



Subsidy program by the WMG2021 Kansai
Hyogo Prefecture Executive Committee



WMG/WMOC2027 Orienteering Rehearsal 2 Days Event



Programme



佐津海岸

ハチ高原



DAY 1 <Date> Saturday, 11th July 2026

<Venue> Satsu Gymnasium (Kasumi-ku, Kami-town, Hyogo Prefecture)

DAY 2 <Date> Sunday, 12th July 2026

<Venue> Hachi Kogen Exchange Promotion Center (Yabu City, Hyogo Prefecture)

Organisers: Hyogo Orienteering Association, JOA-WMG2027 Executive Committee

Co-organisers: WMG2027 Hyogo Prefecture Executive Committee, Yabu City Executive Committee,
Kamikawa Town Executive Committee, Kami Town Executive Committee

Event Website: https://wmoc2027.jp/ja/joint_events/pre_events/rehearsal-event

Contacts: Inquiries:

<Until the day before the event> hyogo_ola@mbr.nifty.com (Hyogo Orienteering Association)

<On the day of the event> 090-2592-4377 (Hirashima)

Greetings

<Omitted>

Event Officials

Event Officials:

Executive Committee Chair: Toshio Onoye (Hyogo OA)

Event Director: Toshitsugu Hirashima (Shiga OA)

Competition Director: Hiroshi Hashimoto (Hyogo OA)

Event Advisor and Controller:

Event Advisor: Toru Tanaka (Chiba OA)

Race Controller: (DAY 1) Chihiro Kawase / (DAY 2) Ushito Ishihara

Course Planner: (DAY 1) Hiroshi Hashimoto / (DAY 2) Hironori Katayama

Map <Survey>: (DAY 1) Toshio Onoye, Hiroshi Hashimoto (April–June 2026)

(DAY 2) NishiPro (2019), Hironori Katayama, Hiroshi Hashimoto (August 2025)

<Drafting>: (DAY 1) Toshio Onoye, Hiroshi Hashimoto / (DAY 2) NishiPro, Hiroshi Hashimoto

<Regarding Event Cancellation>

If weather warnings, heatstroke alerts, or reports of bear sightings are issued for the area—or if it is determined that participant safety cannot be guaranteed—

a decision regarding whether to hold the event will be made around 7:00 AM on the day of the event. This information will be posted on the website. Please note that the event may still be subject to sudden cancellation or changes to the course or start time due to weather conditions or other factors; such updates will be announced via the official bulletin board.

For telephone inquiries, please contact 090-2592-4377 (Hirashima).

Schedule

DAY 1: Saturday, 11th July 2026

9:30	Parking lot opens (Kami-town Satsu Gymnasium grounds)
10:00	Venue opens (Kami-town Satsu Gymnasium)
10:30 - 12:30	Registration
13:00	Start
15:15 (Scheduled)	Finish closes

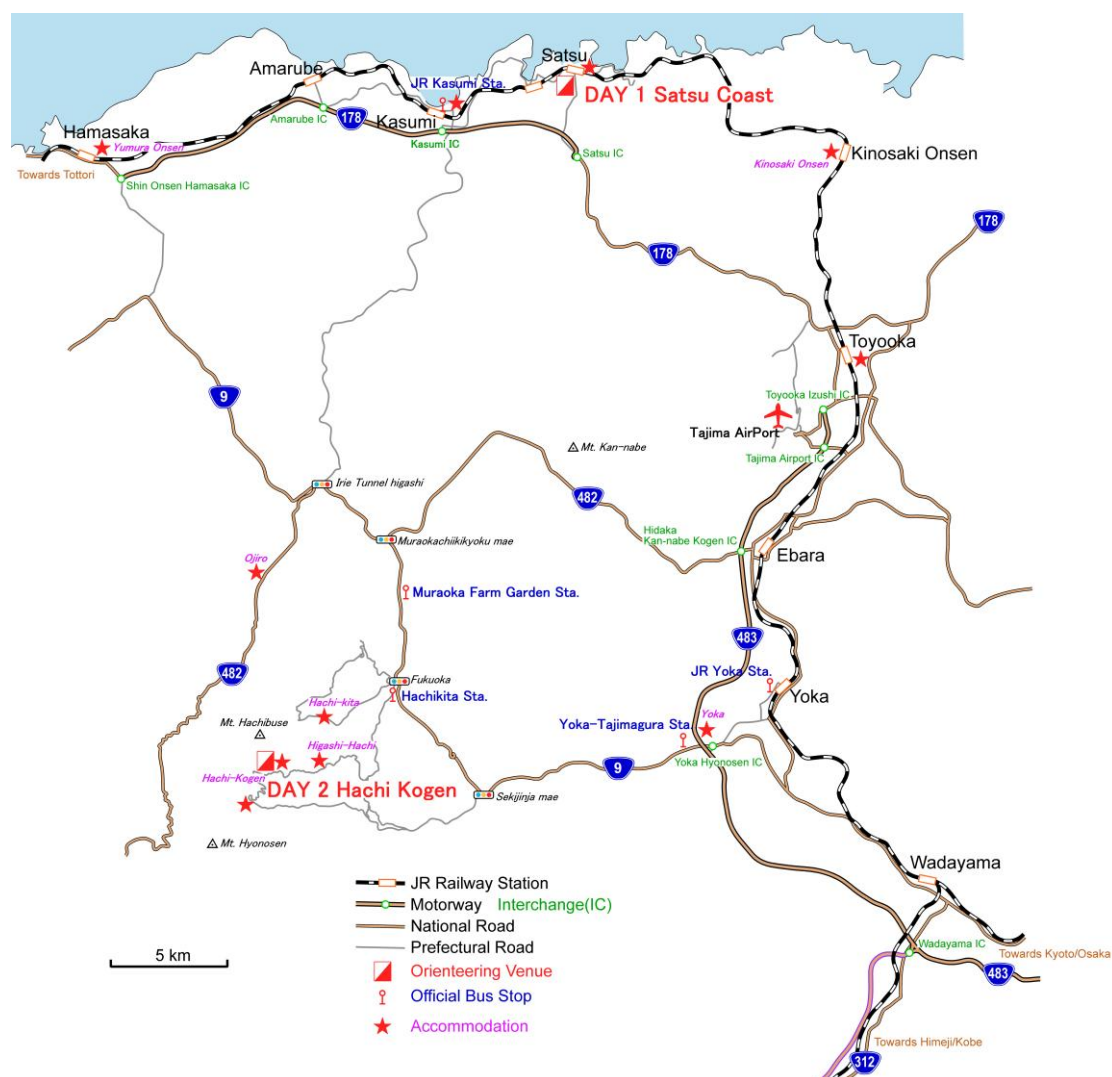
14:30 -	Medal ceremony
15:00	Official bus departure (scheduled)
16:00	Venue closes

