



## The 2nd Asian Orienteering Championships 2010 in Japan (Gifu & Aichi)

Organizer: Orienteering Club Looper, Gifu Orienteering Association, and Aichi Orienteering Association

Supporters : Ministry of Education, Culture, Sports, Science and Technology, Japan Amateur Sport Association , Gifu Prefecture, Gifu Prefectural Board of Education, Aichi Prefecture, Aichi Prefectural Board of Education, The Aichi Prefectural Education & Sports Promotion Foundation, Nakatsugawa City, Nakatsugawa City Board of Education, Shinshiro City, Shinshiro City Board of Education, Nakatsugawa Tourist Association, Chunichi Shimbun Co., Ltd., .

Sponsors: Juroku Chiiki Shinko Foundation, MORINAGA MILK INDUSTRY CO., LTD., EVERNEW INC., JTB Central Japan Corp., Powersport, CASIO COMPUTER CO., LTD., JOYUNIT, Inc., Nisshin Pharma Inc., LiteraMed, Kyoto Orienteering Association, TEAM Ajari

Japan Orienteering Association

## Welcome message from the organiser

I am very delighted to hold the second Asia Orienteering Championship in Aichi and Gifu in May, following the first one in Korea. In Japan, this season brings us the richest natural environment all around the year, and life activity becomes fresh. Our venue is located in the center of Japan, where nature is excellent, and makes everyone feel like running in the fields and mountains. It is a great pleasure to have an opportunity to interact with all of Asian orienteers throughout this event.

Asia-Pacific Championship took place in 1992 and 18 years have passed to host an international competition again in Japan, covering from junior to masters. This time, our courses offer you high-level races and technical demands including terrains, which is used on the World Championship in 2005. We have arranged some courses typically characteristic in the areas for 4 events – sprint, middle, long and relay.

The 21st century is when all kinds of sports are spreading globally, and supporting health, joy for living and amity. That is, we need the sport culture which enables us to keep peace with all the people. Asia is said to be behind the West in the spread of sports. However, sports have recently been penetrating steadily and the level in Asia is being much improved. In addition to that, the Asian people have original ideology and culture to harmonize both body and soul. We should adopt them more in sports. The aim for orienteering is to unite human beings and nature in Asia. We expect that it will be developed over Asia as a sport for enjoying the harmony between nature and civilization. This is the goal and results of Asia Orienteering Championship.

I would like all the participants to much compete and form friendships with each other during this week. And, please don't forget to enjoy scenery full of Japanese history and culture.

Finally, I would like to appreciate everyone who is involved in this event. I cordially welcome all the athletes and representatives from Asian countries and offer our best wishes for good luck.

Tetsuro Yamanishi  
President of Japan Orienteering Association

### AsOC 2010 Organisers

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	Governor of Aichi Prefecture	Masaaki KANDA

Honorary Vice Chairman:	Governor of Nakatsugawa city	Koji OHYAMA
	Governor of Shinshiro city	Ryoji HOZUMI

Chairman:	Tetsuro YAMANISHI	President of Japan Orienteering Association
Vice Chairman	Atsuya IKUTA	President of Gifu Prefectural Orienteering Association
	Morimitsu ONO	President of Aichi Prefectural Orienteering Association

Senior Event Adviser	Patrick NG (Hong Kong)
Event Controller	Shoichi FUNAHASHI
Vice Event Controller	Masayuki TASHIRO

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[Gifu Prefectural Orienteering Association]

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## Greeting message from the Governors



Hajime FURUTA, Governor of Gifu Prefecture

Welcome to Gifu prefecture, a place of great natural beauty. We really appreciate all runners and representatives visiting here to participate in the Second Asian Orienteering Championships.

Gifu prefecture has set a goal to be a “Sports Kingdom”, which means to realise a society where people of all ages have opportunities to enjoy sports events to live active and healthy life. With hosting the National Athletic Meet in 2012, local people in Gifu has been growing their interests in sports and health and we are very keen on preparation for the event to be successful and fruitful.

In such situation, having AsOC 2010 in Gifu is absolutely significant to promote various sports here. We undoubtedly place more expectation on the result of the events.

We hope that all participants will fully present their physical strength and intelligence, do their best to win in the races, have intercultural exchange with many people, as well as enjoy beautiful nature of Nakatsugawa area.

Last of all, we would like to thank all the efforts made by people have been involved in AsOC. We hope the game’s great success.



Koji OHYAMA, Governor of Nakatsugawa city

We are really honoured to have the Second Asian Orienteering Championships here in Nenoue Highland and Hananoko in Nakatsugawa city, with a hearty welcome to all athletes and representatives.

This event s are regional championships accredited by IOF, aiming to promote and improve Orienteering in Asia region. It is a great occasion that people in a wide age range come to represent their federations, compete together, and develop friendly relations.

Our Nakatsugawa city is located in almost the centre of the mainland of Japan. The population is about 83,000 and the city is recognised as the center of the area. As being an important traffic junction, the city are famous for three inn towns along Nakasendo Road, which are “Nakatsugawa inn town”, “Ochiai inn town”, and “Magome inn town”. These inn towns still remain ancient atmosphere and give people sense of history and traditional culture. As well as these inn towns, Nakatsugawa city is proud of rich natural beauty such as Ena Mountain (one of 100 famous mountains in Japan), Kiso river and Tsushi river.

80% of the city land area is forests, a part of where two event centres of AsOC 2010 are located. Good conditions of forest and full of ups and downs make Nenoue Highland and Hananoko wonderful Orienteering terrains. Nenoue Highland is also famous for a movie "Blue Mountains" shot there in 1957, appreciating azalea and autumn red leaves. On the other hand, Hananoko had the first big folk song event "Folk Jamboree" in 1969. The memorial event of "Folk Jamboree" took place last year.

Nakatsugawa city council encourage local people to be familiar with at least one sport. To achieve this purpose, the city has made a huge effort on improving sports arenas and training instructors, as well as feeling the real sense of sports. Therefore, we believe that this event will be an ideal opportunity for local people to understand the international level of Orienteering. We expect all athletes to show their best trained ability in the races, and establish friendship through the Orienteering events in Nakatsugawa.

Finally, we would like to express our deep respect for those who are worked for the event, and we hope that the event will be greatly successful.



Masaaki KANDA, Governor of Aichi Prefecture

I am much pleased to offer you my congratulations on holding both the second Asia Orienteering Championship and Japan Orienteering Competition in my prefecture. I would like to give a warm welcome to all the participants from Asian countries and from all over Japan.

Nowadays society and lifestyle have changed busily and it causes problems such as lack of exercise and serious mental stress. Therefore it is of great importance to build sport society so that anyone can enjoy sports whenever, wherever and forever.

In Aichi, we are encouraging the promotion of sports rooted in areas and daily life. This campaign is based on Sports Aichi Sawayaka Plan established in 2003. Its purpose is that anyone can positively enjoy sports.

In addition to that, COP10, the largest meeting in environment, takes place in October in Nagoya, and the interest in nature is getting higher. So, it is greatly significant to host the international orienteering competition, because it is a lifelong sport held in beautiful and rich surroundings.

I would like each of the competitors to show your best abilities resulting from daily hard training. I hope that everyone has a race without regret. Besides, I would be very glad if you built good relationships with other participants, and had a lot of memories through these events.

Finally, for all the hard work and effort made by everyone involved, I would like to appreciate you very much. We offer our sincere best wishes for the success in these events and the further development of orienteering.



Ryoji Hozumi, Governor of Shinshiro city

First of all, I would like to take this opportunity to congratulate the Second Asian Orienteering Championships with such a big event. Also, we would like to thank all participants coming to Shinshiro from outside Japan as well as many parts of Japan.

Shinshiro city is known as a historical place where “War of Nagashino” was occurred about 430 years ago. Oda-Tokugawa allied forces fought with Takeda troop in the war. The city is rich in history and culture as well as natural beauty, such as a limpid river “Toyokawa river”. To fully use these nature and characteristics as tourism resources, the town has been set “Do Outdoor Sports Plan” and recognised as “Outdoor sports town” by Cabinet Office in June 2006.

Sports events held in Shinshiro is vary, ranging from a cycle road race “Bike Navi Grand-Prix / Tour de Shinshiro” in July, “Mikawa Highland Trail Running” and a street-circuit car race “All Japan Rally Championship in Shinshiro” in September, and “Shinshiro Trail race” in March, which attracts many participants from all over Japan. This time, we are greatly honoured to hold Asia Orienteering Championships. Orienteering is a sport which athletes run through in the middle of a vast wilderness. The concept of Orienteering is totally fits the aim our city has been promoting and we appreciate to welcome top runners of such a wonderful sport from many Asian federations.

Finally, we hope to see great performance of all participants as well as a huge success of the championships.

