



XTERRA JAPAN 2023 Nenouekogen Athlete Guide

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●COVID19 measures

More than three years have passed since the outbreak of COVID19. The government decided to lower the classification of the new coronavirus infection law to "Level 5", the same as seasonal influenza, from May 8. Since the measures against infectious diseases will be greatly changed, we will take measures according to the social situation.

*Please submit the "Health Check Sheet" when registering on the race site.

●Mask wearing rules

We don't ask you to wear a mask. Please use it appropriately according to your physical condition and circumstances.

●Race site entry time

May 19th (Friday) No limit

May 20th (Saturday) AM 7:30

May 21st (Sun) AM 5:30

May 22nd (Monday) No limit

*Gates open early in the morning. Please adjust the time and come to the race site as it will be a nuisance to the surroundings. Please do not line up near the entrance of the race site before the gates open.

●Parking lot

·If you are participating in the race, please follow the guide staff and park in the athlete parking lot ① or athlete parking lot ②.

[Caution when using the parking lot]

* It is prohibited to reserve a place by placing a chair or an air pump.

*Prohibition of using tents and tarps in the parking lot.

*Fire is strictly prohibited in the parking lot.

*Do not stay in the car while parked in the parking lot.

○Prohibition of sleeping in the car at the race site

It is prohibited to stay in the car except for the venue parking lot, the area around the venue, and the dedicated space for staying in the car.

●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

●About event cancellation and schedule change due to bad weather

If the event is canceled or the schedule is changed due to bad weather, etc., information will be announced on the official Facebook page, official Twitter, and official Instagram at 5:00 am on the day of the event.

●Venue registration and receipt of athlete bag

Full distance, long distance, duathlon, aquathlon, and open water swim must be registered on Saturday, May 20th, the day before *VIP entries are excluded.

Kids, sprint, light, e-bike Xterra, relay, light duathlon, and light aquathlon are "reception on the day".

●Course inspection

*Be sure to register before the course inspection.

*Be sure to wear a helmet when riding a mountain bike.

*Be sure to wear a swim cap when swimming.

●Swim course inspection

·5/20 (Sat): 7:00 to 9:00.

·5/21(Sun): 7:00 to 8:00.

●Regarding bike storage at the race site

Bicycles are not allowed to be parked overnight at the event venue.

●Race briefing

Please be sure to attend the pre-race briefing. The course may change due to the weather.

●Body marking

Please get your body marked as early as possible before the race.

●First aid

If you are injured or feel unwell, please come to the medical tent at the reception.

●Aid stations

There will be one aid station near the transition and one at the checkpoint.
Water, sports drink, food (food is aid station in transition)

●Check point

Full distance, long distance, duathlon, and aquathlon categories will be checked at checkpoints for both bikes and runs.

Contact us any question:

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