



IOF World Ranking Event (M/W21E)
Asian Cup

JAPAN Orienteering Championships 2026

Bulletin 1.1

30/6/2026 (Ver. 1.0)

11/7/2026 (Ver. 1.1)

P.10 CocoHeli fee



October 31, 2026 Middle Distance
November 1, 2026 Long Distance

Arena

Nakayama Kogen Camping ground, Miasa

Omachi City, Nagano Prefecture

→Google Maps (<https://maps.app.goo.gl/KCeCjk2pxXA146y27>)

Event Organizer Japan Orienteering Association (JOA)

Course Planner (Middle) ----- Kojiro Wada
Course Planner (Long) ----- Toshiyuki Matsuzawa
Event Director ----- Katsuya Yuki
Event Secretary ----- Yu Tanaka
Technical Director ----- Yutaro Miyanishi
IOF Event Adviser ----- Tsutomu Yoshida
National Controller ----- Tsutomu Yoshida, Koji Kashimada, Ryoki Nagaoka

JOA Official Partners



General Information

■ Access to Arena

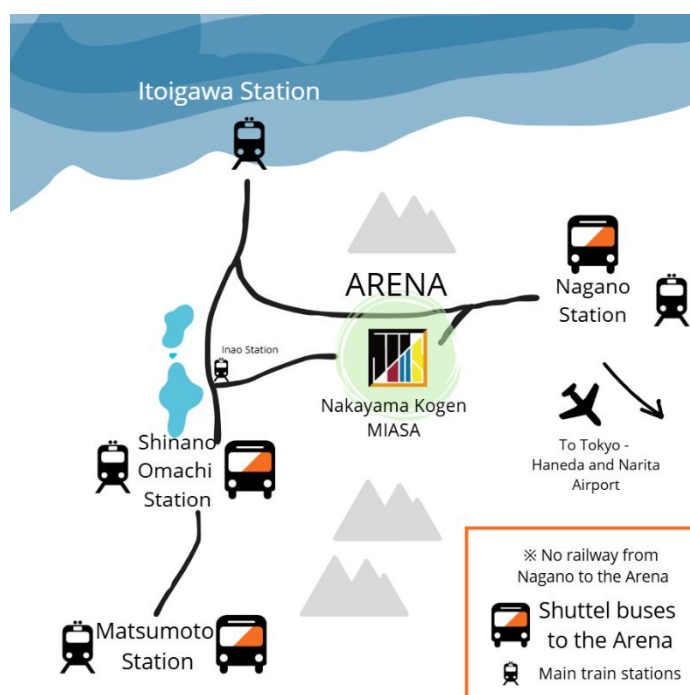
➤ By Car

You can use the parking lot near the arena (about 25-minute walk)

➤ By Shuttle Bus

Shuttle Bus departs from Nagano Sta. (Hokuriku Shinkansen), Matsumoto Sta. and Shinano Omachi Sta. (JR Oito Line)

Note: Bus reservation needs to be made when entering the competition. The arena is about a 10-minute walk from the drop-off point.



■ Shuttle Bus Information

➤ Shuttle reservation

Bus reservations must be made online via Japan-O-entrY website. Go to the **Entry** tab to book your seat.

➤ Bus Fare (JPY/day)

	Matsumoto ・ Nagano Sta.		Shinano Omachi Sta.	
	One way	Round trip	One way	Round trip
Adult	2,000	4,000	1,000	2,000
Under 12 years old	1,000	2,000	500	1,000
Under 6 years old	free	free	free	free

➤ Shuttle Bus Schedule

➤ Official event shuttles will run from Matsumoto Station (via Shinano-Omachi Station) and Nagano Station to the venue (fee applies).