DAY 2: Sunday, 12th July 2026

7:45	Parking lot opens (Hachi Kogen Parking Lot No. 6)
8:30	Venue opens (Hachi Kogen Exchange Promotion Center)
9:30-10:30	Registration
10:30	Start
13:15	Medal ceremony
13:20 (Scheduled)	Finish closes
14:00	Official bus departure (scheduled)
15:00	Venue closes

General Information (Access to the venue)

【Transportation access】



<<Train>>

(DAY 1) Get off at Satsu Station on the JR San'in Main Line; approx. 5-minute walk (350m).

(DAY 2) Get off at Yōka Station on the JR San'in Main Line; approx. 50-minute ride (30km) via official bus (advance reservation required), or approx. 40 minutes by taxi (approx. 13,000 yen).

Alternatively, get off at Kasumi Station on the JR San'in Main Line; approx. 70-minute ride (45km) via official bus (advance reservation required).

Please note that while local bus services exist in this area, most do not operate on weekends.

	Local	Local	Limited express	Rapid/ Local	Local	Limited express	Local	Limited express	Local
Destination	Kinosaki Onsen	Hamasaka	Kinosaki Onsen	Toyooka	Hamasaka	Tottori	Kinosaki Onsen	Kinosaki Onsen	Hamasaka
Kyoto lv.			7:32	5:21					
Shin-Osaka lv			-	5:54				9:04	
Osaka lv.	-		-	6:00		7:48		9:10	
Fukuchiyamalv.	6:08		8:49	-			10:12	10:47	
Himeji lv.	-		-	7:29/7:51		8:58	-	-	
Teramae lv.	-		-	8:16/8:28		9:27	-	-	
Wadayama lv.	6:54		9:16	9:17/9:31		10:09	10:49	11:16	
Yoka ar.	7:06		9:27	9:47		10:20	11:04	11:27	
Toyooka lv	7:25	7:44	9:43	10:10	10:13	10:37	11:22	11:43	
Kinosaki Onsen lv	7:35	7:57	9:52		10:26	10:49	11:32	11:52	11:56
Satsu ar		8:17			10:46	↓			12:20
Kasumi ar		8:27			10:55	11:14			12:30

In addition to the above, there are connecting services at Fukuchiyama and Wadayama from the directions of Kyoto/Osaka and Himeji, respectively.

<From the direction of Tottori>

	Local	Local	Local	Local	Local	Local
Destination	Hamasaka	Toyooka	Hamasaka	Hamasaka	Kinosaki Onsen	Toyooka
Tottori lv.	6:47		8:11	9:45		
Hamasaka ar/lv.	7:40	8:02	8:58	10:28	10:32	12:05
Kasumi lv.		8:28			10:57	12:31
Satsu ar.		8:37			11:07	12:40

[Return Trip] <<Kansai Area>>>> To Toyooka

	Limited Express	Local	Local	Local	Local	Limited Express
Destination	Osaka	Kinosaki Onsen	Toyooka	Toyooka	Toyooka	Osaka
Kasumi lv.	13:48	13:59	14:44	15:45	16:32	16:52
Satsu lv.	↓	14:10	14:54	15:56	16:42	↓
Kinosaki Onsen ar/lv.	14:14	14:32	15:36	16:20	17:02	17:17
Toyooka ar	14:23		15:52	16:32	17:15	17:26

<<To Tottori>>

Fro Satsu	
Time	Destination
14:32	Hamasaka
15:16	Kasumi
16:42	Tottori

【DAY 2 JR Yōka Station Timetable (Connecting to Official Bus)

< Outbound >

	Local	Local
Departure	Fukuchiyama	Teramae
Fukuchiyama lv	7:01	
Teramae lv	-	7:26
Wadayamalv	7:36	8:27
Yoka ar	7:53	8:41

	Limited Express	Limited Express	Local
	Kinosaki Onsen	Toyooka	Toyooka
Kinosaki Onsen lv	7:13		
Toyooka lv	7:24	7:42	8:20
Yoka ar	7:39	7:57	8:37

《Air Travel》 Flights arriving in time for Day 1

- Haneda Airport 7:30 – 8:35 Itami Airport 9:00 – 9:35 Tajima Airport – 9:50 (Connecting Bus)
10:06 JR Toyooka 10:13 – 10:46 JR Satsu
- Haneda Airport 7:00 – 8:15 Tottori Airport – 8:25 (Connecting Bus) 8:45 – JR Tottori 9:45 –
(via Hamasaka) – 11:07 JR Satsu

《Express Bus》

Express bus services (Zentan Bus) operate from Osaka and Kobe to Kinosaki Onsen and Yumura Onsen. Please visit the event website for details.

https://wmoc2027.jp/ja/joint_events/pre_events/rehearsal-event/transportation/

《By Car》

[DAY 1] GIS Coordinates: 35.652244, 134.684365

<From the Kansai area>

From the Toyooka-Izushi IC on the Kitakinki-Toyooka Expressway, take National Route 426 through Toyooka City, then National Route 178, and continue straight past the Sazu IC. Approx. 24 km, approx. 30 minutes.

