

WRE(Day 3 only)

The 20th anniversary of
the merger of Shitara Town
orienteering competition
and 19th Meisugi Competition
Bulletin3.1
(World ranking event Bulletin2.1)



Original character of
19th Meisugi competition
「NaviRabi」

2025.8.29-31

Shitara Town, Aichi Prefecture



スポーツ振興くじ助成事業



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1. WELCOME

We sincerely thank you for participating in the Shitara Town 20th Anniversary and the 19th Meisugi Orienteering Event.

This event also serves as the Shitara Town 20th Anniversary Orienteering Competition, and it is the very first 3-day event in the history of the Meisugi Competition. In addition, from August 26 to 31, the same venue will host the Asian Junior Orienteering Championships (AsJYOC2025), bringing together top-level junior athletes from all over the world. We hope that all participants will enjoy not only this event, but also the opportunity to spectate AsJYOC2025. Although we feel the pressure of organizing an event alongside such a major competition, our organizing team has done its utmost in preparation, despite our inexperience. We are committed to making this a satisfying event for everyone who has traveled here from across the country.

Shitara Town, the stage of this event, is a land rich in nature, with 90% of its area covered by forests. For the long-distance race on Day 3, a newly mapped area will also be used. We hope that participants will fully enjoy the natural beauty unique to Shitara Town.

As the weather is expected to be very hot, we kindly ask all participants to take thorough precautions against heatstroke and come well prepared.

Lastly, we would like to express our heartfelt gratitude to the people of Shitara Town, our sponsors and supporters, and all those who have offered their understanding and cooperation in making this event possible.

Event Director Shin Tsuzuki

I'm **Navi-Rabi**, a rabbit who loves orienteering! I'm cheering for everyone so that you can all make it back without getting lost!



2. PROGRAM

Date	Shitara 3 days	AsJYOC2025
Tuesday 26th		Model Event
Wednesday 27th		Sprint
Friday 29th	Sprint Relay (Tsugu Kogen Green Park First starts at 14:00)	Sprint Relay (Tsugu Kogen Green Park)
Saturday 30th	Middle Distance (Tsugu Hibarayama First starts at 14:00)	Middle Distance (Tsugu Hibarayama)
Sunday 31th	Long Distance (Tsugu Kogen First starts at 10:00)	

Before you run, watch and cheer AsJYOC!

※There are no events that qualify as model events or training events in this event.

3. COMPETITIONS

Race	Sprint Relay	Middle Distance	Long Distance
Date	Friday 29th	Saturday 30th	Sunday 31th
Start Time	14:00	14:00	10:00
Map/Terrain	「Tsugu Kogen Green Park」	「Tsugu Hibarayama」	「Tsugu Kogen」
Punching System	Contactless SPORTident Air+ punching will be used.(Regular SI Cards can be used.)		
Event Venue	Tsugu Kogen Green Park (address:Hibara-yama,Tsugu,Shitara-cho,Kitashitara-gun,Aichi,441-2601)		

4. SCHEDULE

Friday 29th Sprint Relay

8:00	Opening of Parking Lot 2
9:30	Closing of Parking Lot 2
10:00	Start of AsJYOC Sprint Relay
11:15	Start of Pre-ordered Lunch Box Distribution
11:15	Opening of Parking Lot 1
11:30	Start of Shuttle Bus (Parking Lot 1 ⇒ Venue)
12:00	Start of Reception /Shuttle Bus (Nagoya Station ⇒ Venue) Arrives
13:30	Start of Demonstration
14:00	Start of L Class
14:05	Start of S Class
14:20	Start of MA Class
14:25	Start of WA MIX MV Classes
14:30	Start of one-person relay Class
15:00	Start of Shuttle Bus (Venue ⇒ Parking Lot 1)
15:25	Start of All Classes Start of Distribution of Pre-ordered and Absent Participants' Maps
16:00	Closing of finish /Opening of Parking Lot 2
16:30	Shuttle Bus (Venue ⇒ Nagoya Station) Departs

Saturday 30th Middle Distance

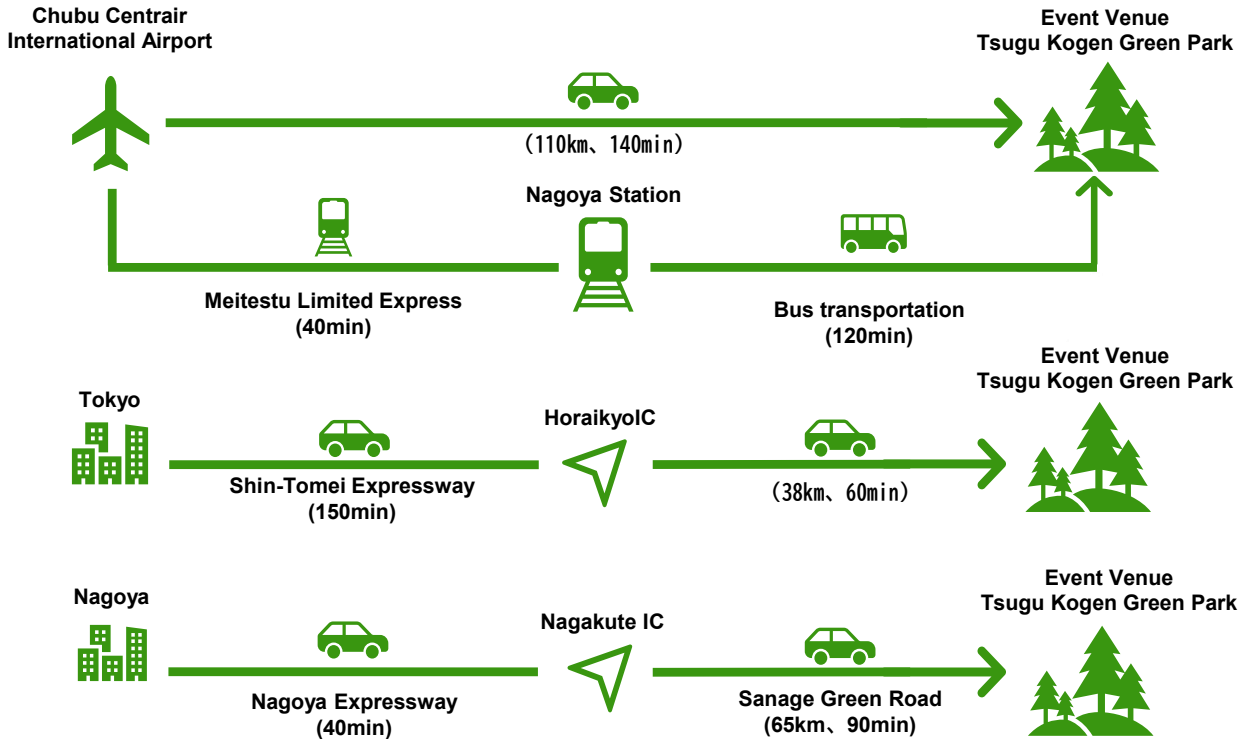
8:00	Opening of Parking Lot 2
9:30	Closing of Parking Lot 2
10:00	Start of AsJYOC Middle Distance Race
11:00	Start of Pre-ordered Lunch Box Distribution
11:15	Opening of Parking Lot 1
11:30	Start of Shuttle Bus (Parking Lot 1 ⇒ Venue)
12:00	Start of Reception /Shuttle Bus (Nagoya Station ⇒ Venue) Arrives
13:00	Start of Shuttle Bus (Venue ⇒ Start area)
14:00	Start of the middle distance race
15:30	Start of Shuttle Bus (Venue ⇒ Parking Lot 1)
16:00	Closing of the Middle Distance Start area /Start of Distribution of Pre-ordered and Absent Participants' Maps
17:30	Closing of the Middle Distance Finish /Opening Parking Lot 2
18:00	Shuttle Bus (Venue ⇒ Nagoya Station) Departs

Sunday 31th Long Distance

8:00	Opening of Parking Lot 2 /Start of Reception
8:15	Opening of Parking Lot 1
8:30	Start of Shuttle Bus (Parking Lot 1 ⇒ Venue)
8:45	Start of Shuttle Bus (Venue ⇒ Start area2)
9:00	Shuttle Bus (Nagoya Station ⇒ Venue) Arrives
10:00	Start of the Long Distance Race
11:00	Start of Pre-ordered Lunch Box Distribution
11:40	Closing of the Long Distance Start area 1
13:00	Closing of the Long Distance Start area 2 Start of Distribution of Pre-ordered and Absent Participants' Maps
14:00	Start of Shuttle Bus (Venue ⇒ Parking Lot 1)
14:40	Closing of the Long Distance Finish (open classes)
16:00	Prize-giving ceremony of Elite Classes Closing of the Long Distance Finish (Elite classes)
16:30	Shuttle Bus (Venue ⇒ Nagoya Station) Departs

5. TRANSPORTATION

(1) Access to Event Venue



Car Access Map



(2) Shuttle Bus

<Schedule>

	Sprint Relay Friday 29th	Middle distance Saturday 30th	Long distance Sunday 31th
Departure	Nagoya station 10:00→ Event venue 12:00	Nagoya station 10:00→ Event venue 12:00	Nagoya station 7:00→ Event venue 9:00
Return	Event venue 16:30→ Nagoya station 18:30	Event venue 18:00→ Nagoya station 20:00	Event venue 16:30→ Nagoya station 18:30

<Notes>

Buses to be used: Meitetsu Bus, Meitetsu Kanko Bus

Departure and arrival times may vary slightly depending on the tournament schedule.

