



Kiyosato International Orienteering 3 Days

清里国際オリエンテーリング3日間大会

Bulletin 2.1

30th August–1st September 2019
Hokuto Japan



Kiyosato 3 days
AsJYOC 2019
SPECTATOR RACES

1. MESSAGE FROM THE EVENT DIRECTOR

Japan Orienteering Association is proud to be organizing the 3rd Asia Junior & Youth Orienteering Championships in Kiyosato, Hokuto City. Along with the Championships, we will be hosting Kiyosato International Orienteering 3 Days (Kiyosato 3 Days) as the spectator event. It will not only be an opportunity to run in the same terrains as the young stars who will lead the next generation of orienteering in Asia, but an opportunity to cheer them on while competing and interacting with fellow orienteers. We as the organizers hope all of you will enjoy 3 fantastic days of running, cheering and staying here in Kiyosato.

Event Director
Kei Hamano

2. EVENT SCHEDULE

Kiyosato 3 Days		AsJYOC	
Thursday, 29th	Free Day	Rest Day	
09:00-14:00	Training Opportunity		
Friday, 30th	Sprint	Sprint Relay	
09:00	Sprint Arena (Kiyosato Okanokouen) Open		
10:30-11:40	Sprint Starts	11:30-13:00	Bus Service (to Seisenryo)
12:10	Sprint Finish Close		
13:00	Sprint Arena Close	13:30	AsJYOC Sprint Relay Start
		15:10	Sprint Relay Flower Ceremony
		15:30-16:30	Bus (from Seisenryo)
18:30	Night Sprint Arena Open		
19:30-20:10	Night Sprint Starts (Free Starts)		
20:40	Night Sprint Finish Close		
20:50	Night Sprint Arena Close		
Saturday, 31st	Middle Distance	Middle Distance	
08:00	Middle Distance Arena (Kiyosato Utsukushimori Parking Lot) Open		
08:00-09:50	Bus Service (Hokuto City Parking Lot ⇒Middle Distance Arena)		
09:26-11:20	Middle Distance Starts		
11:30-13:00	Bus Service (Middle Distance Arena⇒Parking Lot)		
12:00	Middle Distance WRE/AOC Prize Giving Ceremony		
12:30	Middle Finish Closed	12:30-13:29	AsJYOC Middle Distance Starts
14:30-15:45	Bus Service (Middle Distance Arena⇒Parking Lot)	14:30	AsJYOC Middle Flower Ceremony
16:30	Middle Distance Arena Close		
Sunday, 1st	Long Distance		
08:00	Long Distance Arena (Kiyosato Utsukushimori Parking Lot) Open		
08:00-10:30	Bus Service (Hokuto City Parking Lot⇒Long Distance Arena)		
09:30-10:40	Non-Chasing Starts		
10:45-11:05	Chasing start (First Half)		
11:10-11:30	Chasing start (Second Half)		
12:30-	Prize Giving Ceremony		
13:00-15:00	Bus Service (Long Distance Arena⇒Parking Lot)		
13:45	Bus Service (Long Distance Arena⇒Kobuchizawa Station)		
14:00	Long Distance Finish Close		
15:00	Long Distance Arena Close		

3. GENERAL COMPETITION INFORMATION

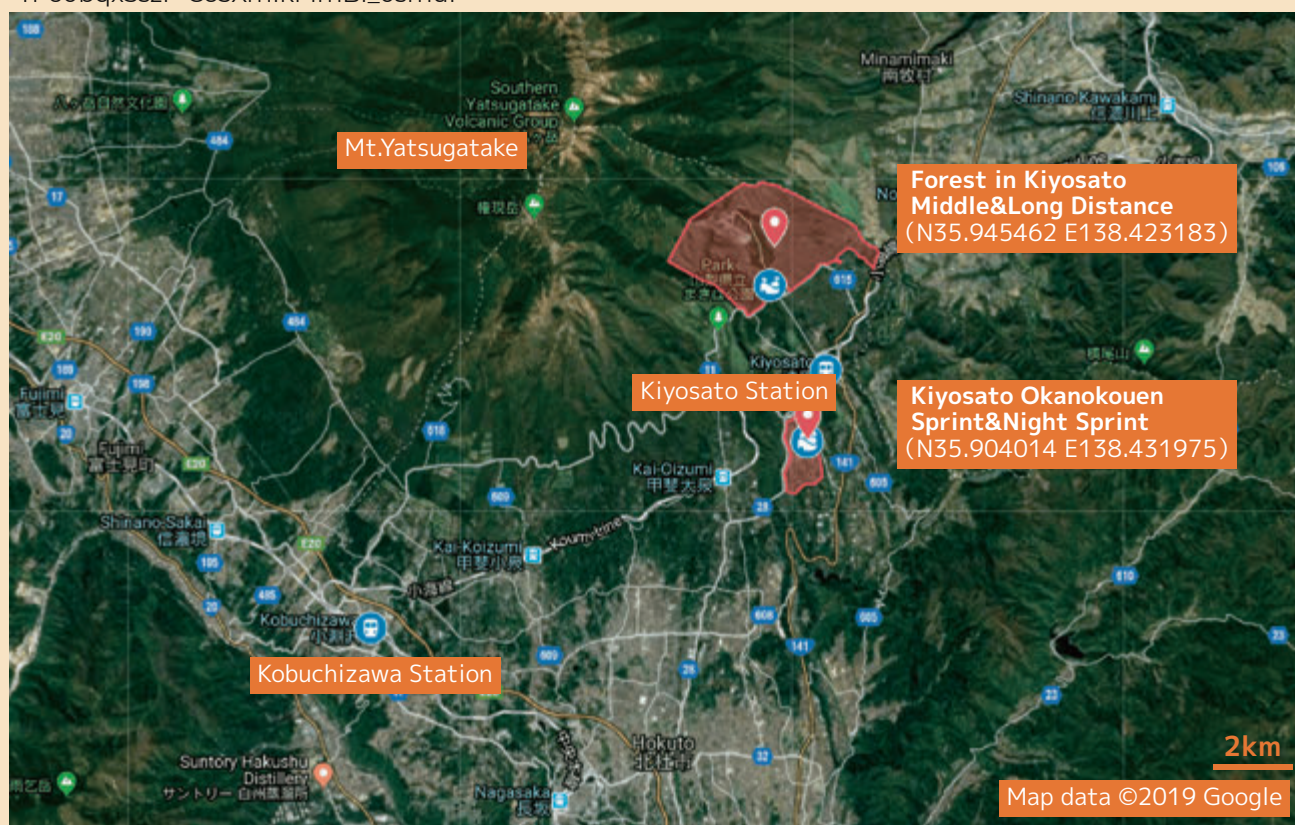
Competition Areas

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



EMBARGOED AREAS

Any attempt to survey or train in the embargoed areas is forbidden, unless explicitly permitted by the organizer. The previous map of Forest in Kiyosato (Kiyosato Utsukushimori, 1:10,000/5 m, year 2014) can be found on the website. Kiyosato Utsukushimori (west of road 615) 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=1px-TI-60bqxSszF-Ce5XmIkMmBL0smul>



The area in Yatsugatake Utsukushimori Lodge is accessible.

