

# XTERRA®

## JAPAN

### NENOUKOGEN 2026

**58**

WC Slots

**30**

Youth WC Slots

#### Event Details

XTERRA JAPAN 2026 Nenouekogen (2026/5/15-16)

●XTERRA JAPAN 2026 Nenouekogen is a qualifying race for the XTERRA World Championship 2026.

**Race/Event Category/ Distance/ age requirement/ Time limit/ Capacity:****●2025/5/16(Sat)****\*You can receive the race kit 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:17km  | Ages 18 and above  | 9hours     | 50       |
| Full distance  | S:1,500m/M:24km/R:8.5km | Ages 18 and above  | 8hours     | 300      |
| Light          | S:600m/M:10km/R:4km     | Ages 18 and above  | 6 hours    | 50       |
| Duathlon       | R:2km/M:24km/R:8.5km    | Ages 18 and above  | 7hour45min | 50       |
| Light Duathlon | R:1km/M:10km/R:4km      | Ages 18 and above  | 5hour50min | 50       |
| Junior         | S:600m/M:10km/R:4km     | 18 to 19 years old | 6 hours    | 30       |
| Youth B        | S:600m/M:10km/R:4km     | 16 to 17 years old | 6 hours    | 30       |
| Youth A        | S:400m/M:10km/R:2km     | 14 to 15 years old | 6 hours    | 30       |
| Kids           | S:200m/M:4km/R:2km      | 10 to 13 years old | 6 hours    | 30       |
| Relay          | R:2km/M:24km/R:8.5km    | Ages 18 and above  | 8hours     | 30       |

**\*\*XTERRA JAPAN 2026 Nenouekogen is a qualifying race for the XTERRA World Championship 2026. Please refer to pages 5 for details.**

**\*The age group is determined by the athlete's age as of December 31st of the year of the race.**

**\*The race distance may vary slightly depending on the course conditions.**

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

**\*Athletes aged 18 and over can also participate in the full distance and long distance races.**

**Event schedule:****●2025/5/15 (Fri)**

- 13:00-16:00 Receive race kit (all categories)
- 13:00-16:00 MTB, running course inspection / Swim inspection
- 13:00-16:00 XTERRA EXPO

**●2024/5/16 (Sat) \*Please be sure to attend the race briefing.**

- 05:30 Parking lot open
- 06:00-08:00 Receive race kit (Full distance, Long distance, Duathlon, Relay)
- 06:00-10:00 Receive race kit (Kids, Light, Light duathlon, Junior, YouthB, YouthA)
- 06:00-8:30 Transition open
- 06:00-8:30 MTB, running course inspection / Swim inspection
- 06:30-19:00 XTERRA EXPO
- 07:15-8:30 Race briefing (Long distance)
- 09:00 Start (Long Distance)
- 08:15-8:30 Race briefing (Full distance, Duathlon, Relay)
- 09:00 Start (XTERRA Full Distance, Relay)
- 09:15 Start (XTERRA Duathlon)
- 10:15-10:30 Race briefing (Kids, Light, Light duathlon, Junior, YouthB, YouthA)
- 10:45 T1 closed (Swim cutoff / Full distance, Long distance, Relay)
- 11:00 Start (Light, Kids, Junior, YouthB, YouthA)
- 11:10 Start (Light duathlon)
- 12:00 T1 Closed (Swim cutoff / Light, Kids, Junior, YouthB, YouthA)
- 14:00 Cut off (Long distance must complete 4 laps at 14:00 before advancing to the final lap.)
- 15:00 T2 Closed (MTB Time Limit/Long Distance)

- 16:00 T2 Closed (MTB Time Limit/Long Distance, Full Distance, Relay, Duathlon, Kids, Light, Light Duathlon, Junior, YouthB, YouthA)
- 17:00 Cut-off (Long distance run) \*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/ Long distance, Full Distance, Duathlon, Kids, Light, Light Duathlon, Junior, YouthB, YouthA)
- 16:30-19:30 Awards ceremony / XTERRA Night Party

#### Registration period:

1: Early bird : 2025/10/1 to 2025/10/10

2: Regular entry : 2025/10/11 to 2026/2/15

3: Late entry : 2026/2/16 to 2026/3/15

\*Late entries are accepted by the secretariat

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

#### Registration fee:

●2025/5/16(Sat)

\*Late entries are accepted by the secretariat

| Category       | Early bird | Regular    | Late       |
|----------------|------------|------------|------------|
| Long Distance  | 39,150 JPY | 43,500 JPY | 52,200 JPY |
| Full distance  | 29,250 JPY | 32,500 JPY | 39,000 JPY |
| Light          | 18,450 JPY | 20,500 JPY | 24,600 JPY |
| Duathlon       | 28,350 JPY | 31,500 JPY | 37,800 JPY |
| Light Duathlon | 17,500 JPY | 19,500 JPY | 23,400 JPY |
| Junior         | 18,450 JPY | 20,500 JPY | 24,600 JPY |
| Youth B        | 14,850 JPY | 16,500 JPY | 19,800 JPY |
| Youth A        | 12,150 JPY | 13,500 JPY | 16,200 JPY |
| Kids           | 8,550 JPY  | 9,500 JPY  | 11,400 JPY |
| Relay          | 37,800 JPY | 42,000 JPY | 50,400 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)

\* Entries will not be accepted on the day, so please enter during the application period.

