



The bulletin 3

The 40th All Japan Orienteering Championship 2014 (IOF World Ranking Event / M21E & W21E)

Sunday, April 27, 2014

Venue: Sugadaira Kogen International Resort Centre

Address: 1223-1751 Sugadaira Kogen, Ueda city, Nagano prefecture, Japan

Google map: <http://goo.gl/maps/SwWVy>

Organiser: Japan Orienteering Association (JOA)

Kishi Memorial Hall, 1-1-1, Jinnan, Shibuya-ku, Tokyo, Japan

TEL: int +81-3-3467-4548 FAX: int +81-3-3467-4549

Contact person: Yuko Shimizu (shimizu@orienteering.or.jp)

WRE Event Advisor: IOF Event Adviser Toshio ONOYE (Japan)

Event Controller: Hideo OKANO (JOA)

Jury: To be confirmed

Local Event Organiser: Nagano Prefecture Orienteering Association

Event Director: Keishi KIMURA (Nagano Orienteering Association)

Local Partner: Kanto Block Orienteering Liaison Group

Sugadaira Orienteering Club

Team Shirakaba

1. General information

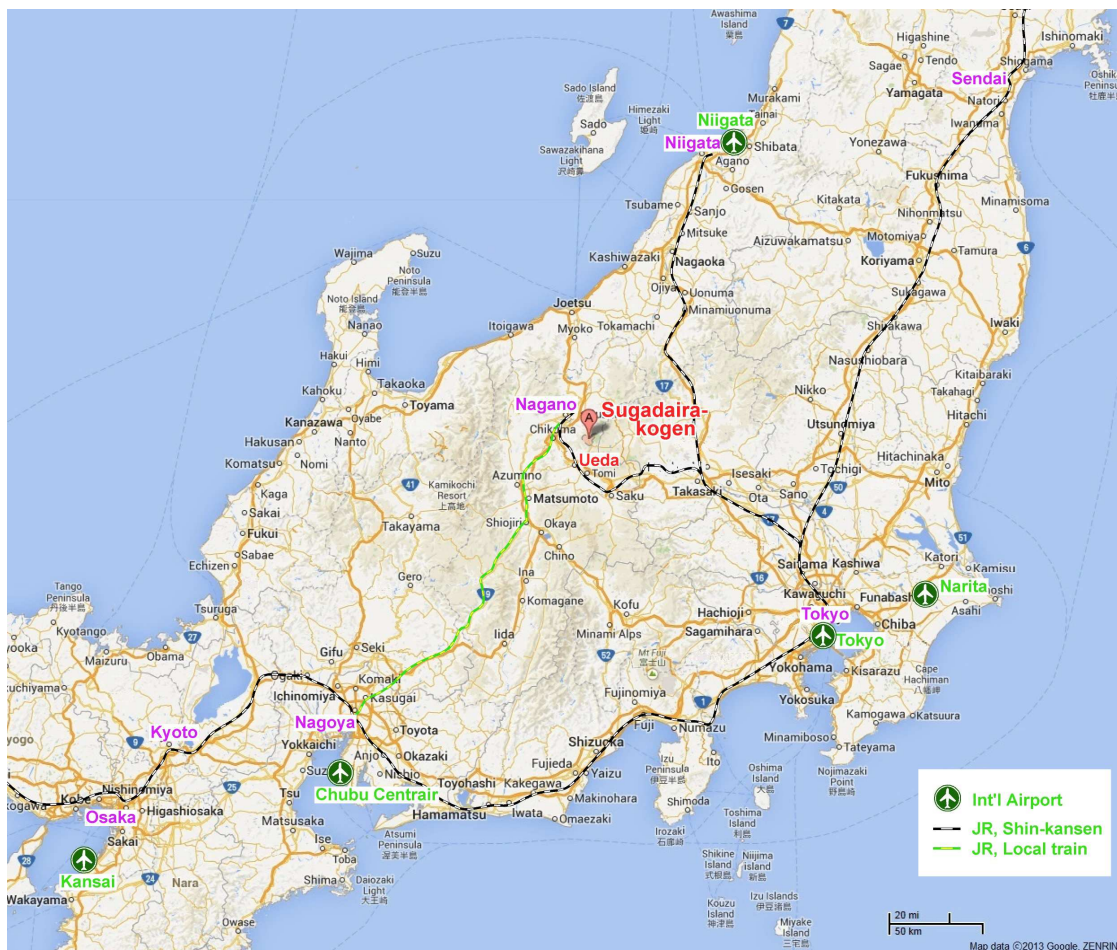
[Event Schedule]