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# 1. Descriptions of Events

## 1.1 Event Schedule

<b>Dates</b>	<b>Event</b>	<b>Venue</b>
Friday, April 30	Model Event Registration / Welcome reception	Nenoue Highland, Nakatsugawa city, Gifu Nakatsugawa city, Gifu
Saturday, May 1	Sprint distance event / Opening ceremony	Nenoue Highland, Nakatsugawa city, Gifu
Sunday, May 2	Middle distance event	Hananoko, Nakatsugawa city, Gifu
Monday, May 3	Training occasion / free time Workshop (combined with O-forum)	Onikubo etc., Shinshiro city, Aichi Outdoor Education Centre, Okazaki city, Aichi
Tuesday, May 4	Long distance event (combined with Japan National Championships)	Suganuma, Shinshiro city, Aichi
Wednesday, May 5	Relay event / Closing ceremony Banquet	Onikubo, Shinshiro city, Aichi Shinshiro Kanko Hotel, Shinshiro city

## 1.2 Access to Event Arenas & Bus transport

\* Official bus timetables are available at Section 4.2

### Friday, April 30 Registration / Model event

Event centre: Nakatsugawa Nigiwai Plaza (Reception, Team officials meeting, and Welcome reception)

(1) By train: 1 minute from Nakatsugawa Station (JR Chuo-line)

(2) By car: See the map below (parking spaces are available at the event centre)

<http://www.city.nakatsugawa.gifu.jp/wiki/images/7/73/%E9%A7%90%E8%BB%8A%E5%A0%B4%E3%81%AE%E3%81%94%E6%A1%88%E5%86%853.PDF>

Model Event: Nenoue Highland Lakeside Park

(1) By official transport

Nakatsugawa station – Furusato Nigiwai Hiroba Bus Stop (7 minutes on foot)

Furusato Nigiwai Hiroba Bus Stop – Nenoue Highland (60 minutes)

(2) By car: See the access map below

Route a) From Nakatsugawa IC, take Route 19 towards Sakashita for 2km. Turn right at Nakamura intersection to take Route 363, then follow Route 363 for 10 km to get to Nenoue Highland Lakeside Park (the venue).

Route b) From Ena IC, take Route 19 towards Nakatsugawa. Turn right at Seike intersection, drive for 400m, and then turn left at Seike Shimizu intersection. Follow Route 407, then change to 413 to get to Nenoue Highland Lakeside Park (the venue).

### Saturday, May 1: Sprint Distance Event / Opening Ceremony

Event centre: Nenoue Highland Lakeside Park (Nakatsugawa city)

(1) By official transport

Furusato Nigiwai Hiroba Bus Stop (7 minutes walk from Nakatsugawa Station) / Official accommodation – Nenoue Highland: about 60 minutes)

(2) By car: Same as April 30

## **Sunday, May 2: Middle Distance Event**

Event centre: Hananoko Sogo Ground (Nakatsugawa city)

(1) By official transport

Furusato Nigiwai Hiroba Bus Stop (7 minutes walk from Nakatsugawa Station) / Official accommodation  
– Hananoko Sogo Ground: about 60 minutes)

(2) By car:

Route a) From Nakatsugawa IC of Chuo Highways, take Route 19 towards Sakashita for 15km. Turn left at Yasakabashi intersection to take Route 256. Follow Route 256 for 700m until Yabuchi. Turn left at Yabuchi intersection towards Hananoko Camping site (R256). Hananoko Camping site is about 5 km from Yabuchi Intersection, and there are signs in the camping site for participate to follow. \* Please do not use Otohimebashi Bridge.

(3) By train: 5 km from Sakashita station (JR Chuo line: 60 minutes on foot, no guidance tape)

## **Monday, May 3: Training occasion / Workshop / Team Official Meeting**

Training occasion event centre: Onikubo Freai Hiroba at B&G Community Sports Centre (Shinshiro city)

Workshop & Team Official Meeting: Outdoor Education Centre (Okazaki city)

To Onikubo Fureai Hiroba

(1) By official transport

Official accommodation (Nakatsugawa) - Training occasion (Onikubo Fureai Hiroba) (ca. 3-4 hours )

After training: Onikubo Fureai Hiroba - Official accommodation (Shinshiro/ Toyokawa) (20 min to Outdoor Education center, 70 min. to Shinshiro stn. and 90 min. to Route Inn Toyokawa)

(2) By car: See the access map (parking spaces are available at the event centre)

Route a) From Toyota Matsudaira IC (Tokai-Kanjo Expressway), take Route 301 towards Shinshiro for 20km, then change to Route 333 at Mizuwake. Follow R333 for 2 km to get to the Outdoor Education Centre.

Route b) From Onikubo Fureai Hiroba, take R37 towards R301 then turn left at the intersection besides “Michi no Eki Tsukude”. Follow R301, turn left at Tahara intersection towards Toyota, and then take R333 at Mizuwake. Follow R333 for 2 km to get to the Outdoor Education Centre.

## **Tuesday, May 4: Long Distance Event**

Event centre: Sugamori Elementary School (Shinshiro city)

(1) By official transport

Rank A accommodation – Sugamori Elementary School (about 90 minutes)

Rank B accommodation – Sukanuma Elementary School (about 20 minutes)

Shinshiro station – Sukanuma Elementary School (about 70 minutes)

(2) By car

There is no parking available at the event centre. All participants should park cars and motorbikes at Onikubo Fureai Hiroba, then take a shuttle bus to the event centre (about 20 minutes.)

## **Wednesday, May 5: Relay Event / Closing ceremony**

Event centre: Onikubo Freai Hiroba at B&G Community Sports Centre (Shinshiro city)

(1) By official transport

Rank A accommodation – Onikubo Freai Hiroba (about 90 minutes)

Rank B accommodation – Onikubo Freai Hiroba (about 20 minutes)

Shinshiro station – Onikubo Freai Park (about 70 minutes)

(2) By car

See the description on May 3. Car parking spaces are at Onikubo Fureai Park.

[Notes]

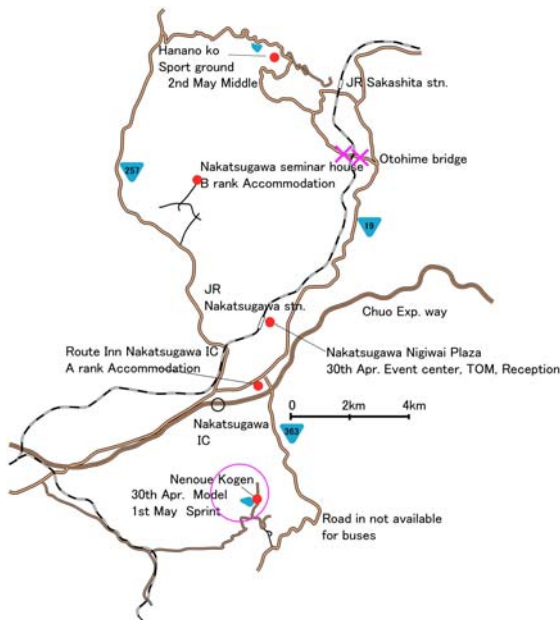
Official sightseeing tour on May 3 has been cancelled due to insufficient number of participants.

[Additional information about transport]

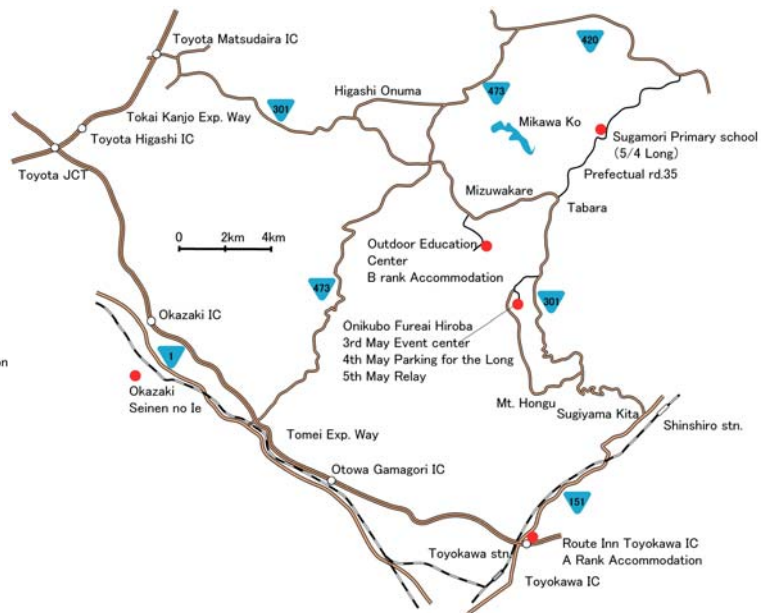
- (1) Good enough numbers of parking spaces have been kept on April 30 and May 1 at Nenoue Highland. Therefore no car parking tickets are necessary.
- (2) Some spaces are open to participants who have not booked the official transport. The bus tickets can be bought at the bus stop when boarding.
- (3) On May 4, all participants must use shuttle bus service from Onikubo Fureai Park. Those who have not yet paid for the shuttle bus service, please pay 1,500 yen to attendants at the bus stop.

