

The bulletin 1/2

The 2nd Asian Orienteering Championships 2010 in Japan (draft 090430)



Pictures from the 1st AsOC 2008 in Korea (photo: Toshihiro Kambayashi)

Herewith, Japan Orienteering Association welcomes orienteers all over the world to the 2nd Asian Orienteering Championships (AsOC) held in 2010. The AsOC will be held in Nagoya region where the World Orienteering Championships (WOC) in 2005 was held. The championships include aged and youth classes as former Asian Pacific Orienteering Championships. The local organizers have experience for successful championships and we offer you a good opportunity to participate international standard events as well as enjoyable social occasion together with orienteers from Asia region and out of the region.

Those who are keen for sight-seeing, the region provides a lot of attractive places including the world heritage Shirakawago, and reserved historical town of Magome/Tsumago. The whole region are rich in beautiful scenery of Japanese country side.

1. General information

Organizer:

Japan Orienteering Association

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

FAX: int +81-3-3467-4549

e-mail : asoc2010@hear.to

Web: <http://www.orienteering.asia/index-ja.html>

SEA

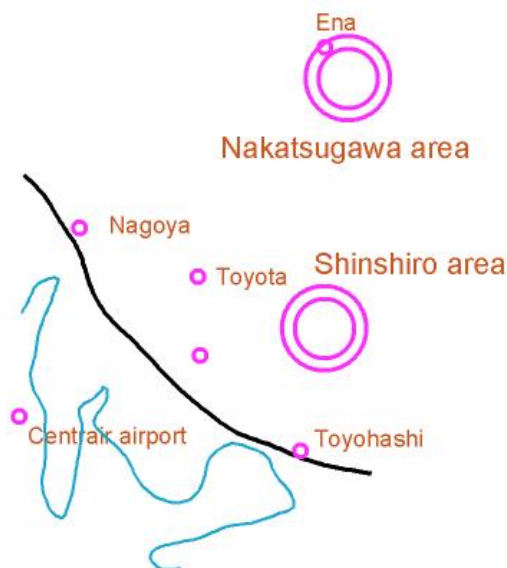
Patrick NG (Hong Kong)

National controller	Shoichi FUNABASHI
Assistant national controller	Masayui TASHIRO
Event director	Yoshimasa KUBO
Technical director	Kazuki TERASHIMA

Venue:

Nakatugawa, Gifu Prefecture
Shinshiro, Aichi prefecture

Location map



The areas are easily accessed from the Nagoya international airport (Centerair) by express way. Distance from Centerair airport to Nagoya is ca. 35km, from Nagoya to Nakatsugawa is ca. 65km, from Nagoya to Shinshiro is ca. 50km

Event schedule

30 th of April (fri)-5th(wed) of May (3rd-5th are national holiday in Japan)

30th, April (fri)	Model event	(Nenoue Highland, Nakatugawa)
1st, May (sat)	Sprint distance, Opening ceremony	(Nenoue Highland, Nakatsugawa)
2nd, May (sun)	Middle distance	(Hanano-ko, Nakatsugawa)
3rd, May (mon)	rest/sight-seeing	
4th, May (tue)	Long distance	(Suganuma, Shinshiro)
5th, May (wed)	Relay, farewell party.	(Onikubo, Shinshiro)

Competition rule

The Rule for the International Orienteering competition 2007 (amended in 2008) is applied to the event. The rule for the Asian Championships (appendix 8 in the Rule for the International Orienteering Competition 2007) will also be applied.

2. Technical information

Terrain

Continental terrain with rocks in some area. Most part of the terrains are hilly with well-developed small ridges and re-entrants. But some part of the terrains are moderately undulating. Vegetation is mostly good with conifer trees but light green bush can be seen in some area. Sample maps in the bulletin show typical part of the terrain.