Arrival times may also be affected by road conditions.

There will be no rest stops after departure. Please use the restroom before boarding.

Only those who have made a reservation through the Nippon Travel Agency's pre-booking site may board.

<https://va.apollon.nta.co.jp/shitara-ol/>

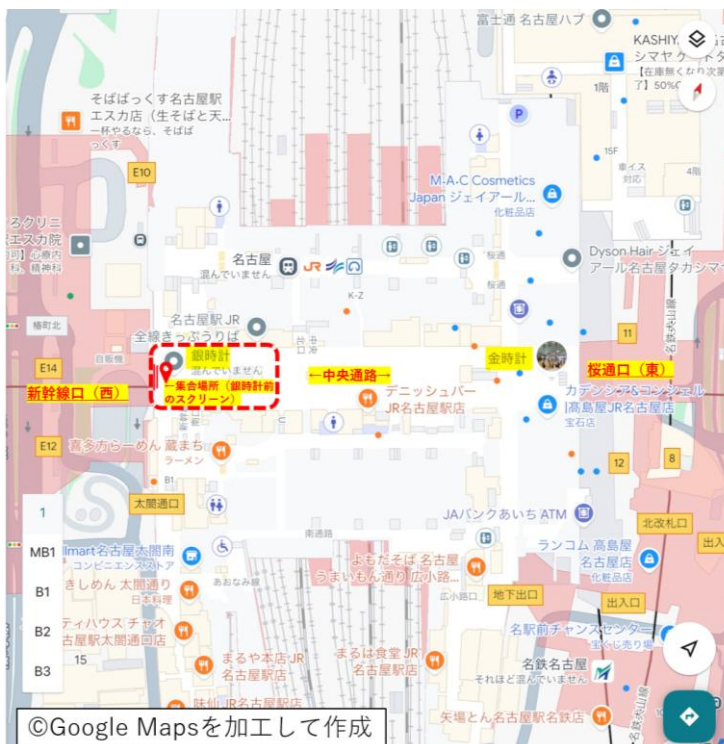
<Meeting Time>

15 minutes before departure (8/29,30 9:45、8/31 6:45)

<Meeting Place>

Boarding point for outbound buses: In front of the large screen in the central passage of the Shinkansen exit at Nagoya Station (near the "Silver Clock" by the Shinkansen exit)
(35.17044695331514, 136.88099546321052)

An official with a flag will be on standby.



Boarding point for return buses: Parking lot in front of *Michi-no-Eki Tsugu Kogen Green Park*

<Emergency Contact>

If you have any questions or encounter any problems such as missing the bus, please contact us at the number below.

大野尊琉 (Ono Takeru)

Tell:090-9448-5761

Mail:takeru1309●gmail.com

(Please replace ● with @)

6. PARKING

- Parking is available at two locations: Parking Lot 1 and Parking Lot 2.
- From Parking Lot 1 to the venue, transportation will be provided by the organizers. The transfer takes **approximately 20 minutes**.
- Parking Lot 2 is located inside the venue. **On Day 1 and Day 2, it will be reserved exclusively for those wishing to spectate the AsJYOC, with restricted access. On Day 3, it will be available only for cars carrying participants of the 21E Class.**
- Please note that there is no drop-off/pick-up area inside the venue.**

<Parking Lot 1>

Shitara town Tsugu Junior High School

(address:Midashi29,Tsugu,Shitara-cho,Kitashitara-gun,Aichi,441-2601)

<https://maps.app.goo.gl/ddXyEouhEJpq72326>

- Opening times for Parking Lot 1: **Day 1 and Day 2 at 11:15, and Day 3 at 8:15.**
- To avoid congestion, **entry to Parking Lot 1 on Day 2 will be regulated according to competitors' start times.** Please refer to the table below for details.
- The last shuttle bus from Parking Lot 1 to the venue will **depart at 13:15 on Day 1, at 13:20 on Day 2, and at 10:15 on Day 3.** Please be aware of these times.

Start Time	Parking Lot Entry Time
14:00~14:30	11:15~11:45
14:30~15:00	11:30~12:15
15:00~15:30	11:45~12:30
15:30~	12:15~

<Parking Lot 2>

Tsugu Kogen Green Park

(address:Hibara-yama,Tsugu,Shitara-cho,Kitashitara-gun,Aichi,441-2601)

<https://maps.app.goo.gl/wVYEZMAuyLMmUSBg9>

- On Day 1 and Day 2, spectators of AsJYOC 2025 can use Parking Lot 2 from 8:00. Please note that the number of available spaces is limited **to 25 on Day 1 and 40 on Day 2.**
- For competition-related reasons, **Parking Lot 2 will be closed at 9:30 on Day 1 and Day 2. Spectators must arrive between 8:00 and 9:30. After the closure, no vehicles may enter or leave until the finish area is closed.**

Guide Map for Parking Lot 1



Guide Map for Parking Lot 2



Venue Surroundings Map



7. SHUTTLE SCHEDULE: PARKING ⇔ VENUE

Bus departure times are approximate and may change depending on circumstances.

Day1(Sprint relay)

Parking Lot 1→Venue

Departure Time	Arrival Time
11:30	11:50
11:45	12:05
12:00	12:20
12:15	12:35
12:30	12:50
12:45	13:05
13:00	13:20
13:15	13:35

Venue→Parking Lot 1

Departure Time	Arrival Time
15:00	15:20
15:15	15:35
15:30	15:50
15:45	16:05
16:00	16:20
16:15	16:35
16:30	16:50
16:45	17:05

○The peak of congestion is expected around 12:30.
We ask you to stagger your arrival times as much as possible.

Day2(Middle Distance)

Parking Lot 1→Venue

Departure Time	Arrival Time
11:30	11:50
11:40	12:00
11:50	12:10
12:00	12:20
12:10	12:30
12:20	12:40
12:30	12:50
12:40	13:00
12:50	13:10
13:00	13:20
13:10	13:30
13:20	13:40

Venue→Parking Lot 1

Departure Time	Arrival Time
15:30	15:50
15:40	16:00
15:50	16:10
16:00	16:20
16:10	16:30
16:20	16:40
16:30	16:50
16:40	17:00
16:50	17:10
17:05	17:25
17:25	17:45
17:40	18:00

Day3(Long Distance)

Parking Lot 1→Venue

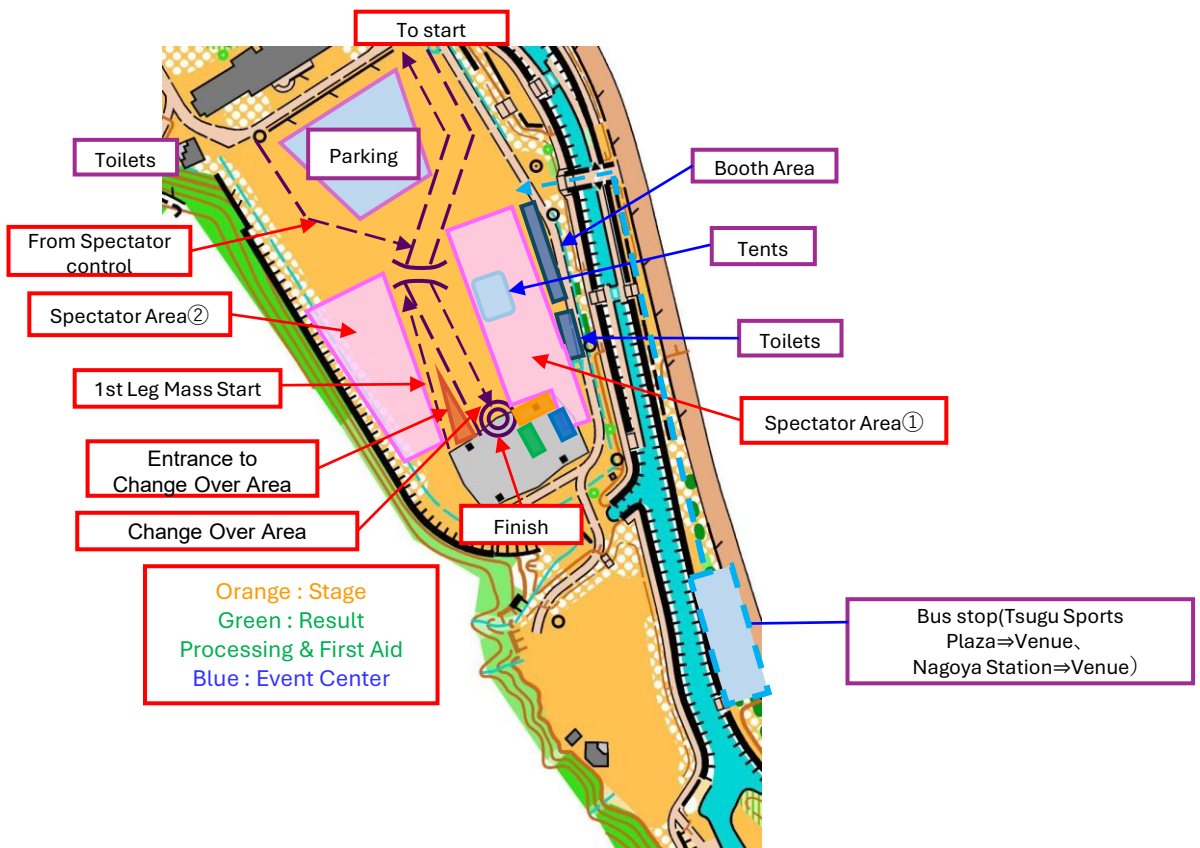
Departure Time	Arrival Time
8:30	8:50
8:45	9:05
9:00	9:20
9:15	9:35
9:30	9:50
9:45	10:05
10:00	10:20
10:15	10:35