MAPS AND TERRAINS

RACE 1 SPRINT &

EXTRA RACE NIGHT SPRINT

Map: Kiyosato Okanokouen, ISSOM2007,
issued July 2019, A4 Waterproof paper

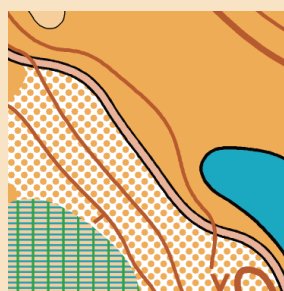
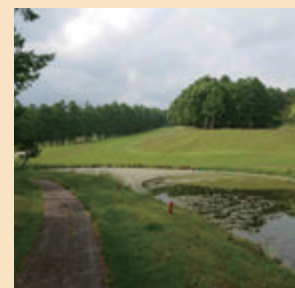
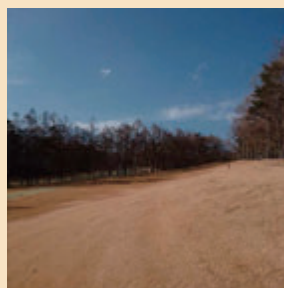
Scale/Contour interval: 1:4,000/ 2m

Cartography: Tokumasa Nishimura (NishiPRO)

Runnability: Shown in 5 scales

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

RACE 2 MIDDLE DISTANCE

RACE 3 LONG DISTANCE

Map: Kiyosato Utsukushimori, ISOM2017, issued July 2019,

Middle Distance: A4 Waterproof paper,

Long Distance: A3 Waterproof paper

Scale/Contour interval: 1:10,000/ 5m

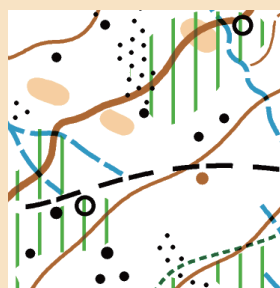
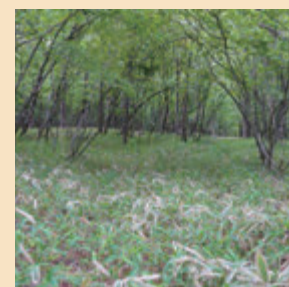
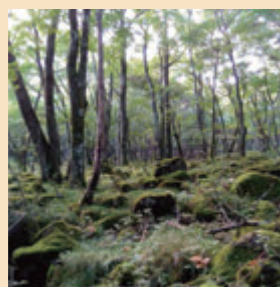
Cartography: Tokumasa Nishimura (NishiP)

Runnability: Shown in 5 scales

※All Long Distance races will be held with scale of 1:10,000

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. In addition, those running the Long Distance have a chance of crossing rivers and should be careful in their execution.



50 m

50 m

COMPETITION RULES

The Japan Orienteering Competition Rules (version from 1st April, 2019) and the Competition Rules for IOF Foot Orienteering Events (version from February 2019) shall be applied.

PUNCHING and TIMING SYSTEMS

SPORTident AIR+ system will be used in all Kiyosato 3 Days competitions.

All runners will receive SIAC from the organizers. Privately owned cards cannot be used.

SIAC tests can be conducted at each event arena. Make sure to check the light and sound before starting your race. **The SIAC and GPS watch should be on different arms**, as the GPS signal reduces the sensitivity of the SIAC.

How to Use SIAC

Battery test

An SI station to check SIAC battery level will be prepared at the arena.

Please check battery level before heading to start.

Insert SIAC into the station, and confirm the **“OK”** status.

Come to the Information Desk for card exchange if you receive a **“WARN”** or **“FAIL”** status.

There is a chance of punches not being recorded due to low or no battery, leading to possible disqualification.



Before start

“Clear” and **“Check”** are necessary to activate SIAC contactless punching mode.

“SIAC-test” confirms activation of contactless punching mode.

The **“Clear”** **“Check”** and **“SIAC-test”** stations will be located at the start.

1. Insert the SIAC-chip into the **“Clear”** Station.
2. **Wait about 3 seconds after “Clear”** and insert the SIAC-chip into the **“Check”** Station.

Check for the beep from the SIAC and the red light from the SI Station.

This confirms that the SIAC has been reset, activating SIAC contactless punching mode.

3. Finally, use the **“SIAC-test”** station to double check contactless punching mode.

At each control point

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**.

If you cannot confirm a light and sound even if you get close, insert the SIAC-chip into the hole of the station and check the light and sound of the SIAC.

If the station fails to respond, in case of an SIAC punching failure (neither a feedback beep nor a light feedback signal), runners must use the pin punch, attached to each station, to manually record their passage anywhere on the map.

If there is no record in the SIAC, or a pin punch on the map, the runner will be disqualified. Please be careful.

Start and Finish

There is no need to punch a station at the start of the race.

For the Sprint, Middle Distance and Long Distance, timekeeping starts from each runner's specified time.

The Night Sprint is a free start. Timekeeping will start automatically when runners cross the start line with their SIAC.

The finish is recorded with a punching finish.

Runners are required to hold their SIAC over the station at the finish control

Clothing

Shoes with any kind of metal (spikes, dobb spikes) are not allowed for Sprint and Night Sprint. Choice of footwear is free for Middle Distance and Long Distance, but clothing that fully covers torso and legs as well as legs shin protection are recommended.

AOC • WRE(Middle Distance)

In Race 2 Middle Distance, ME and WE class are designated as the World Ranking Event (WRE) and the Asia Orienteering Cup (AOC). Competitors must register as an IOF athlete on IOF Eventor to compete

CHASING START (RACE 3 LONG DISTANCE)

Race 3 Long Distance will be a chasing start based on the difference of the total time of Race 1 Sprint and Race 2 Middle Distance (does not include Extra Race Night Sprint).

The chasing start target will be within 20 minutes of the leader. Competitors who have a time difference of over 20 minutes, or who have not ran enough races, will be starting with a one-minute interval start.

The interval start will begin at 9:30, the chasing start will begin at 10:45.

Startlist is scheduled to be announced at the arena and on the official website by 14:30 31st August.

Official Information Board

We will set up an official information board at the event arenas. All official information for participants will be announced on the board.

Control Descriptions

Control Descriptions will be printed on the map. Separate control description lists (sizes no larger than 13.8cm × 6cm) will be available at the start area.

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.

Refarence

The temperature and precipitation for the past 5 years from August 30 at the observation point [Nobeyama] are as follows.

