

2026 44th Tokamachi Cup Cross-Country Ski Competition

Team Captains' Meeting (TCM) Materials — English Translation (Full 9-page PDF)

Source (Japanese PDF): <https://www.genspark.ai/api/files/s/0C6zIOtq>

Note: This document is an English translation of the provided Japanese PDF. Formatting is optimized for readability and may not match the original layout.

1. Team Captains' Meeting — Agenda

The Team Captains' Meeting will be held online (Zoom), as stated in the event outline, from 17:00 on Friday, March 13. Each team representative must attend. The meeting ID, etc. will be sent to the email address listed on the entry sheet you submitted.

- 1) Roll Call
- 2) Opening — Secretary
- 3) Greetings — Sumihiro Ikawa (Vice President, Niigata Ski Federation / President, Tokamachi City Ski Association)
- 4) Introduction of Event Officials (omitted)
- 5) Greeting from the Technical Delegate and introduction of Jury members — IM Yeuigyu (Technical Delegate)
- 6) Greeting from the Chief of Competition and introduction of competition officials — Koji Sato (Chief of Competition) (see separate officials list)
- 7) Information
- 8) Competition Time Table (separate sheet)
- 9) Q & A
- 10) Closing

7. Information

7.1 TD Information — IM Yeuigyu (Technical Delegate)

(1) About the draw and start order

Under the Jury's direction, the Organizing Committee will conduct the draw in advance on Thursday, March 12.

Adults / High School

- Distance Free:
Draw according to FIS TO No. 6; group order (IV →) III → II → I
due to course conditions; draw within groups (see Grouping List).
- Sprint Free (Qualification):
Draw according to FIS SP No. 6; start order by FIS points, followed by draw for athletes without FIS points within groups.

Junior High School

- Distance Free: Draw based on team ranking; group start order (men & women): I → II → III → IV.
- Sprint Free: Draw based on team ranking; group start order (men & women): (IV →) III → II → I.

Elementary School

- Distance Free: Draw based on team ranking; grouping and start order: I → II → III.
- Sprint Free: Draw based on team ranking; grouping and start order: (III →) II → I.

(2) This competition will be conducted in accordance with the latest rules of the International Ski and Snowboard Federation (FIS), the All Japan Ski Federation (SAJ), the event outline, and agreed matters. Fluorinated wax is not permitted (in accordance with Rule 222.8). The use of fluorinated wax is prohibited and bringing it into the venue is strictly forbidden.

- Jury room will be in the Main building, located in Last Cabin
- **Protest time:**
 - 15 minutes after the posting of the unofficial result list.
 - Protest should be done in written form in JURY room together with monetary fee 100 EUR/CHF.
- 343.10.2 Process of passing during other competitions
 - 343.10.2.1 Competitors in front have the right to choose their best line.
 - 343.10.2.2 Competitors in front shall not obstruct competitors coming from behind.
 - 343.10.2.3 Competitors intending to pass shall do so without obstructing the competitor being passed.
 - 343.10.2.4 When competitors are alongside, they have mutual duties not to obstruct each other's movements.
- 352.2.3 Competitors who receive a second written reprimand in the same season (also in event) will be automatically disqualified
- 325.4.2.10 Any competitor who causes a False Start will be sanctioned by a written reprimand. Following the first False Start in a heat, any competitor who causes a subsequent False Start in the same heat will be required to withdraw from the competition. The competitor will be ranked as the last position of the applicable final, semi-finals or quarter finals round (rank 6, 12, 30 or 4, 8, 16).

7.2 Competition Information — Koji Sato (Chief of Competition)

- The competition is held as: Day 1 — Distance Free; Day 2 — Sprint Free.
- Timing method: Combined use of SEIKO CT-500 / CT-400 and CT-1000.
- Ski marking will not be conducted. Athletes must line up in the start area no later than 5 minutes before the start.

Competition formats

- Day 1 Distance Free: Interval start format.
- Day 2 Sprint Free: Adults & High School categories compete in combined races; head-to-head according to rules.
 - Men: 30 athletes (Table A) – top 30 from qualification advance.
 - Women: 24 athletes (Table B) – top 24 from qualification advance.

