



IOF World Ranking Event (M/W21E)
Asian Cup

5/6/2025 (Ver.1)
5/7/2025 (Ver.1.1)
26/7/2025(Ver.1.2)

JAPAN Orienteering Championships 2025

Bulletin 1.2

October 4, 2025 Middle Distance

October 5, 2025 Long Distance

Arena

Hunter Mountain Shiobara
Nasushiobara City, Tochigi Prefecture
→[Google Map](#) (36.9381722711966 N, 139.75388556716769 E)

Event Organizer

Japan Orienteering Association (JOA)

Course Planner (Middle)	Ryo Aoyoshi
Course Planner (Long)	Ryo Hotta
Event Director	Jun Ijichi
Event Secretary	Yuta Yoshizawa
Technical Director	Yutaro Miyanishi
IOF Event Adviser	Hisako Murakoshi
Event Adviser	Koji Kashimada, Katsuya Yuki

JOA Official Partners



General Information

■ Access to Arena

➤ By Car

You can use the parking near the arena.

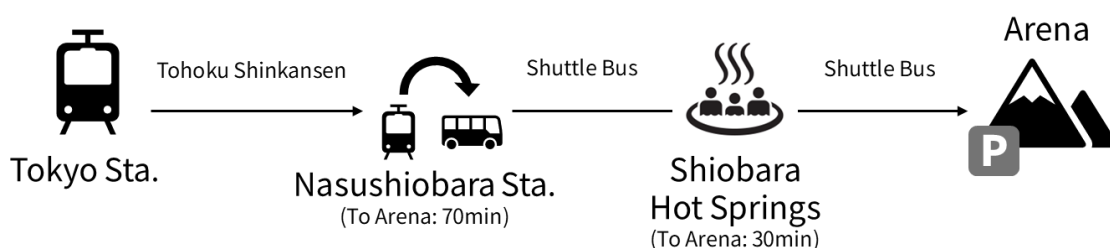


➤ By Shuttle Bus

Shuttle Bus from [Nasushiobara Sta.](#) (Tohoku Shinkansen) will be operated.

You can also take it from [Shiobara Hot Springs](#).

Note: You must make a reservation when you make an entry of the race.



■ Shuttle Bus Information

➤ Reservation

Shuttle Bus reservation is online, please follow [Entry section](#).

➤ Bus Fare

(JPY/day)

	One Way	Round Trip
Adult	3,600	1,800
Under 12 years old	1,800	900
Under 6 years old	free	free

➤ The Shuttle Bus Schedule

To the Arena	Nasushiobara Sta.	Shiobara Hot Springs	Arena
Oct. 4th Middle Distance	7:40	8:20	8:50
	8:00	8:40	9:10
	9:05	9:45	10:15
	10:10	10:50	11:20
Oct. 5th Long Distance	6:20	7:00	7:30
	7:00	7:40	8:10
	8:00	8:40	9:00
	8:50	9:30	10:00
From the Arena	Arena	Shiobara Hot Springs	Nasushiobara Sta.
Oct. 4th Middle Distance	13:00	13:30	14:10
	13:50	14:20	15:00
	14:40	15:10	15:50
	15:30	16:00	16:40
	16:20	16:50	17:30
Oct. 5th Long Distance	13:00	-	14:05
	13:50	-	14:55
	14:40	-	15:45
	15:25	-	16:30
	16:20	-	17:25

Note: The bus To the station on Oct. 5th will not stop at Shiobara Hot Spring.

■ Accommodation

The organizer will not arrange for accommodation, but we ask that you use accommodation in the vicinity of Nasushiobara City, where the event will be held.

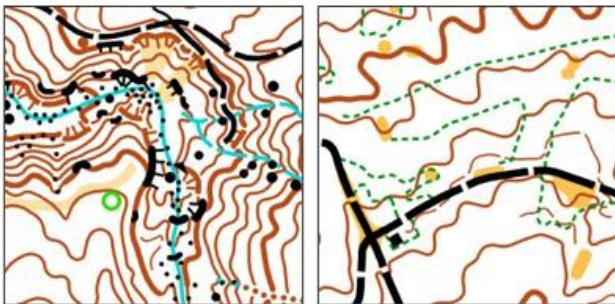
<https://www.siobara.or.jp/en/>

Race Information

■ Schedule

	October 4 Middle Distance	October 5 Long Distance
From Arena To pre-Start area	within 30 min	within 15 min
First Starts	10:30	9:30
Finish Close	15:30	15:15

■ Race Information

	October 4 Middle Distance	October 5 Long Distance
Map Scale (WRE Classes)	1:10,000	1:15,000
Map Scale (Other Classes)	1:10,000 or 1:7,500	1:15,000 or 1:10,000 or 1:7,500
Contour Interval	5m	
Specification	ISOM 2017-2 Revision 6	
Old/previous Map	New made map for this race	
Map Sample	 (200×200m²)	
Punching System	SPORTident system(SI-card) ¹	

¹ SI-card: You can use your own SI-cards, but air+ system is **NOT** available.