- This observation point is located about 4 km east of the Middle / Long 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

Start

Number Bib

All runners are required to wear number bibs on all races. The number bibs must be visibly placed on the front, such as the chest, and may not be folded or cut. Safety pins will be provided by the organizer.

Runners without number bibs are not allowed to run.

The same number bib will be used for all 3 days

Top 10 for each class in the Long Distance chasing start will be given a special number bib. Please receive them at the pre-start area.

To start

Maps with the route to the pre-start will be distributed. Distribution will be at each race arena.

The distance from each arena to the pre-start is as follows.

Race	Walking Distance	Approximate Walking Time
Sprint	1.8km	25 minutes
Night Sprint	Arena Start	-
Middle Distance	1.6km	20 minutes
Long Distance	1.5km	25 minutes

Start Procedure

Start procedures differ by race.

Race	Procedure
Sprint Distance	Interval Start (Runners start at their given time. Enter start lane 3mins before start time)
Night Sprint	Free Start (Runners may start at any time between 19:30~ 20:10)
Middle Distance	Interval Start (Runners start at their given time. Enter start lane 3mins before start time)
Long Distance	Interval Start (Runners start at their given time. Enter start lane 4mins before start time) Chasing Start (Runners start according to their overall time difference from Sprint and Middle Distance. Enter start lane approximately 4mins before start time)

Check page of each race for detail.

- Drinking water is provided at the start.
- There are no toilets at the start, except for the Long Distance
- Runners who miss their start time due to their own fault are permitted to start, but are timed from their allocated start time. They must proceed to the late start lane and start at the direction of the staff.
- The path to the start line to the start flag, which is shown as a Δ on the map, will be marked with red and whitetapes.

Restrictions during race

Out-of-bounds areas

Never enter the out-of-bounds areas (purple out-of-bounds areas (ISOM2017 709), olive areas (ISOM2017 520) etc.,) indicated on the map. In addition, in the Sprint and Night Sprint, runners are prohibited from running through impassable fences (ISSOM2007 524), impassable cliffs (ISSOM2007 201) and impassable water systems (ISSOM2007 304.1) shown on the map. If entry or passage is discovered, the runner will be disqualified.

In the Middle Distance and Long Distance terrain, there are areas with rare plants growing.

Those places are marked with the purple out-of-bounds mark (ISOM2017 709) on the map. Some locations are also actually marked with blue and yellow tapes, but the remaining are un-taped.

Please refrain from entering these areas for nature conservation in the national park.

If you damage rare plants in a national park, you will be punishable by law.

Refreshment and First Aid Points

In the Middle and Long Distance, there are unmanned refreshment points and manned first aid points in the terrain, which are indicated on the map. Water will be provided at self-service.

Abandoning a Race

Runners who are forced to abandon a race must report to the finish staff.

Those who do not report to the finish staff will be searched as missing persons.

Carrying a Bear Bell

Runners of Middle and Long Distance are recommended to carry a bear bell to avoid bears and other wild animals.

Insects

There are insects such as hornets and ticks in the Middle and Long Distance terrain. Runners should perform such as wearing insect repellents, and inspect their bodies after races.

Finish

Finish method

All races will be a punching finish. Hold the SIAC card to the finish station and check the sound and light.

For those running the long distance chasing start, the organizer at the finish will judge the order of finish by visual inspection at the finish line. Runners will be judged by the chest position.

Map Collection

We will not collect maps at the finish. Please be careful not to show the map to the other athletes before their race.

SIAC Reading and Collection

After the finish, go to the SIAC reading station to record your race. After finishing all races, return the SIAC-card to the organizer at the reading station.

Runners who decide not to run further planned races should return their SIAC-card to the Headquarters.

Substitution

Substituting for someone else to run in races is not allowed.

Live Results

We will post live results at the arena and on online. Online URL will be announced each day on the official website.

Complaints and Protests

Any complaints must be made in writing and submitted to the Headquarters, by no later than one hour of closing the finish. Use the complaint form provided at the Headquarters. The answers will be notified to the submitter and posted on the official information board.

A protest can be made against the organizer' s decision about a complaint. The protest must be made in and submitted within 15 minutes after the organizer has announced the decision about the complaint. Submit the protest to the Headquarters in writing and addressed to the Jury. The decision of the Jury will be the final decision.

Jury : Shin Murakoshi (JPN)、Eugene Chow (SGP)、Francis Ko (HKG)

Prize Giving Ceremony (Overall ranking and WRE)

- Top three of each class, based on the total time of Sprint, Middle Distance and Long Distance, will be awarded on 1st September. The ceremony will be held from 12:30 at the arena.
- In the Middle Distance, the top six for ME and WE, which are WRE classes, will be awarded separately on 31st August. No other classes or races will have individual awards.

Training Opportunity

A training opportunity will be provided on 29th August at Yatsugatake Leisure Center.

Pre-entry is unnecessary. Those who wish to train should come to the arena during entry hours.

Event Arena: Yatsugatake Leisure Center

Address: 5618, Yato, Ohizumi-cho, Hokuto City, Yamanashi Prefecture

Coordinates: N35.904014 E138.431975

Access: ①By car: 10 minutes from Kobuchizawa Station (parking space available)

②By bus: 10 minutes from Kaikoizumi Station, 25 minutes from Nagasaka Station (Hokuto city public bus, Koizumi Nagasaka Line) Bus stop: Yuusui

Entry: on the spot, 29th August 9:00-14:00

Entry fee: JPY1,000 (cash only)

Map: Yatsugatake Leisure Center (Issued 2018)

Scale/ Contour Interval: 1:10,000/5m

Cartography NPO Orienteering Club TORTOISE)

Training Menu: Maps with all controls and model course will be provided

Punching and Timing System: None (control points will only have flags set)

Contact: Yatsugatake Leisure Center (Tel: +81 551-38-2231, email: yatsugatakelc@gmail.com)

