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JAPAN



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JAPAN TRAIL RUN

### Recruitment requirements

XTERRA JAPAN 2024 Nenouekogen

XTERRA JAPAN Trail Run 2024 Nenouekogen

●XTERRA JAPAN 2024 Nenouekogen is a qualifying race for the XTERRA World Championship.

●XTERRA JAPAN Trail Run 2024 is a qualifying race for the XTERRA Trail Run World Championship.

**Race/Event Category/ Distance/ age requirement/ Time limit/ Capacity:****●2024/5/18(Sat)**

\*Race kit can be received on the day

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

Category	Distance	Age requirement	Time limit	Capacity
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	8hours	200
Duathlon	R:2km/M:25km/R:10km	Ages 16 and above	7 時間 45 分	50
Kids	S:200m/M:4km/R:2km	10 to 15 years old	2 hours	50
Light	S:600m/M:10km/R:4km	Ages 16 and above	3 hours	100
Light Duathlon	R:1km/M:10km/R:4km	Ages 16 and above	3 hours	50

**●2024/5/19(Sun)**

\*Race kit can be received on the day

Category	Distance	Age requirement	Time limit	Capacity
Trail Run 3K	3km	Ages 10 and above	2 時間	100
Trail Run 6K	6km	Ages 10 and above	2 時間	100
Trail Run 16K	16km	Ages 16 and above	3 時間 15 分	150
Trail Run Half Marathon 32K	32km	Ages 16 and above	6 時間 30 分	150
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\*Regarding qualifications, in principle, healthy men and women between the ages of 16 and over, kids between the ages of 10 and 15, who have experience participating in XTERRA or similar competitions, and who are physically fit to complete 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:**

## ●2024/5/17(Fri)

- 13:00-16:00 Receive race kit (all categories)
- 13:00-16:00 Course inspection (Trail run inspection is NOT possible)

## ●2024/5/18(Sat)

- 5:30 Parking lot open
- 06:00-08:00 Receive race kit (Full distance, Long distance, Duathlon)
- 06:00-10:00 Receive race kit (Kids, Light, Light duathlon)
- 06:00-16:00 Receive the race kit (Trail Run 3K, 6K, 16K, Half Marathon 32K)
- 06:00-8:30 Transition open
- 06:00-8:30 Course inspection/Swim inspection
- 06:00-18:00 Xterra EXPO
- 08:15-8:30 Race briefing (Full distance, Long distance, Duathlon)
- 9:00 Start Full Distance, Long Distance.
- 9:15 Start Duathlon.
- 10:15-10:30 Race briefing (Kids, Light, Light duathlon)
- 10:45 T1 closed (Swim cutoff/Full distance, Long distance)
- 11:00 Start Kids
- 11:00 Start Light
- 11:10 Start Light duathlon
- 12:00 T1 closed (Swim cutoff/ Kids, Light)
- 16:00 T2 Close (MTB Time Limit/Long Distance, Full Distance, Duathlon, Kids, Light, Light Duathlon) **\*Long distance must complete 4 laps at 14:00 before advancing to the final MTB lap.)**
- 17:00 Long distance run cut-off (You cannot proceed to the final lap unless you finish one lap at 17:00) **\*If you do not finish one lap at 17:00, you will not be able to proceed to the final run lap.)**
- 17:00 Course Closed (Time Limit/Full Distance, Duathlon, Kids, Light, Light Duathlon)
- 18:00 Course closing (Time limit/Long distance)
- 16:30-19:30 Awards ceremony

## ●2024/5/19(Sun)

- 5:00 Parking lot open
- 5:00-6:15 Pick up race kit (Half Marathon 32K, 16K)
- 5:00-7:15 Pick up race kit (3K, 6K)
- 6:15 Race Briefing Trail Run Half Marathon 32K, 16K
- 6:30 Start Trail run half marathon, 16K
- 7:15 Race Briefing Trail running 3K, 6K
- 7:30 Start Trail run 3K, 6K start
- 9:30 Time limit Trail run 3K, 6K
- 9:45 Time limit Trail run 16K
- 9:45 Trail run half marathon 32K Cutoff (You cannot proceed to the final lap unless you complete one lap by 9:45)
- 13:00 Time limit Half marathon 32K
- Award Ceremony (It will be held as soon as the ranking of the awardees is decided)

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

\*Please be sure to attend the race briefing.