April 26, 2014 (Sat) 12:00-20:00 Registration
Sugadaira Kogen International Resort Centre

April 27, 2014 (Sun) 08:00-16:00 The 40th All Japan Orienteering Championship
Sugadaira Kogen International Resort Centre

07:00 Venue open
08:00-11:00 Transfer to Start area (10 minutes by bus: Depart every 30 minutes)
09:00 First start time
11:00 Start area closed
13:00-14:00 Medal Ceremony
14:00 Finish area closed
15:00 Venue close

[Location Map]



[Access to Sugadaira Kogen]

By Air & Train

Ueda Station (JR Nagano Shinkansen, Shinano Railway, and Ueda Dentetsu) is the nearest to Sugadaira Kogen. From Ueda Station, take Ueda bus to Sugadaira Kogen.

1. From Narita International Airport

Narita International Airport - Tokyo Station (Narita Express : 70 min.)

Tokyo Station - Ueda Station (Nagano Shinkansen: 100 min.)

Ueda Station – Sugadaira Kogen Bus stop (Ueda Bus: 60 min.)

2. From Haneda International Airport

Haneda International Airport - Tokyo Station (Train : 40 min.)

Tokyo Station - Ueda Station (Nagano Shinkansen: 100 min.)

Ueda Station – Sugadaira Kogen Bus stop (Ueda Bus: 60 min.)

3. From Chubu International Airport

Chubu International Airport - Nagoya Station (Train : 30 min.)

Nagoya Station - Nagano Station (Express Train Shinano: 180 min.)

Nagano Station - Ueda Station (Nagano Shinkansen: 15 min.)

Ueda Station – Sugadaira Kogen Bus stop (Ueda Bus: 60 min.)

4. From Kansai International Airport

Kansai International Airport – Shin Osaka Station (Express Train Haruka : 60 min.)

Shin Osaka Station - Nagoya Station (Tokaido Shinkansen: 60 min.)

Nagoya Station - Nagano Station (Express Train Shinano: 180 min.)

Nagano Station - Ueda Station (Nagano Shinkansen: 15 min.)

Ueda Station – Sugadaira Kogen Bus stop (Ueda Bus: 60 min.)

5. From Niigata International Airport

Niigata International Airport – Niigata Station (Airport Limousine: 60 min.)

Niigata Station - Ueda Station (Joetsu - Nagano Shinkansen: 110 min.)

Ueda Station – Sugadaira Kogen Bus stop (Ueda Bus: 60 min.)

By car

20 km from Ueda Sugadaira IC (Kanetsu/Joshinetsu Expressway): about 30 min.

25 km from Suzaka Naganohigashi IC (Chuo/Nagano Expressway): about 30 min.

Parking lot: Sugadaira Kogen Ryokuchi-Hiroba, 1 km to the assembly area

Public transport

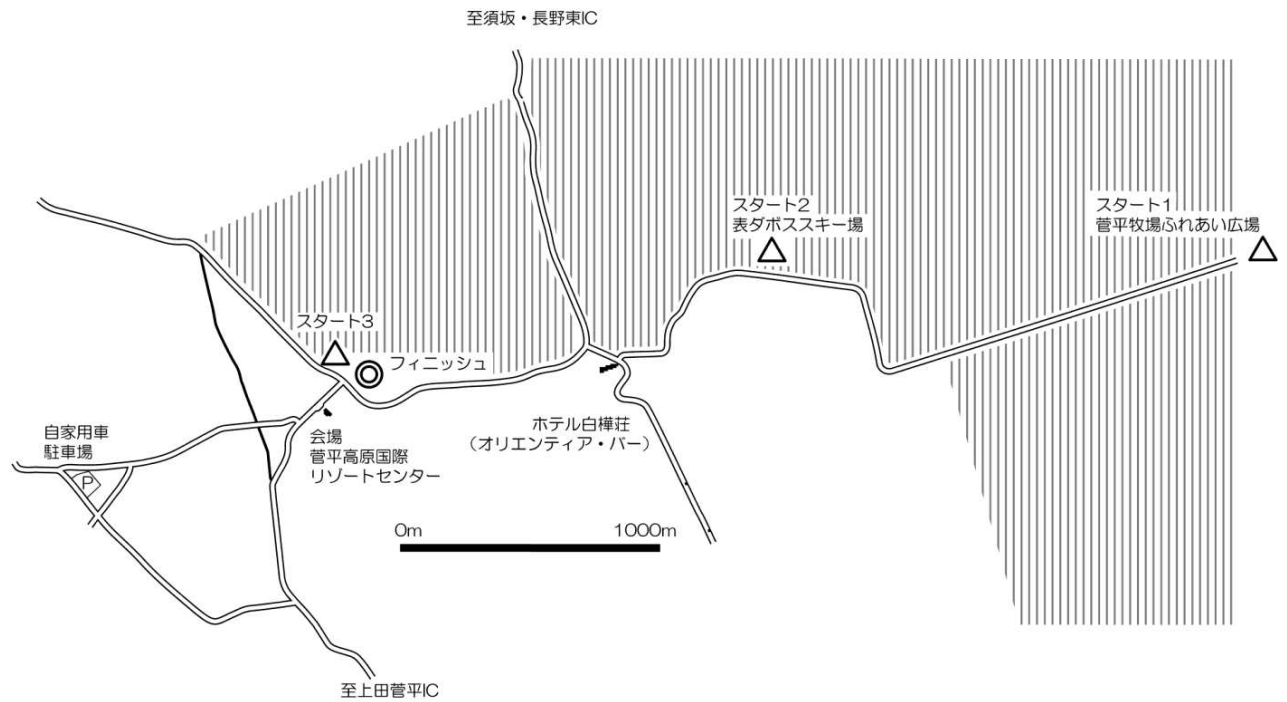
Local bus from Ueda Station to Sugadaira Kogen Bus stop (Sugadaira Kogen International Resort Centre)