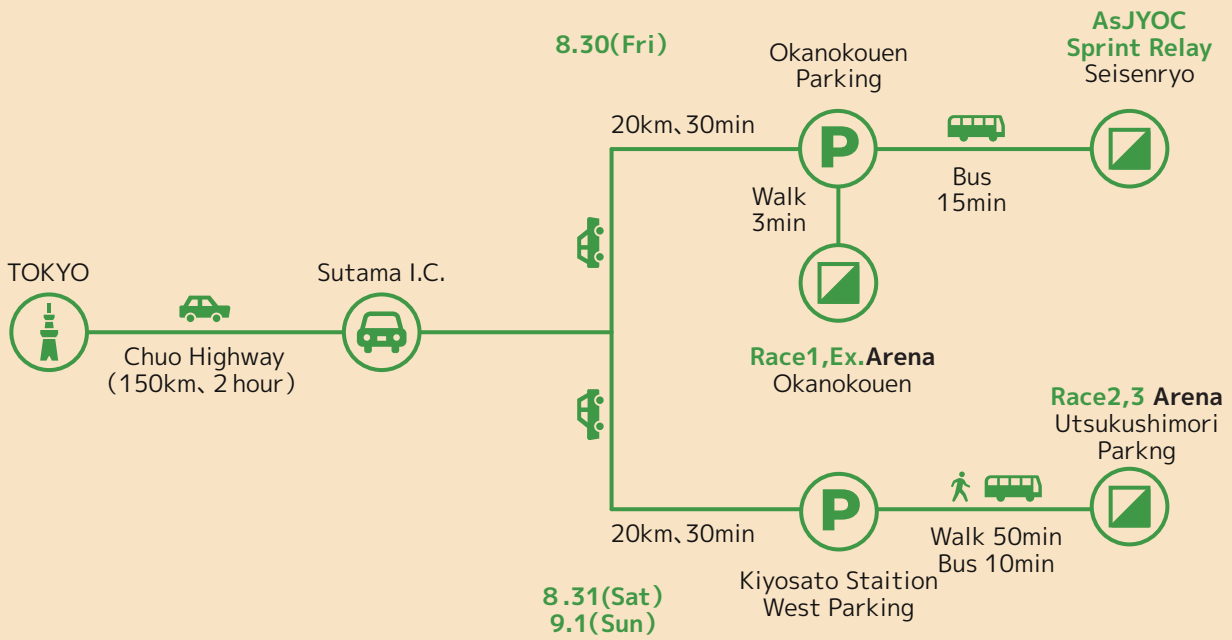
4.COURSE PROFILES

Course	Class	30th Aug. Sprint		31st Aug. Middle Distance		1st Sep. Long Distance	
		Length	Climb	Length	Climb	Length	Climb
Course1	ME	3.5km	110m	4.0km	120m	7.1km	190m
Course2	WE,M25A	2.8km	80m	3.0km	95m	4.9km	120m
Course3,4	M21A	3.2km	110m	3.6km	105m	6.0km	160m
Course5	W21A,W25A,M35A	2.5km	70m	2.7km	85m	4.5km	100m
Course6	W35A,M50A	2.2km	65m	2.4km	70m	4.1km	70m
Course7	W50A,M60A	2.1km	45m	2.4km	70m	3.1km	65m
Course8	W60A,M70A	2.1km	50m	2.1km	70m	2.9km	40m
Course9	W70A,M80A	1.9km	30m	1.8km	65m	2.4km	35m
Course10	M20A	2.7km	75m	2.2km	90m	4.6km	120m
Course11	W20A,M15A.BL	2.1km	50m	2.2km	80m	2.4km	40m
Course12	W15A,W/M12A,BS	1.4km	30m	1.6km	70m	1.7km	25m
Max. Running time		40min.		ME&WE 100min. Other classes 70min.		140min.	

30th Aug.	Night Sprint	Length	Climb
Course1-3	Night	2.4~2.5km	60~70m
Course4	Night(under15,B)	1.5km	50

Max. Running time 30min.

5. RACE DAY INFORMATION

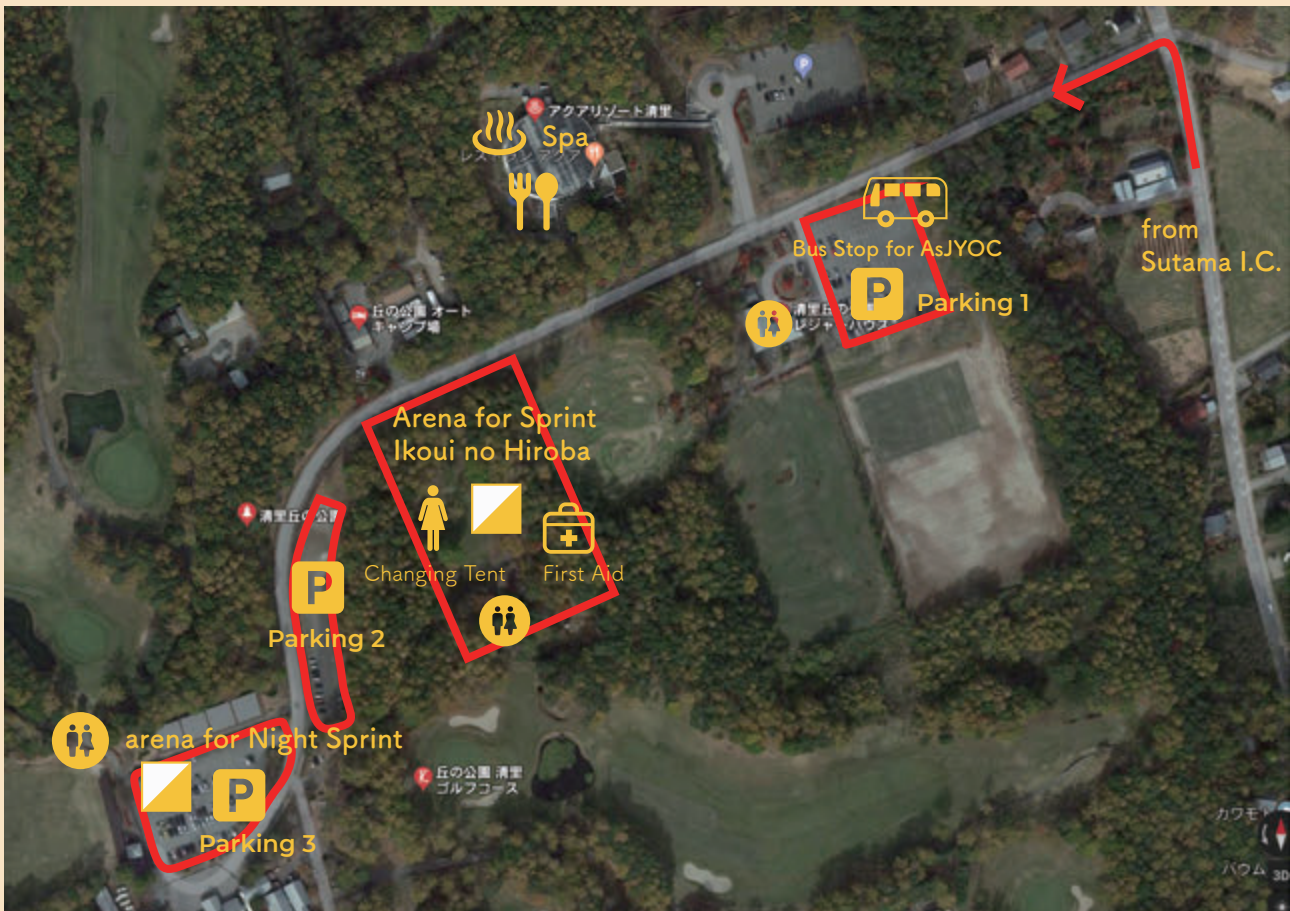


Friday 30th, August Race 1 Sprint, Extra Night Sprint

Parking Lot: Okanokouen Parking Lot (Sprint: Parking Lot 1 and 2, Night Sprint: Parking Lot 2 and 3)

Map : <https://goo.gl/maps/bLDTLH6tTP5ywmJ69>

Coordinates: 35 ° 54'12.5 "N 138 ° 25 '59.8" E



※Sprint Parking Lots open at 8:00, Night Spring Parking Lots open at 18:30. Participants should follow instructions from the staff upon parking.