■ Classes

➤ Middle Distance

Maximum running time: **90 min**

NOTE: M60-95A / W60-95A: 120 min

Men						Women						Age ²
Class	Win Time	Distance	Scale [1:]	Level ¹	No.	Class	Win Time	Distance	Scale [1:]	Level	No.	
Elite Classes												
M21E	35 min	6 km	10,000	6	31	W21E	35 min	4.5 km	10,000	6	33	All
M20E	25 min	3.5 km	10,000	6	32	W20E	25 min	3 km	10,000	6	34	-20
Advanced Classes												
M21A	35 min	4.5 km	10,000	6	35, 36	W21A	35 min	4 km	10,000	6	38	19-
M21AS	35 min	4 km	10,000	6	37	W21AS	35 min	3.5 km	7,500	6	39	21-
M35A	35 min	4 km	10,000	6	37	W35A	35 min	3.5 km	7,500	6	39	35-
M40A	35 min	4 km	10,000	6	37	W40A	35 min	3.5 km	7,500	6	39	40-
M45A	35 min	4 km	10,000	6	37	W45A	35 min	3.5 km	7,500	6	39	45-
M50A	35 min	4 km	10,000	6	37	W50A	35 min	3.5 km	7,500	6	39	50-
M55A	35 min	4 km	10,000	6	38	W55A	35 min	3.5 km	7,500	6	39	55-
M60A	35 min	3.5 km	7,500	6	39	W60A	35 min	2.5 km	7,500	6	40	60-
M65A	35 min	3.5 km	7,500	6	39	W65A	35 min	2.5 km	7,500	6	40	65-
M70A	35 min	3.5 km	7,500	6	39	W70A	35 min	1.5 km	7,500	6	41	70-
M75A	35 min	2.5 km	7,500	6	40	W75A	35 min	1.5 km	7,500	6	41	75-
M80A	35 min	1.5 km	7,500	6	41	W80A	35 min	1 km	7,500	6	42	80-
M85A	35 min	1.5 km	7,500	6	41	W85A	35 min	1 km	7,500	6	42	85-
M90A	35 min	1 km	7,500	6	42	W90A	35 min	1 km	7,500	6	42	90-
M95A	35 min	1 km	7,500	6	42	W95A	35 min	1 km	7,500	6	42	95-
M20A	25 min	3 km	10,000	5	43	W20A	25 min	2.5 km	10,000	4-5	44	16-20
M18A	25 min	2.5 km	10,000	4-5	44	W18A	25 min	2 km	10,000	4	45	13-18
M15A	25 min	2.5 km	10,000	3	46	W15A	25 min	2 km	7,500	3	47	11-15
Open Classes												
M12	25 min	2.5 km	7,500	2	48	W12	25 min	2.5 km	7,500	2	48	-12
M10	25 min	2 km	7,500	1	49	W10	25 min	2 km	7,500	1	49	-10
MAS	35 min	4 km	10,000	6	37	WAS	35 min	3.5 km	7,500	6	39	-
MBL	30 min	2.5 km	10,000	3	46	WBL	30 min	2.5 km	10,000	3	46	-
MBS	30 min	2 km	7,500	3	47	WBS	30 min	2 km	7,500	3	47	-
MN	20 min	2.5 km	7,500	2	48	WN	20 min	2.5 km	7,500	2	48	-

² Level: The larger the number, the higher the skill be required.

³ Age: Your age on March 31, 2026.

