

45th VASALOPPET JAPAN Guideline

WHEN?	8th March, 2025
WHAT?	Cross country (race, free style) 9th March, 2025 Cross country (fun, free style)
WHERE?	Kitasaito area, Asahikawa, Hokkaido See " Course Map"
WHO?	See "Category" table
HOW?	To register...Email us with information below <i>Email: vasaloppet.japan@gmail.com</i> 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> " column

!!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 12th 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 20 meters*

**Goal close 15:00*

**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	-	JPY 5,500 (3,500 for age 70 and above)	9:00
34km	16 and above	-	B	JPY 5,000 (3,500 for age 70 and above)	
Time limit for 51km skiers: start 3rd lap by 13:00, and pass 46km by 14:30. Time limit for 34km skiers: start 2nd lap by 13:00, and pass 29km by 14:30.					
17km	16-59	C	-	JPY 4,500 (3,500 for age 70 and above)	9:05
	60 and above	D	-		
	16 and above	-	E		
8km	16 and above	F	G	JPY 4,000 (3,500 for age 70 and above)	9:10
	13-15	H	I		
	7-12	J	K		

Cross Country (fun)

**No skating first 20 meters*

**Goal close 14:00*

Distance	Age	Registration mark	Registration fee	Start
11km	19 and above	L	JPY 4,000 (3,000 for age 70 and above)	10:00
	16-18		JPY 2,500	
	7-15		JPY 1,500	
	6 and under		free	
4.5km	19 and above	M	JPY 3,500 (2,500 for age 70 and above)	10:05
	16-18		JPY 2,000	
	7-15		JPY 1,000	
	6 and under		free	

Course Map



※大会両日、気象条件などによりコースが一部変更になる場合があります。