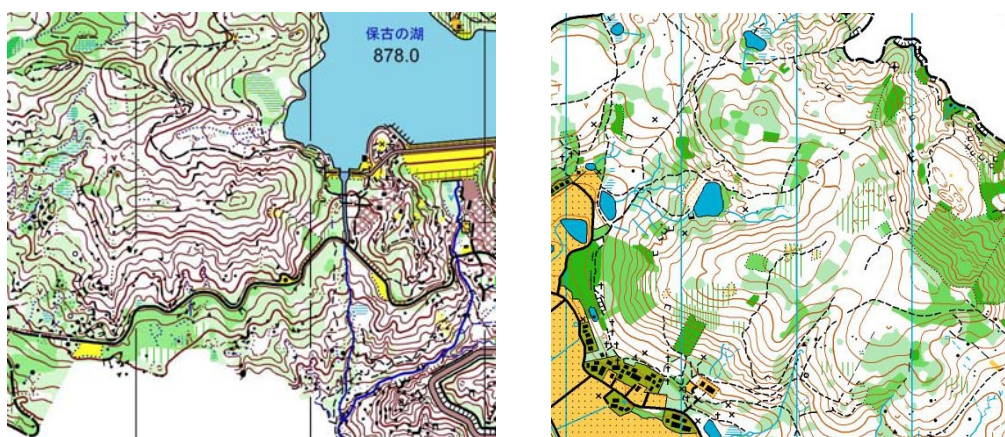
Forest and terrain features of Shinshiro Area

Maps

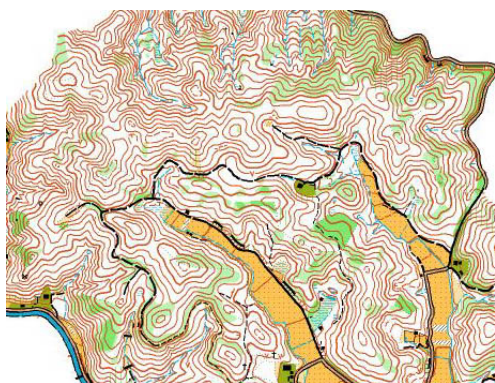
All terrains have been mapped for competitive orienteering previously with high standard. The bulletin contains some part of those maps and the previous maps can be seen at URL: *****.

competition	scale	Contour interval	Map specification
Model	1:10,000/1:5,000	5m	ISOM 2000/ ISSOM2007
Sprint	1:5,000	2.5m	ISSOM 2007
Middle	1:10,000	5m	ISOM 2000
Long	1:15,000(1:10,000 classes other than MWE, MW21, MW20)	5m	ISOM 2000
Relay	1:10,000	5m	ISOM 2000

Nakatugawa area: Nenoue highland (left) and Hanano ko (right)



Shinshiro area: Suganuma (left) & Shiratori (right) (both maps used for WOC 2005)



Climate and weather

May in Japan is the best season with moderate climate and mostly good weather. The average temperature in daytime is ** with the lowest ** and highest **. Since both Nakatsugawa and Shinshiro area are situated around 600-800 m above sea level, temperature at night sometimes go down toward ** degree Celsius. Do not forget warmer clothes for night.

Classes and courses

Individual events

Year of Age	Men				Women			
		winning time(min)				winning time(min)		
*1	class	sprint	middle	long	class	sprint	middle	long
No restriction	M21E	15	35	90	W21E	15	35	75
No restriction	M20E	15	35	70	W20E	15	35	55
Age 12 or below	M12	15	25	35	W12	15	25	35
Age 14 or below	M14	15	30	40	W14	15	30	40
Age 16 or below	M16	15	30	50	W16	15	30	45
Age 18 or below	M18	15	35	50	W18	15	35	50
Age 20 or below	M20	15	35	60	W20	15	35	50
No restriction	M21	15	35	80	W21	15	35	60
No restriction	M21S	-	-	60	W21S	-	-	50
Age 35 or above	M35	15	35	70	W35	15	35	55
Age 40 or above	M40	15	35	65	W40	15	35	50
Age 45 or above	M45	15	35	60	W45	15	35	45
Age 50 or above	M50	15	35	55	W50	15	35	45
Age 55 or above	M55	15	35	50	W55	15	35	45
Age 60 or above	M60	15	35	50	W60	15	35	45
Age 65 or above	M65	15	30	50	W65	15	30	45
Age 70 or above	M70	15	30	50	W70	15	30	45
Age 75 or above	M75	15	30	50	W75	15	30	45
Classes for less experienced	MBL	15	30	50	WBL	15	30	45
	MBM	-	-	30	WBM	-	-	30
Novice	MN	15	30	30	WN	15	30	30

Note 1: Age as born on or after 1 January 2010

Note 2: Classes might be combined if there will not be enough competitors (ca. 5 participants)

Note 3: MW21E, MW20E are Asian Championships classes. The participants may enter to those classes by themselves but endorsement from their federation is necessary.. They are combined with Japan championships only in the long distance.