Venue→Parking Lot 1

Departure Time	Arrival Time
14:00	14:20
14:20	14:40
14:40	15:00
15:00	15:20
15:20	15:40
15:40	16:00
16:00	16:20
16:20	16:40

8. EVENT VENUE

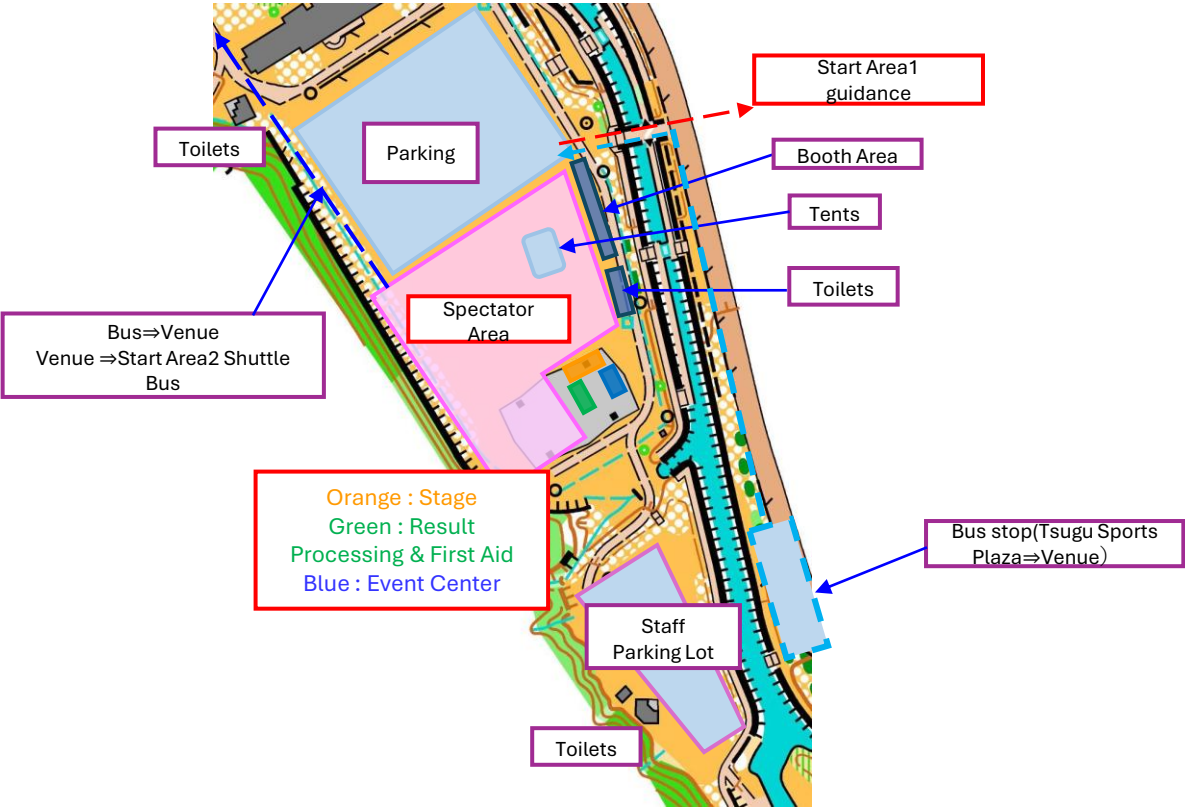
(1) Venue Layout Day1 Sprint Relay



Day2 Middle Distance



Day3 Long Distance



Boarding Area/Changing Room



(2) Venue Notices

- There are general visitors at *Michi-no-Eki Tsugu Kogen Green Park* inside the venue. Please be considerate of others.
- It is permitted to move around the venue wearing spiked shoes. However, warming up inside the venue or entering surrounding facilities while wearing spiked shoes is prohibited.
- This is an open-air venue. Please take measures against heat and protect your belongings from rain.
- From 10:00 to 13:00, AsJYOC competitors will be racing inside the venue. Going to and from the changing rooms or the roadside station is also prohibited. Do not enter the competition area, and please move carefully so as not to disturb the competitors.
- On Day 1 and Day 2, spectators may watch AsJYOC. Please watch from Spectator Area ①. Do not enter Spectator Area ②.
- Tent setup is permitted inside the venue. When setting up tents, please attach ribbons or similar markers to pegs to make them clearly visible.
- Toilets inside the venue and temporary toilets are available. As the number of toilets is limited, please use the restroom before arriving whenever possible. Additionally, on Day 2 and Day 3, the toilets on the south side of the venue will also be available.
- A meeting room inside *Fureai-no-Yakata Green Message* is available as a women's changing room. When using facilities inside the venue, please take care not to bring in dirt or mud.
- The toilets inside *Green Message* are not available for use.
- Do not park in the parking lot in front of *Michi-no-Eki Tsugu Kogen Green Park*. Please be sure to use the designated parking lots.
- Please do not leave any garbage at the venue. Take all trash home with you.

9. RECEPTION

○Distribution

Please pick up the envelope on it at the distribution area. It contains your bib number, Map(only Day1) and, if requested, a rental SI card. If you are participating on multiple days, please use the same SI card throughout the event.

○Rental SI Cards

In case of loss or damage, a replacement fee of 12,000 JPY will be charged. If you forget to bring your SI card on the day, you can rent one at the reception for 400 JPY. For preventing loss of SI cards, attaching rubber bands to SI cards is permitted. Please prepare your own rubber bands.

○Compass Rental

If you wish to borrow a compass, please come to the reception on the day of the competition. A deposit of 3,000 yen will be required when borrowing a compass. The deposit will be refunded when you return the compass to the reception after the competition.

○Participation Fee Adjustments

If there are discrepancies in your participation fee, they will be posted on the official notice board. Please receive or pay the balance at the reception if you are listed.

○Incomplete Pre-registrations

If your pre-registration is incomplete, corrections will be accepted at the venue until 13:00 on Day 1 and Day 2, and until 9:00 on Day 3. We cannot handle requests after these times.

○Changes to SI Card Numbers

If your SI card number has changed, please inform the reception by 13:30 on Day 1 and Day 2, or by 9:30 on Day 3. We cannot handle changes after these times.

10. BEGINNER TRAINING

A training course for those who are new to orienteering will be held. Meet at the event center before the start time.

Day1 ,Day2: 13:00~

Day3: 9:00~

11. SALES

○ T-shirts, maps, and lunch boxes will be distributed at the sales booth. Please come to the booth if you have purchased them in advance.

○ Lunch box distribution will begin at 11:00.

○ There will be no same-day sales of T-shirts, maps, or lunch boxes.

○ Map distribution times:

Day 1: from 15:25

Day 2: from 16:00

Day 3: from 13:00

1 2. CLASSES

Day1 Sprint Relay

Classes not listed in the table have been cancelled due to no entries.

	Class	Length	Total climb	Controls	Winning Time
Relay	MA	3.0km	60-64m	19	35min
	WA	2.3-2.4km	30m	16	
	MV	3.0km	60-64m	16	40min
	MIX	3.0km	60-64m	19	35min
Individual race	L	3.0km	62m	19	12min
	S	2.3km	30m	16	12min
	One-person relay	9.0km	186m	19	35min

The competition duration is 30 minutes for L and S classes, and 90 minutes for all other classes.

Maps for all classes are double-sided.

Runner / Running Order Changes

Runner changes are only allowed if there is no change in the participation fee. However, teams with runner changes will be recorded as unofficial results. Running order changes are allowed in all classes. Requests for changes will be accepted by e-mail until 18:00 on Thursday, August 28. No changes will be accepted on the morning of the competition day.

Day2 Middle Distance

M21A has been split into separate classes due to the large number of entries.

