



JAPAN

XTERRA JAPAN 2023 Nenouekogen

Race/Event Category/ Distance/ age requirement/ Time limit/ Capacity:

2023/5/19(Fri) Day1

Race/Event	Distance	age requirement	Time limit	Capacity
XTERRA University	Training session	10 years old and above		20

2023/5/20(Sat) Day2

Race/Event	Distance	age requirement	Time limit	Capacity
Kids	S:200m/M:4km/R:2km	10 to 15 years old	2 hours	50
Sprint	S:200m/M:6km/R:2km	ages 16 and above	2 hours	100
Light	S:600m/M:10km/R:4km	ages 16 and above	3 hours	100
e-bike XTERRA	S:600m/M:10km/R:4km	ages 16 and above	3 hours	20
Relay	S:600m/M:10km/R:4km	ages 16 and above	3 hours	20
Light Duathlon	R:1km/M:10km/R:4km	ages 16 and above	3 hours	100
Light Aquathlon	S:600m/R:4km	ages 16 and above	2 hours	100

S=Swim / M=MTB / R=Trail Running

2023/5/21(Sun) Day3

*Receive the race kit the day before [required]

*XTERRA JAPAN 2023 Nenouekogen Full distance is NOT a slot race of the world championship.

Race/Event	Distance	age requirement	Time limit	Capacity
(New!) Long Distance	S:2,000m/M:60km/R:20km	ages 16 and above	9hours	50
Full distance	S:1,500m/M:25km/R:10km	ages 16 and above	8 hours	200
Duathlon	R:2km/M:25km/R:10km	ages 16 and above	7 hours45 minutes	100
Aquathlon	S:2,000m/R:10km	ages 16 and above	5hours	100
Open Water Swim	S:2,000m	ages 16 and above	2 hours	100

S= Swim / M=MTB / R=Trail Running

2023/5/22(Mon) Day4

Race/Event	Distance	age requirement	Time limit	Capacity
Volunteer Walk	3km			20
(New!) Volunteer Run	5km			20
(New!) Volunteer Bike	15km			20

*Distance may vary slightly depending on course maintenance.

*Healthy men and women who have participated in XTERRA or similar competitions. Or those who have the physical strength to finish the race.

*If you have a handicap, please contact the secretariat.

* 16 years old or older, kids are 10 to 15 years old

Event schedule:

2023/5/19(Fri) Day1

- 13:30-16:00 Receive race kit (all categories)
- 13:30 XTERRA University reception
- 14:00-16:00 XTERRA University

2023/5/20(Sat) Day2

- 7:30 Parking lot open
- 8:00-10:00 Receive Day2 race kit
- 9:00-16:00 Receive Day3 race kit
- 8:00-12:00 Transition open
- 8:00-16:00 Xterra EXPO
- 8:00-10:00 Test run/ride course opened(Short course)
- 9:00-16:00 Test run/ride course opened(Long course)
- 11:00-11:30 Race briefing
- 12:00-14:00 Kids
- 12:00-14:00 Sprint
- 13:00-16:00 Light
- 13:00-16:00 e-bike XTERRA
- 13:00-16:00 Relay
- 13:00-16:00 Light Aquathlon
- 13:05-16:00 Light Duathlon
- 15:00-17:00 Awards ceremony

2023/5/21(Sun) Day3

- 5:30 Parking lot open
- 06:00-8:30 Transition open
- 08:00-17:00 Xterra EXPO
- 08:00-08:30 Race briefing
- 9:00-17:00 Full distance
- 9:00-18:00 Long Distance
- 9:00-14:00 Aquathlon
- 9:00-11:00 Open Water Swim
- 9:15-17:00 Duathlon
- 11:00 T1 closed (swim cutoff)
- 11:00 Open water swim course closed (time limit)
- 14:00 Aquathlon course closed (time limit)
- 15:00 T2 closed (MTB cutoff)
- 18:00 Course closed (time limit)
- 16:30-19:30 Awards ceremony

2023/5/22(Mon) Day4

- 09:00-13:00 Volunteer Walk/Run/Bike

*Schedule is subject to change due to weather and course conditions.

*Please be sure to attend the race briefing.

Application period:

1: Early bird:2022/12/1 to 2022/12/15

2: Regular entry: 2022/12/16 to 2023/3/31

3: Late entry:2023/4/1 to 2023/4/30

* Recruitment will end as soon as each capacity is reached, and the period may change.