#### Late entry:

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

XTERRA JAPAN office: infoxterrajapan@gmail.com

#### Option:

|                         |   |
|-------------------------|---|
| Night Party Ticket      | 3,300 円   |
| Commemorative T-shirt   | 3,500 円   |
| Rental MTB and wetsuits | Please register using this link.<br><a href="https://forms.gle/9otxqW6a2bohY83KA">https://forms.gle/9otxqW6a2bohY83KA</a> |

**VIP Entry:**

Entry fee: 100,000JPY

Application period: 2026/10/1 to 2026/4/15

Services included with VIP entry:

- 1: Race cancellation carryover service (If you are unable to participate for any reason, you can carry over your race to the following year)
- 2:VIP Transition area
- 3:VIP parking lot
- 4:MTB VIP storage
- 5:VIP Mechanic Maintenance Service
- 6:Free bike wash service

**XTERRA JAPAN Oath**

·We love and cherish nature.

·The course is a special area that cannot be accessed without permission, such as national and prefectural parks. We must not disturb the natural environment of the course, whether for training or racing. We do not pick any plants or animals or take any stones home with us.

·We will be considerate of the local area and will take our own trash home with us to help preserve the natural environment.

·During training and races, we will try to ride in a way that does not cause trouble to other hikers etc.

·We will take care to avoid injuries and accidents during training and races. I will participate a self-responsible race.

·We don't force to carry on the race when we are hurt or injured. There will always be another chance.

·We don't forget to have fun no matter what! Reach the finish line with a smile!

**General rules**

·I will abide by all laws and regulations, and follow the event rules and instructions of the officials. In the event that I am injured or killed in any way during the competition (including during ancillary events), I and my relatives will not hold the organizer or its related parties responsible in any way. Furthermore, will be responsible for the management of my personal belongings during the competition (including during ancillary events).

·I agree that my portrait, name, address, age, and athletic history will be used in general advertising related to the tournament, as well as in news and information media, and I agree to commercial use in print, video, information media, etc. produced by the organizers and the governing sports organizations in connection with these. If I'm under 18 years old, will apply with the consent of my guardian.

·Even if the tournament course is changed, the content is reduced, or the tournament is canceled due to weather conditions, natural disasters, incidents, accidents, epidemics, etc. the participation fee will not be refunded. Please note that once the payment procedure has been completed, we cannot cancel your application or refund your participation fee for any reason. Substitutions will not be permitted. Participants will compete safely in accordance with the rules of the tournament.

\*For detailed rules, please check the official website and the athlete guide issued before the race.

**Awarded:**

Full distance : 1st place overall for male and female.

Full distance : 1st place in 5-year increments for male and female.

Long Distance : 1st-3rd overall for male and female.

Duathlon : 1st-3rd overall for male and female.

Light duathlon : 1st-3rd overall for male and female.

Light : 1st-3rd overall for male and female.

Junior : 1st-3rd overall for male and female.

Youth B : 1st-3rd overall for male and female.

Youth A : 1st-3rd overall for male and female.

Kids : 1st to 3rd age-specific male and female.

Relay : 1st-3rd overall for team.

**\*For categories with fewer than 10 participants, the award will be given to the overall 1st place male and female.**

**XTERRA World Championship Slots:**

The top finishers in each age group at the XTERRA Japan Championship (one male and one female per five-year age group) will be awarded the right to participate in the XTERRA World Championship in 2026.

(\*Participation fees for the World Championships, travel expenses, etc. will be borne by each player.)

Eligible participants will receive an email from the XTERRA World Championship, so please follow the procedures.

\*Please refer to the table below for the number of slots awarded.

Full distance : 58 Slots

| Age     | Male | Female |
|---------|------|--------|
| 15 - 19 | 1    | 1      |
| 20 - 24 | 2    | 2      |
| 25 - 29 | 2    | 2      |
| 30 - 34 | 3    | 3      |
| 35 - 39 | 3    | 3      |
| 40 - 44 | 3    | 3      |
| 45 - 49 | 3    | 3      |

| Age     | Male | Female |
|---------|------|--------|
| 50 - 54 | 3    | 3      |
| 55 - 59 | 2    | 2      |
| 60 - 64 | 2    | 2      |
| 65 - 69 | 2    | 2      |
| 70 - 74 | 1    | 1      |
| 75 - 79 | 1    | 1      |
| 80+     | 1    | 1      |

Junior, YouthB, YouthA : 30 Slots

|         |            |              |
|---------|------------|--------------|
| Junior  | Male Top 5 | Female Top 5 |
| Youth B | Male Top 5 | Female Top 5 |
| Youth A | Male Top 5 | Female Top 5 |

For Junior and Youth slots, please see "XTERRA Youth Tour & World Championship Qualifiers" below.

<https://www.xterraplanet.com/race-rules/xterra-youth-world-tour-championships-qualification>

**Detail and Registration:**

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

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