※Available parking lots differ by race. Sprint: Parking Lot 1 and 2, Night Sprint: Parking Lot 2 and 3

30th August, Race.1 Sprint

Arena: Ikoï no Hiroba

※Participants should retrieve their own handout bag, and make sure nothing is missing. Come to the information desk for any missing items.

Handouts: Number bib, SIAC, wristband, Bulletin 2 booklet, map to sprint start area, sponsor advertisements

※There is an SI station booth at the arena. Please test your SIAC.

※**It is an approximately 1.8km, 25 minute walk to start area.**

Map to start area will be distributed at the arena. Follow the path instructed on the map.

※There will be no shops at the arena.

※Runners are able to use the hot spring located within walking distance from the Sprint Arena.

Discounts (JPY780⇒JPY500) will be applied to participants of the competition by showing your wrist band.

Start Procedure: Interval start

-3 minutes: Enter start lane. Do not forget perform "clear" "check" and "SIAC test".

Take one control description slip.

-2 minutes: Advance one box. Take a map of your course. Plastic bag will be available at self-service.

-1 minute: Advance one box, stand at the start line.

※Runners may not take a look at the map before they start.

Start at the beep sound of the start chimer.

Maximum running time is 40minutes.

The Finish close at 12:10. Runners must pass the finish before this time.

Watch AsJYOC Sprint Relay

Those who wish to watch AsJYOC Sprint Relay must use the competition bus to go to AsJYOC Sprint Relay arena (Seisenryo). **Seisenryo parking lot is not available.**

Buses will depart from Kiyosato Okanokouen Parking Lot 1 between 11:30-13:00/

Buses from AsJYOC Sprint Relay arena back to Kiyosato Okanokouen will be available from 15:30, after AsJYOC flower ceremony

30th August, Ex. Night Sprint

Arena: Kiyosato Okanokouen Golf Course Parking Lot

※The Night Sprint Arena is Kiyosato Okanokouen Parking Lot 3, located in front of Kiyosato Okanokouen golf course clubhouse.

※There is a camp ground nearby. Be considerate and do not make loud noises.

※Runners must bring headlights. Those without will be prohibited from running.

※Runners are able to use the hot spring located within walking distance from the Sprint Arena. Discounts (JPY780⇒JPY500) will be applied to participants of the competition by showing your wrist band. (Until 22:00).

※The arena closes at 20:50. Please retreat before arena closure.

Start Procedure: Free Start

The Start is at Arena.Runners may start at their desired time.

Do not forget perform "clear" "check" and "SIAC test".

There will be 3 long courses and 1 short course(for under15 and B).

Take one map of your choice and its control description slip.

Timekeeping will start automatically when runners cross the start line with their SIAC.

Maximum running time is 30minutes.

The Finish close at 20:40. Runners must pass the finish before this time.

Saturday 31st, August Race 2 Middle Distance & Sunday 1st, September Race 3 Long Distance

Parking Lot: Kiyosato Station West Parking Lot

Map: <https://goo.gl/maps/N5LmkndQvLywaeaz6>

Coordinates: 35 ° 55'08.4 "N 138 ° 26 '04.1" E



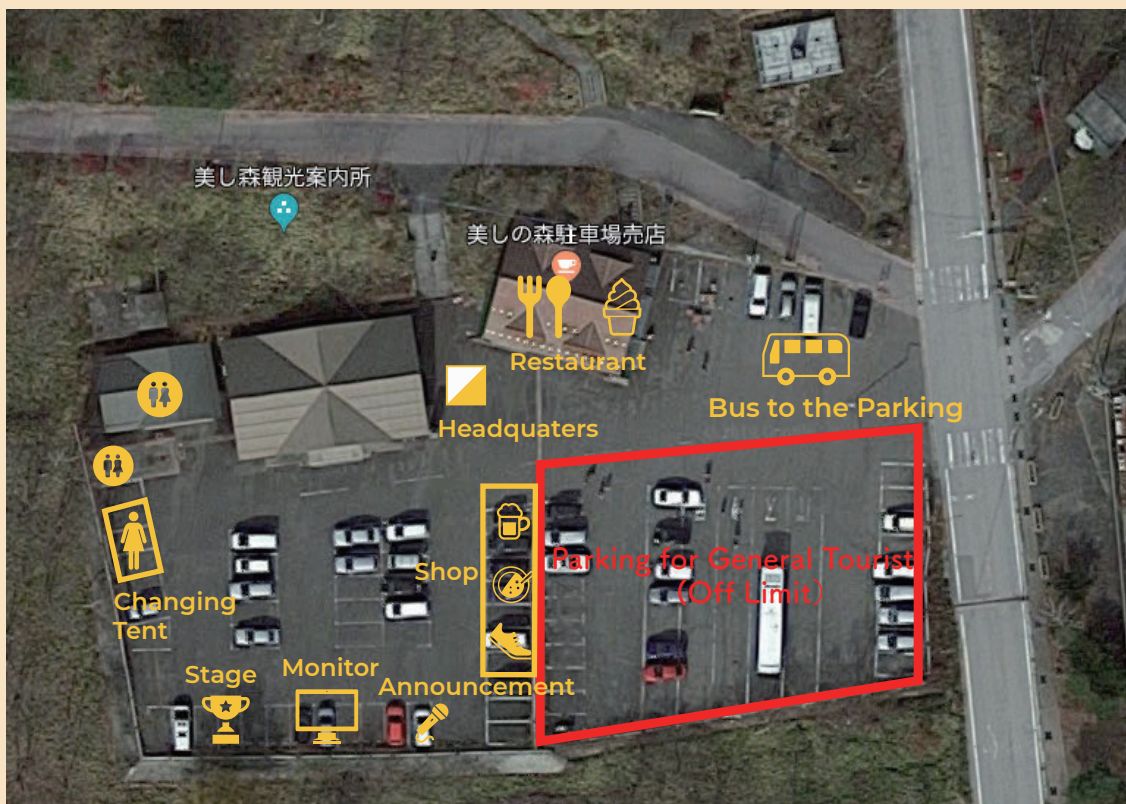
※Use the competition bus to get to the arena.

※This applies to those arriving by public transport and those staying at arranged accommodations.

※It takes 10 minutes by bus from the parking lot to the Arena.

※Drop-off of passengers at the Arena is not allowed.