Ueda station to Sugadaira Kogen International Resort Centre:

7:05, 8:15, 9:50, 10:35, 13:20, 16:55, 18:35, 19:50 (about 50 min)

Sugadaira Kogen International Resort Centre:

8:25, 10:14, 14:39, 15:49, 18:24 (about 50 min)



2. Competition Information

[Competition rules]

The Competition Rules for IOF Foot Orienteering Events (Valid from 1 January 2014) and the Guidelines for World Ranking Events (WRE) (2012 Edition) are applied to the WRE event (M21E & W21E). To public classes (non WRE), the Competition Rules of JOA are applied.

[Fair Play]

All competitors shall behave with fairness and honesty. During the races athletes are forbidden to speak to each other.

Any attempt to survey, walk or train for the purpose of orienteering in the embargoed areas is forbidden before competition. Attempts to gain any information related to the course, beyond that provided by the organizer, is forbidden before and during the competition.

Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organizer. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

[Drug Policy]

The IOF Anti-Doping Rules apply to the WRE event. Competitors who are asked by the event officials at the finish area shall follow their instructions.

[Terrain profile]

This terrain is located in a subalpine zone, at altitudes between 1,700 and 1,280 meters above sea level. The oxygen level is 15% less than that of the sea level altitude, which influences prolonged athletic performance

Lots of farms, ski slopes, and cottage areas are seen in the terrain. Competitors may duck under barbed-wire fences when passing through the farms. The visibility is good when the weather is fine, but dense fogs frequently arise in this area. The level of difficulties will significantly depend on the weather of the event day.

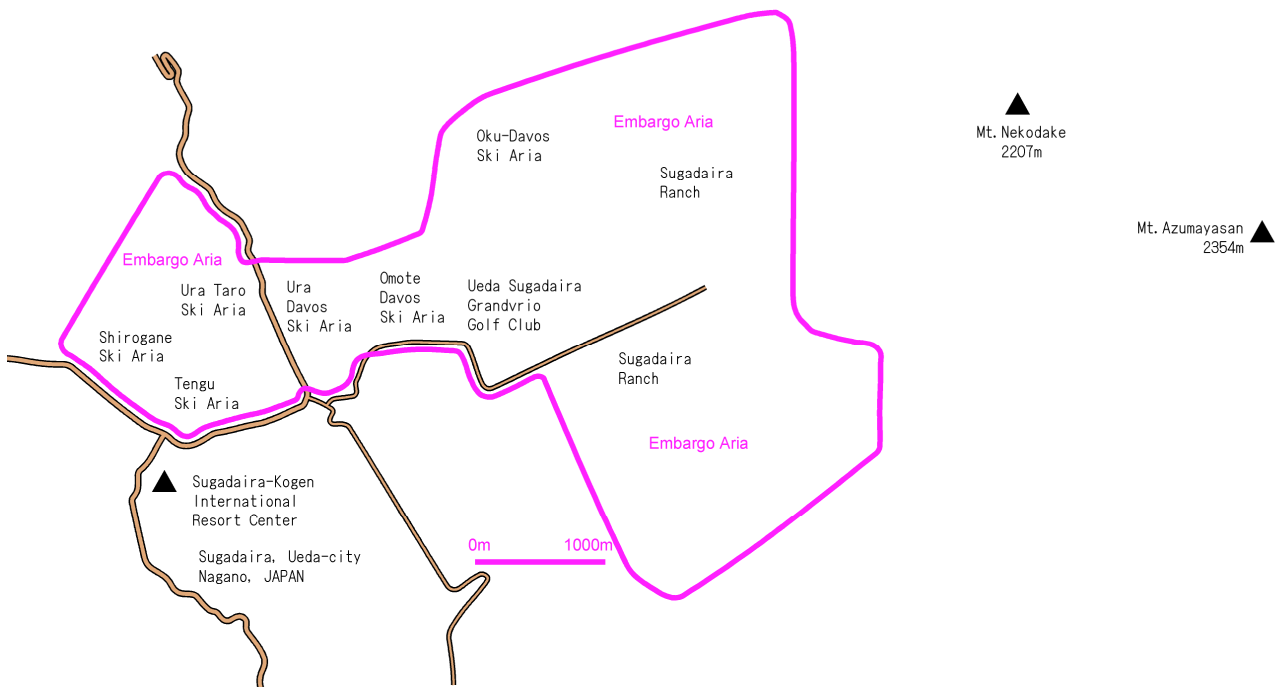
Vegetation is mostly good, and competitors can run at high speed with enjoying a splendid view of the surrounding mountains. This terrain is perfectly ideal for long distance races.

