



30th Sapporo Orienteering Club competition

Bulletin3 (Program)

25th July 2025

Event Organizer

Sapporo Orienteering Club

Partner

Tomatoh Inc.

Hokkaido Orienteering Association

Kaname Sokuryo Co.,Ltd

JA Tomakomai Hobetsu

Tomakomai city

Tomakomai Sports association

Contact and website

Email: 30th[at]spk-o.com

Website: <https://spk-o.com/30th/>

Phone+81 70 4473 5561 (Yamada, emergency only)

Date

2025/08/02-03, Tomakomai, Hokkaido Japan

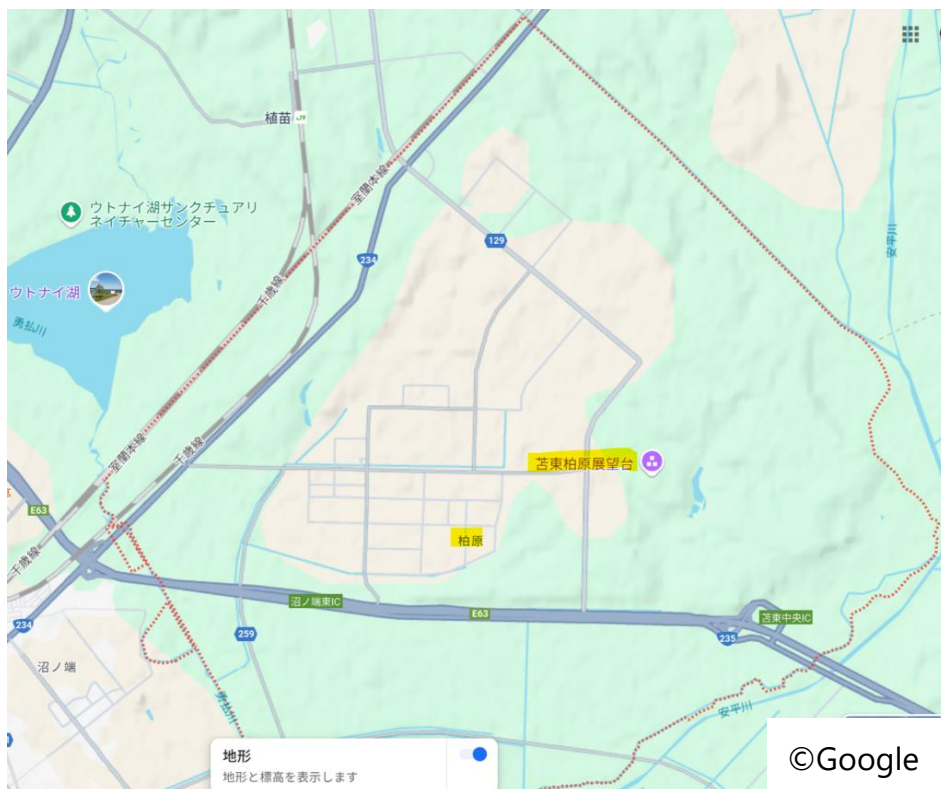
Day 1: Middle distance on 2nd August (Sat), first start 12:30

Day 2: Long distance on 3rd August (Sun), first start 9:40

Embargoed area

Please check the embargoed area for this competition below. Bus transportation will be provided between the venue and the competition area on both days.

<https://maps.app.goo.gl/atxRQ8rysG7eQ73E9>



Old maps are available at the end of this bulletin and the competition website.

Competition Center

Numanohata community center, [141.691149, 42.669316]

<https://maps.app.goo.gl/KKmkqUWzX2Y3eSt86>

By car

You can park at the community center.

By train & bus

The nearest station is JR Numanohata. It is 5 min walk to the center. No marking.

No food or shoes are allowed in the sports hall. Please change into the slippers provided and eat in the kitchen (melon cafeteria) or designated areas within the building. You will receive number card, rental Emit, melon and corn voucher. The same number card and Emit will be used for 2 days. Please bring pin by yourself.

Competition information

Rules

The competition will be organized based on the rules defined by Japan Orienteering Association. The age for class is as of March 31, 2026. There are no restrictions on clothing or footwear used for the techniques.

Special rules

To alert wild animals (especially brown bears and Ezo deer), participants must bring a bear bell that makes a loud noise and have it checked with other items (Emit, number card, and compass) before getting on the bus to the terrain. We also recommend that beginners bring a whistle.

In the unfortunate event that you encounter a brown bear during the competition, please priorities your own safety first. If possible, choose the widest possible route and proceed to the finish line or notify the rescue staff. The competition officials will then use multiple vehicles to sound horns and whistles intermittently to notify competitors that the competition has been suspended. Additionally, in certain classes (including those for participants with hearing impairments), control units will be covered with garbage bags. At the finish line and competition center, please ensure you do a return check using your Emit.

Communication and GPS devices may be used unless you do not use them during your running. We actually recommend that elderly participants and beginners bring them with them. In the event of injury or when assisting others, or if it is impossible to return to the finish line within the competition time limit, participants are requested to actively use the emergency contact information provided. The emergency contact information is listed on the back of the map. Assisting injured people takes priority over participating in the competition, and using communication devices for this purpose will not result in disqualification or other penalties. Communication is possible within approximately 70-80% of the terrain.

Punching system

Emit

Terrain

The competition takes place in forests preserved within a vast industrial development area that was formerly a dairy farming region. Except for the observation tower, the highest elevation is only 18 meters, represented by just few contour lines. Due to death of bamboo and intensive deer grazing, the terrain has become more runnable since the last event, promising a fast-paced race.