Middle Distance and Long Distance Arena (Kiyosato Utsukushimori Parking Lot)



※Only the western half will be used as the arena. The eastern half will be used by other visitors. Usage is prohibited.

31st August, Race2. Middle Distance



※It is an approximately 1.6km, 20 minute walk to start area.

Map to start area will be distributed at the arena. Follow the path instructed on the map.

Start Procedure: Interval start

-3 minutes: Enter start lane. Do not forget perform "clear" "check" and "SIAC test".

Take one control description slip.

-2 minutes: Advance one box. Take a map of your course. Plastic bag will be available at self-service.

-1 minute: Advance one box, stand at the start line.

※Runners may not take a look at the map before they start.

Start at the beep sound of the start chimer.

Maximum running time is 100minutes for ME&WE, 70minutes for other classes.

The Finish close at 12:30. Runners must pass the finish before this time.

Watch AsJYOC Middle Distance

AsJYOC Middle Distance race will start from 12:30.

The arena is Kiyosato Utsukushimori Parking Lot, same as Kiyosato 3 Days Middle Distance.

There will be live productions with GPSs, a large screen, pro-race interviews etc.

Buses departing Kiyosato Utsukushimori Parking Lot will be available from 14:30, after AsJYOC flower ceremony.

Sunday 1st, September Race3. Long Distance

※It is an approximately 1.5km, 25 minute walk to start area.

Map to start area will be distributed at the arena. Follow the path instructed on the map.

Start Procedure:

Chasing Start (The Competitors who ran both Sprint and Middle Distance within 20-min difference from the leader)

Special number bibs will be distributed at the pre-start to the top 10 runners in each class. Please be sure to wear it.

Around -4 minutes: Staff will call up runners before the start time. Perform "clear" "check" and "SIAC test" on SIAC-cards and enter start lane. Line up in order of start time in the start lane. Take a control position description of your course if necessary.

-2 minutes: Take a map of your course. Plastic bag will be available at self-service. Move forward without going out of line.

※Runners may not take a look at the map before they start.

There will be a watch placed at the start line with a staff reading the time out loud.

Start at your own start time at your own risk.

If you start before the start time, you may be disqualified.

Interval start (non-chasing start runners)

-3 minutes: Enter start lane. Do not forget perform "clear" "check" and "SIAC test". Take one control description slip.

Take one control description slip.

-2 minutes: Advance one box. Take a map of your course. Plastic bag will be available at self-service.

-1 minute: Advance one box, stand at the start line.

※Runners may not take a look at the map before they start.

Start at the beep sound of the start chimer.

Maximum running time is 140minutes.

The Finish close at 14:00. Runners must pass the finish before this time.

6. WATCH AsJYOC

Asian Junior & Youth Orienteering Championships is held for the first time in Japan, adjacently to Kiyosato 3Days. Approximately 130 athletes from 8 Asian federations and regions will race for the Asian Champion title, in 8 categories, from M/W14 to M/W 20, and 3 races.

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

28th Aug.	Sprint	12:30-15:00	Kiyosato Okanokouen
30th Aug.	Sprint Relay	13:30-15:40	Seisenryo(Bus from Okanokouen available)
31st Aug.	Middle Distance	12:30-15:10	Kiyosato Utsukushimori

7. ASIA O-MAP EXPO

Come out and interact with fellow orienteers!

Kiyosato 3 Days is a great opportunity to interact with fellow orienteers who have gathered from throughout Asia and other regions!

We will prepare a map exchange space in the Middle and Long Distance, for participants to lay out and present O-maps from their own federations and enjoy free talk.

Please bring lots of maps and share race experiences!

You are free to exchange or sell maps at this space.

8.Shops at Middle Distance & Long Distance Arena

There will be shops open at the Middle Distance and Long Distance Arena. Please come take a look!

AsJYOC and Kiyosato 3 Days merchandise (Limited amount! First come first served basis)

AsJYOC O-wear: JPY 4,000、AsJYOC mini flag: JPY 1,200、Kiyosato 3 Days T-shirt: JPY 2,000

Food

Utsukushimori Parking Lot Shop	Udon noodles and soba noodles: JPY600
	Oden: JPY500, Highland Milk: JPY 300, Ice Cream: JPY250
Moegi no Mura Rock (Kitchen Car)	Curry JPY 500, Craft beer JPY 500
Planck temp<(Kitchen Car)	Tortillas JPY350, Crepe JPY300

Orienteering related shops

Salming (O-shoes)、Descente (O-shoes)、O-support (O-wear, accessories)、Firee(O-wear, accessories)

Kanpas(Compass)

9. CAUTIONS

Competition Call Off

The competition will be called off in case of stormy weather. Call off will be announced on the website.

Photo and Video Disclaimer

By taking part in AsJYOC 2019 or Kiyosato 3 Days, 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, promotion purposes, telecasts, advertising, inclusion on websites, or any other purpose by AsJYOC 2019 organizers and its associates and representatives.

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

Medical Care

Runners are to participate in races under their own responsibilities.

It is the participants' responsibility to be subscribed to their own insurances.

The organizer will not take responsibilities for injuries or accidents.

First-aid services will be provided at the competition arenas and in the terrain and will provide transport to hospitals accordingly.

There is emergency trauma center in **Shiokawa Hospital**

located 773, Sutamacho Toda, Hokuto-City, Yamanashi Prefecture, 408-0114

Coordinates: 35 ° 46 '43 "N 138 ° 25' 37" E. Tel: +81 551-42-2221

Outside competition hours, the emergency call in Japan is 119.

Anti-doping code

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

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.
- The National Park Law promotes protection of nature and appropriate use of quasi-national parks.

Contacts

If you have any questions, please contact the following email address.