Starts

- Day 1 Distance and Day 2 Adult/High School Sprint Qualification: Interval start according to program start order.
- Other categories on Day 2: Heat starts as listed in the program.
- Interval start procedure: Single start at 15-second intervals (electronic signal).
- Start is deemed valid if within ± 3 seconds of the scheduled time. Late starters must follow staff instructions.
- Sprint final rounds: Move to start line on 'take your start positions'; on 'set' all athletes must remain still; start with an electronic pistol signal.
-

- No lane change is allowed within the corridor from the start line.
- False start: Restart; anyone who false-starts on the second or subsequent start must be disqualified from continuing.
- For Junior High and below: Heats are basically 6 athletes, but may be adjusted depending on the number of athletes.

Finish

- Distance Free: Final 100 m before finish has 3 lanes.
- Sprint Free: Final 100 m before finish has 4 lanes.
- 'Banfly' is invalid. Lane changes in accordance with the rules are permitted.
- Coach bibs: One per team is distributed at Team Reception (1st floor, Cross-Country House). Must be worn in stadium areas and on courses.
- Additional coach bibs: Request at Team Reception (up to 3 in principle).

Bibs and restricted areas

- Coach bibs: One per team is distributed at Team Reception (1st floor, Cross-Country House). Must be worn in stadium areas and on courses.
- Additional coach bibs: Request at Team Reception (up to 3 in principle).
- Staff and wax technicians must wear coach bibs in the start area and on the courses.
- Restricted areas will be established near the start and finish areas. Follow officials' instructions.
- Warm-up on the course: Turn bibs inside-out; do not ski against course direction; course-out 5 minutes before start. During competition, use warm-up course.
- Cool-down: Warm-up course may be used without a bib, but do not interfere with races/athletes.
- Race bibs are distributed at Team Reception on each race day.
- Day 2 sprint final-round bib distribution at start house (with leg bibs): Men (Adults/HS) 9:50; Women (Adults/HS) 10:20; JHS 12:45; Elem 13:55 (all tentative).
- Loss/damage: Report immediately (team may bear actual costs).

Disqualification / DF / Protests / Points

- Disqualification actions: per Rules 352-2. Disqualification will only be enforced for serious violations and violations that clearly affect final results.
- DF processing: If you withdraw mid-race, report to a checkpoint marshal or competition official and return your bib.
- Protests (Rule 361): Within 15 minutes after unofficial results are posted, submit the designated form to the Secretary with the fee: FIS races 20,000 JPY (100 CHF); others 5,000 JPY.
- Points: Awarded to Senior athletes registered with FIS and SAJ. For Junior High SAJ-registered athletes, points are awarded only for Day 1 distance race with maximum penalty 120.

Course / Venue Information

Course setting and maintenance

- Both Distance and Sprint competitions will be no-track.
- Course maintenance: See scheduled times. Emergency manual maintenance may be conducted even during competition for safety.

Venue, wax test course, warm-up course

As shown on the venue map.

Cheering / support

- As the course is in the snowmelt season and may include dangerous sections, exercise caution.
- Do not attach team banners to course netting. Flags, etc. must be placed at least 2 m away from the course.

Other Information (General Affairs)

- No opening ceremony or closing ceremony will be held.
- Award ceremonies will be held in front of the■■■ (preliminary results) board; times are per timetable and will be announced via PA.
- DS declarations / program corrections: Adults/HS/JHS submit by 8:00; Elementary submit by 10:00 to Team Reception.
- Unofficial results will be posted on the■■■ board, official notice board, and via SEIKO Sports Link.
- Start lists and official results will be uploaded to the website; no individual paper distribution.
- Website: <http://tokamachi-ski.net/>
- Toilets: Yoshida CC House 1F and Fureai Sports Center (also accessible from outdoor toilet-only entrance).
- Teams must take home wax scraps and trash.
- All competition-related locations are non-smoking.
- Competition program will be distributed at reception (donation box provided).
- Lost & found / inquiries: contact Team Reception.
- Parking and other information: check information already posted on the website.

Race Time Sheet — Sat, March 14 (Interval Free)

★ 15-second single interval start ★

Adults / High School (FIS/SAJ point race)

Group start order: Reverse order of FIS-registered points (based on FIS_TO No. 6).