Alternatively, from the Tajima Airport IC on the Kitakinki-Toyooka Expressway, go via Tajima Airport to National Route 178 and continue straight past the Sazu IC. Approx. 27 km, approx. 35 minutes.

<From the Tottori area>

From the Kasumi IC on the San'in-Kinki Expressway, take Prefectural Route 11 for approx. 10 km.



[DAY 2] GIS Coordinates: 35.382819, 134.537972

<From the Kansai area>

From the Yoka-Hyonosen IC on the Kitakinki-Toyooka Expressway, take National Route 9 towards Tottori, turn left in front of Seki Shrine, and follow Prefectural Routes 87 & 269 (Tajima Alpen Road) for approx. 25 km (approx. 35 minutes).

Look for signs pointing to "Hachi Kogen" along the way (be careful not to confuse it with "Hachikita Kogen"). Proceed to Parking Lot No. 6.



<From the Kasumi area>

Take Prefectural Route 4 towards Muraoka, merge onto National Route 9, turn right at the Hachikita-guchi intersection, then immediately turn left onto Prefectural Route 269 (Tajima Alpen Road) and continue for approx. 45 km (approx. 65 minutes).



[Official Bus Schedule] (Advance registration for the official bus has already closed)

DAY 1 (Saturday, 11 July): Departing at 15:00 (scheduled) after the event concludes

Bus A: Event Venue (Sazu) – Roadside Stations (Muraoka Farm Garden, Hachikita, Yoka Tajima-gura) – JR Yoka Station --- cancelled ---

DAY 2 (Sunday, 12 July)

<Outbound>

Bus B: Dep. JR Kasumi Station 8:40 – (Muraoka Farm Garden) – (Hachikita) – Arr. Hachi Kogen 9:50 (scheduled)

Bus C: Dep. JR Yoka Station 8:50 – (Yoka Tajima-gura) – Arr. Hachi Kogen 9:40 (scheduled)

<Return>

Bus B: Dep. Hachi Kogen 14:00 – (Hachikita) – (Muraoka Farm Garden) – Arr. JR Kasumi Station 15:10 (scheduled)

Bus C: Dep. Hachi Kogen 14:00 – (Yoka Tajima-gura) – Arr. JR Yoka Station 14:50 (scheduled)

Competition Information (for Both Days)

[Competition Rules]

The "Foot Orienteering Competition Rules" by the International Orienteering Federation (IOF) and the "Japan Orienteering Competition Rules" by the Japan Orienteering Association (JOA) shall apply.

[Competition Format]

All classes will compete in Sprint and Middle Distance events using the Point-Orienteeing format.

[Maps]

Day 1: Compliant with the International Sprint Orienteering Map Specification (ISSprOM 2019-2 Rev. 6).

Day 2: Compliant with the International Orienteering Map Specification (ISOM 2017-2 Rev. 4).

[Punching system]

- The SPORTident electronic punching and timing system (hereinafter referred to as the "SI System") will be used. Touch-free punching (Air+) via SIAC cards is also supported; however, you must perform a standard punch at the finish.
- Losing your SI card will result in disqualification.

[Notes on SI Card Usage]

- If you require an explanation on how to use the SI card, please ask at the event registration desk; an official will provide instructions.
- Upon reaching a control, verify the control identification number (code), insert your SI card into the station's slot, and confirm registration of your visit via the visual signal and the "beep" sound (passage data is recorded on the SI card).
- Even if you record a visit to an incorrect control along the way, you will still be considered a finisher provided that a subsequent record shows you visited the controls in the correct order.
- If an SI station fails to respond (no sound or light), use the pin punch located at the control to mark the "Reserve (R)" section of your map. Note that using the pin punch does not serve as proof of passage if the SI station itself is not actually malfunctioning.

[Training Course]

- No training course will be provided.

[Substitute Runners]

- Participation by a substitute runner is not permitted in any class.

[Doping Control]

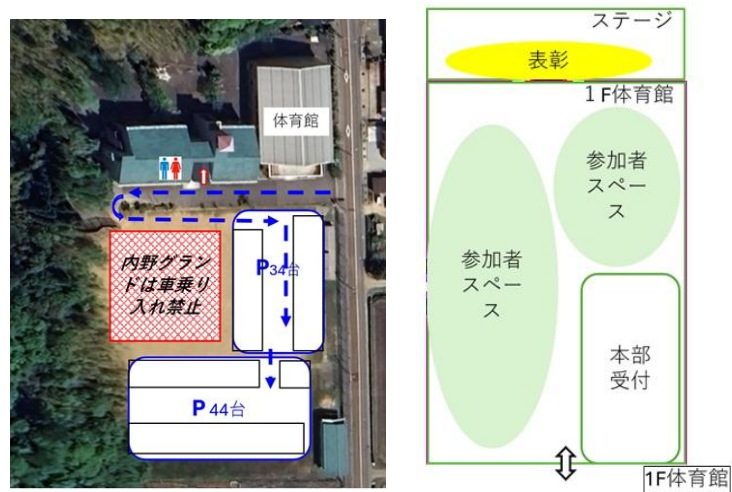
The Japan Orienteering Association's "Anti-Doping Regulations" apply to this event.

[Inquiries and Formal Protests]

- Disputes regarding rulings such as "mis-punches" will be handled at the "Problem Desk" at the finish area.
- Other inquiries regarding the competition will be accepted at the Event Office (EO).
- The outcome of an inquiry will be communicated to the requester or posted on the official notice board.
- If a party wishes to file a formal protest against the result of an inquiry, they must submit the designated form (available at the EO) to the EO within 15 minutes of being notified of the result.
- The Jury Meeting's ruling on a formal protest will be published on the event website.
- The members of the Jury Meeting will be announced on the day of the event.