asjyoc2019.hokuto@gmail.com

10. COMPETITION BUS

Bus Operation Schedule

Friday 30th, August

Race 1: Sprint

A.Kobuchizawa Sta.	→	C.Okanokouen
9:40	→	10:15

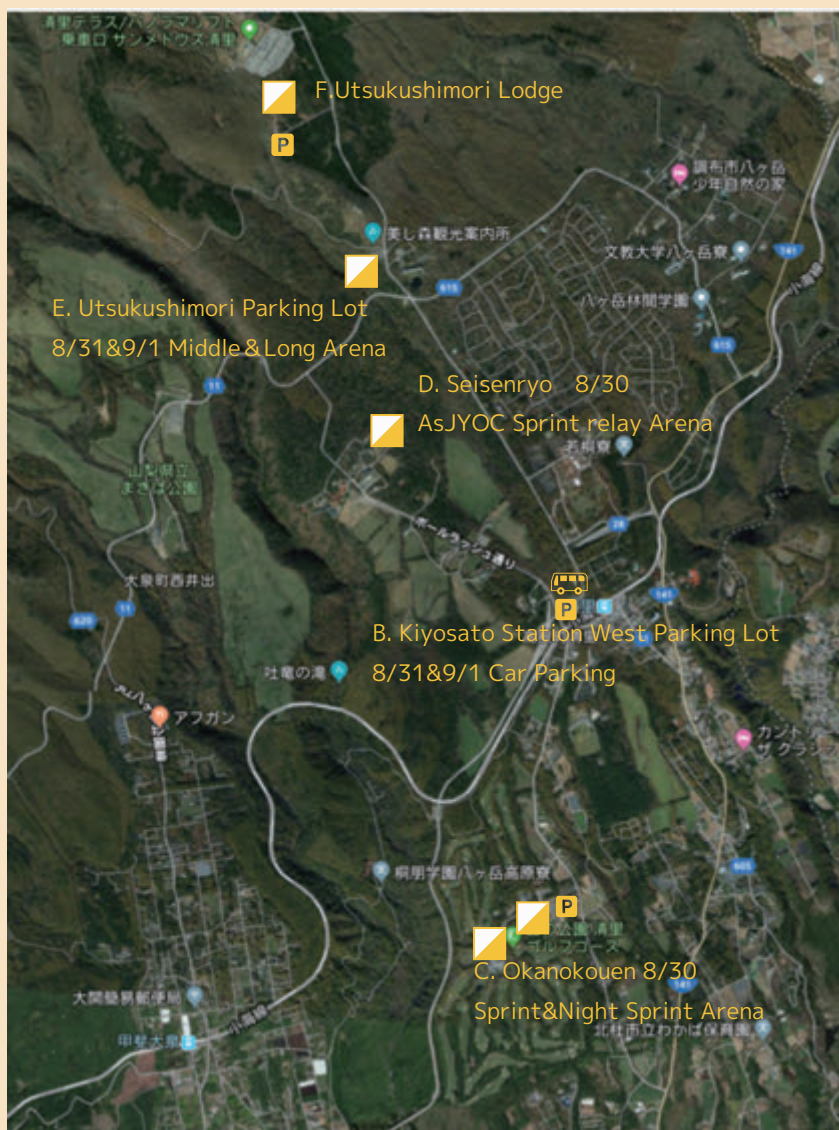
To and from AsJYOC Sprint Relay

To AsJYOC Sprint Relay Arena

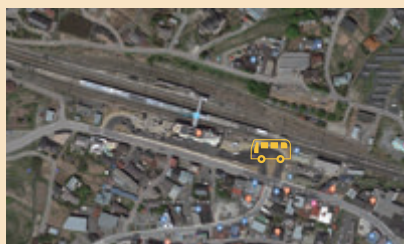
C.Okanokouen	→	D.Seisenryo
11:30	→	11:45
11:40	→	11:55
12:00	→	12:15
12:10	→	12:25
12:15	→	12:30
12:30	→	12:45
12:40	→	12:55
13:00	→	13:15

From AsJYOC Sprint Relay Arena

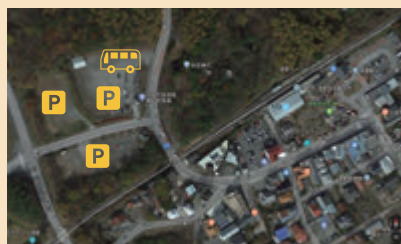
D.Seisenryo	→	C.Okanokouen
15:30	→	15:45
16:00	→	16:15
16:30	→	16:45
D.Seisenryo	→	F.UtsukushimoriLodge
15:30	→	15:45



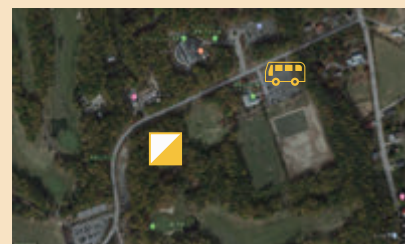
A: Kobuchizawa Station Bus Loop



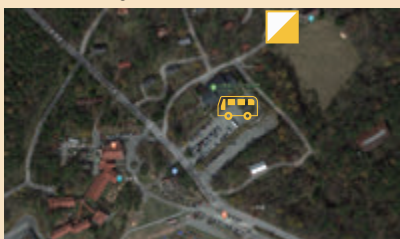
B: Kiyosato Station West Parking Lot



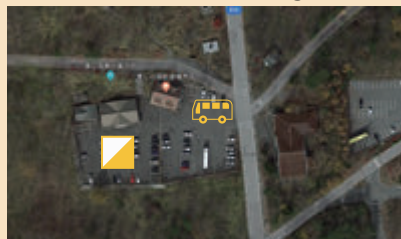
C: Okanokouen Parking Lot



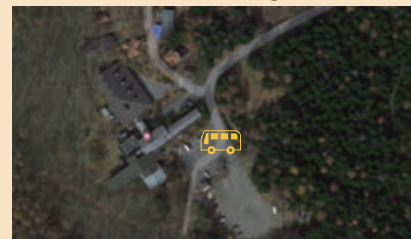
D: Seisenryo



E: Utsukushimori Parking Lot



F: Utsukushimori Lodge



Friday 30th, August

Extra Race : Night Sprint

F.UtsukushimoriLodge	→	B.Kiyosato W.Parking	→	C.Okanokouen
18:45	→	19:00	→	19:15
C.Okanokouen	→	B.Kiyosato W.Parking	→	F.UtsukushimoriLodge
20:50	→	21:05	→	21:20

Saturday 31st, August Race 2: Middle Distance

From Parking to Arena

B.Kiyosato W.Parking	→	E.UtsukushimoriParking
8:00	→	8:10
8:10	→	8:20
8:25	→	8:35
8:35	→	8:50
8:50	→	9:00
9:00	→	9:10
9:15	→	9:25
9:25	→	9:35
9:40	→	9:50
9:50	→	10:00

From Arena to Parking

E.UtsukushimoriParking	→	B.Kiyosato W.Parking
11:30	→	11:40
12:00	→	12:10
12:30	→	12:40
13:00	→	13:10
	-	
14:30	→	14:40
14:40	→	14:50
14:55	→	15:05
15:05	→	15:15
15:20	→	15:30
15:30	→	15:40
15:45	→	15:55

Sunday, 1st September Race 3: Long Distance

From Parking to Arena

B.Kiyosato W.Parking	→	E.UtsukushimoriParking
8:00	→	8:10
8:10	→	8:20
8:25	→	8:35
8:35	→	8:45
8:45	→	8:55
8:50	→	9:00
9:00	→	9:10
9:10	→	9:20
9:15	→	9:25
9:25	→	9:35
9:40	→	9:50
10:05	→	10:15
10:30	→	10:40

From Arena to Parking

E.UtsukushimoriParking	→	B.Kiyosato W.Parking
13:00	→	13:10
13:15	→	13:25
13:30	→	13:40
13:45	→	13:55
14:00	→	14:10
14:10	→	14:20
14:25	→	14:35
14:35	→	14:45
14:50	→	15:00
15:00	→	15:10

From Arena to Kobuchizawa Station

E.UtsukushimoriParking	→	A.Kobuchizawa Sta.
13:45	→	14:20

11. ACCOMMODATION

Accommodation prepared by the organizers are as follows. Allocation list is announced on the website. Cancels are not accepted. There is a no refund policy.

