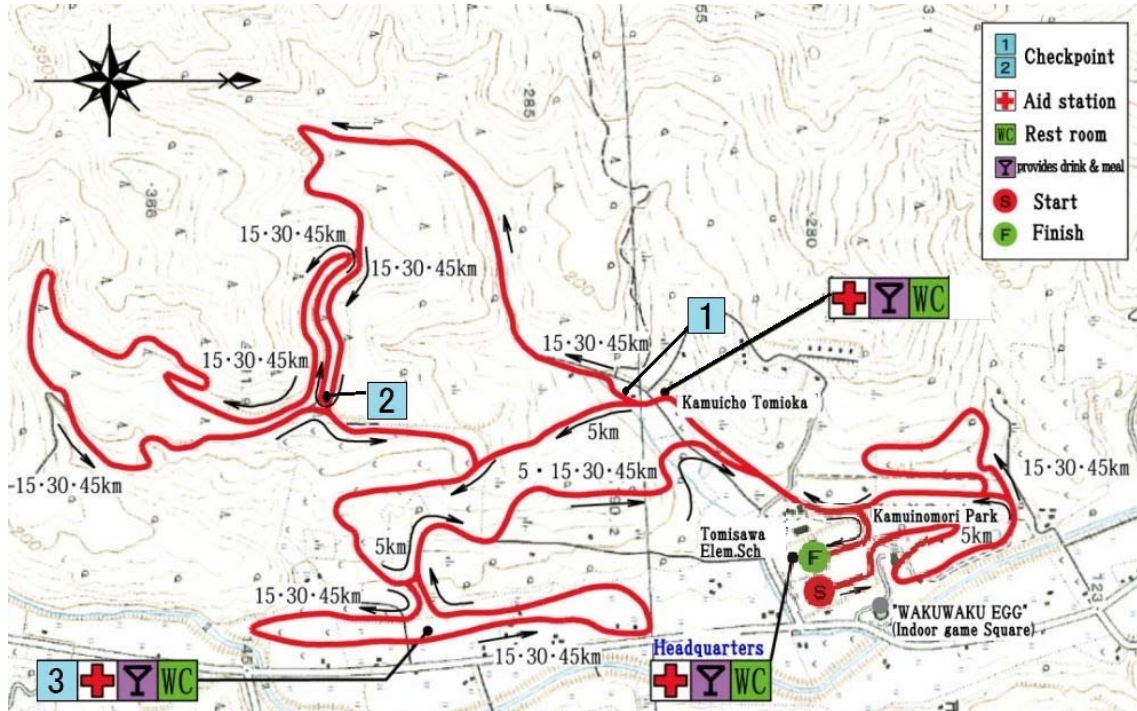


COURSE GUIDANCE [CROSS COUNTRY SKIING]

Tomisawa course



1 lap 15Km
2 lap 30Km
3 lap 45Km

Qualification

Cross country

Date: 10th March

Ages	Distance (Km)	Registration mark (For entry)		Start time
		Male	Female	
Age 16 and above	45	A	-	9:30
	30	B	G	
	15	-	H	
Ages 16 - 39	15	C	-	9:35
Ages 40 - 59		D	-	
Age 60 and above		E	-	
Age 40 and above	5	F	I	9:40
Ages 13 -15		J	K	
Ages 7 - 9		L	N	
Ages 10 - 12		M	O	

* Skiers should be healthy and be able to finish within the time limit.

Team sprint

Date: 11th March

Ages	Distance (Km)	Registration mark (For entry)		Start time
		Male	Female	
Age 19 and above	1.2each (total 2.4)	S	T	10:00
Ages 16 - 18		U	V	
Ages 13 - 15		W	X	
Ages 7 - 9		Y		
Ages 10 - 12		Z		

* Skiers should be healthy and be able to finish within the time limit.

* All teams should be at the reception in Tomisawa area by 9:00 where drawing for the starting lane will be done.

* Winner would be decided by tournament.

Registration Fee (JPY)

Ages 19 - 69	3,000
Age 70 and above	2,500
Ages 16 - 18	2,000
Ages 13 - 15	1,500
Ages 7 - 12	700
Team sprint age 16 and above	3,000/team
Team sprint ages 7-15	1,000/team

- * No refunds available.
- * No changes can be made to your registration.
- * Additional handling fee may be charged.
- * Injury premium included.

Starting Area (Cross country)

The first 30 skiers registered for 45km(Male)and the first 15 skiers registered for 30km(Female) have priority in the starting area. Skiers who have FIS points may also have priority. Please let us know your FIS ID upon registration.

Time Limits (Cross country)

The goal closes at 15:30 for all races. There will be no record if you finish after 15:30.

*45km skiers (male only)...In case you do not start the 3rd lap by 13:30 or pass the 3rd checkpoint of the 3rd lap by 15:00, you need to retire from the race. (Diploma will be issued with the record of 30km).

*30km female skiers...In case you do not pass the 3rd checkpoint of the 2nd lap by 15:00, you need to retire from the race. (Diploma will be issued with the record of 15km).

Techniques

Freestyle technique, but skating is prohibited for the first 50 meters (20 meters for team sprint).

Recording (Cross country)

A recording chip will be provided to all skiers.

Please attach it to your ankle with Velcro. There would be no recording if you do not wear it.

After the race, please return it to a staff.

*Skiers would be asked for compensation in case the chip is lost.

Awards

Cross country

Medal and/or prize will be presented to 1st-6th place skiers.

Diploma will be issued on site for those who finishes.

*We do not mail the diploma after the race.

Team sprint

Medal and/or prize will be presented to 1st-3rd place teams.

Others

*Please report to the officials or staffs in case you are abstaining from the race.