**Registration period:**

- 1: Early bird:2023/11/1 to 2023/11/15  
 2: Regular entry: 2023/11/16 to 2024/3/15  
 3: Late entry: 2023/3/16 to 2023/4/10

\*Late entries are accepted by the secretariat

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

**Registration fee:**

●2024/5/18(18)

\*Late entries are accepted by the secretariat

Category	Early bird	Regular	Late
Long Distance	33,745 JPY	39,700 JPY	47,640 JPY
Full distance	27,795 JPY	32,700 JPY	39,240 JPY
Duathlon	24,310 JPY	28,600 JPY	34,320 JPY
Kids	5,610 JPY	6,600 JPY	7,920 JPY
Light	14,960 JPY	17,600 JPY	21,120 JPY
Light Duathlon	14,960 JPY	17,600 JPY	21,120 JPY

●2024/5/19(Sun)

\*Late entries are accepted by the secretariat

Category	Early bird	Regular	Late
Trail Run 3K	3,825 JPY	4,500 JPY	5,40 JPY
Trail Run 6K	5,100 JPY	6,000 JPY	7,200 JPY
Trail Run 16K	6,375 JPY	7,500 JPY	9,000 JPY
Trail Run Half Marathon 32K	7,650 JPY	9,000 JPY	10,800 JPY

**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" 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.

**Late entry:**

Please contact XTERRA JAPAN office via email during the registration period.

XTERRA JAPAN office: infoxterrajapan@gmail.com

**VIP Entry:**

Entry fee: 100,000JPY

Application period: 2023/11/1 to 2024/4/10

**Services included with VIP entry:**

- 1:You can enter all the events you can participate in.
- 2:VIP parking lot
- 3:MTB VIP storage
- 4:VIP Mechanic Maintenance Service
- 5: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.

**Rules for XTERRA JAPAN Trail Run:**

- \*Wear trail running shoes

Since there are places where bamboo forests and rocks are exposed, it is prohibited to run barefoot or in shoes that expose bare feet such as sandals.

- \*Use of stock poles

The use of stock poles is permitted, but please refrain from using them when there are many athletes, such as immediately after the start.

- \*Carry essential equipment

- Bear bell, emergency seat, headlight
- Sufficient water
- Sufficient supplementary food
- First aid kit (adhesive plasters, bandages, disinfectants, pain relievers, etc.)
- Smartphone/mobile phone

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

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

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

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

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

Trail Run 3K: Men's and women's 1st-3rd place

Trail Run 6K: Men's and women's 1st-3rd place

Trail Run 16K: Men's and women's 1st-3rd place

Trail Run Half Marathon 32K:1st to 3rd place in 5-year increments for men and women

**XTERRA World Championship Slots:**

The XTERRA Japan Championship age group top finishers (1 male and 1 female per 5-year age group) will be awarded the right to participate in the 2024 XTERRA World Championship. (\* Participation fees for the XTERRA World Championship, travel expenses, etc. will be borne by each player.) XTERRA World Championship slots will be awarded at the award ceremony after the race. If you are not present at the award ceremony, you will not be awarded. Roll down to the next player. Eligible races are full distance only. \* Please refer to the table below for the number of slots awarded.

Age	Male	Female
18 - 19	1	1
20 - 24	1	1
25 - 29	1	1
30 - 34	1	1
35 - 39	1	1
40 - 44	1	1
45 - 49	1	1

Age	Male	Female
50 - 54	1	1
55 - 59	1	1
60 - 64	1	1
65 - 69	1	1
70 - 74	1	1
75 - 79	1	1
80+	1	1

**XTERRA Trail Run World Championship Slots:**

The top runners in each of the trail run half marathon men's and women's 5-year age groups will be awarded the right to participate in the 2024 "XTERRA Trail Run World Championship". (\*Participation fees for the World Championships, travel expenses, etc. will be borne by each player.) Eligible participants will receive an email from the XTERRA Trail Run World Championship, so please follow the procedures. \* Please refer to the table below for the number of slots awarded.

Trail Run Half Marathon

Age	Male	Female
15 - 19	1	1
20 - 24	1	1
25 - 29	1	1
30 - 34	1	1
35 - 39	1	1
40 - 44	1	1
45 - 49	1	1

Age	Male	Female
50 - 54	1	1
55 - 59	1	1
60 - 64	1	1
65 - 69	1	1
70 - 74	1	1
75 - 79	1	1
80+	1	1

**Participation Award:**

Memorial T-shirt (XS-3XL)

**Detail and Registration :**

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

XTERRA JAPAN Office

440-2 Tano Wakayama-City Wakayama Japan 6410061

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

MAIL: [infoxterrajapan@gmail.com](mailto:infoxterrajapan@gmail.com)



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