Order	Event	Distance	Bib	Athletes	Groups	Start	Finish
1	Adults/HS Men	10 km	1–84	84	4	09:00:15	09:21:00
2	Adults/HS Women	5 km	91–126	36	3	09:40:15	09:49:00

Note: Course maintenance may be conducted depending on conditions.

Junior High School (SAJ point race)

Group start order: I → II → III → IV (team ranking).

Order	Event	Distance	Bib	Athletes	Groups	Start	Finish
3	JHS Boys	5 km	131–198	68	4	10:00:15	10:17:00
4	JHS Girls	3 km	201–242	42	4	10:25:15	10:35:30

Note: Course maintenance may be conducted depending on conditions.

Elementary School

Group start order: I → II (→ III) (team ranking).

Order	Event	Distance	Bib	Athletes	Groups	Start	Finish
5	Elem Grade 6 Boys	2.5 km	251–267	17	2	11:00:15	11:04:15
6	Elem Grade 5 Boys	2.5 km	271–290	20	2	11:10:15	11:15:00
7	Elem Grade 6 Girls	2.5 km	301–324	24	3	11:20:15	11:26:00
8	Elem Grade 5 Girls	2.5 km	331–340	10	2	11:30:15	11:32:30

Note: Course maintenance may be conducted depending on conditions.

Elementary School (continued)

Group start order: I → II (→ III) (team ranking).

Order	Event	Distance	Bib	Athletes	Groups	Start	Finish
9	Elem Grade 4 Boys	2 km	351–362	12	2	11:50:15	11:53:00
10	Elem Grade 4 Girls	2 km	371–386	16	2	12:00:15	12:04:00
11	Elem Grade 3 & Under Boys	2 km	391–414	24	3	12:10:15	12:16:00
12	Elem Grade 3 & Under Girls	2 km	421–443	23	3	12:20:15	12:25:45

Total athletes: 376. Course maintenance may be conducted depending on course/weather conditions.

GROUPING LIST
Men 10 km Free Individual

Tokamachi, Niigata

Sat 14 Mar 2026

Start Time 09:00

End Time

Grp	FIS Code	Name	Nat	FIS Point	Remarks
IV	3300693	HIROSE Ryo		47.47	
	3300669	KOBAYASHI Kosei		70.16	
	3300882	YAMAGUCHI Renta		79.79	
	3300790	TAKIZAWA Ikuya		86.60	
	3300856	WAGATA Shu		90.19	
	3300823	IKEDA Ryoichi		94.90	
	3300985	FUJIWARA Tensei		95.86	
	3300890	MAEDA Koki		98.40	
3300725	SAKAI Kanta		99.03		
III	3300928	NISHIMOTO Mizuki		102.92	
	3300667	HASHIMOTO Yukinori		104.81	
	3300858	TSUBATA Ittetsu		112.42	
	3300887	KUSHIHASHI Yujiro		117.55	
	3300589	MIYAKI Ryo		118.12	
	3300981	YOSHIDA Rai		123.04	
	3301022	KOIKE Shohei		123.89	
	3300926	KASUGA Yoshiyuki		130.69	
	3300855	SATO Medaru		131.86	
	3300884	HORIGOME Yumaru		132.00	
	3301070	MAEDA Reo		135.88	
	3300857	HOSHINA Koki		147.78	
	3300996	TAKEUCHI Kai		148.02	
	3301091	OKADA Koki		148.72	
	3301065	TAKAHASHI Yutaro		153.01	
	3300593	MIYAO Yuji		154.32	
	3300894	KASAMA Rito		155.15	
	3300295	OTA Kohei		159.82	
	3300891	NUMATA Ayuto		159.87	
	3300972	SATO Gorin		165.96	
	3301162	KOJIMA Shinya		166.86	
	3301072	MIYAO Daiki		167.13	
	3301079	MORI Sena		167.18	
	3300881	SHIMOTORI Yusaku		169.08	
	3300917	KUROIWA Kippeï		169.50	
	3301090	AIZAKI Motoi		172.89	
	3300888	OKADA Koki		174.05	
	3301089	NETSU Kazuhiro		174.84	
	3900039	NGOEICHAÏ Thanakorn		182.93	
	3301131	MUROÏ Renon		192.39	
	3301165	WAKU Haruka		192.68	
	3301066	YAMADA Enmi		195.22	
3510630	GASCHE Christoph		199.18		
3301088	HIGUCHI Mikito		199.19		
II	3300642	KUWAHARA Atsuyoshi		200.73	
	3300989	GOTO Ryosuke		209.54	
	3300971	EMURA Ryu		215.31	
	3301166	MIYAMURA Rentaro		216.51	
	3900036	CHITMUNCHAITHAM Jittipat		222.27	
	3300922	HIGUCHI Kotaro		225.90	
	3301036	HOSHIKAWA Seiya		232.77	
	3300945	TOMII Fukuta		235.86	
	3300924	SATO Izuki		241.71	
	3301133	KAWABE Hinata		243.97	