Competition Information (DAY 1)

[Venue Information] Kami Town Satsu Gymnasium



Outdoor footwear is prohibited inside the venue. Men's and women's changing rooms are located on the second floor of the gymnasium.

<<Luggage Storage (Changing Rooms), etc.>>

- A luggage storage area will be provided within the venue. Please manage your valuables at your own risk.
- Restrooms are located inside the building.
- Please take your trash with you.

[Map Used]

"Satsu Coast": Compliant with ISSprOM 2019-2 Rev.6; mapped based on source data derived from Fundamental Geospatial Data and 50cm-mesh DEM data provided by Hyogo Prefecture. Survey period: April–June 2026.

Scale: 1:4,000 or 1:3,000; Contour interval: 2m; Runnability: 4 categories.

Map size: A4 size; AL/AS classes printed on water-resistant paper; other classes printed on standard paper.

Control descriptions: AL/AS/B classes follow ISCD 2024 standards; other classes use Japanese text.

AL/AS classes feature double-sided printing (flip format).

Special Symbol	Feature
 313 Prominent water feature	

 419 Prominent vegetation feature	
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[Terrain Information]

The competition area comprises a section of Satsu Beach—featuring white sands and calm waters—and the district of guesthouses (minshuku) situated just behind it. The guesthouse district is a complex maze of narrow alleys and short passageways, requiring precise route selection. While traffic volume is generally low, there are many narrow alleys and intersections with poor visibility due to buildings; pedestrians, vehicles, and cyclists may appear suddenly. Please prioritize safety during the competition and remain fully aware of your surroundings while moving through the area.

[Course Information]

<<Individual Category>>

Class	Length (km)	Climb (m)	Wining Time (min)	Number of controls	Competi on time (min)	Map scale
Exp. Competitors, AL	3.0	25	12	16	60	1:4,000
Exp. Competitors AS	2.2	20	12	14		1:3,000
Exp. Competitors B	1.8	10	15	11		1:3,000
General Public N	1.5	10	15	11		1:3,000
Junior High School Students Jr	1.5	10	15	11		1:3,000
Elementary School Students EI	1.4	10	15	10		1:3,000

<<Group>>

Class	Length (km)	Climb (m)	Wining Time (min)	Number of controls	Competi on time (min)	Map scale
Adult Group, GA	1.5	10	15	11	60	1:3,000
Senior Group,GS	1.5	10	15	11		1:3,000
Junior Group,GJ	1.4	10	15	10		1:3,000
Family Group,GF	1.4	10	15	10		1:3,000
Kids Group,GK	1.4	10	15	10		1:3,000

[Clothing and Equipment]

There are no restrictions on clothing. however, the use of shoes with metal spikes is prohibited.

[Official Notice Board]

An official notice board will be set up next to the Event Office (EO). Please be sure to check it before your race, as it will display schedule updates, additional information, and other important notices.

Schedule for the Day (DAY 1)

[Registration] 10:30–12:30

<Pre-registered Participants>

- Please pick up your participant materials at the registration desk. Notify the staff if you need to make any changes regarding your SI card. The materials include the following:
 - a. Two race bibs (number cards) and safety pins
 - b. Rental SI card (for those who requested one)
 - c. Information pamphlets/brochures
 - d. Any relevant notices or memos (please check with the registration staff if included)
- Please fill in your emergency contact details on the back of one bib (for the chest) and wear one on your chest and one on your back.
- The rental fee for a standard SI card is 300 JPY (600 JPY for two days). The rental fee for a touch-free SIAC is 500 JPY (1,000 JPY for two days). If participating over two days, you will use the same SI card. Please note that a fee of 7,000 JPY (13,000 JPY for SIAC) will be charged if the SI card is lost.

<Day-of Registration: No day-of registration for AL and AS classes>

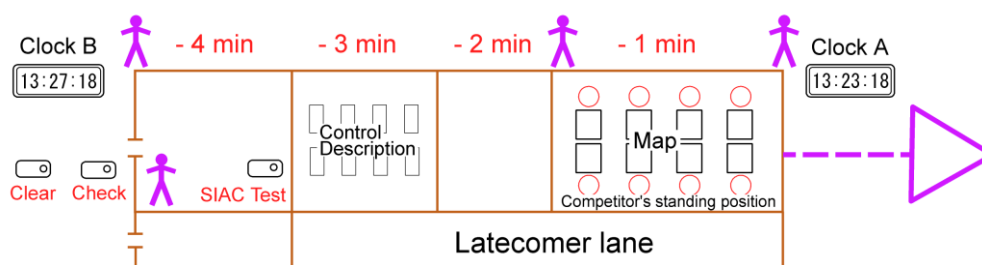
- Please fill out the registration form and submit it at the registration desk. Your start time and SI card number will be assigned at that time. Day-of registration is not available for AL and AS classes.
- Personally owned SI cards cannot be used. The rental fee for an SI card is 300 JPY; the rental fee for a touch-free SIAC is 500 JPY. For classes other than those for experienced competitors (AL, AS, B), the SI card rental fee is included in the participation fee. Please note that a fee of 7,000 JPY (13,000 JPY for SIAC) will be charged if the SI card is lost.
- You will receive your materials at the registration desk. Please check the contents, just as pre-registered participants do.
- If you wish to borrow a compass, please ask at the registration desk. In the event of damage or loss, a fee of 2,000 JPY will be charged to cover the actual cost.

[Warm-up]

There is no designated warm-up area. The grounds are used for parking; please be mindful of vehicles when moving around.