In late April, normally snow can be seen only at the higher area of the train. However, there is still a possibility of snowfall or certain amount of deposited snow on the event day.

[Embargoed area]

Competitors are not allowed to enter the area set in the map below until the event ends, for the purposes related to orienteering. Those who are not followed this restriction will be disqualified.

Please note that shops, restaurants, and accommodation in the embargoed area are accessible as an exception.

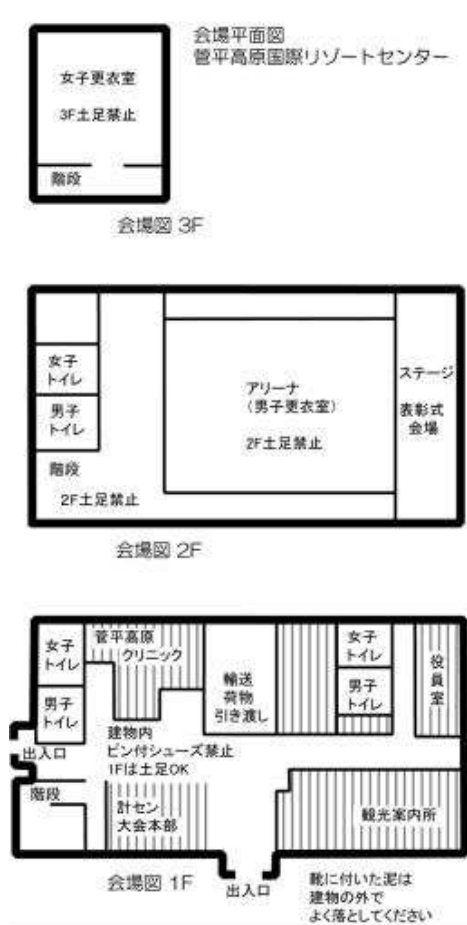


[Assembly area]

Sugadaira Kogen International Resort Centre

Registration: April 26 (Sat) 12:00~22:00

Receive distribution things containing number bib, SI Card (rental) etc.



[Maps]

Map used for WRE is prepared according to the International Specification for Orienteering Maps (ISOM 2000). It is printed by the inkjet printer under the approval of the MC, IOF, and is enclosed within a plastic bag. Map size is B4 (364x257mm).

Map scale for WRE class is 1:15,000 and contour interval will be 5 m. 1:10,000 map scale may be used for non-WRE classes. Maps will be printed by ink jet printers, enclosed within a plastic bag.

[Punching system]

SPORTident (SI) system is used in all classes.

[Class and course]

Classes for WRE are only M21E and W21E.

In addition to the WRE classes, about 40 public classes are set.

Class	Distance (km)	Climb (m)	Start area	Winning time (min)	Competition time (min)	Number of controls	Size of control description
M21E	12.7	530	S1	90	140	29	55x210mm
W21E	9.2	260	S1	75	120	18	55x150mm

[Start area]

Start area for WRE is S1 is located 4km away from the assembly area.

Please use official transport bus from assembly area or transport from each accommodation.

Other access such as car, bicycle, foot are prohibited.