➤ Scheduled Departure times

Route 1 Matsumoto & Shinano Omachi	Outbound			Return		
	Matsumoto Sta.	Shinano Omachi Sta.	Arena	Arena	Shinano Omachi Sta.	Matsumoto Sta.
10/31 (Sat) Middle	7:10	8:10	8:25	13:30	13:45	14:45
	8:00	9:00	9:15	14:30	14:45	15:45
	9:50	10:50	11:05	16:00	16:15	17:15
11/1 (Sun) Long	6:45	7:45	8:00	13:30	→	14:45
	8:15	9:15	9:30	14:30	→	15:45
				16:00	→	17:15

Route 2 Nagano	Outbound			Return		
	Nagano Sta.	→	Arena	Arena	→	Nagano Sta.
10/31 (Sat) Middle	7:50	→	8:50	13:30	→	14:30
				15:45	→	16:45
11/1 (Sun) Long	6:45	→	7:45	13:30	→	14:30
				15:45	→	16:45

■ Accommodation

The organization will not arrange for accommodation, but we recommend finding an accommodation in the vicinity of Omachi City, where the event will be held.

For more accommodation information, check the Omachi City Tourism Association website or inquiry them at +81-261-22-0190

[信濃大町ナビ-泊まる](#)

Race Information

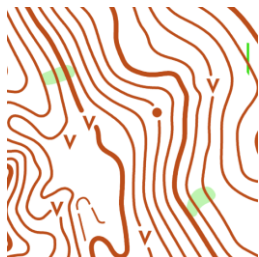
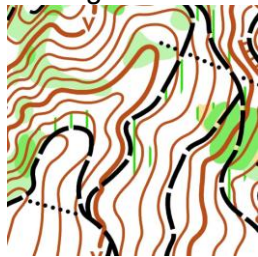
■ Schedule

	October 30th Middle Distance	November 1st Long Distance
Arena → Starting point	About 30 min	About 15 min
First start	10:00	9:00
Course closure	15:00	14:45
Maximum running time	90 min	180 min

※Important Note Regarding maximum running time

Competitors must cross the finish line or contact event staff within maximum running time if not completing the race. If we cannot confirm your return or contact you, you will immediately be classified as a missing person, and a search will begin.

■ Mapping

	Middle distance	Long distance
Map scale (WRE Class)	1:10000	1:15000
Map scale (non-WRE)	1:7500-1:10000	1:7500-1:15000
Contour interval	5 m	
Specification	ISOM2017-2 Revision 6	
Previous versions	New map made for this race	
Map sample (200x200m ²)	Middle distance  Long distance 	
Punching system	SPORTident system (SI Card) ¹	

¹: SI-card: You can use your own SI-card (SI-Air+ system NOT supported)

■ Classes

➤ **Middle Distance** (10/31 Saturday)

Maximum running time: 90 minutes

MEN ※Women can participate						WOMEN ※Men can participate only in WA Class						Requirement
Class	Win time [min]	Distance [km]	Scale [1:]	Level ²	Course	Class	Win time [min]	Distance [km]	Scale [1:]	Level	Cours e	
Elite												
M21E	35	5	10000	6	31	W21E	35	4	10000	6	33	Qualified athletes
M20E	25	3	10000	6	32	W20E	25	3	10000	6	34	Qualified athletes
Main Classes: Registration required (Advanced competitors only)												Age ³
M21A	35	4	10000	6	35,36	W21A	35	3.5	10000	6	38	19-y.o.
M21AS	35	4	10000	6	37	W21AS	35	3	7500	6	39	21-y.o.
M35A	35	4	10000	6	37	W35A	30	3	7500	6	39	35-y.o.
M40A	35	4	10000	6	37	W40A	30	3	7500	6	39	40-y.o.
M45A	35	4	10000	6	37	W45A	35	3	7500	6	39	45-y.o.
M50A	35	4	10000	6	37	W50A	35	3	7500	6	39	50-y.o.
M55A	35	3.5	10000	6	38	W55A	35	3	7500	6	39	55-y.o.
M60A	35	3.5	10000	6	38	W60A	30	2.5	7500	6	40	60-y.o.
M65A	30	3	7500	6	39	W65A	35	2.5	7500	6	40	65-y.o.
M70A	35	3	7500	6	39	W70A	30	1.5	7500	6	41	70-y.o.
M75A	35	2.5	7500	6	40	W75A	40	1.5	7500	6	41	75-y.o.
M80A	30	1.5	7500	6	41	W80A	30	1	7500	6	42	80-y.o.
M85A	35	1.5	7500	6	41	W85A	30	1	7500	6	42	85-y.o.
M90A	30	1	7500	6	42	W90A	35	1	7500	6	42	90-y.o.
M95A	35	1	7500	6	42	W95A	45	1	7500	6	42	95-y.o.
M20A	23	3	10000	5	43	W20A	23	2	10000	5	44	16-20y.o.
M18A	25	3	10000	5	43	W18A	25	2	10000	5	44	13-18y.o.
M15A	25	2	7500	4	46	W15A	30	2	7500	4	46	11-15y.o.
M12	20	2	7500	3	48	W12	20	2	7500	3	48	-12y.o.
M10	20	2	7500	2	49	W10	20	2	7500	2	49	-10y.o.

