

40th VASALOPPET JAPAN Guideline

WHEN?	7th March, 2020
WHAT?	Cross country (race, free style) 8th March, 2020 Cross country (fun, free style) Miniloppet (for kids age 9 and under) Super Sprint (100m or 75m)
WHERE?	Kitasaito area, Asahikawa, Hokkaido *see "ACCESS" page for map
WHO?	See "Category" table
HOW?	To register...Email us with information below Email: vasaloppet.japan@gmail.com 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 "Registration Fee" column

!!ATTENTION!!

1. All skiers should be healthy enough to ski their category.
2. No refunds.
3. No changes after registration.

!!NOTICE!!

1. Registration closes 7th Feb.
2. Sorry, no baggage drop.
3. Your photo and information may be on VASALOPPET Japan printings and media.

Category

Cross Country (race)

**no skating first 50 meters*

**Goal close 16:00*

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

Distance	Age	Registration mark		Registration fee	Start	
		male	female			
51km	16 and above	A	B	JPY 4,500 (2,500 for age 70 and above)	9:30	
Time limit for 51km skiers: start 3rd lap by 14:00, and pass 46km by 15:30.						
17km	16-59	C	-	JPY 3,500 (2,500 for age 70 and above)	9:35	
	60 and above	D	-			
	16 and above	-	E			
6.8km	16 and above	F	G	JPY 3,000 (2,500 for age 70 and above)	9:40	
	13-15	H	I			JPY 2,000
	7-12	J	K			JPY 1,000

Cross Country (fun)

**no skating first 50 meters*

**Goal close 14:00*

Distance / Registration Mark / Start	Age	Registration fee
11km / L / 10:00 4.5km / M / 10:05	19 and above	11km JPY 3,000 (2,000 for age 70 and above) 4.5km JPY 2,500 (1,500 for age 70 and above)
	16-18	11km JPY 1,500 4.5km JPY 1,000
	7-15	11km JPY 1,000

		4.5km JPY 500
	6 and under	free

Miniloppet

**no skating first 50 meters*

Distance / Registration Mark / Start	Age	Registration fee
1km / N / 10:15	7-9	JPY 300
	6 and below	free
	leader	JPY 300

Super Sprint

**max skiers 16 / category*

**4 skiers / group*

**no time recording*

**no skating zone to be set*

Distance	Age	Registration mark		Registration fee	Start
		male	female		
100m	16 and above	O	P	JPY 500	10:00
	13-15	Q	R		
75m	10-12	S	T		
	7-9	U			