified will be allowed to continue the relay.

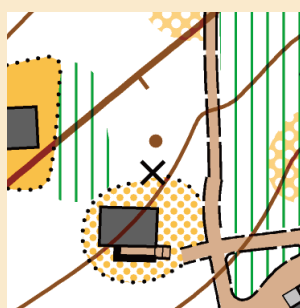
Out-of-bounds Areas: Out-of-bounds areas are marked on the map as ISSOM 709 (Out-of-bounds area). Certain areas on the terrain will be marked with blue and yellow tapes. It is strictly forbidden to cross these areas.

Map: scale 1:4,000, contour interval 2 m, ISSOM 2007, issued 2019

Mapper: Tokumasa Nishimura (NishiPRO)

Terrain Profile: The terrain is a southeastward slope located about 1,400 m above sea level, southeast of the Yatsugatake Mountains. There is relatively little contour detail. On the other hand, there are some buildings as well as a forest covered with undergrowth. Many paths stretch in between the buildings and inside the forest. Height difference 150 m.

Shoes: Shoes with any kind of metal (spikes, dobb spikes) are not allowed.



20 m

20 m

Special symbols:



× Playground equipment

× tank

Course: Course lengths are the shortest feasible route as specified in IOF Foot O Competition Rules.

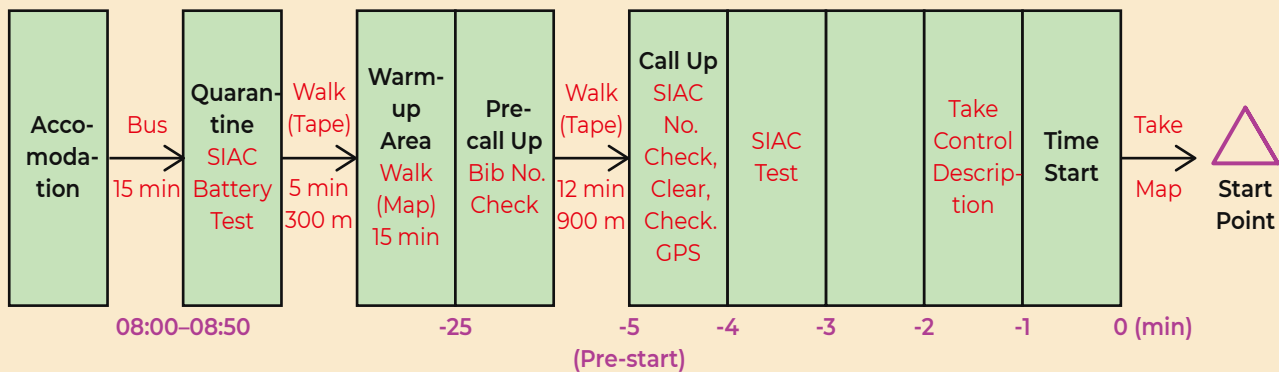
	M/W14	M/W16	M/W18	M/W20
Length (km)	1.8/1.5-1.4	2.1-2.0/1.8-1.7	2.3/1.7	2.8-2.7/2.3
Climb (m)	36-34/28-26	44-42/30	52/46-48	64-60/46-50
Controls	13/11	13/11	14/11	17/15
Winning Time (min)	50	50	50	60
Maximum Running Time (min)	120			
Map Size (mm)	210×297			

Course Planner: Suzu Masuzawa

47. MIDDLE DISTANCE

Arena: Utsukushimori Parking

(N35.937524, E138.421898)



Transport: There is no parking lot for the team. Please use the official bus to move between the accommodation and the quarantine or the arena.

Quarantine: There are both indoor and outdoor areas in the quarantine. It opens at 08:00 and all competitors have to check in before 08:50. To the pre-start, competitors and team officials will follow the warm-up map with a marked route or blue tapes.

Competitors and team officials who do not enter the quarantine must head directly to the arena by foot immediately after getting off the bus. Team officials who exit the quarantine to head to the arena are to go by foot as well.

Warm-up: The Warm-up map will be provided at the quarantine. The warm-up area is between the quarantine and pre-call up. Please be careful when walking along the road.

Start Interval: 2 minutes

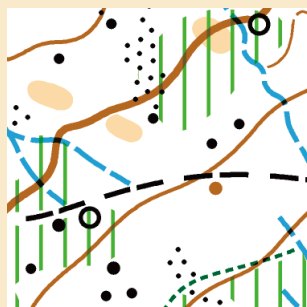
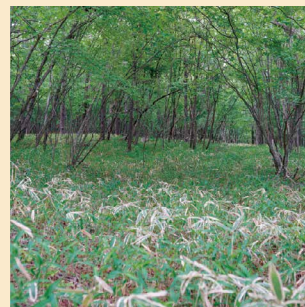
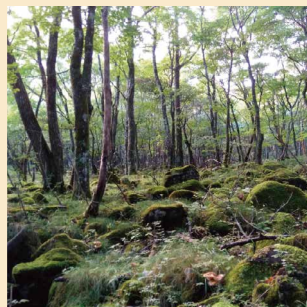
Start and Finish: Please refer to the general instruction section.