[Start] from 13:00

- Follow the blue guide tape for approximately 700m (about a 10-minute walk) to reach the start area.
- A water station will be provided at the start area.
- The start closes at 14:15 (scheduled). You cannot start after this time.
- You cannot participate if you do not have an SI card or have forgotten to attach your race bib.
- Start slots are organised into four intervals, beginning 4 minutes prior to the start time.



[4 minutes before start]

- There will be no call-up at the start. Clock B, located in front of the start box, displays the scheduled start time rather than the current time. When the clock shows your scheduled start time, you must clear and check your SI card at the designated stations and enter the start box. Officials will also verify this.
- If your personal SI card malfunctions, a loaner card will be provided. Please pay the 300-yen rental fee after finishing the race.
- If you have an SIAC, please verify its functionality at the SIAC Test station. If it does not work, please use it just like a standard SI card.

[3 minutes before start]

Advance to the next box and pick up the control description sheet for your class. It is the competitor's responsibility to select the correct description sheet. Control description sheets will not be distributed for classes other than AL and AS; however, the control descriptions are also printed on the map.

[2 minutes before start]

- Advance to the next box.

[1 minute before start]

- Advance to the next box and wait in front of the box containing the maps for your class until the start signal.
- At the sound of the start chime, pick up your map and begin the race.

<Late arrival>

- After being checked by the official at the start box entrance, follow the start official's instructions to begin from the "late starter" box. The official will indicate the exact start time.
- Unless the delay is caused by the organisers, your race time will be calculated based on your originally scheduled start time.

<Start Flag>

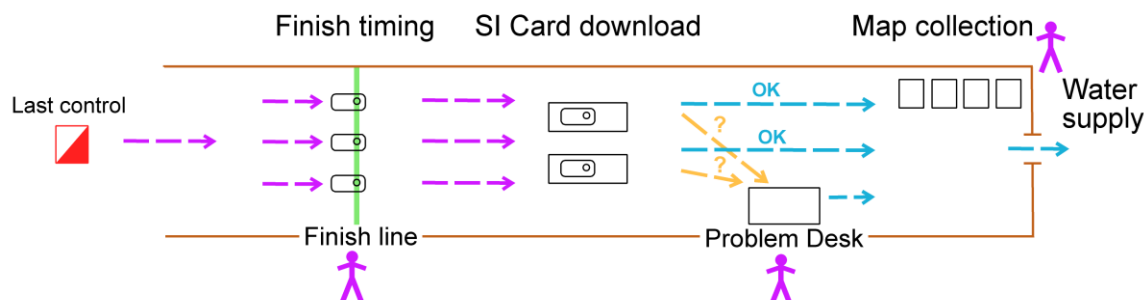
Red-and-white guide tape runs from the start box to the start flag. The location of the start flag corresponds to the centre of the triangle (△) on the map.

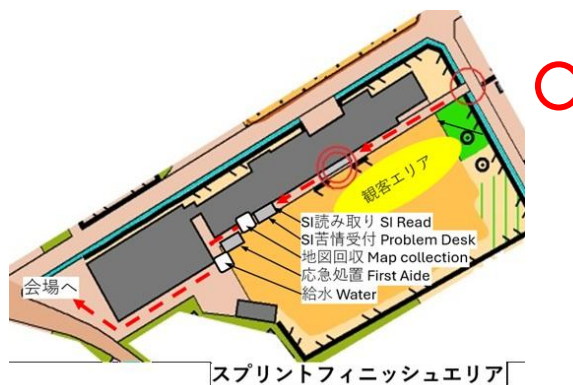
[Important Notes During the Competition]

- Depending on the weather on the day, there is a possibility of dangerously high temperatures (heat index of 31 or higher). Please take precautions against heatstroke by staying hydrated before and after the activity, protecting yourself from the sun (e.g., wearing a hat), and monitoring your physical condition.
Heatstroke prevention information: <https://www.wbgt.env.go.jp/heatillness.php>
- Entering any off-limits areas marked on the map will result in disqualification.
- If you encounter an injured person, prioritize their rescue over the competition. Please cooperate with nearby participants to provide aid and contact the event office. Please also contact event staff in the event of any other emergency.
- There will be no water stations provided along the course.

[Finish] ~15:15

- The route from the final control to the finish is marked with red-and-white tape.
- The finish procedure involves "punching" (inserting your SI card into the finish station and confirming the light and sound signals). This applies to SIAC units as well. Afterward, your data will be read at the SI card reading station. If you are participating only in Day 1, your rental SI card will be collected here. If you pre-registered for both days, please keep the card in your own possession.
- After finishing, maps for the AL and AS classes will be collected; please place yours in the box labeled with your class name. New course maps will be distributed at the Event Office (EO) after the start period has ended. Used maps will also be available at the EO for you to take home.
- Maps will not be collected for classes other than AL and AS; please ensure you do not show your map to competitors who have not yet started.
- The finish closes at 15:15. Even if you have not completed the course, you must pass through the finish by 15:15. If you have not passed the finish by the closing time, a search operation will be launched assuming you are missing. If you exceed the competition time limit (60 minutes), please head immediately to the finish.
- The distance from the finish to the event venue is 900m (approximately a 13-minute walk). Please return to the venue following the route map provided at the finish.





[Preliminary Results]

- Preliminary results will be displayed on a large monitor inside the event tent. They will also be posted on Lap Center (<http://mulka2.com/lapcenter/>).
- Official results (result sheets) will be posted on the event website within one week.