**Access Maps**

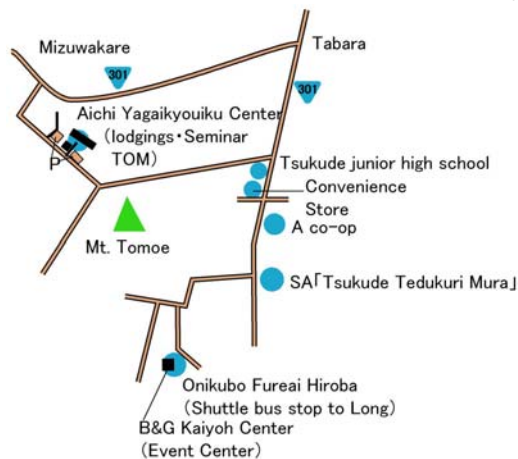
● Nenoue Highland



● Shinshiro Area



● Onikubo Fureai Horoba at B&G Community Sports Centre



● Shinshiro Bus Stop & Banquet



### 1.3 Event Centre & Registration

The event centres open **at the following time**. All participants **should collect a** package of necessary things before they start ( by themselves or by their colleague). Also, entry forms for Relay event should be submitted at the event centre.

April 30: 10:00 – 17:00 Nakatsugawa Nigiwai Plaza  
 May 1, 2, 4, and 5: At each event arena  
 May 3: 11:00 – 17:00 B&G Community Sports Centre  
 18:00 –20:00 Outdoor Education Centre

### 1.4 Entry Details of Each Event and Class

Class	Men			class	Female		
	Sprint	Middle	Long		Sprint	Middle	Long
M21E	34	45	48	W21E	26	23	22
M20E	16	24	30	W20E	3	6	6
M12	12	12	16	W12	7	9	9
M14	13	14	16	W14	13	15	15
M16	30	30	29	W16	16	15	15
M18	32	30	35	W18	6	5	6
M20	19	26	21	W20	2	3	0
M21	79	147	104	W21	17	51	36
M21S	0	0	20	W21S	0	0	6
M35	11	16	22	W35-40	7	8	13
M40	16	20	23	W45-50	7	10	10
M45	18	25	44	W55	7	8	11
M50	20	22	32	W60-65	7	10	12
M55	18	18	24	W70-75	2	2	4
M60	9	14	23	WBL	4	5	1
M65	6	17	31	WN	5	4	2
M70	12	14	19	MN	3	3	2
M75	7	10	12	MBM	0	0	6
MBL	6	7	9	Total	512	689	760

Note:

1. Long distance event (May 4) is combined with the National Championships 2010. Elite class winners are the national champions.
2. The number of entry for Relay event is 560.

### Summary of entry by federations

Federation	Sprint	Middle	Long	Relay
China	92	90	90	82
Chinese Taipei	15	15	14	15
DPR Korea	1	1	1	1
Hong Kong	41	41	41	38
Kazakhstan	26	26	26	26
Korea	13	15	15	12
Russia	3	3	3	3
Sweden	1	1	1	1
United Kingdom	2	2	2	2
USA	1	1	0	0
Japan	296	475	550	250
Total	491	670	743	430

## 2. Detailed Technical Information

### [Information for both Elite & General class]

#### 2.1 Detailed Schedule

\*TOM represents “Team Official Meeting”, and EC represents “Event Centre”

April 30	10:00	Event center open	EC(Nakatsugawa Nigiwai Plaza)
	11:00	Bus to the Event arena ( -12:00)	Furusato Nigiwai Hiroba Bus Stop 7 min. from JR Nakatsugawa stn.
	12:00	Elite class entry closed (Sprint & Middle distance)	EC(Nakatsugawa Nigiwai Plaza)
	12:00-15:00	Model Event	Nenoue Highland
	14:00	Bus to the stn. and official accommodation (-15:00)	Nenoue Highland
	17:00	TOM (Sprint & Middle distance)	EC(Nakatsugawa Nigiwai Plaza)
	18:00	Welcome Reception	EC(Nakatsugawa Nigiwai Plaza)
5/1	8:00	Bus to the Event arena (-9:00)	Official accommodation
	8:30	Bus to the Event arena (-10:30)	Furusato Nigiwai Hiroba Bus Stop
	9:00	Event centre open	Nenoue Highland Lakeside Park
	10:30-14:00	Sprint distance event	Nenoue Highland
	12:30	Elite class start (MW21E、MW20E)	
	13:00	Bus to the stn. and official accommodation (-15:00)	Nenoue Highland
	14:00	Relay event pre-entry close (Elite & Non Elite class)	Nenoue Highland Lakeside Park
	14:00-15:00	Opening ceremony & Medal ceremony (Elite class)	Nenoue Highland Lakeside Park
	14:30	Finish area close	
	16:00-18:00	Asia Region Conference	Nakatsugawa Nigiwai Plaza
5/2	8:00	Bus to the Event arena (-9:20)	Official accommodation
	8:30	Bus to the Event arena (-10:20)	Furusato Nigiwai Hiroba Bus Stop
	8:30	Event centre open	Hananoko Sogo Ground
	10:30-14:30	Middle distance event	Hananoko
	11:00	Elite class start	
	12:30	Bus to the stn. and official accommodation (-15:30)	Hananoko Sogo Ground
	14:30	Medal ceremony (Elite class) / Finish area close	Hananoko
5/3	8:30	Bus to Shinshiro area (training/accommodation)	Official accommodation
	10:00-15:00	Training opportunity	Onikubo area
	?? - ??	Return bus to the stn. and official accommodation	
	13:00	Elite class entry closed (Long distance)	EC (Onikubo B&G Centre)
	13:00-17:00	Workshop and O-Forum	Outdoor Education Centre
	17:00	TOM (Long distance & Relay) [Related event] (JOA approved) Trail – O Event	Outdoor Education Centre Otaka Ryokuchi, Aichi
5/4	6:30	Bus to the Event arena from official accommodation Hotel Route Inn Toyokawa IC, -8:40)	
	7:00	Bus to the Event arena from Shinshiro stn. (-9:10)	7 min. from JR Shinshiro stn.
	7:30	Bus to the Event arena from official accommodation Outdoor Education Center -10:00	
		Shuttle bus (-10:00)	Onikubo Fureai Hiroba
	8:00	Event centre open	Sugamori Elementary School
	10:00-16:00	Long distance event	Sugamori
	11:30	Return shuttle bus to Onikubo Fureai Hiroba (-16:00)	Sugamori
	13:00	Bus to Shinshiro and official accommodation (-16:00)	Sugamori

	14:00	Secondary registration deadline of Relay event (All classes)	EC(Sugamori Elementary School)
	14:00	Medal Ceremony	Sugamori Elementary School
	1600	Finish area close	
	17:00	Elite class Relay order list published	Outdoor Education Centre
5/5	7:00	Bus to the Event arena from official accommodation Hotel Route Inn Toyokawa IC, -8:00)	
	ca. 7:30	Bus to the Event arena from Shinshiro stn. (-8:30)	7 min. from JR Shinshiro stn.
	7:30	Bus to the Event arena from official accommodation Outdoor Education center, -9:00	
	8:00	Event centre open	B&G Community Sports Centre
	8:00	Elite / General Class registration	EC (B&G Community Sports Centre)
	9:00	Demonstration	
	9:30-14:00	Relay event	B&G Community Sports Centre
	9:30	Elite class start	
	9:40	General class start	
	11:00	Bus to Shinshiro Stn. (-15:00)	Onikubo Fureai Hiroba
	12:30	Mass start for remained teams	
	14:00	Medal ceremony / Closing ceremony	B&G Community Sports Centre
	14:00	Finish area close	
	17:00	Banquet	Shinshiro Kanko Hotel

## 2.2 Competition Rules and Important Notes

The Competition Rules for IOF Orienteering Events (valid from 1 June 2009) apply in the competitions. as well as the supplement 8 of said rules regarding Asia Championships.

Deviation from rule: 23.10: The order of relay event is determined by punching at the finish, not by the time when runners' breast pass the timing line. The order is judged by the organiser.

### [Notes]

- Do not run through cultivated fields(415) as well as edges of them (paths and narrow road on the maps can pass through)
- Power line towers are shown on the maps, but electric power cables are not shown on the maps.
- Please be careful when crossing roads during the races. When running, keep to the left unless otherwise instructed.
- Do not get in  (Settlement 527:private residence) , which are restricted areas.

## 2.3 Competition Areas

### 1. Sprint distance

This terrain is located about 950m elevation and various characteristic land forms can be seen around the lakes. As this area has been improved as a tourist spot, some roads and walking trails exist, but visibility is low in some parts of forests area because of bush. Being lakeside, underbrush and marshy area may prevent runners to run through in some degree. However, the courses will be set to allow runners to keep high speed as much as possible, which will require high level of concentration.