➤ Long Distance

Maximum Running Time: **180** min

Men						Women						Age
Class	Win Time	Distance	Scale [1:]	Level	No.	Class	Win Time	Distance	Scale [1:]	Level	No.	
Elite Classes												
M21E	90 min	13 km	15,000	6	1	W21E	90 min	10 km	15,000	6	3	All
M20E	70 min	9 km	15,000	6	2	W20E	70 min	7 km	15,000	6	4	-20
Advanced Classes												
M21A	80 min	10 km	15,000	6	5,6	W21A	80 min	8 km	15,000	6	7	19-
M21AS	60 min	6 km	10,000	6	8	W21AS	60 min	5 km	10,000	6	9	21-
M21ASS	40 min	4 km	10,000	6	10	W21ASS	40 min	2.5 km	7,500	6	12	21-
M35A	65 min	8 km	15,000	6	7	W35A	65 min	6 km	10,000	6	8	35-
M40A	65 min	8 km	15,000	6	7	W40A	60 min	5 km	10,000	6	9	40-
M45A	65 min	8 km	15,000	6	7	W45A	60 min	5 km	10,000	6	9	45-
M50A	50 min	5 km	10,000	6	9	W50A	50 min	4 km	10,000	6	10	50-
M55A	50 min	5 km	10,000	6	9	W55A	50 min	4 km	10,000	6	10	55-
M60A	50 min	5 km	10,000	6	9	W60A	50 min	3 km	7,500	6	11	60-
M65A	50 min	4 km	10,000	6	10	W65A	50 min	2.5 km	7,500	6	12	65-
M70A	50 min	4 km	10,000	6	10	W70A	50 min	2.5 km	7,500	6	12	70-
M75A	50 min	3 km	7,500	6	11	W75A	50 min	2 km	7,500	6	13	75-
M80A	50 min	2.5 km	7,500	6	12	W80A	50 min	1.5 km	7,500	6	14	80-
M85A	50 min	2 km	7,500	6	13	W85A	50 min	1.5 km	7,500	6	14	85-
M90A	50 min	1.5 km	7,500	6	14	W90A	50 min	1.5 km	7,500	6	14	90-
M95A	50 min	1.5 km	7,500	6	14	W95A	50 min	1.5 km	7,500	6	14	95-
M20A	60 min	6 km	10,000	5	15	W20A	60 min	5 km	10,000	4-5	16	16-20
M18A	50 min	5 km	10,000	4-5	16	W18A	50 min	3 km	10,000	4	17	13-18
M15A	40 min	4 km	10,000	3	18	W15A	40 min	2.5 km	7,500	3	19	11-15
Open Classes												
M12	30 min	2.5 km	7,500	2	20	W12	30 min	2.5 km	7,500	2	20	-12
M10	30 min	2 km	7,500	1	21	W10	30 min	2 km	7,500	1	21	-10
MAS	60 min	6 km	10,000	6	8	WAS	60 min	5 km	10,000	6	9	-
MASS	40 min	4 km	10,000	6	10	WASS	40 min	2.5 km	7,500	6	12	-
MBL	50 min	5 km	10,000	4-5	16	WBL	50 min	3 km	10,000	4	17	-
MBS	40 min	4 km	10,000	3	18	WBS	40 min	2.5 km	7,500	3	19	-
MN	25 min	2.5 km	7,500	2	20	WN	25 min	2.5 km	7,500	2	20	-

Note: ONLY WRE Classes(M/W21E):

*There will be a restriction on the entry for foreign athletes in this race. The organizer will check the IOF world ranking and inform you whether your entry will be accepted or not.

*Athletes must have an IOF ID. Visit IOF Eventor to obtain or search for your IOF ID and enter your IOF ID when you entry.

■ Embargoed Area

You can check the embargoed area at following URL.

https://www.google.com/maps/d/edit?mid=1ZALcZAq_oO_9K8XUrXotGVGpliDdiO4&usp=sharing

Orienteering within the area marked with purple on the map is prohibited except for the organizer's permission.

■ Terrain Information

➤ Overview

The terrain is located in the north-eastern part of Takahara Mountain at altitude 950~1,450m.

It consists of a ski resort Hunter Mountain Shiobara and the surrounding forests.

➤ Landform

The terrain is shaped by large ridges and valleys as well as a few complex features.

The south-east side of the terrain is higher in altitude and steeper, while the north-west side is lower and flatter. Deep valleys run across the terrain, making it difficult to cross.

➤ Vegetation

Runnability and visibility are fairly high. There are open-lands in parts of the terrain.

➤ Paths and other notable features

While there are forests roads and construction roads throughout the terrain, there are only a few footpaths. The spurs lack features, but deep valleys have many features such as rocks and stony grounds.

➤ Special notes and cautions

Existence of ticks have been confirmed in the terrain. Refer to the preferred attires and items listed in the next section.

■ Equipment

There are no regulations regarding clothing and shoes.

But the following items or clothing are recommended.

- Insect Repellant Spray Containing DEET
- Long Sleeves and Pants (since ticks are found in the terrain)
- Shoes with Metal Studs (since slopes are slippery)
- Whistle (to prepare for emergencies)
- Bear Bell (since bears are found in the terrain)

The use of GPS(GNSS) devices with on-screen displays of maps and distances is prohibited.

However, if the screen is taped or otherwise made in such a way that the map or distance display cannot be seen, the device may be carried.

■ Climate and Hazards

The following table shows historical records for the past 30 years for October 4-5 at the Oku-Nikko observatory near the site of this competition.

Average temperature(℃)	11.8
Maximum temperature(℃)	15.6
Minimum temperature(℃)	8.1
Precipitation days(in 60days)	34

■ Model Event

No model event will be held.