Class	Length	Total Climb	Controls	Winning Time
M21A1	3.8km	300m	17	35min
M21A2	3.9km	290m	17	35min
W21A	3.4km	215m	14	35min
M20A	3.1km	185m	12	30min
W20A	3.0km	125m	13	35min
M18A	2.7km	150m	9	25min
W18A	2.6km	110m	8	25min
M15A	2.2km	115m	8	25min
W15A	2.2km	115m	8	25min
M10	1.8km	25m	7	25min
W10	1.8km	25m	7	25min
M65A	2.5km	100m	12	30min
W65A	2.3km	100m	11	35min
M50A	3.0km	140m	15	30min
W50A	2.5km	100m	12	30min
M35A	3.4km	215m	14	35min
W35A	3.0km	140m	15	30min
Challenge Group/Solo	2.2km	115m	8	25min
Light Group/Solo	1.8km	25m	7	25min

The competition duration is 90 minutes

- There are events with a large entry, the athletes entering the M21E class into two parallel classes(M21E1,M21E2).
- The best ranked athletes (according to the World Rankings on a specified date) start in the same top-ranked elite class(M21E1).
- The start list for M21E1,M21E2,W21E class is based on World Rankings, with a “reversed” start order. (WRE Manual 4 「Start list Compilation」)

Class	Length	Total Climb	Controls	Winning Time
M21E1	10.5km	615m	26	88min
M21E2	10.6km	625m	26	88min
W21E	8.9km	525m	20	88min
M21A	6.4km	350m	20	65min
W21A	5.0km	260m	15	60min
M21AS	4.7km	290m	15	55min
W21AS	4.0km	220m	12	60min
M20A	4.0km	280m	13	55min
W20A	3.8km	210m	12	55min
M18A	3.5km	215m	14	45min
W18A	3.0km	195m	9	50min
M15A	2.9km	185m	11	35min
W15A	2.9km	185m	11	35min
M10	2.1km	115m	7	30min
W10	2.1km	115m	7	30min
M65A	3.4km	165m	11	45min
W65A	3.1km	155m	9	55min
M50A	4.6km	260m	15	55min
W50A	3.4km	165m	11	45min
M35A	5.0km	260m	15	60min
W35A	4.6km	260m	15	55min
Challenge Group/Solo	2.9km	185m	11	35min
Light Group/Solo	2.1km	115m	7	30min

The competition time is 180 minutes for M21E1, M21E2, W21E, M21A, W21A, and M35A, and 120 minutes for all other classes.

Maps for M21E1, M21E2, W21E, and M21A are double-sided.

< Notes for Day 3 >

○M/W21E are classes for World ranking.

1 3. COMPETITION INFORMATION

(1) Competition format

○ IOF Competition Rules for Foot Orienteering will apply.

○ The contents of the WRE manual apply to the M21E1/M21E2/W21E classes in the Day 3 long distance competition.

(2) Map/Terrain

Sprint Relay 「Tsugu Kogen Green Park」

Terrain Profile:

This area has facilities such as campsites, pensions, and observatories. There are also tennis courts, plazas, parking lots, and cottages. The crossable points are limited by uncrossable rivers and ponds within the terrain.

There are some rugged or forested areas. In some forests, the running speed is reduced.

Course Profile :

The course requires speed throughout the entire race. Under high physical demands, the key to success will be how well you can continue to make proper route choices until the very end.

Scale/Contour interval : 1:4000/2m

Map size: A4 (sealed in plastic bag)

For all classes on Day 1, the maps will be double-sided. The map surfaces are marked with “1” and “2”. The control numbers on the second part continue from those of the first part, and the last control of the first part (○) is the start point of the second part (△).

Maps are enclosed rolled up and sealed with tape. Check that the bib number written on the tape matches their own.

Updated 2024 & 2025, according to ISSprOM 2019-2.

Mapper: Yutaro MIYANISHI

[Previous Map](#)



Middle Distance 「Tsugu Hibarayama」

Terrain Profile:

The area consists of a campsite and the surrounding forest. The terrain is generally steep, but partially fine. Most areas are easily runnable, but running speed is reduced in some areas due to cut branches. There are paths throughout the terrain and paved roads around the venue. There are often cliffs or earth banks around the roads and paths. Rocks and cliffs are often found in the terrain. There are frequently small rivers in the streams.

Course Profile :

The course requires diverse navigation skills to handle both large terrain features and fine details, as well as physical strength to cope with steep terrain.

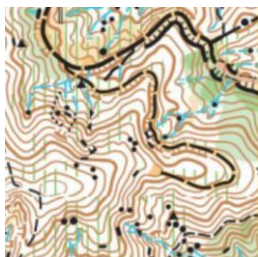
Scale/Contour interval 1:10000/5m

Map size: A4 (sealed in plastic bag)

Updated 2024 & 2025, according to ISOM 2017-2

Mapper: Yutaro MIYANISHI

[Previous Map](#)



Long Distance 「Tsugu Kogen」

Terrain Profile:

This forest extends from the foothills of Mount Chausu, the highest mountain in Aichi Prefecture, to the base of Mount Maruyama. The terrain is generally steep, but partially fine. Most areas are easily runnable, but running speed is reduced in some areas due to cut branches. There are roads that run vertically and horizontally through the woodland. Although there are few roads or paths, some clearly defined ones do exist in certain areas. There are often cliffs or earth banks around the roads and paths. Rocks and cliffs are often found in the terrain. There are frequently small rivers in the streams.

Course Profile :

The course demands physical strength due to the high runnability and steep terrain, while also requiring strong navigation skills because of the detailed features and the fast nature of the terrain.

Scale/Contour interval:

M21E1/M21E2/W21E : 1:15000/5m

All classes except M21E and W21E : 1:10000/5m

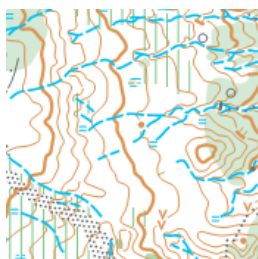
Map size: A4 (sealed in plastic bag)

For the Day 3 long distance events in the M21E1/M21E2/W21E/M21A classes, the maps used are printed on both sides. There are no markings on the map indicating “first half” or “second half,” but the control numbers in the second half are consecutive numbers from the first half, and the final control position (○) in the first half is the starting position (△) in the second half.

Updated 2024 & 2025, according to ISOM 2017-2

Mapper: Yutaro MIYANISHI

[Previous Map](#)



(3) Refreshment /First Aid

	Sprint relay	Middle distance	Long distance
Water station	None	Several(Unmanned)	Several(Manned、Unmanned)
First aid station	None on the course Available in the venue	None in the terrain Available at the venue	Available in the terrain Available at the venue

Middle Distance (Notes)

Some classes will have refreshment at controls. When using unmanned refreshment, please pour water into a cup yourself and drink. After finishing, put the cup into the garbage bag provided.

Long Distance (Notes)

For general classes, there are two refreshments for M50A, W35A, M35A, W21A, M21A, M21AS, and M20A, and one refreshment for all other classes. For elite classes, there are four first aid stations. When using unmanned refreshments, please pour water into a cup yourself and drink. After finishing, put the cup into the garbage bag provided. At manned refreshments, a simple first aid kit will be available.

At first aid stations, water will be pre-poured into cups. Whether you treat yourself or receive assistance from officials, you may continue the race if there are no problems.

Please note that personal drinks or food may not be brought into first aid stations or refreshments.

(4) List of Marking Tapes

Guidance Tapes

Red and White	From the start area to the start flag, and from the last control to the finish
Yellow	Guidance to the Start Area

Other Tapes

Purple	Safety Tape (marked on the map)
Green	Warming-up Area
Blue	Fall-prevention / Hazardous Areas (not marked on the map)

Yellow tape will be used only on Days 2 and 3, while purple and green tape will be used only on Day 3. In particular, the green tape applies only to the E classes.

(5) About the electronic punching system

This competition will use a punching system manufactured by SPORTident. The touch-free function (SPORTident Air+) of SIAC can be used in all competitions. All rental SI cards distributed will be SIAC cards.

(6) During the competition

- For those using SIAC: Hold your SI card over the station and check for sound and light. If you cannot confirm this, insert your SI card into the hole in the station.
- For those using SI: Insert the SI card into the station's slot and confirm the sound and light.
- In either case, if the operation cannot be confirmed, it may be due to a malfunction of the card or station. In such cases, use the pin punch attached to the control to punch the map's Reserve (R) section.
 - Punching with the pin punch does not serve as proof of passage unless the SI station is malfunctioning.
 - If there is no record on the SI card and no punch with the pin punch, you will be disqualified (failure to pass the control).

○How to handle incorrect markings at a control

- If you punch the same control number twice or more in a row, only the first punch will be recorded. Punching twice or more is not a problem.
- If you punch at the wrong control point along the way, proceed to the correct control point and punch there. Even if the punch at the wrong control point is recorded, if it is confirmed that you followed the correct order, it will be recognized as a completed run.

Example 1) If you should go from 7→8→9 but punched 7→9 instead ⇒ Return to 8 and punch there, then punch 9 again. (7→9→8→9)

Example 2) If you punch at control X of another class instead of proceeding from 7 to 8 ⇒ Proceed to 8 and punch. (7→X→8)

○Important Notes

- Electronic modifications or writing to the SI card are not permitted.
- The GPS watch's antenna significantly reduces SIAC sensitivity, so we recommend not wearing the SIAC and GPS watch on the same arm.
- Those using SIAC must absolutely avoid passing near the finish line during the competition. The touch-free function will become unavailable. However, insertion punching is still possible in this case.

(7) Control Descriptions

ISCD2024

The control description is printed on the map.

For Middle Distance and Long Distance, the control position description chart will be distributed in the 2 minute start box.

For M/W10 classes, the control descriptions in Japanese are printed on the front of the map.

(8) Clothing

○ There are no restrictions on clothing or shoes, as long as they are within the bounds of public order and decency.

○ Shoes with any kind of metal (spikes, dobb spikes) are not allowed for Day1 Sprint Relay. Choice of footwear is free for Middle Distance and Long Distance.

○ During the Day2 middle distance and the Day3 long distance, wearing long sleeves and long pants is recommended.

○ Carrying a bear bell is mandatory for the Day 3 Long Distance.

(9) Anti-Doping

For the Day 3 Long Distance, the IOF Anti-Doping Rules valid at the time of the competition will apply.