GROUPING LIST
Men 10 km Free Individual

Tokamachi, Niigata

Sat 14 Mar 2026

Start Time 09:00

End Time

Grp	FIS Code	Name	Nat	FIS Point	Remarks
	3301158	MATSUZAWA Jin		244.44	
	3301135	TANAKA Seigo		246.91	
	3301147	MIYASHITA Kodai		253.21	
	3301159	TSUJI Yushin		256.68	
	3301157	NOGAMI Haruto		265.91	
	3301003	KITAZAWA Kenshi		267.35	
	3301127	YAMAMOTO Natsume		271.65	
	3301130	MARUYAMA Takuto		271.71	
	3301167	KOYAMA Rento		277.38	
	3300955	KURIBAYASHI Kotaro		292.27	
	3301139	YAJIMA Kiyooki		292.59	
	3301173	ISHIKAWA Kazuho		295.82	
	3301037	KUWABARA Satsuki		303.70	
	3301132	FUKAISHI Arata		303.98	
	3301081	KAMIMURA Kanta		321.36	
	3301136	SATO Yuto		336.92	
	3301050	HOSHIKAWA Reo		352.25	
	3301083	YOSHINO Tamaki		368.98	
	3540006	PINEYRO Antonio		387.32	
	3301123	NISHIKAWA Osuke		398.28	
	3301141	AOKI Haruki		416.56	
	3900053	KINGSAKUL Kitsakorn		438.48	
	3900040	SAISUK Naravich		505.01	
	3900056	JUNTHALAOW Prathompong		577.40	
I	3301134	YAMAGUCHI Shion			
		KOYAMA Yu			
		WATANABE Ikuo			
		URANO Hiroyuki			
		IGARASHI Towa			
		KISHIGAMI Hiroaki			
		YAMASHITA Kosuke			

START LIST

Men 10 km Free Individual

Tokamachi, Niigata

Sat 14 Mar 2026

Start Time 09:00

Jury Information			Course information	
Technical Delegate	Im Yeui Gyu	KOR	Name:	Tokamachi B 5.0km FIS
Assistant Technical Delegate	Keisuke Yamashita	JPN	Height Difference (HD):	87m
Chief of Competition	Koji Sato	JPN	Maximum Climb (MC):	51m
			Total Climb (TC):	163m
			Length of Lap:	5km
			Number of Laps:	2
			Course No.:	FIS24/39.06/5.0_SAJ08-CC-28/96