### 2. Middle distance

This terrain is located in about 650m elevation, including an artificial lake "Hananoko" and surrounding area. Most of the terrain are gentle slopes and have good runnability, so that runners can run at faster speed. Another remark is that there are many holes and rocks spreading in the area. Although many footpaths also exist, some of them are unclear and

difficult to follow.

### 3. Long distance

Located in about 550 – 700m elevation, the terrain consists of large hills, some steep areas, and detailed landforms. Most parts of the terrain have good runnability, but fallen trees and underbrush are also seen there. Although major roads run through the terrain, fewer paths and small paths are available in the forest area. Physical toughness and various Orienteering techniques are required in this event.

### 4. Relay

The terrain for Relay event comprises mostly large hills and ridges. The landforms vary, from steep to detailed areas, with giving good runnability. For making the end of AsOC 2010, the courses in Relay challenge competitor's speed control and technical abilities.

## 2.4 Restricted Areas

The participants of the competitions are not allowed to enter the following areas. However, this rule does not prevent them to drive over the roads by car as well as to stay in accommodation in these areas. See AsOC official website for more information

Nakatsugawa city, Gifu  
Shinshiro city, Aichi

Hananoko and surrounding area / Nenoue Highland  
Suganuma, Shiratori

## 2.5 Maps


All competition areas of AsOC 2010 are parts of previously used maps, including WOC 2005. Other existing maps can be seen at <http://www.orienteering.asia/>. Here are specs of maps for each event.

Event	Map Scale	Contour Interval	Map Regulation	Map Size
Sprint	1:5,000	2.5m	ISSOM 2007	297 x 210 mm
Middle	1:10,000	5m	ISOM 2000	297 x 210 mm
Long	1:15,000 (M/W21E, M/W20E, M/W21, M/W20) 1:10,000 (other class)	5m	ISOM 2000	297 x 210 mm
Relay	1:10,000	5m	ISOM 2000	297 x 210 mm

(Map package size : 340 x 230 mm, 0.08 mm thickness)

[Special symbols]

#### 1. Sprint distance (ISSOM2007)

 Small stone temple ( or shrine) or small stone statue

#### 2. Other events (ISOM2000)



Small hole\*    small stone temple (shrine)    small stone statue    Vinyl greenhouse    Mushroom growing area (Out of bound)

\*Charcoal burning ground which looks like pit

## 2.6 Time keeping and EMIT

EMIT punching system will be used. The competitor uses the same E-card during the event. Own E-card holder have to register his/her E-card at the EC accreditation prior to the competition. For each race, a back-up label is provided in your entry-package and must be attached on your E-card. Punching and time-keeping system will be demonstrated at the

Model Event on April 30.

Rental E-card will be handed out at the accreditation. The same E-card will be used during the whole competition. The rental E-card must be returned at finish area at your final race.

## 2.7 Number bib

For all competitions, competitors must wear a number bib on their chest. It must be attached firmly and not be folded or cut. The number bib will be handed out at the TOM for elite competitors and at the EC accreditation for other classes competitors. Safety pins are provided at the registration but bringing own safety pins are appreciated.

## 2.8 Guided Tape Information

Guide tapes used in the event arenas are:

Parking lot / Bus stop → Event arena	Green tape
Event arena → Start area	Yellow tape (When 2 start areas exist, follow a description on the information board)
Start box → Start point (the triangle on map)	Red and White tape
Marked route on course	Red and White tape
Last control → Finish	Red and White tape
Finish → Event arena	Blue tape
Out of bound	Blue and Yellow tape

## 2.9 Official Information Board

For Non Elite classes, if important changes are made after the programme is published, it will be noticed on Official Information Board at the event arena and event centre. For Elite classes, important technical information will be given at TOM.

## 2.10 Start Procedures

[M/W21E & M/W20E]

Back up labels will be provided at TOM. Drink water is supplied at the start area of Middle and Long distance events. Please note that there is no toilet available at all start areas.

### ● Start procedures

#### 3 minutes before the start time

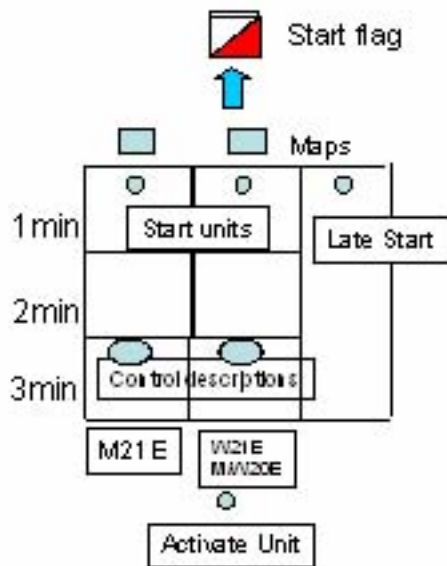
Name and bib number are called. Put your E-card on the unit to see the LED light is turn on, therefore the card is activated (in case your E-card does not work well, let the attendant know.) After that, enter the first start block to receive a control description sheet.

#### 2 minutes before the start time

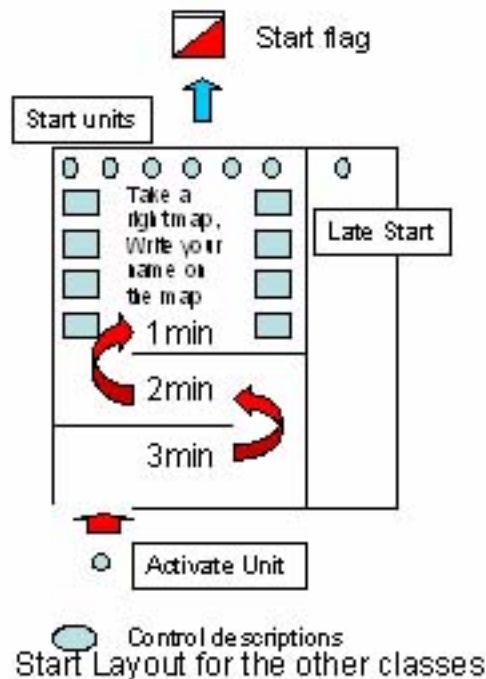
Enter one block ahead to the start.

#### 1 minutes before the start time

Enter the final block and confirm the map. Set your E-card on the start unit 10 seconds before the start time, lift up the card when the start buzzer peeps, then start the race. All competitors must follow Red & White tape from the start area to the start point on the map, where a control flag is displayed. The marked distance vary, from 30 – 300 m depending on the events.



Start Layout for Elite classes



Start Layout for the other classes

[Classes other than MW21E & MW20E]

Back up labels are contained in a package given at the event office. Please note that there is no drink water and toilet available at Middle distance and Long distance event. Control descriptions will be distributed at the start area. At the start area, put your E-Card on the unit to see the LED light is turn on, therefore the card is activated. In case your E-card does not work well, let the attendant know.

### 3 minutes before the start time

Enter the first start block.

### 2 minutes before the start time

Enter one block ahead to the start.

### 1 minutes before the start time

Enter the final block and take a map of the appropriate class. It is runner's responsibility to take a correct map. Write your name on back of the map taken. Do not see the map until you start. Set E-card on the start unit 10 seconds before the start time, lift up the card when the start buzzer beeps, then start. All competitors must follow Red & White tape from the start area to the start point on the map, where a control flag is displayed. The marked distance vary, from 30 – 100 m depending on the events.

[All classes]

If competitors are late for their start time due to their own faults, the competitors will be allowed to start but the race time will be calculated from the original start time allocated to them on the start list. On the other hand, if competitors are late due to the organiser's fault, a new start time will be given. Please follow the start official's instruction in any case.

For start procedure for Relay distance, refer "3. Detailed Information for Each Event" section of Relay event.

## 2.11 Refreshments

Refreshments are provided on the courses of Middle distance and Long distance. At the refreshment points water will be provided. The refreshment set-up will be demonstrated at the technical model event on April 30.

## 2.12 Finish Procedure

Competitors must follow the guided route (Red / White tape) from the last control to the finish. The finishing time should be measured when the competitor punches "Finish unit" at the finish line. After finish, organizer read out E-card data.

## 2.13 Map collections after race

Competition maps may be collected. It will be returned at the event center.

## 2.14 Maximum running time

Maximum running time on each race is as follows. Competitors will be disqualified if they exceed the maximum running time.

Sprint: 50 min for all classes

Middle distance: 1.5 hours for all classes

Long distance: 4 hours for M21E, 3 hours for W21E, M/W20E, 2.5 hours for other classes

Relay: 4.5 hours for all classes

## 2.15 First Aid

First aid point is set at the finish in all events. If a competitor gets injured during the race and needs assistance he/she ask other competitor or officials for help. Competitors who are requested to help must prioritize their safety. Emergency phone number is printed on the map. For other medical problems please contact the organizer.