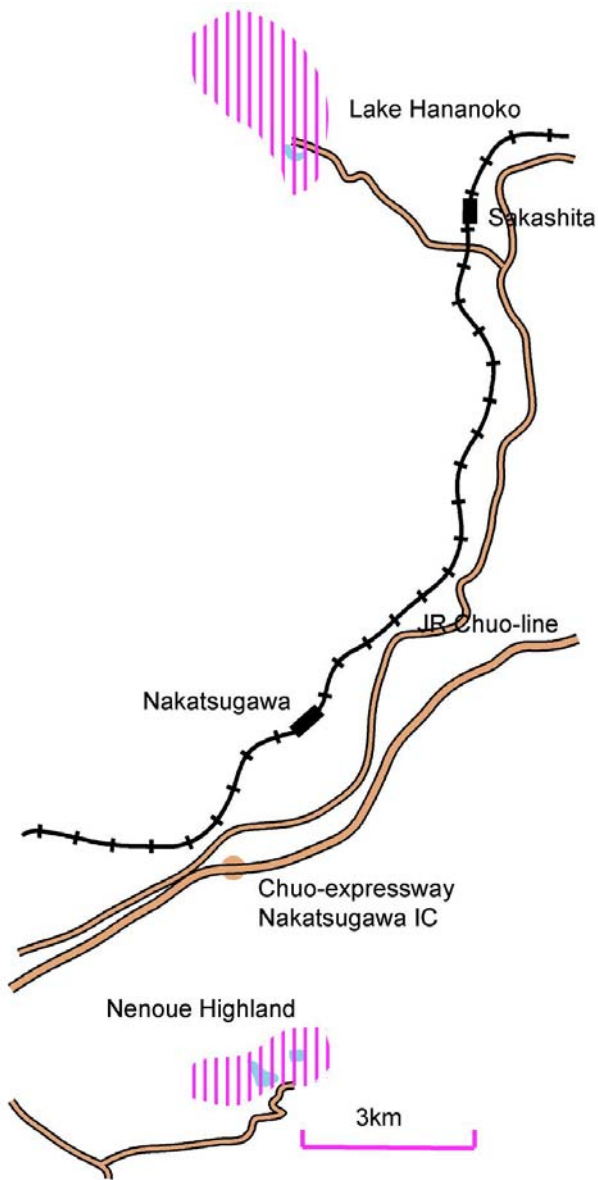
Relay event

class	Age	time for 3 legs
ME	No restriction	135
WE	No restriction	120
M&W12	Age 12 or below	90
M16	Age 16 or below	105
M20	Age 20 or below	120
M21	No restriction	135
M35	Age 35 or above	135
M45	Age 45 or above	120
M55	Age 55 or above	120
M65	Age 65 or above	105
W16	Age 16 or below	120
W20	Age 20 or below	120
W21	No restriction	120
W35	Age 35 or above	120
W45	Age 45 or above	120
W55	Age 55 or above	120
W65	Age 65 or above	105
MIX	No restriction	105

Note 1: MW21E, are Asian Championships classes. Each federation may enter up to two teams in each of those classes

Note 2: There is no restriction of age and sex in the Mix class.

Embargoed area



Nakatsugawa area

Some part of Nenoue Highland will be used for the local competition in May 2009, which is not used for the championships. Expecting team members may enter the local competition but may not enter in the area other than the competition.