Entry fee:

2023/5/19(Fri) Day1

Race/Event	Early bird	Regular	Late
University	9,350JPY	11,000JPY	13,200JPY
XTERRA University Kids	4,670JPY	5,500JPY	6,600JPY

2023/5/20(Sat) Day2

Race/Event	Early bird	Regular	Late
Kids	5,610 JPY	6,600 JPY	7,920 JPY
Sprint	13,090 JPY	15,400 JPY	18,480 JPY
Light	14,960 JPY	17,600 JPY	21,120 JPY
e-bike XTERRA	14,960 JPY	17,600 JPY	21,120 JPY
Relay	35,530 JPY	41,800 JPY	50,160 JPY
Light Duathlon	14,960 JPY	17,600 JPY	21,120 JPY
Light Aquathlon	10,290 JPY	12,100 JPY	14,520 JPY

2023/5/21(Sun) Day3

Race/Event	Early bird	Regular	Late
Long Distance	33,745 JPY	39,700 JPY	47,640 JPY
Full distance	25,245 JPY	29,700 JPY	35,640 JPY
Duathlon	24,310 JPY	28,600 JPY	34,320 JPY
Aquathlon	14,960 JPY	17,600 JPY	21,120 JPY
Open Water Swim	10,290 JPY	12,100 JPY	14,520 JPY

2023/5/22(Mon) Day4

Race/Event	Early bird	Regular	Late
Volunteer Walk	Free/T-shirt present	Free/T-shirt present	Free/T-shirt present
Volunteer Run	Free/T-shirt present	Free/T-shirt present	Free/T-shirt present
Volunteer Bike	Free/T-shirt present	Free/T-shirt present	Free/T-shirt present

Application note:

* A system reception fee will be added at the time of entry according to the rules of the entry system.

*Please submit the "Participation Pledge" and "Health Check Sheet" when you receive the race kit.

* Cancellation after payment is not accepted for any reason. (Including cancellation due to organizer's convenience)

*Do not accept registrations on the day of the event.

* Universities are attended by adults and children at the same time.

VIP Entry

Entry fee: 100,000JPY

Application period: 2022/12/1 to 2023/4/30

Services included with VIP entry:

- 1: You can enter all the events you can participate in. (XTERRA full distance + university + e-bike XTERRA, XTERRA sprint, etc.)
- 2: VIP parking lot
- 3: VIP Registration Reception on the day of the race kit
- 4: VIP seats at the awards ceremony venue
- 5: MTB VIP storage
- 6: VIP Mechanic Maintenance Service
- 7: Free bike wash service

Basic rule:

It is a special place where you cannot run without permission. Love and cherish nature.

Do not disturb the nature of the course, regardless of whether it is training or a race.

During training and races, ride so as not to disturb hikers.

Be careful about injuries and accidents during training and racing. Participate at your own risk.

Competition rules:

Comply with all laws and regulations and follow the rules of the competition and the instructions of the officials. In addition, in the event of injury or death due to some kind of accident during the competition (including during the holding of incidental events), I, my relatives, etc. will not hold any responsibility to the organizer and related parties. Furthermore, the management of personal belongings etc. during the competition (including during the holding of incidental events) is the responsibility of the participant.

I agree that my portrait, name, address, age, competition history, etc. will be used in all advertisements related to the Games, as well as news and information media, and accompanying printed materials and videos produced by the organizers and governing sports organizations. •We consent to commercial use by information media. If the participant is under the age of 18, please apply with the consent of the parent or guardian.

Cancellation after application for personal reasons is not possible. Please note that the participation fee cannot be refunded in the event of reduction or cancellation due to natural disasters, incidents, accidents, etc.

Substitutions of players are not permitted.

Compete safely in accordance with the Tournament Guidebook and Rulebook.

Awarded:

Full distance: 1st place overall for men and women

Full distance: 1st to 3rd place in 5-year increments for men and women

Long distance: 1st to 3rd place for men and women in 5 year increments

Duathlon: Men's and women's 1st-3rd place

Aquathlon: Men's and women's 1st-3rd place

Open water swim: Men's and women's 1st-3rd place

Kids: 1st to 3rd place men and women by age

Sprint: 1st to 3rd men and women

Light: 1st to 3rd men and women

e-bike Xterra: 1st to 3rd men and women

Relay: 1st-3rd place

Light duathlon: Men's and women's 1st to 3rd place

Light Aquathlon: Men's and Women's 1st to 3rd place

Registration:

XTERRA JAPAN Official web

<http://www.xterrajapan.com/>

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