## 2.16 Complaints and Protests

Any complaints must be made in writing and handed over to the organizer at the event center as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after publication of the results list.

A written protest can be made against the organisers' decision about a complaint submitted. Written protests shall be delivered to a member of the jury no later than one hour after the organiser has announced the decision about the complaint. Complaints and Protests Forms will be available at the event office.

## 2.17 Model Event and Training Opportunity

(1) April 30 12:00 - 15:00 Nenoue Highland (Nakatsugawa city)

Two maps (1:5000 ISSOM ver. and 1:10000 ISOM ver.) are available for Sprint event and Middle event.

Maps are provided at the Event centre (Nakatsugawa Nigiwai Plaza), as well as Model event arena.

Controls, Start area, Finish area, Refreshment area are demonstrated as the same standards as the actual events.

(2) May 3 10:00 – 15:00 Onikubo area (B&G Community Sports Centre, Shinshiro city)

Participants can go to the training arena (B&G Community Sports Centre) directly. Maps of 1:15000 and 1:10000 ISOM ver. for Long event and Relay event can be purchased (500 yen per map.)

On May 2, there are about 10 controls are set in the area (no unit available). This area can be used for training from April 29 to May 2, but no controls will be set yet.

Please note that there are no shops and restaurant in this area. Please prepare lunch before coming to Onikubo area.

## 2.18 Climate and Weather

The average temperature in flatlands is around 17°C this time of year; the highest temperature is between 20-25°C and

the lowest is between 10-12°C. However, as both Nakatsugawa area and Shinshiro area are located at 600 - 800 metre elevation, the lowest temperature in the night sometimes drops to around 5 degrees C when worsening weather.

### **2.19 Clothing Restrictions**

Although there are no restrictions of the clothing and shoes in the competitions, long-type bottoms are recommended to wear. In the middle distance event, wearing sports eyeglasses is also recommended.

### **2.20 Anti-Doping**

Anti-doping tests may be conducted during the completions. When you are called for the tests, please follow the instructions from attendants.

See the following websites about the doping tests:

World Anti-Doping Agency: <http://www.wada-ama.org/>

Doping is strictly forbidden: "think positive – test negative".

Doping tests will be held. The organiser is committed to make every effort to support the official anti-doping authorities to do their work successfully and openly. We strongly support all positive actions to keep our sport clean and doping free. The 2010 Prohibited List set by WADA, valid from 1 January 2010, will apply.

### **2.21 Fairness**

All people taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.

- Not allowed to bring in previous orienteering maps of the competition area to the event center.
- A competitor or team who breaks any rule, or who benefits from the breaking of any rule, will be disqualified.

### **[Information for Elite class only]**

#### **2.22 Entries**

Entries for each competition must reach the organizers at the Event Centre no later than the following deadline. Entry forms will be handed out to teams.

Sprint and Middle distance:	Fri, April 30 12:00 (Name and starting group)
Relay (1 <sup>st</sup> Entry) :	Sat, May 1 14:00 (Entry for teams)
Long Distance:	Mon, May 3 13:00 (Name and starting group)
Relay (2 <sup>nd</sup> Entry):	Tue, May 4 14:00 (Name and running order)

#### **2.23 Team Official's Meeting (TOM)**

The Team Officials' Meetings (TOM) will be held at the following time & place. Only two team officials and/or competitors per team and invited guests (IOF officials, organizers) will have access to the TOM. At the TOM, the number bibs, a list of all control descriptions used, start lists and any further official information will be distributed to the teams. All information and materials will be available 10 minutes prior to the opening of the TOM.

Fri, April 30 17:00	TOM for Sprint and Middle distances at EC in Nakatsugawa Freai Plaza
Mon, May 3 17:00	TOM for Long distance and Relay at the Outdoor Education Centre

#### **2.24 Start Draws**

The start draws will be made according to the IOF competition rules (section 12.) under the supervision of one the IOF Event Advisors. There will be no public draw.

### **2.25 Size of Control Descriptions**

The dimensions of the control descriptions to be issued at the start area. The exact size will be given at TOM.

### **2.26 Coaching Zone**

In the Long Distance and Relay races there will be clearly marked Coaching Zones where team coaches may encourage and assist their competitors as they pass by.

Only two accredited coaches/competitors per team are allowed to enter these zones (must-have ID). In order to maintain a high level of fairness the only activities allowed in the coaching zone are:

- Exchange of verbal communication with athletes - no written information;
- Exchange of personal equipment such as compasses, shoes, contact lenses etc;
- Food and drinks may be handed out personally to the athletes.

Coaching zone in Long distance event will be set on the course in terrains. The way to get there will be explained in TOM.

Coaching zone in Relay event will be set in the event arena.

### **2.27 Announcement of passed-by runners**

In Middle distance event and Long distance event elite classes, runners information at final part of the course will be transmitted to the event arena.

### **2.28 Eligibility of AsOC**

Competitors representing full or associate member Federations of the IOF, defined by the International Olympic Committee as belonging to the Asian continent, can compete in AsOC. Competitors representing other full member Federations of the IOF can participate in AsOC but will not be eligible for Asian titles, medals or diplomas.

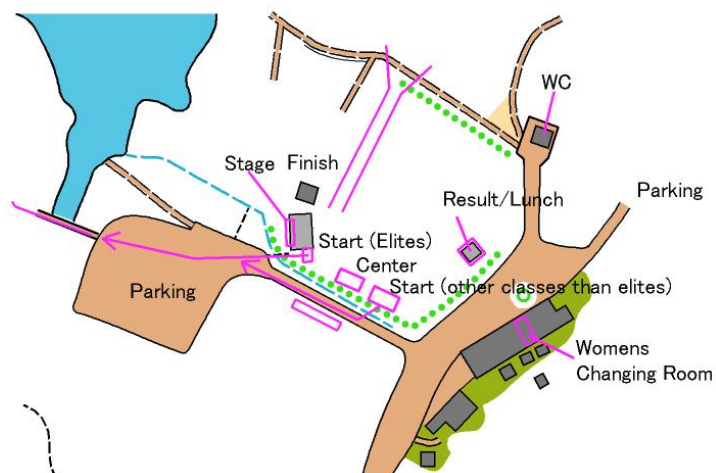
There is no limit to the number of competitors from each federation in the individual competitions

In the relay competition, a federation may enter maximum of 2 teams in each gender category, but only the better-placed team will be counted in the prize list.

## **3. Detailed Information for Each Event**

### **3.1 Sprint Distance (May 1)**

- (1) Event arena map



(2) Start area: All classes start from the event arena.

(3) Other information:

In some courses, competitors may pass near marsh areas which are restricted to enter. The marsh areas are indicated as purple borders on the map. Be careful not to enter the restricted areas.

Some competitors may run on boardwalks during the race. The boardwalks are indicated as small paths on the map. The boardwalks is very slippery when raining.

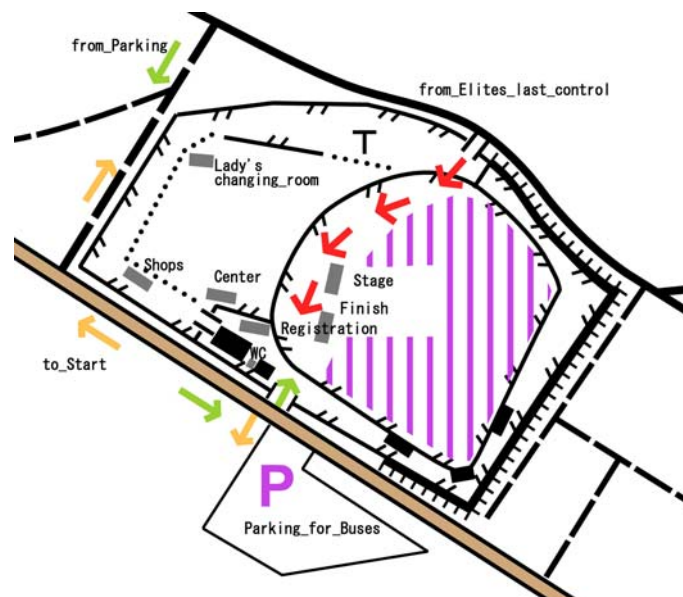
(4) Course information

Course setter: Gota ONODA

		Sprint Event			
Course Nr.	Class	Wining time	Length/ (km)	Climbing (m)	Number of controls
1	M21E	15	2,5	120	17
2	W21E	15	1,9	90	13
3	M20E	15	2,2	100	12
4	W20E	15	1,8	85	10
5	M21	15	2,3	110	15
6	M35, M40	15	2,0	90	14
7	M45, M50, M20, W21	15	1,8	80	12
8	M55, M60, W35-40, M65, M70, W45-50, W55,	15	1,6	75	10
9	M75, W60-65, W70-75	15	1,5	55	10
10	M18, W20, M16, W18, W16	15	1,6	70	11
11	M14, W14, MBL, WBL	15	1,5	40	8
12	M12, W12, WN, MN	15	1,3	20	6

### 3.2 Middle Distance (May 2)

(1) Event arena map



## (2) Start areas

Start 1 (for M/W21E, M/W20)

Follow Yellow guided tape for 2.5km from the event arena (about 30 minutes on foot)

Start 2 (Other classes)

Follow Yellow guided tape for 2.3km from the event arena (about 35 minutes on foot)

Please note that there are two start areas on May 2. All competitors follow Yellow guided tape for the first 2 km from the event arena, then find a signboard at the branch point. When passing Auto camping area, please walk and not run in the area.