Course information

	Middle Distance				Long Distance			
	距離	up	地図縮尺	ウィニング	距離	up	地図縮尺	ウィニング
M21E	6.2km	170m	1:10,000	38分	13.8km	400m	1:10,000	90分
M21A	4.6km	100m	1:10,000	30分	10.3km	330m	1:10,000	80分
M21AS	4.6km	100m	1:10,000	40分	5.4km	170m	1:10,000	55分
M21ASS	2.9km	70m	1:7,500	40分	3.9km	115m	1:7,500	50分
M30A	4.5km	115m	1:7,500	35分	8.8km	265m	1:10,000	75分
M40A	3.8km	115m	1:7,500	30分	7.0km	235m	1:10,000	65分
M50A	3.8km	115m	1:7,500	35分	6.5km	205m	1:10,000	60分
M60A	3.4km	80m	1:7,500	30分	5.4km	170m	1:10,000	55分
M70A	2.5km	50m	1:7,500	30分	3.9km	115m	1:7,500	50分
M80A	2.1km	40m	1:7,500	35分	2.7km	105m	1:7,500	50分
M90A	1.9km	40m	1:7,500	40分	2.0km	70m	1:7,500	50分
M20A	3.4km	80m	1:7,500	30分	7.0km	235m	1:10,000	60分
W21E	4.5km	115m	1:10,000	37分	8.8km	265m	1:10,000	90分
W21A	3.4km	80m	1:7,500	30分	6.5km	205m	1:10,000	80分
W21AS	3.4km	80m	1:7,500	40分	3.9km	115m	1:7,500	60分
W30A	2.9km	70m	1:7,500	30分	5.4km	170m	1:10,000	70分
W50A	2.5km	50m	1:7,500	30分	3.9km	115m	1:7,500	45分
W60A	2.1km	40m	1:7,500	30分	2.7km	105m	1:7,500	50分
W70A	1.9km	40m	1:7,500	30分	2.7km	105m	1:7,500	50分
W20A	2.5km	50m	1:7,500	30分	3.9km	115m	1:7,500	60分
W18A	1.9km	40m	1:7,500	30分	2.7km	105m	1:7,500	45分
大学新人	3.0km	70m	1:7,500	30分	5.1km	145m	1:10,000	60分
大学新人女子	2.4km	70m	1:7,500	30分	4.3km	110m	1:10,000	55分
BL	2.5km	50m	1:7,500	30分	3.9km	95m	1:10,000	60分
BS	1.8km	35m	1:7,500	30分	2.4km	70m	1:7,500	60分

Day 1 – Middle distance

The middle-distance course is set within a relatively compact area. For top classes, overlapping leg lines will require precise navigation to avoid confusion with nearby controls. Due to external constraints, the start and finish locations are fixed, and the limited number

of paths makes it difficult to design shorter courses. As a result, lower classes may find the course slightly more challenging.

You will take a bus from the competition center to the terrain. You are assigned to one of five buses in the starting list. The time schedule is

①12:00, ②12:20, ③12:40, ④13:05, and ⑤13:30. The ride is about 15 minutes.

It will take about 10 minutes (600m) from the bus stop to the competition area.

Start area is same for all classes. Water is available.

Map scale is 1:10,000 for M21E•W21E•M21A•M21AS and 1:7,500 for the others.

One marked route exists on the map.

The competition time is 90 minutes. **You must reach the finish even if you have not finished your course.** The bus will take you back to the completion center. Read Emit at the competition center.

The result will be posted on Lap Center. <https://mulka2.com/lapcenter/index.jsp>

Day 2 – Long distance

The long-distance course emphasizes route choice and straight-line navigation. Some bulldozer tracks created for archaeological surveys are not reflected on the map, but the course has been designed to minimize their impact on competition.

You will take a bus from the competition center to the terrain. You are assigned to one of 5 buses in the starting list. The time schedule is

①09:10, ②9:30, ③9:55, ④10:15, and ⑤10:40. The ride is about 20 minutes.

Starting area	Class	Map scale
1	M21E•W21E•M21A•M30A•M20A•M40A•M50A• M60A•M21AS•W21A•W30A•BL	1:10,000
2	M70A•M80A•M90A•M21ASS•BS•W18A•W20A• W50A•W60A•W70A•W21AS	1:7,500

It will take about 2 minutes from the bus stop to the competition center to starting area 1.



Organizer will transport participants from starting area 1 to starting area 2 by bus. This will take 5 minutes. Water is available in both starting areas.

The competition time is 180 minutes. **You must reach the finish even if you have not finished your course.** The bus will take you back to the completion center. Read Emit at the competition center.


The result will be posted on Lap Center. <https://mulka2.com/lapcenter/index.jsp>

Map symbols

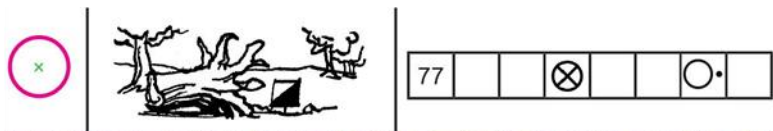
Aid point/Water point

Aid points with staff are marked as  on the map. Several water points are marked as .

Special Features

The upturned root of a fallen tree 

Only Day1(middle distance) has these features on the map. The selection criteria are generally roots that are approximately 100 cm or higher in height and 150 cm or wider in width.



Ruins' foundation 

Less than 1 m height is marked as this feature. If larger, Ruin (ISOM 523) is used.



Scrapped car ✕



Charcoal kiln ruins ○



Special notes

- You can reserve 2 Hokkaido Melons for 2,400 yen (2,000 yen without box). Send email to 30th@spk-o.com by 30th July.

Organizing group

Director	Shin-ichiro Sakuramoto
Operation manager & course planning	Ken-ichi Yamada
Competition manager	Hajime Ohnishi
Event advisor	Toru Tanaka



Old maps for Day 2