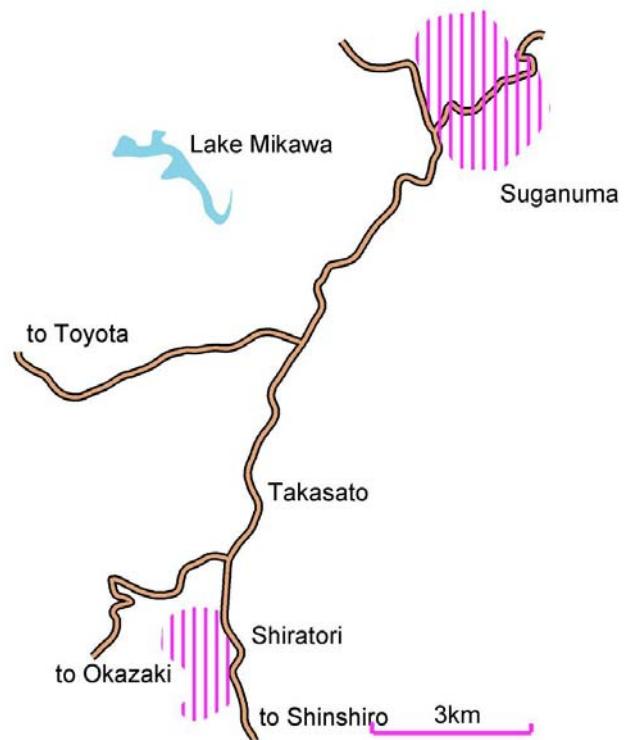
Training opportunity

Model event is offered in Nenoue Highland. There will also be training maps available in Shinshiro area since 29th of April. Further detail will be informed in our web-site. For further opportunity, please contact to Japanese Orienteering Association.

National team of Japan is going to organize unofficial training camp in the end of 2009 (ca. 26th - 28th December). Detail will be announced in our web site in this Summer.

Instruction for the wear

There is no restriction of competition clothes and shoes. However, the organizer recommends full leg



Shinshiro area

cover clothing.

3. Entry

Entry for the Elite class

Competitors in elite classes can be registered individually or through their clubs but should be endorsed by their federation. The federation should provide the list of their elite class runners.

Entry fee (yen)

Classes	Participation fee for each event except for sprint	Participation fee for sprint	Model /training
Elite	4000	3000	1000
Classes other than elite over 18 yrs	3000	2000	1000
Classes other than elite under 18 yrs	2500	1000	1000
Team officials	1000 *1	--	--

*1: This cover registration as a team official including the model event. Participation in the team official meeting demand status of either a team official or a competitor. The team official who will participate to the competition shall also register as competitors.

E-card: The punching device is the Emit E-card. Participants who wish to use their own card should report their card number in the entry form. The rental cost of E-card is 300 yen (per day) and 1000 yen for all competition.

Bus transport on the day of the long.

Because of no space for parking, bus transport from the parking to the competition center is provided on the day of the Long competition. The cost for the bus transport is 1200yen per participants. Bus transport for the whole event includes the shuttle bus and participants who book bus transport for whole event do not need to book the shuttle bus.

4. Other information

Visa

If you are from the following countries, you need a visa to visit Japan.

BELARUS, BRAZIL, CHILE, COLOMBIA, REPUBLIC OF MOLDOVA, MONGOLIA, D.P.R. KOREA, ROMANIA, SOUTH AFRICA, RUSSIA, UKRAINE.

Please ask your nearest Japanese Embassy for further details or visit following URL for latest information.
http://www.mofa.go.jp/j_info/visit/visa/02.html

For necessary document for the Visa, please contact to asoc2010@hear.to or fax to JOA secretariate .

Related event.

Workshop of orienteering development (including session for promotion, elite training) will be offered. Detail information will be announced in our web-site.

Insurance

All participants are strongly recommended to buy a medical and accident insurance policy in their own country. The organizer will sign up a sport group accident insurance, but this insurance is only valid for medical treatment in Japan.

Media service

Registration and arrangement for media will be served by request. Please contact
Shin Murakoshi (Vice chairman of the organizing committee)
E-mail: vew01245@nifty.com

Mobile service in Japan

You can use your mobile phone number in Japan using SoftBank Mobile and NTT DoCoMo's 3G (3rd generation) service areas. Simply bring your own SIM card and insert it to a rental phone or your own 3G handset. A handset for only GSM or CDMA network can not be used in Japan.

For more detail, see,

<http://www.jnto.go.jp/eng/arrange/essential/index.html>

Electric devices in Japan

Please note that the shape of electric plug and the voltage in Japan is different from European types. The wall outlet type is Japanese JIS 8303 plug and the voltage is 100V. You will require appropriate plug adapters and electric transformers if you bring electric devices.

Web site for the local information

Nakatsugawa area: <http://www.city.nakatsugawa.gifu.jp/eng/>

For more information, please visit,

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

We wish to meet you in Japan!