1 4. CLIMATE

Weather information for the past 5 years for August 30 at the nearest Inabu Observatory.

Year	Average temperature (°C)	Maximum temperature (°C)	Minimum temperature (°C)	Sunlight hours (h)	Rainfall (mm)
2024	23.6	27.1	20.8	1.5	46.0
2023	23.6	29.5	19.0	0.8	0.0
2022	23.7	29.4	21.0	0.5	13.5
2021	24.3	31.8	18.7	10.5	0.0
2020	24.9	32.5	22.2	5.1	23.5

1 5. EMBARGOED AREAS

Any attempt to survey or train in the embargoed areas is forbidden, unless explicitly permitted by the organizer. (Please check the details on Google Maps.)

<https://www.google.com/maps/d/edit?mid=12NVfI1vIQDTyAU8Yy-0XYETWoBimwIQ&usp=sharing>



1 6. VISA

For details, please contact the nearest Japanese embassy or check [the Ministry of Foreign Affairs website](#) for the latest information.

17. COMPETITION FLOW

(1) Day1 Sprint Relay

○Demonstration

A demonstration will be held at the venue from 13:30. You can check the entry direction of the incoming runner, the position of the lanes, the method of changeover, and the outgoing direction of the next runner.

○Start of First Leg Runner

14:00 L

14:05 S

14:20 MA

14:25 WA MIX MV

14:30 one-person relay

The start is inside the venue. The start method for all classes is a mass start. First leg runners must gather in the call-up area 5 minutes before the start time.

Please note that failure to be on time for the start will result in disqualification.

In the call-up area, please follow the officials' instructions to clear and check your SI card. If a malfunction of the SI card is suspected at that time, please inform an official and have it replaced.

Competitors entering the call-up box must break the tape on their map. Until the start signal, do not open the map; keep it rolled up in your hand.

After the start, proceed by following the red-and-white guiding tape and pass the start flag (triangle on the map). Failure to do so will result in disqualification. **Until the start signal, do not look at the map or engage in any similar actions.**

○Incoming Runner Information

All competitors will pass through the spectators' lane inside the venue. During this passage, teammates are allowed to provide water and other support.

After passing the spectators' lane, the estimated time to the finish is about 3 minutes at the fastest. When the incoming runner passes through the spectators' lane, the next runner must promptly enter the next runner call-up area.

○Changeover

A clear/check station will be set up at the entrance of the next runner call-up area. Each runner must clear and check their SI card there. If a malfunction of the SI card is suspected, please report it to an official.

Competitors entering the next runner waiting area must break the tape on their map. Until the changeover is completed, do not open the map; keep it rolled up in your hand.

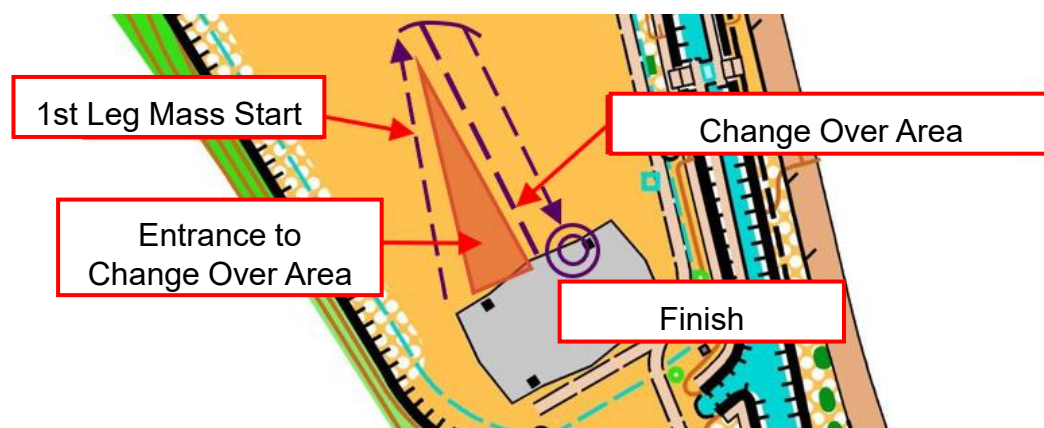
The changeover is carried out by physical contact between the incoming runner and the next runner. If the officials judge that the changeover was not performed correctly, the team will be disqualified.

If the next runner is not in the next runner call-up area, report immediately to an official and follow their instructions while waiting for the next runner.

Do not punch at the finish station until the changeover has been completed.

After the changeover, the next runner must follow the red-and-white guiding tape and pass the start flag (triangle on the map). Failure to do so will result in disqualification.

Until the changeover is completed, you must not look at the map, tear the tape, or engage in any similar actions.



○Finish

For all classes, competitors using SIAC will have a run-through finish, while those using SI cards must use a punching finish.

If you use SIAC and run through the finish, please take care not to punch at the finish station, as the punched time will be recorded as your finish time. From the last control to the finish, follow the red-and-white guiding tape. Failure to do so will result in disqualification.

After the finish, please line up in the designated lanes: the one-person relay lane and the lane for other classes. In this event, one-person relay competitors will be given priority at the read-out. Follow the officials' instructions to have your SI card read.

The placing of the third-leg runners will be determined by the punching order at the finish station. Overtaking is prohibited after the finish.

The competition time is 30 minutes for L and S classes, and 90 minutes for all other classes. Please strictly observe the competition time. If you exceed the time limit, proceed directly to the finish without delay. The finish will close at 16:00. Please make sure to return by this time.

Regarding Multiple Runs

Multiple runs by the same competitor are allowed. However, results from the second run onward will be considered unofficial and will not be eligible for awards.

Restart

The restart time is set at 15:25. Competitors who have not been able to change over by 15:15 (10 minutes before) must gather in the Entrance to Change Over Area. Even for those subject to the restart, changeovers may still be performed until 15:25.

Winning Run

A winning run will not be permitted.

Map Collection

Maps will not be collected. However, it is strictly prohibited for competitors who have finished their race to show their map or give competition information to those who have not yet started. If such an action is discovered, both the competitor who shared the information and the competitor who received it will be disqualified.

(2) Day2 Middle Distance

○Clear/Check

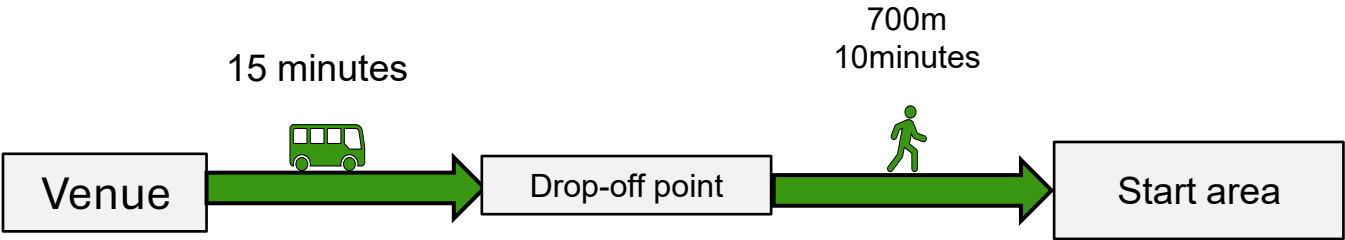
A clear/check station will be set up in the venue. Each competitor must confirm the operation of their SI card there before proceeding to the start area. If a malfunction of the SI card is suspected, please report to the main tent and have it replaced. A rental fee of 300 JPY will be charged.

○Start

The start area is common to all classes. Transportation by bus will be provided to the drop-off point near the start area. Toilets are available at the drop-off point for participants.

From the venue to the start area drop-off point, the bus ride takes about 15 minutes. From the drop-off point to the start area, it is a 10-minute walk (0.7km) along yellow guiding tape.

Please note that luggage transportation between the start area and the venue will not be provided.



- All classes will be transported by bus to the start area.
- Buses will be assigned according to start times. Please board the bus designated for you.
- As the number of passengers per bus is limited, you may be asked to wait for the next bus.

Departure Time	Arrival Time	Start Time
13:00	13:10	14:00～14:20
13:10	13:20	
13:20	13:30	
13:30	13:40	14:15～14:50
13:40	13:50	
13:50	14:00	
14:00	14:10	14:40～15:10
14:10	14:20	
14:20	14:30	
14:30	14:40	15:00～15:30
14:40	14:50	
14:50	15:00	
15:00	15:10	15:20～
15:10	15:20	

○Start Area Layout

The start method for all classes is interval start.

<3 minutes before start>

Punch the SI card into the clear station, then the check station. In the event of SI card breakdown or loss, notify the management staff.

< 2 minutes before start >

Take the control position description chart for distribution.

< 1 minutes before start >

Management staff will check your SI card. Follow the staff’s instructions to confirm that the map is for your class. After confirmation, place the map at your feet and do not look at the front of the map until the start.