[Map Sales] From 14:00

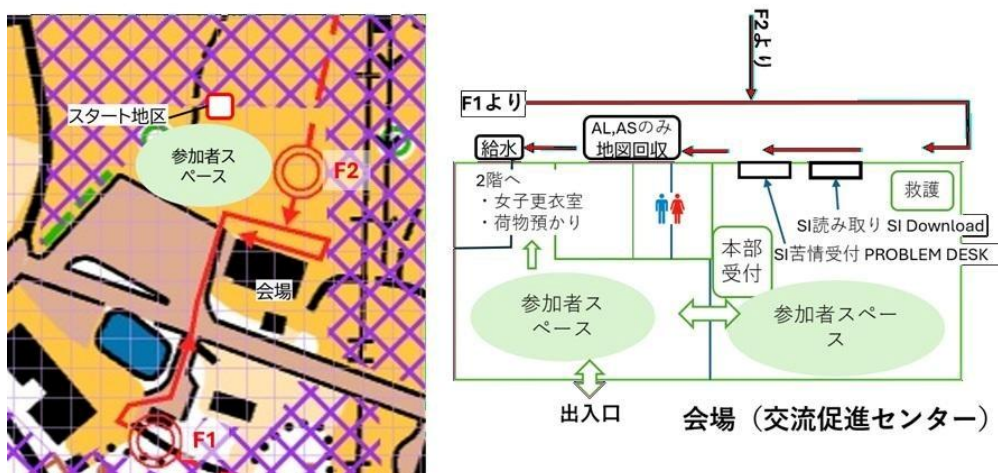
- Maps for this event (showing only the control locations) will be available for purchase. Please buy them at the Event Office (EO) if interested (tentative price: 500 yen per copy). Please note that the number of copies available is limited.
- Maps will not be mailed to participants who are absent.

[Award Ceremony] from 14:30

- Awards will be presented to the top three finishers in each class.

Competition Information (DAY 2)

[Venue Information] Yabu City Hachi Kogen Exchange Promotion Center



Please use the competition map to navigate from the finish line to the event centre. Passing through the event centre parking area, you will find the SI download station, problem desk, map collection point, and water station on the north side. You will need to cross a roadway along the

way; please note that no course marshals are stationed there, so exercise caution regarding traffic when crossing.

《Baggage Area (Changing Rooms), etc.》

- The women's changing room is located on the 2nd floor of the Exchange Promotion Center .
- A baggage area is provided next to the registration desk; however, please manage your own valuables.
- Restrooms are located within the venue and on the south side of the road. Additionally, there is a public restroom south of Parking Lot No. 6.
- Setting up tents on the lawn area is prohibited.
- While there are vending machines near the venue, there are no cafeterias, convenience stores, etc.

[Map Used]

"Hachi Kogen 2025": Compliant with ISOM2017-2; surveyed Aug.–Oct. 2019 and Aug. 2025 (updated).

Scale: 1:10,000 or 1:7,500; Contour interval: 5m; Runnability: 4 levels.

Size: A4; Printed on waterproof paper for AL and AS classes; standard printer output for other classes.

Control Descriptions: ISCD2024 format for AL, AS and B classes; Japanese text for other classes.

Special Symbol	Feature
 531 Prominent man-made feature	

[Terrain Information]

Hachi Kogen is one of the largest snow parks in the Kansai region, situated on the southern slopes of Mt. Hachibuse (1,221m)—which neighbors Mt. Hyonosen, the highest peak in Hyogo Prefecture. The terrain is broadly divided into the ski resort area and a forest area characterized by high runnability and few obstacles. Runnability ratio: A: 85%, B: 5%, C: 5%, D: 5%.

[Course Information]

<<Individual Category>>

Class	Length (km)	Climb (m)	Wining Time (min)	Number of controls	Competi on time (min)	Map scale
Exp. Competitors, AL	5.0	185	30	16	90	1:10,000
Exp. Competitors AS	3.7	145	30	13		1:7,500
Exp. Competitors B	2.3	65	25	11		1:7,500

General Public N	1.2	20	25	6		1:7,500
Junior High School Students Jr	1.0	20	25	5		1:7,500
Elementary School Students EI	1.0	20	25	5		1:7,500

<<Group>>

Class	Length (km)	Climb (m)	Wining Time (min)	Number of controls	Competi on time (min)	Map scale
Adult Group, GA	1.2	20	25-30	6	90	1:7,500
Senior Group,GS	1.2	20	25-30	6		1:7,500
Junior Group,GJ	1.0	20	25-30	6		1:7,500
Family Group,GF	1.0	20	25-30	6		1:7,500
Kids Group,GK	1.0	20	25-30	6		1:7,500

[Clothing and Equipment]

There are no restrictions on clothing. however, the use of shoes with metal spikes is prohibited.

[Official Notice Board]

An official notice board will be set up next to the Event Office (EO). Please be sure to check it before your race, as it will display schedule updates, additional information, and other important notices.

Schedule for the Day (DAY 2)

[Registration] 9:30~10:30

If you are participating for both days and have already completed registration on Day 1, you do not need to stop by the Event Office (EO).

<Pre-registered Participants>

- Please pick up your participant materials at the registration desk. Notify the staff if you need to make any changes regarding your SI card. The materials include the following:
 - a. Race bib (number card) and safety pins
 - b. Rental SI card (for those who requested one)
 - c. Information pamphlets/brochures
 - d. Any relevant notices or memos (please check with the registration staff if included)
- Please fill in your emergency contact details on the back of bib and wear on your chest.
- The rental fee for a standard SI card is 300 JPY. The rental fee for a touch-free SIAC is 500 JPY. The SI card rental fee is included in the entry fee for classes other than the experienced competitor classes (AL, AS, B). Please note that a fee of 7,000 JPY (13,000 JPY for SIAC) will be charged if the SI card is lost.