Out-of-bounds Areas: Out-of-bounds areas are marked on the map as ISOM 709 (Out-of-bounds area). Certain areas on the terrain will be marked with blue and yellow tapes. It is strictly forbidden to cross these areas.

Map: scale 1:10,000, contour interval 5 m, ISSOM 2007, issued 2019

Mapper: Tokumasa Nishimura (NishiPRO)

Terrain Profile: The terrain is a single-slope, typical terrain type seen at the foot of Mt. Yatsugatake, with an altitude of 1,400–1,600 m. Overall, there is little contour detail, but there are many features such as rocks. Although the visibility in the forest is mostly good, runnability is generally low due to undergrowth and stony grounds. Runners will be tested in their accuracy to run straight, for there are only few paths in the terrain.



50 m

50 m

Shoes: Choice of foot-wear is free.

Special symbols:



○ Ruin of a charcoal kiln



✕ Sign board



✕ Waterworks



✕ Permanent flag









Course: Refreshment will be supplied in some routes or courses.

	W14	M14	W16	M16	W18	M18	W20	M20
Length (km)	1.6	1.6	2.6	2.9	2.7	3.9	3.2	4.2
Climb (m)	30	35	70	65	65	95	75	85
Controls	7	7	11	10	11	13	12	13
Winning Time (min)	25	25	30	30	35	38	40	40
Maximum Running Time (min)	110							
Map Size (mm)	210×297							
Control Description Size (mm)	72×50	72×50	96×50	90×50	96×50	108×50	102×50	108×50

Course Planner: Itsuki Ito

APPENDIX

48. ENTRY SUMMARY as of 24th Aug., 2019

	W14	M14	W16	M16	W18	M18	W20	M20	Competitor	Team Official	Total
 China	0	0	3	3	4	4	4	4	22	4	26
 Hong Kong	5	5	5	5	2	4	1	2	29	6	35
 Japan	2	5	3	5	4	5	5	5	34	5	39
 Kazakhstan	0	0	0	0	0	1	0	1	2	0	2
 Republic of Korea	2	2	1	1	2	0	1	3	12	5	17
 Macau	0	0	0	1	2	0	0	2	5	3	8
 Singapore	4	3	0	1	0	0	0	0	8	5	13
 Chinese Taipei	0	0	2	3	3	3	2	3	16	6	22
Total	13	15	14	19	17	17	13	20	128	34	162

49. IOF MEMBER FEDERATIONS IN ASIA

 CHN China	 JPN Japan	 NEP Nepal
 HKG Hong Kong	 KAZ Kazakhstan	 PRK DPR of Korea
 INA Indonesia	 KGZ Kyrgyz	 SGP Singapore
 IND India	 KOR Republic of Korea	 THA Thailand
 IRI Iran	 MAS Malaysia	 TPE Chinese Taipei

50. WEBSITES AND SOCIAL MEDIAS

IOF Eventor: <https://eventor.orienteering.org/Events/Show/6125/>

Twitter: <https://twitter.com/asjyoc2019japan/>

Instagram: <https://www.instagram.com/asjyoc2019japan/>

Facebook: <https://www.facebook.com/asjyoc2019japan/>

YouTube: https://www.youtube.com/channel/UCBsMR3O_s9g8ixH8gOVjLg

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Make the most of your sport!



SPORTident Orienteering is the Android app for managing your timed orienteering training. Read out cards and get splits printouts, rankings and online results instantly.

www.sportident.com

O-Starter Set

- Best solution for school and training activity
- Best for thinking and running at the same time
- Best for starts with orienteering at every age

課題解決 + フォルテ



[位置情報]と[骨伝導]で、より豊かな生活へ。

フォルテGPS (FB) で「位置」の解決



山車



除雪車



配達員

フォルテ骨伝導 (VOCE-rable) で「音」の解決



スポーツ



製造工場



難聴対策

フォルテアプリでスマホがもっと便利に



ガイドアプリ



翻訳アプリ

事例集・パンフレット、
お見積のお問合せは
こちらまで！



株式会社フォルテ 東京支店

担当: 相馬 (info@forte-inc.jp)

HP: <http://www.forte-inc.jp/>

SNS: <https://www.facebook.com/aomori0forte/>



"A natural hot water spring"
The Kiyosato secret hot spring is also known as "Beautiful woman spring"

Source 47°C Free flowing hot spring
Spring Quality Sodium bicarbonate Chloride spring

Second Floor at Aqua Resort Kiyosato
Free-flowing hot spring
Tenno-no-yu Hot Spring

Legend of the heavenly maiden
Once upon a time, 8 million gods would once a year, under the directions of Benten-no-yama, gather at Itsuki-no-mori (now Utakuchi-mori), the center of the country of Muzo (the Japanese archipelago), to discuss the regulations that would govern the country that year. After the meeting was over, the princess of Tenno mountain would perform a ritual dance. Before the dance she would purify her body in Amanokawara (approx. 500m North of Tenno mountain), and then purify her garments in the Hagoromo pond (approx. 1000m Northwest from Itsuki-no-mori). The heavenly maiden cherished the place and chose to make it her residence. This is how the Tenno mountain got her name. We named it "Kiyosato hot spring Tenno-no-yu" based on "The legends and folklore of Okami village".