Bib	FIS Code	Name	Nat	FIS Point	Start Time	Remarks
1	3300882	YAMAGUCHI Renta		79.79	9:00:15	
2	3300725	SAKAI Kanta		99.03	9:00:30	
3	3300693	HIROSE Ryo		47.47	9:00:45	
4	3300985	FUJIWARA Tensei		95.86	9:01:00	
5	3300856	WAGATA Shu		90.19	9:01:15	
6	3300890	MAEDA Koki		98.40	9:01:30	
7	3300790	TAKIZAWA Ikuya		86.60	9:01:45	
8	3300823	IKEDA Ryoichi		94.90	9:02:00	
9	3300669	KOBAYASHI Kosei		70.16	9:02:15	
10	3301165	WAKU Haruka		192.68	9:02:30	
11	3300887	KUSHIHASHI Yujiro		117.55	9:02:45	
12	3300926	KASUGA Yoshiyuki		130.69	9:03:00	
13	3301091	OKADA Koki		148.72	9:03:15	
14	3300917	KUROIWA Kippe		169.50	9:03:30	
15	3300891	NUMATA Ayuto		159.87	9:03:45	
16	3300972	SATO Gorin		165.96	9:04:00	
17	3300593	MIYAO Yuji		154.32	9:04:15	
18	3300857	HOSHINA Koki		147.78	9:04:30	
19	3300996	TAKEUCHI Kai		148.02	9:04:45	
20	3301070	MAEDA Reo		135.88	9:05:00	
21	3301162	KOJIMA Shinya		166.86	9:05:15	
22	3300858	TSUBATA Ittetsu		112.42	9:05:30	
23	3301066	YAMADA Enmi		195.22	9:05:45	
24	3300667	HASHIMOTO Yukinori		104.81	9:06:00	
25	3300855	SATO Medaru		131.86	9:06:15	
26	3300894	KASAMA Rito		155.15	9:06:30	
27	3300981	YOSHIDA Rai		123.04	9:06:45	
28	3300295	OTA Kohei		159.82	9:07:00	
29	3301079	MORI Sena		167.18	9:07:15	
30	3510630	GASCHE Christoph		199.18	9:07:30	
31	3301072	MIYAO Daiki		167.13	9:07:45	
32	3300928	NISHIMOTO Mizuki		102.92	9:08:00	
33	3301065	TAKAHASHI Yutaro		153.01	9:08:15	
34	3301131	MUROI Renon		192.39	9:08:30	
35	3301090	AIZAKI Motoi		172.89	9:08:45	
36	3900039	NGOEICHAJ Thanakorn		182.93	9:09:00	
37	3301022	KOIKE Shohei		123.89	9:09:15	
38	3301089	NETSU Kazuhiro		174.84	9:09:30	
39	3300888	OKADA Koki		174.05	9:09:45	
40	3301088	HIGUCHI Mikito		199.19	9:10:00	
41	3300589	MIYAKI Ryo		118.12	9:10:15	
42	3300881	SHIMOTORI Yusaku		169.08	9:10:30	
43	3300884	HORIGOME Yumaru		132.00	9:10:45	
44	3300955	KURIBAYASHI Kotaro		292.27	9:11:00	
45	3301158	MATSUZAWA Jin		244.44	9:11:15	
46	3301173	ISHIKAWA Kazuho		295.82	9:11:30	

START LIST
Men 10 km Free Individual

Tokamachi, Niigata

Sat 14 Mar 2026

Start Time 09:00

Bib	FIS Code	Name	Nat	FIS Point	Start Time	Remarks
47	3301050	HOSHIKAWA Reo		352.25	9:11:45	
48	3301167	KOYAMA Rento		277.38	9:12:00	
49	3900056	JUNTHALAOW Prathompong		577.40	9:12:15	
50	3300922	HIGUCHI Kotaro		225.90	9:12:30	
51	3301136	SATO Yuto		336.92	9:12:45	
52	3301003	KITAZAWA Kenshi		267.35	9:13:00	
53	3301130	MARUYAMA Takuto		271.71	9:13:15	
54	3301081	KAMIMURA Kanta		321.36	9:13:30	
55	3301127	YAMAMOTO Natsume		271.65	9:13:45	
56	3900040	SAISUK Naravich		505.01	9:14:00	
57	3301037	KUWABARA Satsuki		303.70	9:14:15	
58	3301135	TANAKA Seigo		246.91	9:14:30	
59	3900053	KINGSAKUL Kitsakorn		438.48	9:14:45	
60	3301139	YAJIMA Kiyooki		292.59	9:15:00	
61	3301132	FUKAISHI Arata		303.98	9:15:15	
62	3301123	NISHIKAWA Osuke		398.28	9:15:30	
63	3300989	GOTO Ryosuke		209.54	9:15:45	
64	3301141	AOKI Haruki		416.56	9:16:00	
65	3540006	PINEYRO Antonio		387.32	9:16:15	
66	3301159	TSUJI Yushin		256.68	9:16:30	
67	3301036	HOSHIKAWA Seiya		232.77	9:16:45	
68	3301083	YOSHINO Tamaki		368.98	9:17:00	
69	3300924	SATO Izuki		241.71	9:17:15	
70	3300971	EMURA Ryu		215.31	9:17:30	
71	3301166	MIYAMURA Rentaro		216.51	9:17:45	
72	3301157	NOGAMI Haruto		265.91	9:18:00	
73	3300642	KUWAHARA Atsuyoshi		200.73	9:18:15	
74	3300945	TOMII Fukuta		235.86	9:18:30	
75	3301147	MIYASHITA Kodai		253.21	9:18:45	
76	3301133	KAWABE Hinata		243.97	9:19:00	
77	3900036	CHITMUNCHAITHAM Jittipat		222.27	9:19:15	
78		URANO Hiroyuki			9:19:30	
79		WATANABE Ikuo			9:19:45	
80	3301134	YAMAGUCHI Shion			9:20:00	
81		KOYAMA Yu			9:20:15	
82		IGARASHI Towa			9:20:30	
83		KISHIGAMI Hiroaki			9:20:45	
84		YAMASHITA Kosuke			9:21:00	