Open Registration not required A: Advanced B: Intermediate C: Beginner N: Absolute Beginners													
MA	25	3	10000	5	43	WA	25	2	10000	5	44	-	
MBL	35	4	10000	4	45	WBL	40	4	10000	4	45	-	
MBS	25	2	7500	4	46	WBS	30	2	7500	4	46	-	
MCL	35	3.5	10000	3	47	WCL	40	3.5	10000	3	47	-	
MCS	20	2	7500	3	48	WCS	20	2	7500	3	48	-	
MN	20	2	7500	2	49	WN	20	2	7500	2	49	-	

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

³ Age: Your age on March 31, 2027

➤ **Long Distance** (11/1 Sunday)

Maximum running time: 180 minutes

MEN ✖ Women can participate						WOMEN ✖ Men can participate only in WA Class						Requirement
Class	Win time [min]	Distance [km]	Scale [1:]	Level ²	Course	Class	Win time [min]	Distance [km]	Scale [1:]	Level	Course	
Elite												
M21E	90	12	15000	6	1	W21E	90	10	15000	6	3	Qualified athletes
M20E	70	8	15000	6	2	W20E	70	7	15000	6	4	Qualified athletes
Main Classes: Registration required (Advanced competitors only)												Age ³
M21A	80	9	15000	6	5,6	W21A	80	7	15000	6	7	19-y.o.
M21AS	60	6	10000	6	8	W21AS	60	5	10000	6	9	21-y.o.
M35A	65	7	15000	6	7	W35A	65	6	10000	6	8	35-y.o.
M40A	65	7	15000	6	7	W40A	60	5	10000	6	9	40-y.o.
M45A	70	7	15000	6	7	W45A	60	5	10000	6	9	45-y.o.
M50A	50	5	10000	6	9	W50A	50	4	10000	6	10	50-y.o.
M55A	50	5	10000	6	9	W55A	55	4	10000	6	10	55-y.o.
M60A	50	5	10000	6	9	W60A	50	3.5	7500	6	11	60-y.o.
M65A	45	4	10000	6	10	W65A	45	2.5	7500	6	12	65-y.o.
M70A	50	4	10000	6	10	W70A	55	2.5	7500	6	12	70-y.o.
M75A	50	3.5	7500	6	11	W75A	55	2	7500	6	13	75-y.o.
M80A	40	2	7500	6	13	W80A	40	1	7500	6	14	80-y.o.
M85A	50	2	7500	6	13	W85A	45	1	7500	6	14	85-y.o.
M90A	40	1	7500	6	14	W90A	50	1	7500	6	14	90-y.o.
M95A	45	1	7500	6	14	W95A	60	1	7500	6	14	95-y.o.
M20A	55	5	10000	5	15	W20A	55	4	10000	5	16	16-20y.o.
M18A	60	5	10000	5	15	W18A	60	4	10000	5	16	13-18y.o.
M15A	40	3	10000	4	18	W15A	50	3	10000	4	18	11-15y.o.
M12	20	2	7500	3	20	W12	20	2	7500	3	20	-12y.o.
M10	20	2	7500	2	21	W10	20	2	7500	2	21	-10y.o.

Open Registration not required A: Advanced B: Intermediate C: Beginner N: Absolute Beginners													
MA	55	5	10000	5	15	WA	55	4	10000	5	16	-	
MBL	50	5	10000	4	17	WBL	55	5	10000	4	17	-	
MBS	40	3	10000	4	18	WBS	45	3	10000	4	18	-	
MCL	50	5	10000	3	19	WCL	55	5	10000	3	19	-	
MCS	20	2	7500	3	20	WCS	20	2	7500	3	20	-	
MN	20	2	7500	2	21	WN	20	2	7500	2	21	-	

Note: ONLY WRE Classes(M/W21E):

*Athletes must provide an IOF ID. Visit IOF Eventor to find or create your ID, then enter it during online registration.