Entry And Fees

Entry is online, through web site (Japan-O-entrY).

■ Web Site (Japan-O-entrY)

- October 4, 2025 Middle Distance: <https://japan-o-entry.com/event/view/1923>
- October 5, 2025 Long Distance: <https://japan-o-entry.com/event/view/1924>

Note: This entry system is written by Only Japanese. If you need instructions on how to use it, please visit following URL.

https://japan-o-entry.com/public_file/guide_for_foreign_customer.pdf

Athletes in WRE classes(M/W21E) should provide their IOF athletes ID when registering.

Athletes that do not have an IOF ID can register for it on Eventor at following URL.

<https://eventor.orienteering.org/Register>

■ Entry Deadlines

Fees	Entry Deadline	Payment Deadline
Early	August 15	August 18
Late	September 14	September 16

■ Entry Fees

Note: All prices are in Japanese Yen (JPY).

Classes	Adult		University Students		18 and younger	
	Middle	Long	Middle	Long	Middle	Long
Elite Classes	6,500	7,500	4,000	4,500	2,500	3,000
Advanced Classes	6,000	6,500	3,000	3,500	2,000	2,000
Open Classes (MAS/MASS/WAS/WASS)	6,000	6,500	3,000	3,500	2,000	2,000
Open Classes (Except for the above)	1,500	1,500	1,500	1,500	1,000	1,000
Late Entry	+1,000/race					
SI-card Rental	+400/race					

■ Payment

Payment can be made by the web entry system. You can pay the entry fee by credit card.

Other Information

■ Participant Agreement

Please review the participant agreement posted on the entry site (Japan-O-entrY). By entering, you are deemed to have agreed to its contents.

■ Anti-doping

This event is subject to doping control in accordance with the IOF Anti-Doping Rules and the World Anti-Doping Code. All participants in this event (including competitors under 18 years old) are deemed to have agreed to comply with the Japan Anti-Doping Code and to undergo doping control procedures at the time of entry. For competitors under 18, participation in this event is considered to have parental consent.

Even if a substance or method is prohibited, it may be exceptionally used if a Therapeutic Use Exemption (TUE) is granted through the prescribed procedure in advance. Entries for TUEs should be submitted at least 30 days prior to the event.

■ Visa

Please ask your nearest Japanese embassy for further details or visit following URL for latest information.

http://www.mofa.go.jp/j_info/visit/visa/

If you cannot get enough information, please contact us. (ochiai.kimiya@gmail.com)

■ Transportation

If you need support about transportation, please ask our contact office.

Mail: ajoc@orienteering.or.jp

■ Web Site & SNS

Web site: <https://orienteering.or.jp/joc/2025>

X: <https://twitter.com/orienteeringJOC>

Instagram: <https://www.instagram.com/orienteeringjoc/>



JOA OFFICIAL

MERCHANDISE 2025 !

① Orienteering Zip Shirt

SiGN
sign yourself



① Orienteering Zip Shirt

<http://www.kitahefu.com/en/JOA010.html>

The official orienteering shirt of Japan Orienteering Association (JOA).

It features Japanese traditional pattern, cherry blossom and 5 partner's logos of JOA. Manufacturer is SIGN.

Price : 65.00 USD

② Orienteering 3/4 Pants

SiGN
sign yourself



② Orienteering 3/4 Pants

<http://www.kitahefu.com/en/JOA011.html>

The official orienteering 3/4 pants of JOA.

It features cherry blossom.

Manufacturer is SIGN.

SIGN was founded in 2013, then growing rapidly by its stylish and functional products. National ski orienteering team of Japan, foot orienteering team of Finland, Romania, Ukraine, Poland, Portugal, Iceland, North Macedonia wear SIGN shirt.

Price : 65.00 USD

③ Performance Polo

SiGN
sign yourself



③ Performance Polo Shirt

<http://www.kitahefu.com/en/JOA012.html>

The official performance polo shirt of JOA, features the same design as the zip shirt.

This polo is made by breathable and super light material, its useful for every sports opportunities.

Manufacturer is SIGN.

Price : 65.00 USD

SALMING Running Shoes 50%~ OFF !
on kitahefu.com/en !
(valid through 31th Dec 2025)



Coupon Code

JOC2025

JOA Official Merchandise are available on kitahefu.com/en and **SALMING Store TOKYO !**

 **Kitahefu.com**

SALMING.
no nonsense.

■SALMING Store TOKYO
〒115-0051 Ukima 2-24-7 2F, Kitaku, Tokyo
www.kitahefu.com/en/salming-store-tokyo-english.html
Three minutes walk from Ukima Funado station
(JR Saikyo Line)

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