# 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 registerEmail 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 costSee "Registration Fee" column					

#### **!!ATTENTION!!**

- All skiers should be healthy and able to finish before time limit.
- 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

# Category

## Cross Country (race)

\*No skating first 20 meters

\*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	Α	-	JPY 5,500	9:00		
				(3,500 for age 70 and above)			
34km	16 and above	-	В	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	С	-	JPY 4,500	9:05		
	60 and above	D	-	(3,500 for age 70 and above)			
	16 and above	-	E				
8km	16 and above	F	G	JPY 4,000	9:10		
				(3,500 for age 70 and above)			
	13-15	Н	I	JPY 2,500			
	7-12	J	K	JPY 1,500			

### Cross Country (fun)

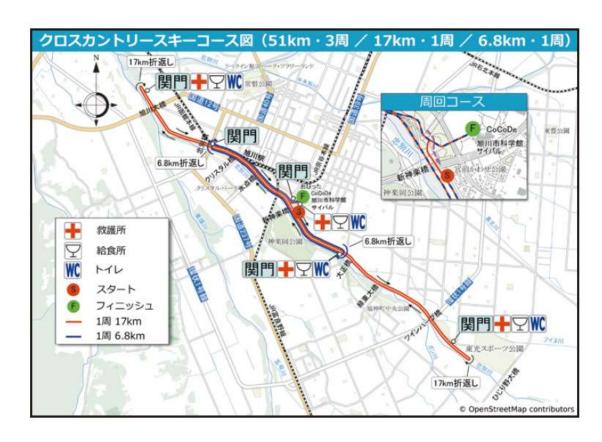
\*No skating first 20 meters

\*Goal close 14:00

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

<sup>\*</sup>Goal close 15:00

## 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。