<Start>

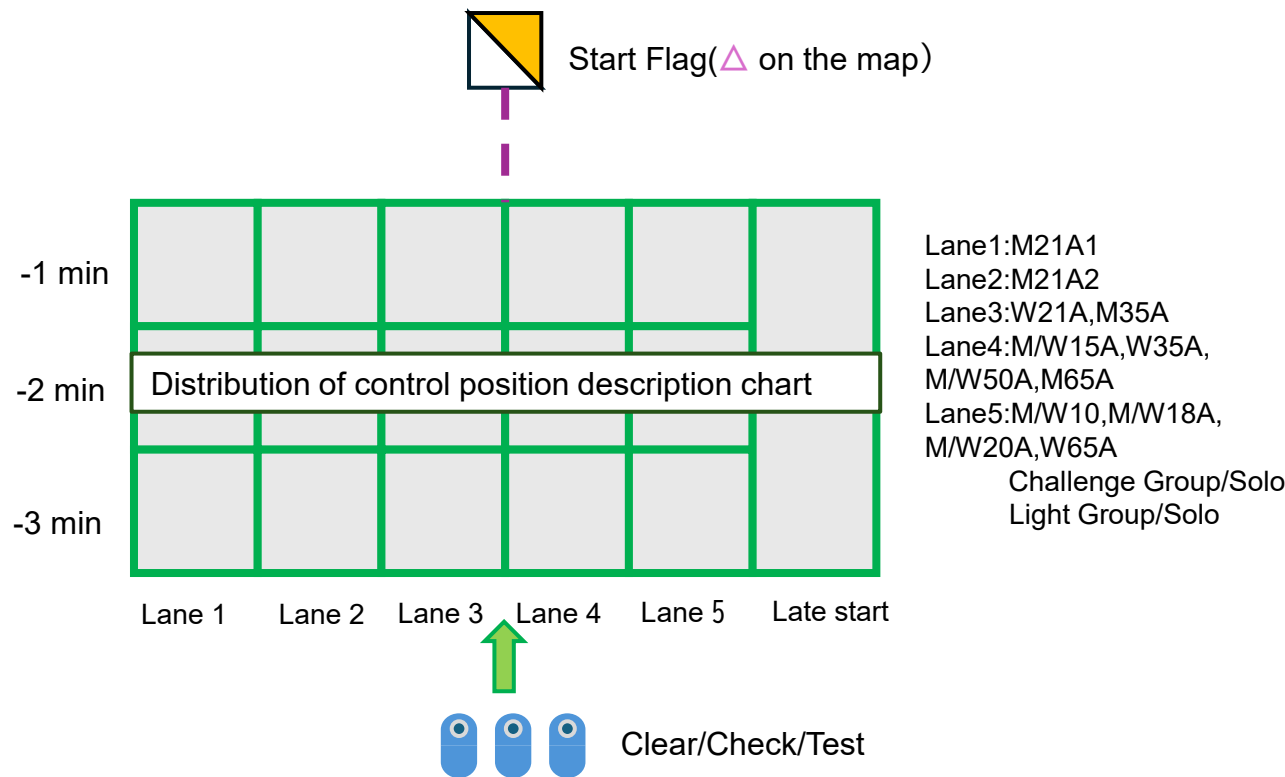
Please start at the signal. Take your map and be sure to follow the red and white tape guidance to the start flag.

<Late start>

Competitors who are late for their start time must start from the late start box and follow the officials’ instructions.

However, no starts will be permitted after the start closure time of **16:00**.
For competitors starting from the late start box, the recorded time will be calculated from the start time listed in the start list.

An ample supply of water will be provided in the start area.



○Competition Notes

The competition duration is 90 minutes. Please strictly observe the competition duration. If you exceed the time limit, proceed directly to the finish without delay. Competitors who exceed the competition time will be ranked outside the results.

If you lose your location, head east in the terrain. You will reach a paved road inside the venue or the prefectural road. By going north along the prefectural road, you will arrive at the venue. Please take great care as there is vehicle traffic.

○Finish

For all classes, competitors using SIAC will have a run-through finish, while those using SI cards must use a punching finish.

If you use SIAC and run through the finish, please take care not to punch at the finish station, as the punched time will be recorded as your finish time. The finish is located inside the venue. The calculation center is also in the venue. All competitors must pass through the calculation center after finishing.

The finish will close at 17:30. Even if you have not completed your course by this time, you must pass through the finish or have your SI card read at the read-out station. If your passage through the finish or the read-out of your SI card has not been confirmed by 17:30, you will be considered missing and subject to a search.

○Map Collection

Maps will not be collected. However, it is strictly prohibited for competitors who have finished their race to show their map or give competition information to those who have not yet started. If such an action is discovered, both the competitor who shared the information and the competitor who received it will be disqualified.

(3) Day3 Long Distance

○Clear/Check

A clear/check station will be set up in the venue. Each competitor must confirm the operation of their SI card there before proceeding to the start area. If a malfunction of the SI card is suspected, please report to the main tent and have it replaced. A rental fee of 300 JPY will be charged.

○Start

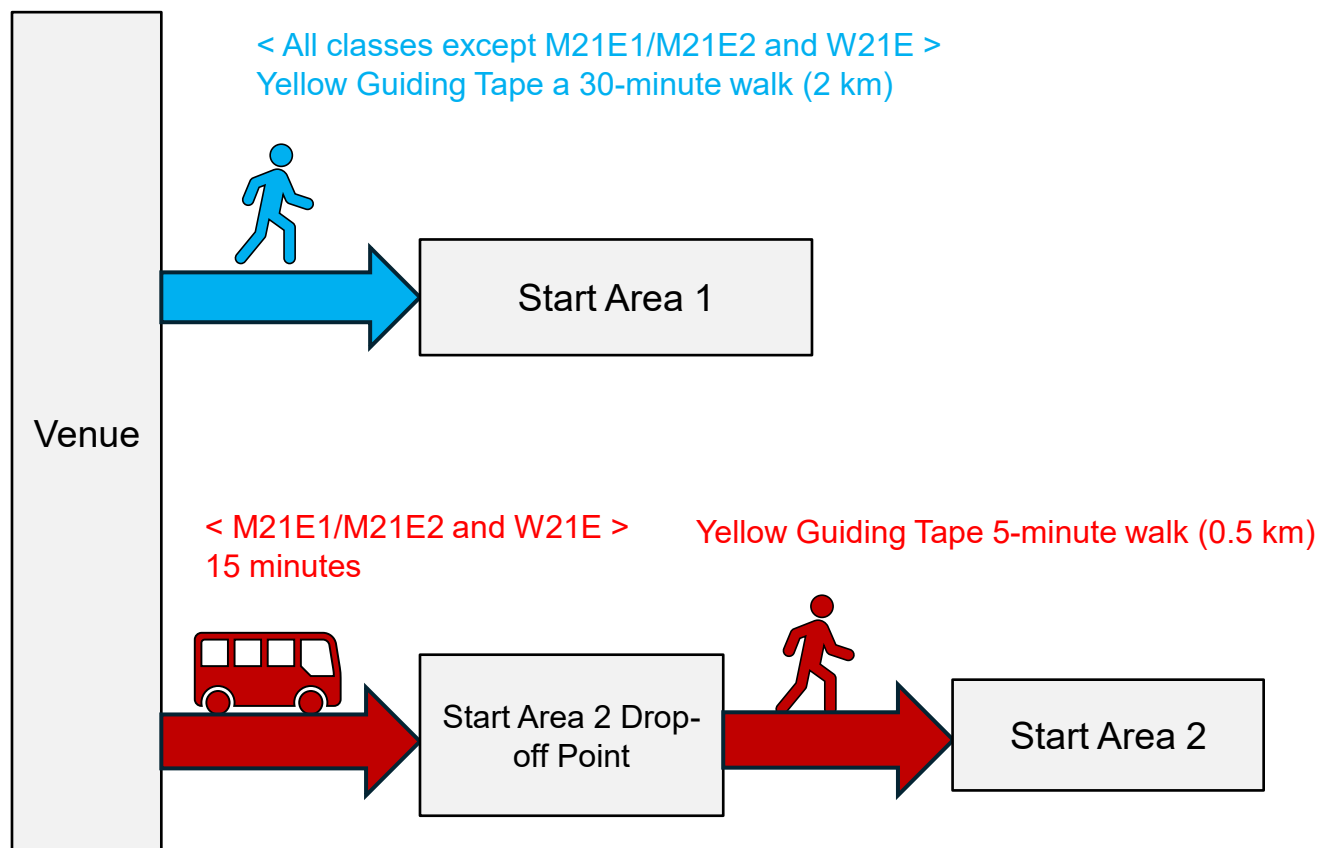
There are two start areas. All classes except M21E1/M21E2 and W21E will use Start Area 1. Classes M21E1, M21E2, and W21E will use Start Area 2. Please go to the start area assigned to your class.

From the venue to Start Area 1, it is a 30-minute walk (2 km) along yellow guiding tape. On the way, there is a road crossing. Officials will be stationed there, but please cross with great care as vehicles may pass.

You may warm up along the route to Start Area 1.

From the venue to the drop-off point for Start Area 2, transportation will be provided by bus. The bus ride takes about 15 minutes, and from the drop-off point it is a 5-minute walk (0.5 km) to the start area. Toilets are available at the drop-off point. There is also a warm-up area along the guiding route to Start Area 2.

Please note that luggage transportation between the start areas and the venue will not be provided.



- Buses will be assigned according to start times. Please board the bus designated for you.
- As the number of passengers per bus is limited, you may be asked to wait for the next bus.

Departure Time	Arrival Time	Start Time
9:00	9:20	10:00~10:30
9:30	9:50	10:30~11:00
9:50	10:20	11:00~11:30
10:20	10:50	11:30~12:00
11:00	11:20	12:00~12:30
11:50	12:10	12:30~

- **Start Area Layout**
The start method for all classes is interval start.

