

Tokiwa-Sorinkai 15th Anniversary

108 CP Orienteering

煩惱滅却

百八式

Date 29th-30th Dec. 2018

Location 29th; Yaita-Shiritsu-Nishi Elementary School

30th; Yaita-Koka

Organized by Tokiwa-Sorinkai

Supported by YMOE, Orienteering News Japan, Banno-San-Yu-Kikaku

Sponsored by Yaita-Shironoyu



## Schedule

### Day 1; 29<sup>th</sup> Dec.

- 0800AM Competition center opened
- 0930AM Top start
- 1130AM Open course entry closed
- 1200AM Start closed
- 0100PM 1st Time gate closed; 108 CP and 72 CP
- 0230PM 2nd Time gate closed; 108 CP and 72 CP
- 0330PM Prizing ceremony
- 0400PM Finish closed
- 0500PM Competition center closed

### Day 2; 30<sup>th</sup> Dec.

- 1000AM Assembly in Base point of terrain
- 1030AM Top start of Middle Race  
Others ;free start
- 0330PM Base point closed

矢板市 城の湯やすらぎの里



矢板市  
城の湯やすらぎの里

- 所在地  
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⇒アクセスマップ
- 施設紹介  
城の湯温泉センター  
城の湯ふれあい館

**Sponsored by "Yaita-Shironoyu" : Hot Spa, in front of Parking Area  
You can get discount ticket at competition center!**

## Cancel of Competition

- The event may be canceled with heavy weather; heavy rain, deep snow. We'll announce it until 6:00AM via website, SNS of Tokiwa-Sorinkai; facebook, Twitter.

## Lost and Found

- We'll announce after competition on website, and keep them 2 weeks. Please contact us if you lost anything.

## Contact

- Tokiwa108\_info@googlegroups ; Until 2 days before the event, and after the event
- +81-80-5550-8510 ;Day of the event and the emergency case

## Competition Center

- Nishi-Elementary-School (Yaita-shiritsu-Nishi-Shogakko)  
latitude:36.797387, longitude: 139.905358 (<https://goo.gl/maps/Tv9U1VHC8kA2>)

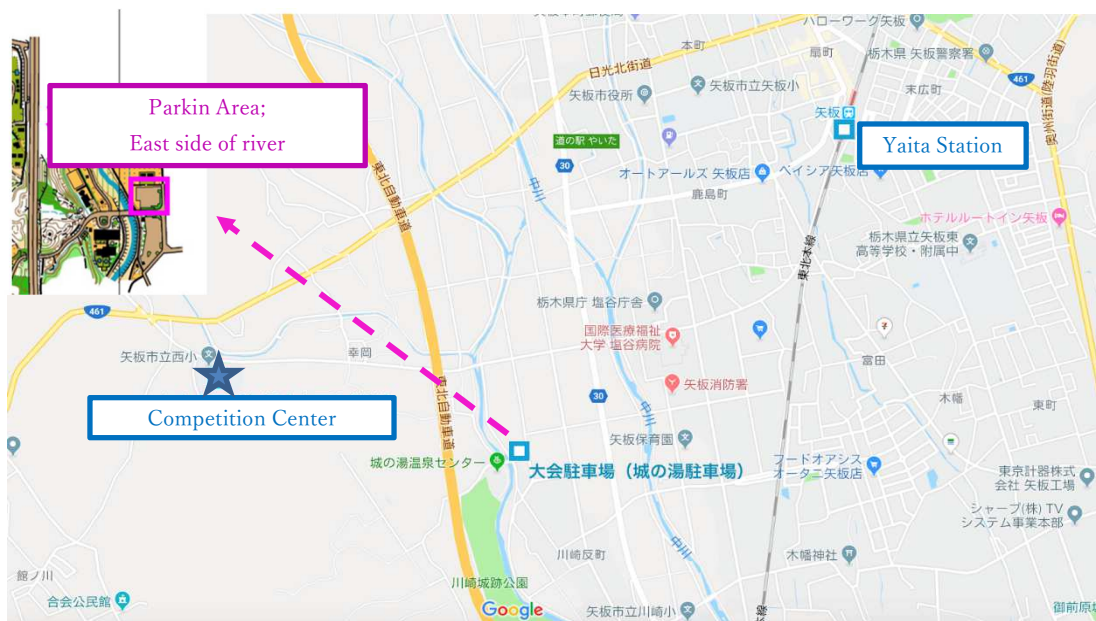
## Access

### **By Car**

- You can park for free in the site below;  
Shironoyu (Hot spa center) latitude: 36.793824, longitude: 139.918890  
4 km drive from Yaita IC, Tohoku Highway  
1.6 km / 20 min walking to Competition Center

### **By Train**

- Yaita Station, Tohoku-Honsen Line, JR
- 3.0 km-45 min walking to Competition Center
- There is no transportation system between Competition Center and station.



## Competition

- Point Orienteering
- Map scale 15,000:1 ;108 CP and 72 CP  
10,000:1 ;36 CP  
Contour Interval 5m
- JSOM2017, JSCD2008 ;Japanese Orienteering Standard
- Map size: B4, Water-Resist Packed
- Control description is printed in map.