Pensions

	Pension	Zip Code	Address	Tel	Email	Shuttle Service
1	Country in the Classic	4070301	3545-273 Kiyosato Takane-cho, Hokuto	+81 551 -48-2595	countryintheclassic@gmail.com	N/A
2	Country RetreatSt. Village	4070301	3545 Kiyosato Takane-cho, Hokuto	+81 551 -48-3034	stvillageinfodesk@mx4.ttcn.ne.jp	4 Persons, 1 Car
3	Pension Sunadokei	4070301	3545-4263 Kiyosato Takane-cho, Hokuto	+81 551 -48-3390	sunadokei@ja3.so-net.ne.jp	10 Persons, 1 Van
4	Pension Nichiyoubi	4070301	724-5 Kiyosato Takane-cho, Hokuto	+81 551 -48-5321	nitiyobi@eps4.comlink.ne.jp	N/A
5	Pension Pampas Grass	4070301	3545-1619 Kiyosato Takane-cho, Hokuto	+81 551 -48-2792	pampas@eps1.comlink.ne.jp	6 Persons, 1 Car
6	Pension Broken Egg In	4070301	3545 Kiyosato Takane-cho, Hokuto	+81 551 -48-2193	info@brokenegginn.com	N/A
7	Country Inn Bonne Femme	4070301	3545 Kiyosato Takane-cho, Hokuto	+81 551 -48-2695	bonne.femme@nifty.com	N/A
8	Pension Marionette	4070301	3545 Kiyosato Takane-cho, Hokuto	+81 551 -48-3525	p@kmario.com	10 Persons, 1 Van
9	Pension Yuhodo	4070301	3545 Kiyosato Takane-cho, Hokuto	+81 551 -48-3163	yuhodo@eps4.comlink.ne.jp	4 Persons, 1 Car
10	Life quality Casa	4070301	3545 Kiyosato Takane-cho, Hokuto	+81 551 -48-2010	casa.kiyosato@gmail.com	6 Persons, 1 Car
11	Lodging House Robenso	4070301	3545 Kiyosato Takane-cho, Hokuto	+81 551 -48-3111	robenso@comlink.ne.jp	7 Persons, 1 Car

※Please negotiate breakfast and dinner times with the accommodation accordingly.

※We have arranged accommodations with pick-up options for those without cars as much as possible. For those without cars arranged to non-pick-up pensions, please walk, use a taxi or carpool from the station.

※Pick-up is prepared at the following places:

30th August @Okanokouen or Kiyosato Station, 31st August and 1st September @Kiyosato Parking Lot.

Cottage

	Cottage	Zip Code	Address	Tel	Email
1	Seisenryo Camp Site Cottage	4070301	3545 Kiyosato Takane-cho, Hokuto	+81 551 -20-7701	gakko@keep.or.jp
2	Yatsugatake Utsukushimori Lodge	4070311	8240-1 Nishi-ide Oizumi-cho, Hokuto	0551-48-2311	utukusimorilodge@gmail.com

※Breakfast is at 7:00, Dinner is at 18:00.

※There are no pick-ups to and from the cottages. Please walk or use other methods of transportation

※The Middle and Long Distance Arena is in a walking distance from the cottages.

※Those staying at Yatsugatake Utsukushimori Lodge, are allowed to leave their cars and luggage at the cottage until the end of the Long Distance event.

12. SIGHTSEEING in HOKUTO CITY

Hokuto City, which is the host city of the competition, is one of the most famous highland resorts in Yamanashi Prefecture. We recommend you to tour around, before and after races. Here are some tourist spots.

※With the kindness and cooperation of the local partners, there will be discounts or benefits in some of the sightseeing spots around Kiyosato, by displaying wristbands which will be handed to all competitors. For details, please refer to the “Cooperating store map” which is to be distributed at the competition.

· Seisenryo (AsJYOC Sprint Relya Arena) 3545 Kiyosato, Takane-cho, Hokuto City, Yamanashi Prefecture

Seisenryo is one of the most popular sightseeing spots in Kiyosato! There are several facilities such as a restaurant and a hotel, but it is most famous for its ice cream (just JPY 400!), produced with delicious milk and delicious water of Yatsugatake. The smooth texture and rich flavor is unforgettable. Please come have a taste.



· Sun Meadows Kiyosato Terrace (3minutes by car from the Middle and Long Distance Arena) 8240-1 Nishiide, Oizumi-cho, Hokuto City, Yamanashi Prefecture

A ski resort in the winter, turns into a fancy café during the summer! A lift will take you up to the heights of 1,900m. Enjoy the refreshing Yatsugatake-blue sky, Mt. Fuji, Nobeyama Highlands and other beautiful scenery.

※Wristband discount available

· Hot Spring of Kiyosato Okanokouen (Sprint Arena) 3545-5, Kiyosato, Takane-cho, Hokuto City, Yamanashi Prefecture

Natural hot spring of with waters containing chloride, said to work for beauty. In addition to the indoor bath, there are an open-air bath and a sauna. Ideal for fatigue recovery after Sprint Race. A restaurant, warm pool and camp sites are also within the vicinity.

※Wristband discount available



· Kiyosato Moegi-no-mura Village (5minutes by car from Sprint arena) 3545, Kiyosato, Takane-cho, Hokuto City, Yamanashi Prefecture

Kiyosato Moegi-no-mura Village is located in the green forest of Kiyosato and has more than 20 unique facilities, including shops, restaurants and a music box museum. Restaurant ROCK is famous for its local beer.

· Yamanashi Prefectural Makiba Park (5 minutes by car from Middle and Long Distance arena) 8240-1, Nishiide, Oizumi-cho, Hokuto City, Yamanashi Prefecture

Makiba Park is a ranch where you can meet animals in a wide open meadow. Ponies, sheep and goats will greet you. .

· Heidi's Village (30 minutes by car from Kiyosato) 2471, Asao, Akeno-cho, Hokuto City, Yamanashi Prefecture
A themed village based on the anime Heidi, Girl of the Alps. Enjoy the Swiss cityscape and seasonal flowers.

13. ORGANIZERS

Event Director:	Kei Hamano
Event Secretary:	Yuta Yoshizawa
Course Team Manager:	Kenji Kusunoki
Sprint Course Planner:	Kosuke Tachibana
Night Sprint Course Planne:	Yusuke Hamauzu
Middle Distance Course Planner:	Itsuki Ito
Long Distance Course Planner:	Itsuki Kunisawa

14. SPONSORS AND PARTNERS



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