10:00-19:00
Depending on the season times may vary.

Aqua Resort Kiyosato
Tenno-no-yu Hot Spring
free flowing hot spring

The heat-insulating common salt (Sodium chloride) spring system, which originates at the foot of the Southern Yatsugatake, contains natural sodium bicarbonate which softens the skin. It is therefore also known as "Beautiful woman spring".

Access
Car: ● Sakama IC → 25 minutes
● Nagasaka IC → 18 minutes
● Kobuchisawa IC → 25 minutes
Train: JR Kiyosato Station
Kiyosato Picknick bus (Southern route) → 10 minutes

Tenno-no-yu Hot Spring
Kiyosato 3545-5, Takane town, Hokuto city (During the summer time can be extended)
Closed: Every Tuesday (From mid-July ~ August: End of year and beginning of the new year all days open)
TEL0551-48-5551
<https://www.kiyosato-okanokouen.com/>

Kiyosato Okanokouen
Sky Resort Yatsugatake at an altitude of 1000m Forest and Water Theme Park

Aqua gim
On the water obstacle course! Aqua resort Kiyosato started the Aqua Gim. (Primary school children or younger)
10:00-19:00
Depending on the season times may vary.
Rental swimming gear available

Multifunctional warm water pool
The three stories high pool-zone gives a real sense of space

Third Floor at Aqua Resort Kiyosato
Restaurant Aqua
Special Tomato Ramen 900yen
Wifi complete

We serve many dishes with local Yatsugatake vegetables!
Week days 12:00-18:30
Sat., Sun. and holidays 11:30-19:00

Glamping
Internet reservation Accepting
Business period 27April ~ 30 November
Check in 15:00~17:00
Check out ~18:00
*Times vary depending on the season

Refresh with the fresh Kiyosato highland air!
A fully prepared camping area!

BBQ Terrace
Internet reservation Accepting
11:00~16:00
August until 20:30
Closed during winter
Max. capacity: 250 people

Kiyosato Oka-no-koen is a source of abundant outdoors activities. In summer the highland resort is the place to refresh!

Dog run
9:00~18:00 Times may vary depending on the season

Because inside the forest there is even midsummer plenty of shadow between the trees. Spend a refreshment day between the highland trees while playing with your unleashed pet dog.



Car Camping
Internet reservation Accepting
Pets allowed
Stay: Check in 13:00~18:00
Check out 7:00~11:00
Day trip: 10:00~16:00

Oka-no-koen offers a wealth of outdoors activities! Enjoy the Highland resort surrounded with nature!!

Ground golf
9:00~18:00
Times may vary depending on the season

The first Certified course in Yamanashi

Miniature golf
9:00~18:00
Times may vary depending on the season

There are three all weather courts within the forest. Fully enjoy the game in the refreshing highlands.

ORGANIZERS

IOf Senior Event Advisor:	YOONSUN CHA
National Controller:	RYO HOTTA (Sprint, Sprint Relay), MASANOBU NISHIWAKI (Middle Distance)
Event Director:	GO INAMORI
Event Secretary:	KEN SHIBANUMA
Course Team:	YUKI NITAMI (Manager), KENJI KUSUNOKI (Sub Manager), WAKANA MIYAMOTO (Sprint Planner), SUZU MASUZAWA (Sprint Relay Planner), ITSUKI ITO (Middle Distance Planner)
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Accommodation:	FUMICHIKA TANINO (Manager)
Transport:	YURI OKUO (Manager)
Material:	KARIN NEMOTO (Manager)
Start:	REIJI MATSUO (Manager)
Medical Team:	TAKAYA SAKANASHI (Manager), TAKAHIRO TSUNODA, SABURO FUJIWARA, HIRONAO SHIOIRI
Technical Team:	NOBORU YAMAKAWA (Manager), YOSUKE MATOBA, HIROTO INOUE, NAOYA FURUDONO, RYOSUKE NISHISHITA
Environmental Team:	KAHO KOTAKE (Manager), YUSUKE HAMAUZU
Spectator Races:	KEI HAMANO (Event Director), YUTA YOSHIZAWA (Event Secretary)
IOf:	TING WANG DOMINIC YUE (IOf Council Member)
JOA:	TETSUROU YAMANISHI (President), TAKASHI TAKAMURA (Secretary General), KIMIYA OCHIAI (Junior Committee Member)
Logo Design:	YU ITO
Thanks:	KAZUYA KANE, SHOYA BANNO, TAMAKI NOGUCHI, WAKANA SAKUMA, YOSHIE KATSUYAMA