## (3) Other information

Competitors may run on or cross major roads during the race. Please always be careful of traffic.

Local Chamber of Commerce sell snacks and beverage at the event arena.

Public bath is available at Hananoko Auto Camping site, which is 10 minutes walk from the event arena. The lake-view scenery from the bath is wonderful. Admission fee is 400 yen per person. Some snacks and beverage are available there.

## (4) Course information

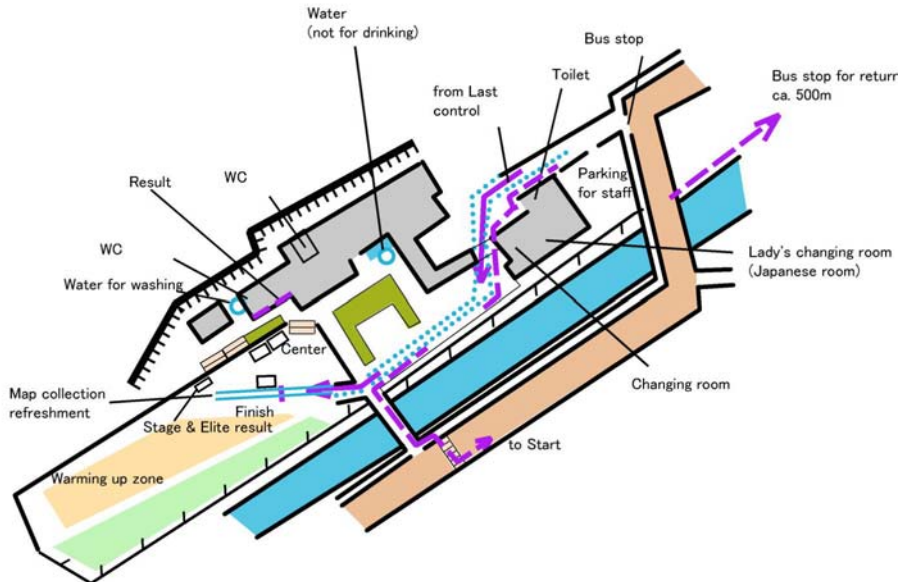
Course setter: Takehiko HAYASHI

Course Nr.	Class	Middle Distance				
		Wining time	Length (km)	Climbing (m)	Number of controls	Refreshments
1	M21E	35	5,4	200	17	1
2	W21E	35	4,2	150	14	1
3	M20E	35	4,9	150	14	1
4	W20E	35	3,9	110	13	1
5	M21-1	35	4,7	180	14	0
6	M21-2	35	4,7	180	13	0
7	M35, M40	35	4,2	150	13	0
8	M45, M50	35	4,0	135	12	0
9	M20, W21	35	4,0	140	11	0
10	M55, M60, W35-40	35	3,8	135	12	0
11	M65, M70, W45-50, W55	30-35	3,4	135	10	0
12	M75, W60-65	30-35	3,0	115	9	0
13	W70-75	30	2,6	100	8	0

14	M18, W20, MBL	30-35	3,8	130	9	0
15	M16, W18, W16, WBL	30-35	2,8	100	9	0
16	M14, W14	30	2,5	85	10	0
17	M12, W12, WN, MN	35-30	2,4	45	9	0

### 3.3 Long Distance (May 4)

#### (1) Event arena map



#### (2) Start areas

Start 1 (for M/W21E, M/W20)

Follow Yellow guided tape for 1.5 km from the event arena (about 25 minutes on foot)

Start 2 (Other classes)

Follow Yellow guided tape for 2.0 km from the event arena (about 35 minutes on foot)

Please note that there are two start areas on May 3. All competitors follow Yellow guided tape for the first 300m from the event arena, then find a signboard at the branch point. When passing Auto camping area, please walk and not run in the area.



CASIO Pro-treck  
PRG-110CJ-3\_JF

#### (3) Other information

Competitors may run on or cross major roads during the race. Please always be careful of traffic.

The winners of Elite class are awarded as the National Champions. As well as a certificate, Pro-treck, an outdoor-use wrist watch with altimeter, electric compass, and temperature sensor functions, will be given to the champions as an extra prize from Casio company (the event sponsor.)

#### (4) Course information

Course setters: Haruka HIKITA, Hideki ANZAI

Course Nr.	Class	Long Distance				
		Wining time	Length/ (km)	Climbing (m)	Number of controls	Refreshments
1	M21E	90	10,7	540	26	4
2	W21E	75	7,0	370	16	4
3	M20E	70	7,7	390	17	4

4	W20E	55	5,1	260	16	2
5	M21	80	8,5	530	23	4
6	M35, M40	65-70	7,0	350	15	4
7	M45, M50, M21S	55-60	5,7	310	13	3
8	M20, W21	60	5,5	290	13	3
9	M55, M60, W35-40	50-55	4,9	220	12	2
10	M65, M70, W45-50, W55, W21S	45-50	4,0	170	10	2
11	M75, W60-65	45-50	3,6	90	10	1
12	W70-75	45	3,1	90	9	1
13	M18, W20, MBL	50	4,9	160	12	1
14	M16, W18, W16, WBL	45-50	4,4	110	10	1
15	M14, W14, MBM, WBM	35-40	4,2	120	11	1
16	M12, W12, WN, MN	30-35	3,2	70	8	1

### 3.4 Relay (May 5)

Entry procedure for Non- Elite classes

#### Preliminary Entry (Submit team entries & team arrangement request)

The closing time for Preliminary entry for Relay is 14.00 on May 1. Please fill in a designated Relay entry form with the names of team members and entered class, and submit the form to the event centre. The Relay entry form is available at the event centre or can be downloaded from the official website. Running order form can be submitted together with the Preliminary Entry form.

Please note that running order can be changeable by Final entry on May 4, but the class entered is not allowed to change after Preliminary entry on May 1.

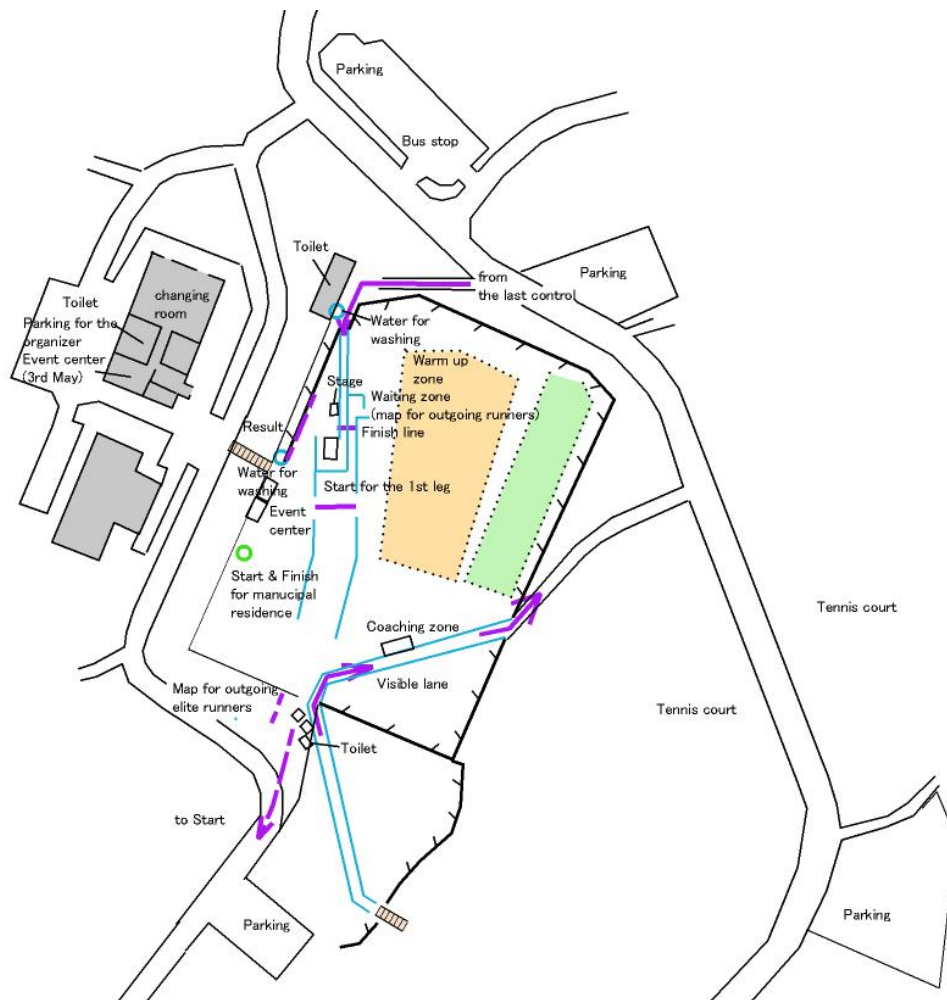
Those who cannot submit the Preliminary form to the event arena on May 1, E-mail submission is available. Send the form as an attached document to [asoc2010@hear.to](mailto:asoc2010@hear.to) by April 30. Otherwise, please contact JOA by telephone in advance (TEL 03-3467-4548 FAX: 03-3467-4549)

Competitors who wish to be arranged a Relay team by the organiser must indicate their preferred class with the designated form, and submit the form to the event arena by 14.00 at May 1. The arranged teams will be announced on May 2. In case not be able to make up a team of three members, it is still possible to take part in Relay event with one or two runners.