<Day-of Registration: No day-of registration for AL and AS classes>

- Please fill out the registration form and submit it at the registration desk. Your start time and SI card number will be assigned at that time. Day-of registration is not available for AL and AS classes.
- Personally owned SI cards cannot be used. The rental fee for an SI card is 300 JPY; the rental fee for a touch-free SIAC is 500 JPY. For classes other than those for experienced competitors (AL, AS, B), the SI card rental fee is included in the participation fee. Please note that a fee of 7,000 JPY (13,000 JPY for SIAC) will be charged if the SI card is lost.
- You will receive your materials at the registration desk. Please check the contents, just as pre-registered participants do.
- If you wish to borrow a compass, please ask at the registration desk. In the event of damage or loss, a fee of 2,000 JPY will be charged to cover the actual cost.

[Warm-up]

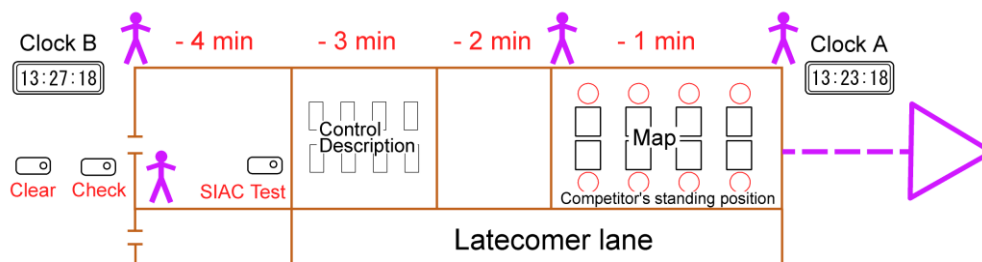
There is no designated warm-up area. Please warm up as you see fit in the vicinity of the venue or on the road leading to the start line.

[Start] from 10:30

- The start area is located near the event venue.
- The start closes at 11:50 (scheduled). You will not be permitted to start after this time.
- Participants without an SI card or those who have forgotten to attach their race bib will not be allowed to start.
- The start slots consist of four 1-minute intervals, beginning 4 minutes prior to the start time.

[Regarding Day 2 Start Times (AL and AS classes only)]

- To simulate the start format used in the actual WMOC, start times for the AL and AS classes on Day 2 will be determined based on results from Day 1.
- Start times will be set in the reverse order of the Day 1 rankings, meaning the Day 1 winner will start last. Competitors who did not start (DNS), disqualified (DSQ), or recorded no time on Day 1 will start sequentially, beginning with the earliest start time for their respective class.
- Classes other than AL and AS (such as B classes) will start according to a pre-announced start list. The Day 2 start list will be finalised after the conclusion of Day 1's competition and posted on Lapcenter (<http://mulka2.com/lapcenter/>).



[4 minutes before start]

- There will be no call-up at the start. Clock B, located in front of the start box, displays the scheduled start time rather than the current time. When the clock shows your scheduled start time, you must clear and check your SI card at the designated stations and enter the start box. Officials will also verify this.
- If your personal SI card malfunctions, a loaner card will be provided. Please pay the 300-yen rental fee after finishing the race.
- If you have an SIAC, please verify its functionality at the SIAC Test station. If it does not work, please use it just like a standard SI card.

[3 minutes before start]

Advance to the next box and pick up the control description sheet for your class. It is the competitor's responsibility to select the correct description sheet. Control description sheets will not be distributed for classes other than AL and AS; however, the control descriptions are also printed on the map.

[2 minutes before start]

- Advance to the next box.

[1 minute before start]

- Advance to the next box and wait in front of the box containing the maps for your class until the start signal.
- At the sound of the start chime, pick up your map and begin the race.

<Late arrival>

- After being checked by the official at the start box entrance, follow the start official's instructions to begin from the "late starter" box. The official will indicate the exact start time.
- Unless the delay is caused by the organisers, your race time will be calculated based on your originally scheduled start time.

<Start Flag>

Red-and-white guide tape runs from the start box to the start flag. The location of the start flag corresponds to the centre of the triangle (△) on the map.

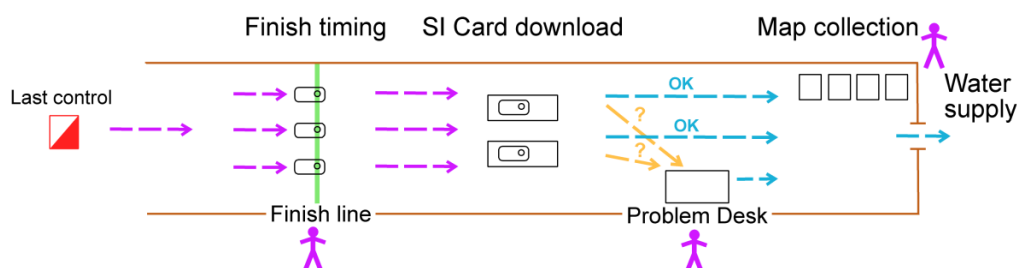
[Important Notes During the Competition]

- Entering any off-limits areas marked on the map will result in disqualification.
- If you encounter an injured person, prioritize their rescue over the competition. Please cooperate with nearby participants to provide aid and contact the event office. Please also contact event staff in the event of any other emergency.
- You will be disqualified if you lose your SI card.
- Water stations will be provided along the course.

[Finish] ~13:20

- The route from the final control to the finish is marked with red-and-white tape.
- The finish procedure involves "punching" (inserting your SI card into the finish station and confirming the light and sound signals). This applies to SIAC units as well. Afterward, your data will be read at the SI card reading station. If you are participating only in Day 1, your rental SI card will be collected here. If you pre-registered for both days, please keep the card in your own possession.

- After finishing, maps for the AL and AS classes will be collected; please place yours in the box labeled with your class name. New course maps will be distributed at the Event Office (EO) after the start period has ended. Used maps will also be available at the EO for you to take home.
- Maps will not be collected for classes other than AL and AS; please ensure you do not show your map to competitors who have not yet started.
- The finish closes at 13:20. Even if you have not completed the course, you must pass through the finish by 13:20. If you have not passed the finish by the closing time, a search operation will be launched assuming you are missing. If you exceed the competition time limit (90 minutes), please head immediately to the finish.