## Prize

- 3 fastest runner and 1 fastest female runner, each class.

## Clothes

- We recommend to wear long shirt and long pants. You can use spike shoes.
- Don't forget number bib and watch.

## Day 1; 108 CP Orienteering

### Course

class	distance [km]	climb [m]	time of test- runner	controls	number of time- gates	aid-station* [%]
108 CP	17.9	1,000	3 h 30 min- 4 h 20 min	108	2	<u>30</u> , <u>70</u> , 80
72 CP	12.9	710	3 h-3 h 30 min	72	2	<u>25</u> , <u>55</u> , 70
36 CP	8.0	450	2 h-2 h 30min	36	-	65

\*under bar means the place time-gate locates.

### Attention of competition

#### **Time-Gates**

- You have to reach to the 2 time-gates in time during competition. The time of time-gates closure is below.
- If you can't reach there in time, you have to finish your competition there, and go back to Competition Center by your foot.

Time gates	Location		Closure time
1 <sup>st</sup> Time-gate	108 CP	30%	01:00PM
	72 CP	70%	
2 <sup>nd</sup> Time-gate	108 CP	25%	02:30PM
	72 CP	55%	

\*No time-gates in 36 CP class

#### **Removal of some control**

- Some controls will be removed from terrain after 02:30PM.
- Those controls are showed on the map.

### **Aid Station**

- Water and light food are available at aid station.
- All of water and food are supplied by organizer. You can't deposit own foods before the competition.

### **Forbidden Area**

- Don't enter the forbidden area following ISOM2017.
- Some of forbidden area with purple mesh (709) are showed with blue-yellow line in terrain; but not all of them.

### **Others**

- There is no WC during competition.
- Don't take pissing especially nearby habitat area.

### **SI Punching System**

- The maximum recordable number of SI is 128. Be careful of miss-punch, getting through controls.
- All of hired SI are Version 10; maximum 128 controls.

### **Reception (08:00AM-11:30AM)**

#### **Reserved entry**

- Please write your name on "commitment paper" showed in web-site. This paper mentions about safety of competition.
- You can receive number-bib and hired SI by exchanging a commitment paper.
- Please bring safe pins for number-bib by yourself. You can buy them at reception desk by ¥100.

#### **Open class**

- You can join each course as open class; 108 CP, 72 CP and 36 CP by ¥6,000.
- The entry finishes 11:30AM. There is a limitation of open class.

### **Start**

- The start area locates on playground of competition center.
- You can start whenever between your time-range. But you can delay your time-range, without any notice to organizer.
- Start area will be closed at 12:00AM.

### **Finish**

- The finish area locates on playground of competition center.
- The finish area will be closed at 0400PM. Please come back to the competition center before closing the finish area.

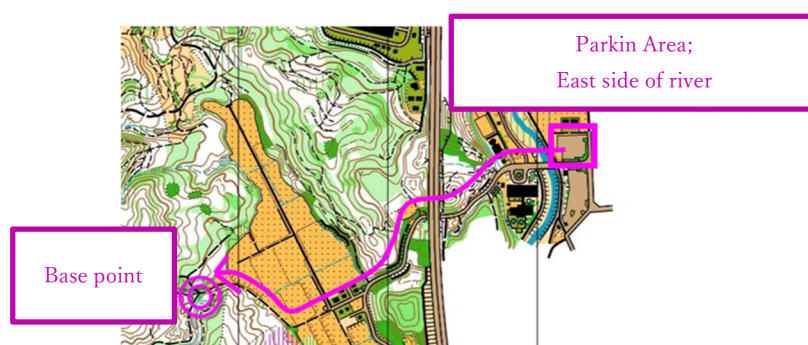
### **After Competition**

- You can buy each course map by ¥1,000 on the reception desk.
- Prizing ceremony will start at 0330PM, but it'll start earlier as soon as the results are given.

## Day 2; Sylvester training event

### Assembly

- Please come to the base point by yourself until 10:00AM. The base point is showed in the below map.
- Parking area is the same place to Day 1; 20 min to the base point.
- There is not WC in the base point. Please use WC in the parking area.
- The tent for changing cloth is available in base point. But it's only for women.



### Reception

- The reception locates the base point.
- Please receive a hired SI and maps; reserved "simplify" and "circuit".
- You can add menu in reception with extra fee; race ¥1,100, others ¥600.

### Training Menu

- All of menu used the SI punching system.
- All of starts and finishes locates on the base point.
- Please tell the organizers when you leave the base point.

Training Menu	Distance [km]
Middle Race-L	3.9
Middle Race-S	2.8
Circuit	1.7, 1.2 ;2 courses
Simplify	2.5, 1.9 ;2 courses



### **Middle Race**

- Free start; write your name and start time. You can start with a 1 min interval.
- Please pick up your map by yourself when you start.

### **Circuit**

- Free start; you can start with no interval.

### **Simplify**

- Training for planning “simplified route”.
- Write your plan on “blanked map” viewing course map in short time. And navigate only with the map you wrote.
- Free start; you can start with no interval.