#### Final Entry (Submit exact running orders)

The closing date of exact running orders is 14.00 on May 4. Please fill in a designated Relay entry form with the names of team members and entered class, and submit the form to the event centre. The designated form is available at the event centre or can be downloaded from the official website.

(1) Event area map



## (2) Start Procedures

The start area of the first leg is located in the assembly area. Competitors are called 10 minutes before the start time. Before entering the start box, E-card should be activated by competitors. From 5 minutes before the start time, maps are distributed but competitors must not see the map until the start time. The way from start box to start flag is a major road which is marked with Red and White tapes. The distance is 300m.

Changeover Procedure:

1) No notice given, but can see Spectator Control

No notice is given for the next leg runners, but there is a spectator control in the event arena (see the event arena map). Estimated time from the spectator control to the finish is about 10 minutes.

2) E-Card Activate

When entering the waiting zone, E-card must be activated.

3) Change over

Change over is done by contact of the body between a in-coming runner and a out-going runner. Mass start for remaining runners will be at 12:30.

4) Picking up maps

[Elite class competitors]

After change over, way to the start flag is marked with red and white tapes. 100 meters after the start, maps are hanged for outgoing runners. Start number and leg number are clearly indicated. It is competitors' responsibility to take their own map. Competitors who take wrong map shall be disqualified. After taking a map, follow red and white tapes to the start flag.

[Other class competitors]

Before change over, maps are placed for outgoing runners in the waiting **zone**. Start number and leg number are clearly indicated. It is competitors' responsibility to take their own map. Competitors who take wrong map shall be disqualified. Do not see the map until change over. Once a runner takes a map, the runner can not go back to the public area.

#### 5) Finish Procedure

The finishing time shall be measured when the competitor punches "Finish unit" at the finish line. Also, final placing is based on the order that competitors' "Punching" on the finish line, which is judged by the organiser.

#### (3) Course settings

Course setters: Noriaki TARUMI, Hideki ANZAI

Course Nr.	Class	Relay			
		Wining time	Length (km)	Climbing (m)	Number of controls
1	ME	135	5,2 – 5,5	360-380	15
2	WE	120	3,7 – 3,9	280-290	12
3	M21	135	4,0 – 4,2	320-350	14
4	M35, M20	135	3,7 – 3,8	200-210	13
5	W21, M45, M55	120	2,9 – 3,0	140-150	10-11
6	W35, W45, MIX	120	2,2 – 2,4	160-180	8-9
7	W20, W55, M65, M16, W16	100	1,9 – 2,0	150-160	9
8	W65, M&W12	90	1,7	90	9

## 4. Accommodaiton & Transport

### 4.1 Official Accommodation

Name	Address	Telephone	FAX
Rank A (April 30 – May 2) Hotel Route Inn Nakatsugawa IC	375-1, Tegano, Nakatsugawa-city, Gifu, 508-0015	0573-62-4511	0573-62-4512
Rank A (May 3 – May 5) Hotel Route Inn Toyokawa IC	2-20, Ueno, Toyokawa-city, Aichi, 442-0801	0533-80-2690	0533-80-2691
Rank B (April 30 – May 2) Tokai Area National Universities Nakatsugawa Seminar Centre	639-20, Naeki Iwasu, Nakatsugawa-city, Gifu	0573-67-2002	-
Rank B (May 3 – May 5) Aichi Outdoor Education Centre (Yagai Kyoiku Centre)	17-5, Ohirata, Senmancho, Okazaki-shi, Aichi, 444-3432	0564-83-2221	0564-83-2222
Budget Accomodation (May 1 – May 2) Aichi Asahi Kogen Youth Accoomodationh (Asahi Kogen Shonen Shizen no Ie)	38-25, Saka, Onotakimachi, Toyoda-city, Aichi, 444-2893	0565-68-3200	0565-68-3203

### 4.2 Bus time tables

April 30 (Model)			
	Nr. 1	Nr. 2	Nr. 3
JR Nakatsugawa stn. (3)	11:00	12:00*	12:00
Nenoue Kogen (Model)	12:00	13:00	13:00
Return	Nr. 1	Nr. 2	Nr. 3
Nenoue Kogen (Model)	14:00	14:00*	15:00
Hotel Route Inn (A rank)	15:10	15:10	16:10
Seminar House (B rank)	15:50	16:50	16:50

(1) Running time is approximate.

In normal condition, the arrival time is earlier

(2) Bus nr. 2 will wait for enough passengers and be delayed.

(3) Bus stop is ca. 7 min walk from JR Nakatsugawa stn.

May 1 (Sprint)					
	Nr. 1	Nr. 2	Nr. 3	Nr. 4	Nr.5
Seminar House (B rank)	8:00		9:00		
JR Nakatsugawa stn. (3)		8:30	9:50	9:30	10:30
Hotel Route Inn (A rank)	8:50			9:50	10:50
Nenoue Kogen (Sprint)	9:50	9:30	10:50	10:50	11:50
Return	Nr. 1	Nr. 2	Nr. 3	Nr. 4	Nr.5
Nenoue Kogen (Sprint)	13:00	13:00	15:30*	15:30	15:30
Hotel Route Inn (A rank)	14:10	14:00	16:40	16:40	16:40
JR Nakatsugawa stn. (3)	14:30	14:20	17:00	17:00	17:00
Seminar House (B rank)	15:10		17:40	17:40	17:40

(1) Return bus nr2 will depart earlier when it will be full

(2) Return bus nr. 4 and 5 will depart just after prize giving ceremony

(3) Bus stop is ca. 7 min walk from JR Nakatsugawa stn.

May 2 (Middle)					
	Nr. 1	Nr. 2	Nr. 3	Nr. 4	Nr. 5
Seminar House (B rank)		8:30		9:30	
Hotel Route Inn (A rank)	8:00		9:00		10:00
JR Nakatsugawa stn. (3)	8:30		9:20		10:20
Hanano Ko (Middle)	9:30	9:30	10:20	10:30	11:20
Return	Nr. 1	Nr. 2	Nr. 3	Nr. 4	Nr. 5
Hanano Ko (Middle)	13:00*	14:00*	14:00*	14:30*	15:00
Hotel Route Inn (A rank)	14:10	15:10	15:10	15:40	16:10
JR Nakatsugawa stn. (3)	14:30	15:30	15:30	16:00	16:30
Seminar House (B rank)	15:10	16:10	16:10	16:40	17:10

(1) Return bus nr. 1-4 will wait for enough passengers and will be delayed.

(2) Return bus nr. 5 will depart just after prize giving ceremony

(3) Bus stop is ca. 7 min walk from JR Nakatsugawa stn.

May 3 (Rest)		
	Nr. 1 & 2	Nr. 3
Seminar House (B rank)		9:00
Hotel Route Inn (A rank)		9:00
Miai PA	10:45	11:15
Onikubo (training)	12:30	13:00
training		
Onikubo (training)	15:40	16:10
YK Center (Rank B)		16:30
Hotel Route Inn (A rank)	16:50	

Departure time of buses back to accommodation depends on the arrival time at Onikubo

May 4 (Long)										
	Nr.1	Nr. 2	Nr. 3	Nr. 4	Nr. 5	Nr. 4	Nr. 5			shuttle
Hotel Route Inn (A rank)	6:30	7:30	8:40							
JR Shinshiro stn (4)	7:10	8:10	9:10							
YK Center (Rank B)				7:30	8:30	9:30	10:00			
Onikubo										7:30-11:00
Sugamori (Long)	8:10	9:10	10:20	8:00	9:00	10:00	10:30			8:00-11:30
Return	Nr.5	Nr. 4	Nr. 1	Nr. 5	Nr. 4	Nr. 2	Nr. 5	Nr. 3	Nr. 4	shuttle
Sugamori (Long)	11:30	12:00	13:00*	13:00	13:30	14:00*	14:30	15:00	15:00	12:30-16:00
Onikubo										13:00-16:30
YK Center (Rank B)	12:00	12:30		13:30	14:00		15:00		15:30	
JR Shinshiro stn (4)			14:10			15:10		16:10		
Hotel Route Inn (A rank)			14:30			15:40		16:30		

(1) Shuttle bus will leave when it is full. Come to the bus stop with enough time margin

(2) Return bus nr. 1 & 2 wait for enough passengers and will be delayed

(3) Return bus nr. 3 may be delayed until all participants finish.