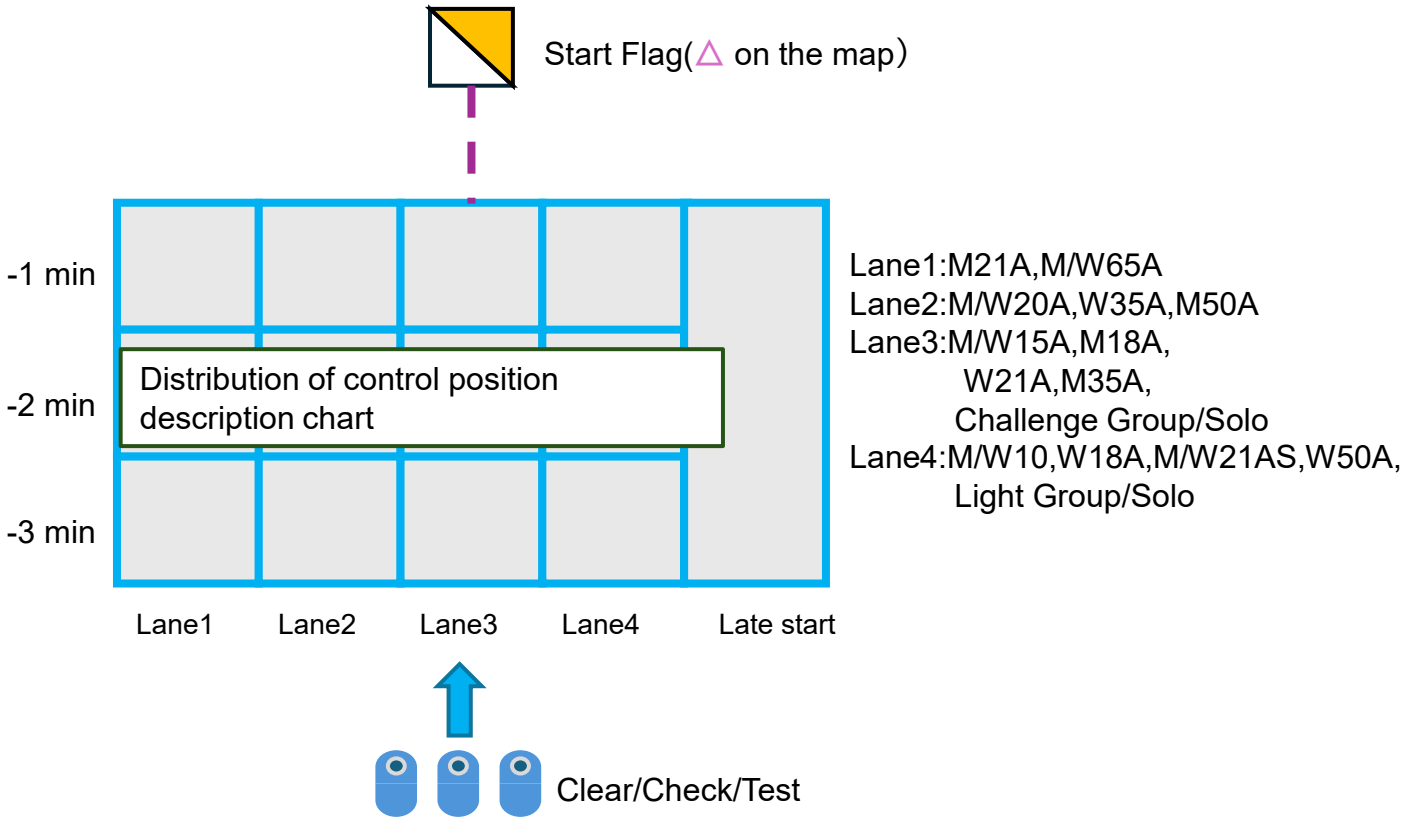
- < 3 minutes before start >
Punch the SI card into the clear station, then the check station. In the event of SI card breakdown or loss, notify the management staff.
- < 2 minutes before start >
Take the control position description chart for distribution.
- < 1 minutes before start >
Management staff will check your SI card. Follow the staff’s instructions to confirm that the map is for your class. After confirmation, place the map at your feet and do not look at the front of the map until the start.
- < Start >
Please start at the signal. Take your map and be sure to follow the red and white tape guidance to the start flag.

- < Late Start >
The start closure time for elite classes is 13:10, and for general classes it is 11:40. Competitors who are late for their start time must start from the late start box and follow the officials’ instructions. However, no starts will be permitted after the closure time of their respective class.
For competitors starting from the late start box, the recorded time will be calculated from the start time listed in the start list.

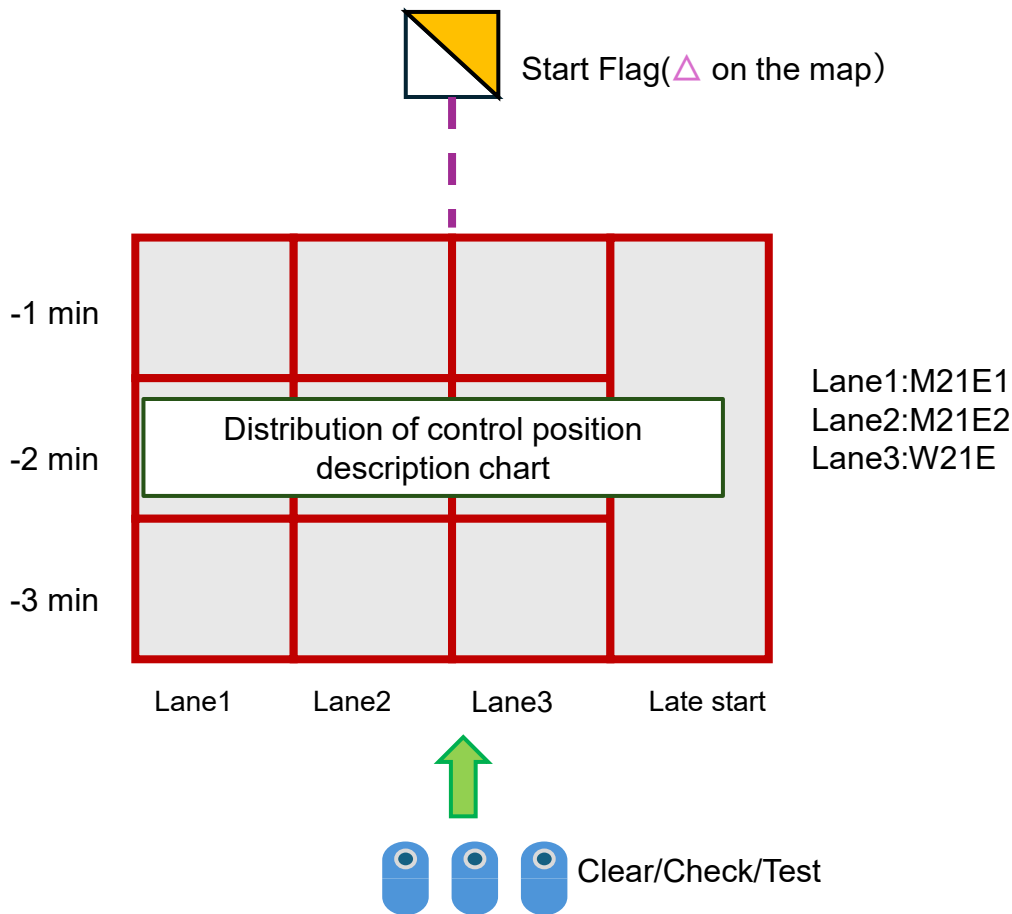
An ample supply of water will be provided in the start area.

The starting order for elite classes has been determined based on the Orienteering World Ranking as of July 21, 2025.

Start Area 1 Layout



Start Area 2 Layout



○Competition Notes

The competition duration is 180 minutes for M21E1, M21E2, W21E, M21A, W21A, and M35A, and 120 minutes for all other classes.

Please strictly observe the competition duration. If you exceed the time limit, proceed directly to the finish without delay.

During the race in M/W21E classes, the start area for general classes may be visible. Competitors who exceed the competition time will be ranked outside the results. If you lose your location, head southwest in the terrain. You will reach a paved forest road or the prefectural road. By following the prefectural road, you can return to the venue.

○Finish

There are two finish locations. For all classes, the finish is a punching finish. From the elite class finish to the venue, follow the Start Area 1 route (yellow guiding tape) in reverse. On the way, there is a road crossing. Officials will be stationed there, but please cross carefully as vehicles may pass.

From the general class finish to the venue, also follow the Start Area 1 route in reverse. The calculation center is located in the venue. All competitors must pass through the calculation center after finishing.

The finish closure time is 14:40 for general classes and 16:00 for elite classes. Even if you have not completed your course by this time, you must pass through the finish or have your SI card read at the read-out station.

If your passage through the finish or the read-out of your SI card has not been confirmed by the closure time, you will be considered missing and subject to a search.

○Map collection

Map collection will be carried out at the finish for general classes only. The collected maps are scheduled to be returned after the start closure.

Other Competition Matters

○Do not enter the out-of-bounds areas marked on the map under any circumstances.

○An official notice board will be posted online and also set up at the venue. Information and updates regarding the event will be announced there. Please make sure to check it.

