

## 39th VASALOPPET JAPAN Guideline

WHEN?	9th March, 2019
WHAT?	Cross country (free style) 10th March, 2019 Team Sprint (2skiers / team)
WHERE?	Tomisawa area, Asahikawa, Hokkaido *see "ACCESS" page for map
WHO?	See "Category" table
HOW?	To register...Email us with information below <b><a href="mailto:vasa@city.asahikawa.hokkaido.jp">Email: vasa@city.asahikawa.hokkaido.jp</a></b> 1. Your place of living (address) 2. Date of birth (YYMMDD) 3. Age (on VASALOPPET day) 4. Registration mark (see "Category" table) *feedback will be given to complete registration  Much cost...See " <i>Registration Fee</i> " table

### !!ATTENTION!!

1. All skiers should be healthy and able to finish before time limit.
2. No refunds.
3. No changes after registration.

### !!NOTICE!!

1. Registration closes 8th Feb.
2. Sorry, no baggage drop.
3. Your photo and information may be on VASALOPPET Japan printings and media.

# Category

## Cross Country Free style

*\*no skating first 50 meters*

*\*Goal close 15:30*

*\*Chip with velcro to be attached to your ankle, return after race*

Male	Distance / Start	Age	Registration mark
	45km* / 9:30	16 and above	A
	30km / 9:30	16 and above	B
	15km / 9:35	16 - 39	C
		40 - 59	D
		60 and above	E
	5km / 9:40	40 and above	F
		13 - 15	J
		10 - 12	M
7 - 9		L	
*45km time limit: Pass 30km by 13:30, pass 3rd checkpoint of 3rd lap by 15:00			
Female	Distance / Start	Age	Registration mark
	30km* / 9:30	16 and above	G
	15km / 9:35	16 and above	H
	5km / 9:40	40 and above	I
		13 - 15	K
		10 - 12	O
		7 - 9	N
*30km time limit: Pass 3rd checkpoint of 2nd lap by 15:00			

Registration Fee (JPY) (includes injury premium)	
Age	Fee (JPY)
70 and above	2,500
19 - 69	3,000
16 - 18	2,000
13 - 15	1,500
7 - 12	700

# Team sprint

\*2skiers, 1.2km each, Tournament

\*no skating first 20 meters

\*all teams to be at the reception by 9:00 for drawing

\*Starts 10:00

Age	Registration mark		Registration fee (JPY) (includes injury premium)
	Male	Female	
19 and above	S	T	3,000 / Team
16 -18	U	V	
13 - 15	W	X	
10 - 12	Z		1,000 / Team
7 - 9	Y		