(4) Bus stop is ca. 7 min walk from Shinshiro stn.

May 5 (Relay)									
	Nr. 1	Nr. 2	Nr. 4	Nr. 4	Nr. 5	Nr. 6	Nr. 5	Nr. 6	
Hotel Route Inn (A rank)	7:00	8:00							
JR Shinshiro stn (2)	7:40	8:40							
YK Center (Rank B)			7:30	8:30	8:00	8:30	9:00	9:30	
Onikubo	8:40	9:40	8:00	9:00	8:30	9:00	9:30	10:00	
Return	Nr. 4	Nr. 5	Nr. 6	Nr. 1	Nr. 2	Nr. 4	Nr. 5	Nr. 6	
Onikubo	8:00	8:30	9:00	11:00	14:00*	15:10*	15:20*	15:30	
YK Center (Rank B)	8:30	9:00	9:30						
Kanko Hotel (banquet)					15:10	16:30	16:30	16:40	
JR Shinshiro stn (2)				12:10	15:30	16:50	16:50	17:00	

(1) Return bus 2, 4, & 5 will wait for enough passengers and will be delayed.

(2) Bus stop is ca. 7 min walk from Shinshiro stn.

### 4.3 Booking / cancellation of official accommodation & transport

If official accommodation or transport is cancelled, the following cancellation rate should be applied:

- ▶ Cancellation fee

From March 31 to April 27, 2010	20%
From April 28 to April 29, 2010	50%
After April 30, 2010	100%

When any cancellation occurs, please contact [asoc2010@gmail.com](mailto:asoc2010@gmail.com) by E-mail.

## 5. Other information

### 5.1 Ceremonies

#### 1) Welcome Reception

The welcome reception will be organised by Nakagsugawa city on April 30 at 18.00. The venue is Nakastugawa Nigiwai Plaza (same place as the event centre.) Three members from each federation as well as other guests will be invited. Official transport to each accommodation will be arranged after the ceremony.

#### 2) Opening Ceremony

The opening ceremony is held on May 1 at 14.00. The venue is the event arena of Sprint distance.

#### 3) Closing Ceremony

The closing ceremony is held on May 5 at 14.00. The venue is the event arena of Sprint distance. The IOF flag will be passed onto the next host federation, China.

#### 4) Awarding Ceremony

In Elite classes, top six runners/teams are awarded. National flags of the top three runners/teams are hoisted, and the national anthem of the winner is played to honour them.

In other classes, top three runners/teams are awarded.

### 5.2 Banquet (at Shinshiro Kanko Hotel)

The banquet is held at Shinshiro Kanko Hotel on May 5 at 17.00. Official transport is arranged from the Relay event arena to the hotel. The fee is 5,250 yen, including buffet dinner. Please ask for tickets at the reception.

### 5.3 Trail – O event

On May 3, a trail-O event is held at Otaka ryokuchi at Nagoya city, Aichi. For more information, please visit <http://www.trail-o.com/ACC20100503.doc>. If you are interested in the event, contact **Mr. Taro Koayama** by e-mail at [taro-ktrailo@xb3.so-net.ne.jp](mailto:taro-ktrailo@xb3.so-net.ne.jp)

### 5.4 International Workshop combined with O-Forum 2010

An International workshop, combined with O-Forum 2010, is organised on May 3. In this workshop, the main themes are creating O-maps making full use of the characteristics of each terrain, as well as effective ways of strengthen runners and spread Orienteering to the general public. Some case studies about promoting Orienteering will be presented at the workshop. This workshop is mainly based on English, sometimes Japanese will be used depending on situations. (English interpretation is available for overseas participants.)

Venue: Aichi Outdoor Education Centre (Official B Rank accommodation on May 3 & 4)

13:00-17:00 Basic fieldwork technique of O-Maps (by Rob Plowright)

1300-1315 introduction - self introductions - bring examples of maps you have made (printed or OCAD files OK)and tell us briefly about your orienteering and mapping experience.

1315 -1345 basic fieldwork technique lecture

1345 -1400 setting up a mapping board.

1410-1600 practical exercises in the terrain

1610-1700 Q&A and general discussion

In the case of rain the program will be modified accordingly.

13:00-15:00 Effective skill-up methods for Elite level runners (by Koji KASHIMADA: Chairman of Elite commission)

15:15-17:00 Overview of Orienteering promotion in Asian region (by Shin MURAKOSHI: Senior Director of JOA, etc.)  
Current situation of some federation will be reported as well as the case of Japan.

Entry fee: 2,000 yen, including materials

\* Up to two person per each federation are invited (free) and the rest has to pay the entry fees.

Entry closing date: Friday, April 23, 2010

Entry: Send an E-mail to [registration2010@hear.to](mailto:registration2010@hear.to), with name, address, telephone number, and E-mail address

Please write "[O-Forum 2010] entry" on the title of the e-mail.

### 5.5 Insurance

The organiser sign up a sport group accident insurance which covers injuries caused during the events, but it is effective within Japan only. Participants are strongly recommended to buy additional insurance by themselves as well.

### 5.6 Media related information

A media pass is issued for those who want to cover the events, take photos, or shoot video. The media pass holders are allowed to enter the areas which are restricted to the general public. For more information, please contact Shin Murakoshi (Vice chairman of the organising committee) by E-mail: [vew01245@nifty.com](mailto:vew01245@nifty.com).

### 5.7 Event Photo Service

Photos taken in the terrains are uploaded on the every late evening of the event, cooperated with Hirotooshi KANBAYASHI.

Visit <http://www19.atpages.jp/asianphoto/>

After the events, all photos will be appeared on the following website:

<http://www7.atpages.jp/orienphto/>

Old streets' culture  
街道文化と地歌舞伎を今に伝える町

Zikabuki  
Succession

明治座  
Meiji-za

中津川市では常盤座（1891年～）、明治座（1894年～）の保存・活用活動の他に、2000年には地歌舞伎公演の拠点となる歌舞伎ホール建設、2009年には蛭子座（1949年～）の大改修を行なうなど、地歌舞伎と芝居小屋の保存・継承活動に取り組んでいます。

なかつ川の地歌舞伎  
Nakatsugawa no Zikabuki

中津川 Nakatsugawa

馬籠宿  
Magome juku

木曾11宿の最南端の宿として栄えた馬籠は、島崎藤村のふるさととしても知られています。急峻な坂道に肩を寄せ合うように家が立ち並び、江戸時代の趣を今に伝える。

問合せ先 Information 中津川市駅前観光案内所 Nakatsugawa Station Tourist Information Center (TEL 0573-62-2277・FAX 0573-65-2479)

Welcome to Shinshiro city!

Shinshiro city was newly established on October 1st, 2005 by integrating three local communities, former Shinshiro city, Horai town and Tsukude village. The population of Shinshiro is 52,000. The city is located in the centre of Higashi Mikawa area, in the east of Aichi prefecture, and the eastern edge of the city has a border with Shizuoka prefecture. The total land area of Shinshiro is 499 square kilometers, with 29.5 km long from the east to west and 27.3 km long from the south to north, which makes the city the second largest in Aichi prefecture. 84% of the city is mountain areas covered with bountiful forests, which play an important role as water source forests for Higashi Mikawa area.

The city is well known for great natural beauty. Sakurabuchi park is very famous for cherry blossoms in spring and red maple trees in autumn. Precious awls live in Horaiji mountain, which is appointed as a national nature heritage. These characteristic terrains, rich nature, and beautiful scenery attract many people to this city.

Not only Shinshiro area, but also Tsukude Highland (a popular summer resort), 1,300-year old Yuya hot spring, delicious local vegetables including aroid, Japanese tea and Japanese plum, various traditional plays such as amateur Kabuki & Dengaku as well as seasonal festivals in spring and autumn are popular tourist attractions. Particularly Nagashino festival in May and Shitara festival in July are famous for demonstration of historical fire guns.

Horai area are full of nature and historical spots, such as a holy mountain of Horaiji mountain (695m elevation), Horaiji temple and Toshogu temple which are related to Tokugawa family, Nagashino castle, a 64-meter-high waterfall "Adera no Nanataki", and Chichiiwa valley with a lot of big and small caves and huge rocks.

Tsukude area is a highland area with 550m elevation in average. The area is occupied with Aichi highland national park in the north and Motomiya mountain prefectural park in the southwest. Rice paddles are spread in the centre of Tsukude, which is surrounded by hilly mountains. Its landscape looks like a green bowl pulled up into the air.



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