○Bib numbers will be distributed on all days. Competitors must attach their bib number horizontally with safety pins in a clearly visible position on the chest, etc. Safety pins must be prepared by each competitor.

○Competitors without an SI card, compass, bib number, map, or watch will not be allowed to start.

1 8. PRIZE-GIVING CEREMONY

○Day1

Prize-giving ceremonies will be held at the venue, starting with classes whose results have been finalized. **Competitors eligible for awards who wish to leave before the ceremony begins should contact the reception at the venue.**

For each class, the top 3 teams in the relays (MA, WA, MIX, MV) and the top 3 competitors in the individual categories (L, S, Tetsujin) will be awarded.

In L and S classes, competitors will be randomly assigned to one of three course patterns. Results will be published for each pattern, but the overall ranking will be determined by comparing the times of all competitors in the same class. The top 3 overall will be awarded. Please note that there may be slight differences among the course patterns.

○Day2

Prize-giving ceremonies will be held at the venue, starting with classes whose results have been finalized. **Competitors eligible for awards who wish to leave before the ceremony begins should contact the reception at the venue.**

The top 3 competitors in each class will be awarded. In classes with fewer than 3 participants, only the top competitor will be awarded.

○Day3

For general classes, prize-giving ceremonies will be held at the venue, starting with classes whose results have been finalized. The prize-giving ceremony for elite classes will be held at the venue at 16:00. **Competitors eligible for awards who wish to leave before the ceremony begins should contact the reception at the venue.** The top 3 competitors in each class will be awarded. In classes with fewer than 3 participants, only the top competitor will be awarded.

1 9. AFTER THE COMPETITION

Results – Publication

The results of this event will be published on Lap-Center at the end of the competition.

Requests for Investigation / Protests

For this event, requests for investigation will not be accepted on Day 1 or Day 2. Only on Day 3, requests for investigation and protests will be accepted.

○Complaints

Complaints may be made about infringements of the competition rules or the organizer's directions by participants. Please fill in the designated form available at the reception and submit it. Only the competitor concerned may submit a request. The response will be given by the event controller and posted on the official notice board. **The deadline for requests is 15:10 for general classes and 16:30 for elite classes.** No fee is required for making complaints. The juries are Tsunemasa Aiba (OLC Creo), Rie Tanikawa (Kyoto OLC) and Yohei Fukagawa (Suzaku OK). All the members are Japanese.

○Protest

If you are not satisfied with the response of the event controller to your request for investigation, you may file a protest. Only the competitor who submitted the original request may file a protest. **The deadline for submitting a protest is 15 minutes after the response to the request for investigation has been notified.** No fee is required for filing a protest.

20. RISKS

Risks Associated with Participation in This Event

By participating in this event, you may face the following risks. Please make sure you understand both the risks and the measures to prevent them before joining. Carrying mobile phones or other communication devices is permitted, provided they are not used for navigation purposes.

General Health Risks

Orienteering is a sport that places considerable strain on the body. Long competitions may cause risks such as hypoglycemia or dehydration, and may put excessive stress on the heart. Pay attention to your health condition in daily life, warm up properly before racing, and consider withdrawing if you feel unwell.

Falls / Slips

The competition area includes steep cliffs and slopes. Always be aware of your surroundings and ensure your safety to avoid falls and slips.

Foot Injuries

There is a risk of stepping through soft ground in the forest. Sturdy shoes and puncture-resistant insoles are recommended.

Heatstroke

Exercising in hot conditions without sufficient hydration and salt intake can lead to heatstroke. Water and first aid stations will be provided by the organizers, but competitors are strongly encouraged to carry their own water and salt tablets.

Encounters with Bears

Although sightings near the competition area are rare, there have been reports in the surrounding region. **For safety reasons, carrying a bear bell is mandatory in the Day 3 Long Distance.**

Tick Bites

Ticks have been found in the competition area. Wearing long sleeves and long trousers, as well as using insect repellent containing DEET, is recommended.

Contact with Others

During the race, there is a risk of collision with other competitors or non-competitors such as walkers. Collisions may occur especially in areas with poor visibility near buildings. In the event of contact or collision, you must report it to the organizers.

Damage to Property

Collisions during the race may cause damage to hedges, fences, or other structures. Take care to avoid this. If any damage occurs, you must report it to the organizers.

Other Risks

As you may find yourself unable to move on your own, it is recommended to carry a mobile phone or whistle to alert others. Wearing brightly colored clothing will also make you easier to locate.

If you find an injured person during the race, you must prioritize helping them over continuing your race. Depending on the situation, provide first aid, call for help, or take other appropriate actions. Inform the nearest official as soon as possible. If you cannot move on your own, wait at a nearby safe control point.

21. ORGANIZER

Organizer	Shitara Town, Aichi prefecture
Co-organizer	Nagoya University Orienteering Club Sugiyama Jogakuen University Orienteering Club

Event Organizer

Event Director	Shin Tsuzuki(Enrolled in 2023)
Operation Secretary	Kazuki Uno(Enrolled in 2023)
Technical Secretary	Yuya Teramoto(Enrolled in 2023)
Course Planner	Ryoya Mizuno(Enrolled in 2023) Asahi Ono(Enrolled in 2020)
IOF Event Advisor	Shoya Banno
Event Advisor	Ryota Ishiyama

NOTES

- The information in the bulletin and the official event website is subject to change without notice.
- The organisers accept no liability for accidents, loss, etc. during the event. In the event of injury or illness, insurance will be provided and compensation will be made within the scope of the insurance coverage.
- The organizer will provide accident insurance; however, the coverage is limited. Participants are strongly advised to obtain their own insurance as well. Please also bring your health insurance card on the day of the event.
- The event may be changed or cancelled due to stormy weather, earthquake, worsening weather conditions, incidents, accidents, etc.
- The participation fee will not be refunded if the event is changed, cancelled, or changed after the application has been submitted.

SPONSORSHIP



SUPPORTER

the inter-University Orienteering Federation in Japan
Aichi-ken Orienteering Association
Tokai Student Orienteering Federation

CONTACT

Email: 20th.anniv.shitara●gmail.com
(Please replace ● with @)

WEBSITE • SNS

Website: <https://20thannivshitara.wixsite.com/my-site-1>
X(Twitter): <https://x.com/meisugicomp?t=63Wq9FwLNGpYx3SJSIVSZQ&s=06>
Instagram: https://www.instagram.com/the_19th_meisugi_competition?igsh=MXF1dXBqM3Q3Yzl4eg==
IOF Eventer: [IOF Eventer - Event information: The 20th anniversary of the merger of Shitara⁴¹ Town orienteering competition](#)

日本学連インタビュー企画

みちしるべ

学生 × 社会人

社会人オリエンティアに素朴な疑問を聞いてみよう!



インタビュー記事はこちらから↓

https://note.com/o_michishirube

ポットキャストも配信中です↓

<https://anchor.fm/o-michishirube>

学生インタビュアー随時募集中!興味のある方は日本学連まで

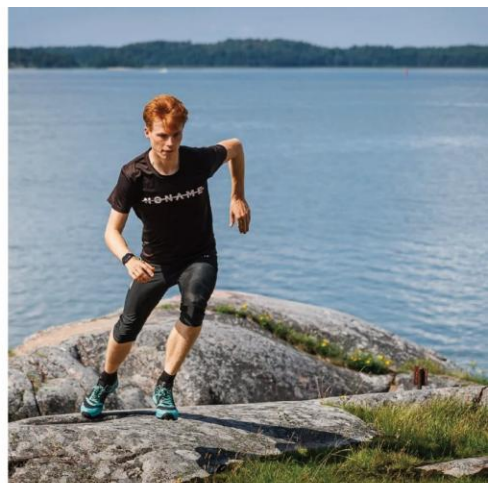
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photo by noname Instagram



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O-Support
Web shop



設楽町合併20周年記念
オリエンテーリング大会 兼
第19回名楢大会 の成功と
参加される皆様が設楽の森での
オリエンテーリングを楽しまれることを
お祈りしています。



アスリートとサポートスタッフのみなさんへ。

なぜ、私たちにとって、アンチ・ドーピングの
知識や活動が必要なのでしょう？

アンチ・ドーピングは、たんに
「不正する人を見つけ、不当な勝利を防ぐ」ための活動ではありません。

アンチ・ドーピングは、スポーツを成り立たせている
「みんながフェアであること」を守るためにあります。
全員がフェアでなければ、そもそもスポーツは成り立たない。
すべての人が、スポーツに参加し、公平に競い合うことができる。
その権利を守るために、アンチ・ドーピング活動があります。

そして、もうひとつ。アンチ・ドーピングは、
「スポーツが生み出す価値」を守るためにあります。
挑戦する心、相手へのリスペクト、そこから生まれる友情、
そんな、社会にとっても大切な価値を守るためにあります。

フェアであることを守り、スポーツの価値を守る。
そのいちばん中心となるのが、アスリートとサポートスタッフのみなさんです。
みなさんが、フェアであることをつねに誇りに思い、
その大切さを、世の中に示すこと。
それこそが、スポーツの発展を支え、よりよい社会をつくる力になります。

フェアであることの誇りを胸に、すばらしいスポーツの価値を、
ともに広めていきましょう。



勝利を超える価値がある

スポーツのフェアネスが、社会のフェアネスを支えるために。



公益財団法人 日本アンチ・ドーピング機構