[Preliminary Results]

- Preliminary results will be displayed on a large monitor inside the event tent. They will also be posted on Lap Center (<http://mulka2.com/lapcenter/>).
- Official results (result sheets) will be posted on the event website within one week.

[Map Sales] From 12:00

- Maps for this event (showing only the control locations) will be available for purchase. Please buy them at the Event Office (EO) if interested (tentative price: 500 yen per copy). Please note that the number of copies available is limited.
- Maps will not be mailed to participants who are absent.

[Award Ceremony] from 13:15

- Awards will be presented to the top three finishers in each class.

Safety Information and Important Notes (for Both Days)

Please participate only after fully understanding the following points to note, as well as the risks involved and how to address them.

[General Safety Precautions]

- (1) Please carry a whistle for emergencies. We also recommend bringing a mobile phone for communication purposes; emergency contact details will be listed on the map and race bib. However, using it for the purpose of gaining an advantage in the competition is a violation of the competition rules.
- (2) Please pay attention to your physical condition and do not participate if you are not fit to do so.
- (3) In recent years, there have been an increasing number of news reports about bear sightings, but there have been very few sightings in the event area. The organisers intend to implement all possible safety measures.

- (4) The event may be cancelled if competitor safety or access to the venue cannot be ensured—for example, due to weather warnings issued on the day of the race or reports of bear sightings.
- (5) The organisers will not be held responsible for any accidents, injuries, or damages caused by participants to themselves or to third parties. Although the organisers will take out injury insurance, coverage is limited. Those who apply on the day of the event are not covered by insurance.

[Anticipated General Risks and Responses: Sprint Competition (DAY 1)]

As the event takes place in parks and urban areas, the following risks exist:

- (1) Contact or collision with others
Sudden collisions can occur at blind corners or areas with poor visibility caused by buildings or other structures. In the event of any contact or collision, you must report it to the race organisers.
- (2) Contact or collision with automobiles or bicycles
While organisers strive to minimize risk through careful course planning—such as marking hazardous areas, issuing advance notices, and deploying course marshals—participants must also remain vigilant regarding their surroundings.
- (3) Injuries or medical issues due to high-speed running and physical strain
The need to run at high speeds places significant, sudden strain on the body. Additionally, in urban areas, features such as stairs, steps, and hard surfaces—combined with conditions like rain—increase the risk of injury from falls. To prevent injuries or cardiovascular issues, please ensure you perform adequate warm-up and cool-down exercises before and after the race. If you notice any abnormalities in your physical condition, stop competing immediately.
- (4) Dehydration and heatstroke
Temperatures in urban areas tend to be higher than in wooded areas. If you are exposed to direct sunlight and high humidity, be sure to drink plenty of fluids frequently before and after the competition.
- (5) Property damage
Please take care not to damage artificial structures such as hedges or fences through contact or collisions while running. In the event of any damage, you must report it to the race organisers.

[Anticipated General Risks and Responses: Forest Competition (Day 2)]

- (1) Getting Lost:
If you lose your bearings, you can often re-orient yourself by finding a forest road. When moving from the forest to a road, choose a safe route. Please pay attention to the finish line's closing time and make sure to return by then. If you are unable to make it to the finish line by the designated time, return to the forest road before dark and use the road to reach the finish line.
- (2) Injuries
Falls, natural terrain, and vegetation can cause injuries such as trauma, bruises, sprains, dislocations, muscle and tendon tears, fractures, and internal organ damage. There is also a risk of secondary infection (e.g., tetanus) from wounds. You can reduce these risks by carefully watching your footing while moving.

(3) Hypothermia:

There is a risk of hypothermia, especially in rainy weather. Please wear appropriate clothing for the race. Consider wearing synthetic fiber underwear instead of cotton, and a waterproof coat.

(4) Dehydration:

Consider your expected race time and carry drinking water if necessary, or ensure you are well-hydrated before the event starts. Two water stations will be provided within the competition area (marked with a cup symbol).

(5) Falls and slips

Avoid reckless entry onto steep slopes and cliffs, and be sure to check your surroundings for safety while moving.

(6) Falling Rocks:

There is a risk of falling rocks below steep slopes. In areas with loose stones, always check the area above you for safety.

(7) Stepping Through/Into Holes:

On unmaintained paths, there is a risk of stepping through rotten stumps or into holes. We recommend wearing sturdy shoes.

(8) Accidents involving wild animals and plants

You may encounter wild animals that could cause harm, such as deer, wild boars, wasps, venomous snakes, leeches, and ticks. If you encounter an animal, do not provoke it unnecessarily. Please familiarize yourself with the appropriate response for each situation.

(9) Other

General risks such as fractures, sprains, sudden illness, and delays in rescue are involved.

(10) If rescue is required

If you become unable to move, use a whistle or similar device to signal other participants for help. If possible, make your way to the nearest aid station, water station, control point, or forest road. If you have a mobile phone, immediately call the emergency number listed on the map. If you find someone in need of rescue, immediately stop competing and begin the rescue.

- (11) The terrain generally slopes from higher elevations in the north to lower elevations in the south. A major road runs east-west through the centre of the competition area. If you are unsure of your route or in case of unforeseen circumstances such as injury, please head towards this central road.

[Other Important Notes]

- (1) Please be sure to take your own trash with you.

- (2) Personal information provided on the application form will not be used for any purpose other than the operation of this competition (including posting start lists and results on the website). Additionally, footage of the event captured by the organisers may be used for event reports and future promotional activities.

- (3) A first-aid station will be set up at the venue to treat injuries that occur during the competition, but we will not provide services such as cooling packs for simple muscle soreness or taping for prevention.