Official bus leaves from assembly area: 8:00, 8:30, 9:00, 9:30, 10:00, 10:00, 11:00 (25min).

[Finish]

Closed at 14:00.

[Climate and weather]

AMEDAS Sugadaira Observatory (1253 m above sea level; 1km North West of the terrain)

Year	Rain (mm)	Highest Temp (°C)	Lowest Temp (°C)	Average Temp (°C)
2008	0	11.8	0.3	5.4
2009	0	5.3	-3.4	0.4
2010	9	6.2	1.2	2.9
2011	10	18.4	8.1	12.9
2012	2.5	9.4	2.8	6.0
2013	1.5	5.1	-1.0	1.5

[Training opportunity]

No training opportunity will be offered for the event. Although a local event (Sugadaira Kogen Score Orienteering Event) will be held near the train on Saturday, April 26, the type of terrain and courses are different from the Championship event.

[Instruction for the wear]

There is no restriction of competition clothes and shoes. However, the organizer recommends full leg and arm cover clothing depending on the temperature and weather.

[Map reclaim]

Maps will not be collected after the competition. Maps must not be shown to competitors who have not started yet. When it turns out that a competitor show the map to another competitor before starting, both of them will be disqualified.

[First aid]

A first-aid station with AED equipment is set in the event office. When you find a injured person, please inform the place and conditions immediately. To rescue such injured person should have a priority over the competition.

[Responsibility and Safety]

All competitors who take part in the All Japan Championships 2014 must consider any risks and take their own safety precautions, and will be totally responsible for any injuries which might occur during the races.

[Prizes]

The first 3 competitors in each class (6 competitors in the WRE classes) receive prizes.

The title of Japan Orienteering Champion is awarded to the first Japanese competitor for each M21E and W21E.

The title of Junior Japan Orienteering Champion is awarded to the first Japanese competitor for each M20E and W20E.

[Complaints and protests]

Any complaint should be made in writing to the organizer at the information desk in the venue as soon as possible. The organizer will decide on the outcome and inform the complainant of the result on the information board. Time limit for complaint will be 14:30. There is no fee for a complaint.

If the competitor is not satisfied with the result of the complaint, a protest can be made against the organizer's decision, not later than 15 min after that decision has been given to the competitor. Protests must be in writing and handed in at the Information desk. It will be forwarded to the IOF

Event Adviser immediately. Protests will be handled by the jury, who will communicate their decision to the complainant as soon as possible. There is no fee for a protest.

3. Start list

[M21E]

Start no.	Start time	Name	WRE-ID
101	10:02	Matsuzawa Toshiyuki	JP0029M72
102	10:04	Sakuramoto Shinichiro	JP0106M81
103	10:06	Sugaya Hiroshi	JPN
104	10:08	Hotta Ryo	JPN
105	10:10	Fukui Naoki	JPN
106	10:12	Fuju Takashi	JP0112M69
107	10:14	Marui Motofumi	JP0093M77
108	10:16	Kogure Kiyoshi	JP0109M75
109	10:18	Naganawa Tomoaki	JP0150M85
110	10:20	Miyoshi Kengo	JPN
111	10:22	Ishino Natsuki	JPN
112	10:24	Teragauchi Wataru	JP0075M81
113	10:26	Togami Naoya	JPN
114	10:28	Shinohara Takeo	JP0079M77
115	10:30	Shimbo Yoichi	JP0191M91
116	10:32	Ike Yohei	JP0151M83
117	10:34	Kobayashi Ryo	JP0140M88
118	10:36	Yuki Katsuya	JP0183M90
119	10:38	Terada Keisuke	JPN
120	10:40	Matsui Kenya	JP0142M88
121	10:42	Koizumi Shigeyuki	JP0076M78
122	10:44	Arata Takanori	JP0035M67
123	10:46	Nakajima Masaharu	JPN
124	10:48	Tanikawa Yuta	JP0141M87

[W21E]

Start no.	Start time	Name	WRE-ID
131	10:40	Takano Yuki	JP0037W59
132	10:42	Kano Naoko	JP0006W69
133	10:44	Ito Rumiko	JPN
134	10:46	Tajima Rika	JP0002W71
135	10:48	Miyakawa Saho	JP0139W93
136	10:50	Takahashi Mie	JPN
137	10:52	Kogure Madoka	JP0119W75
138	10:54	Saito Sanae	JP0067W60
139	10:56	Bamba Yoko	JP0078W80
140	10:58	Chigira Mizuki	JPN
141	11:00	Inage Hinako	JP0190W93