■ Embargoed Area

You can check the embargoed area at the following URL.

[JOCML Embargo Area 2026](#)

It is prohibited to orienteer within the area marked with purple on the map before the competition without the organizer's permission.

■ Terrain Information

➤Overview: the race will be held in the forested area around Nakayama Highlands. Part of the course used for the middle-distance race includes an area that was once a ski resort.

➤Terrain: The area features large landforms with limited micro-terrain, though some steep slopes are present. Shallow depressions are scattered throughout the venue.

➤Vegetation: Runnability is generally good, though some areas feature poor visibility and reduced runnability.

➤Paths and Other features: The long-distance course area features numerous logging roads in some sections. Not many rivers, crags and rocky grounds.

➤Special notes: ticks and bears are known to inhabit the area

■ Equipment

Mandatory Equipment for ALL participants

- **Bear Bell** (due to bears in the area)
- **CocoHeli** (due to safety for over 70 years old competitors)

No regulations regarding clothing and shoes. But the following items or clothing are recommended:

- Insect Repellant Spray Containing DEET
- Long Sleeves and Pants (due to ticks in the area)
- Whistle (to use in emergencies)

The use of GPS (GNSS) devices with on-screen maps or distance displays is **prohibited**. However, you may carry the device if the screen is taped over or modified so that these displays cannot be seen.

■ Climate and Hazards

The following table shows historical records for the past 30 years for October 31-November 1 at the Omachi observatory near the site of this competition (784m elevation).

Arena elevation	800-1000m
Average temperature(°C)	8.8
Maximum temperature(°C)	15.2
Minimum temperature(°C)	3.6
Precipitation days (in 60days)	19

■ Model Event

No model event will be held at the competition.

Entry And Fees

Entry is online, on the website Japan-O-entrY.

■ Web Site (Japan-O-entrY)

- October 31, 2026 Middle Distance: <https://japan-o-entry.com/event/view/2437>
- November 1, 2026 Long Distance: <https://japan-o-entry.com/event/view/2438>

Note: This entry system is written **ONLY** in Japanese. If you need instructions on how to use it, please visit the 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 the following URL.

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

■ Entry Deadlines

Fees	Entry Deadline	Payment Deadline
Early Entry	September 11	September 14
Late Entry	October 11	October 13

■ Entry Fees Note:

All prices are in Japanese Yen (JPY).

Classes	Adult		University student ¹		18 and younger ²	
	Middle	Long	Middle	Long	Middle	Long
Elite Classes	7,000	8,000	4,500	5,000	3,000	3,500
Advanced Classes	6,500	7,000	3,500	4,000	2,500	2,500
Open Classes (MA/WA)	6,500	7,000	3,500	4,000	2,500	2,500
Open Classes (Except for the above)	2,000	2,000	2,000	2,000	1,500	1,500
Late Entry	+1,000/race					
SI-card Rental	+400/race					
CocoHeli ³ (Mandatory for over 70 years old)	+1,100/pc (for 2days)					

¹ Any student of any University degree, vocational school, high school 19-28 y.o.

²Age: Your age on March 31, 2027

³Cocoheli: A mountain rescue beacon service that helps rescuers quickly locate lost or injured hikers. If you want to know the details, please visit the website below.

<https://ridgelineimages.com/equipment/cocoheli-why-i-became-a-member/>

■ 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 website (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 IOF Anti-Doping Rules and the World Anti-Doping Code. By entering the event, all participants—including competitors under the age of 18—agree to comply with the Japan Anti-Doping Code and to undergo doping control procedures. For competitors under 18, entry into this event constitutes parental or legal guardian consent.

Prohibited substances or methods may be used under a Therapeutic Use Exemption (TUE), provided it is granted through the prescribed procedure in advance. TUE applications must be submitted at least 30 days prior to the event.

■ Visa

Please ask your nearest Japanese embassy for further details or visit the 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://www.orienteering.or.jp/joc/2026/>

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

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