GROUPING LIST

Women 5 km Free Individual

Tokamachi, Niigata

Sat 14 Mar 2026

Start Time 09:40

End Time

Grp	FIS Code	Name	Nat	FIS Point	Remarks
III	3305347	HONDA Chika		92.69	
	3305362	YAMADA Tomoko		103.16	
	3305398	YAMAZAKI Yuka		105.91	
	3305363	NAKAJIMA Kaho		114.47	
	3305484	MATSUZAWA Kokoro		141.85	
	3305400	IWASA Kanaha		141.88	
	3305429	KOIKE Azusa		142.90	
	3305456	KOBUNA Honomi		144.52	
	3305476	KOJIMA Mihoshi		163.35	
	3305512	FUKUHARA Yuka		163.68	
	3305477	TAKAHASHI Sayumi		170.47	
	3305475	MIYAZAKI Miki		173.29	
	3305537	OBA Asaki		182.85	
	3305553	MORI Miko		189.26	
	3305547	ITO Sayuki		192.64	
	3305407	YAMAMOTO Mayu		195.95	
	3305505	YAMAZAKI Iroha		196.97	
II	3305546	YAMADA Momoko		200.41	
	3305544	ISHIKAWA Yuna		200.58	
	3305577	MATSUI Haruka		213.23	
	3305582	YAMAZAKI Mao		225.36	
	3305586	KOBAYASHI Yuna		250.48	
	3305414	SATO Haruka		255.33	
	3305585	IMANARI Yuna		263.91	
	3305584	GOTO Yuika		266.27	
	3305552	TOMIZAWA Hiyori		275.19	
	3305558	UCHIDA Noeru		281.04	
	3305418	EMURA Nanami		284.50	
	3305557	KOKAI Miyu		287.99	
	3305382	MASUDA Sora		330.34	
	3305587	SANO Yui		333.95	
	3305565	TOMII Chihiro		403.34	
	3905038	CHATTHITIMETEE Natthaatcha		543.92	
	I		TANIMOTO Emi		
		SUDA Yuka			
		OTA Akiho			

START LIST
Women 5 km Free Individual

Tokamachi, Niigata

Sat 14 Mar 2026

Start Time 09:40

Jury Information			Course information	
Technical Delegate	Im Yeui Gyu	KOR	Name:	Tokamachi B 5.0km FIS
Assistant Technical Delegate	Keisuke Yamashita	JPN	Height Difference (HD):	87m
Chief of Competition	Koji Sato	JPN	Maximum Climb (MC):	51m
			Total Climb (TC):	163m
			Length of Lap:	5km
			Number of Laps:	1
			Course No.:	FIS24/39.06/5.0_SAJ08-CC-28/96

Bib	FIS Code	Name	Nat	FIS Point	Start Time	Remarks
91	3305456	KOBUNA Honomi		144.52	9:40:15	
92	3305477	TAKAHASHI Sayumi		170.47	9:40:30	
93	3305407	YAMAMOTO Mayu		195.95	9:40:45	
94	3305398	YAMAZAKI Yuka		105.91	9:41:00	
95	3305475	MIYAZAKI Miki		173.29	9:41:15	
96	3305512	FUKUHARA Yuka		163.68	9:41:30	
97	3305400	IWASA Kanaha		141.88	9:41:45	
98	3305362	YAMADA Tomoko		103.16	9:42:00	
99	3305363	NAKAJIMA Kaho		114.47	9:42:15	
100	3305347	HONDA Chika		92.69	9:42:30	
101	3305547	ITO Sayuki		192.64	9:42:45	
102	3305537	OBA Asaki		182.85	9:43:00	
103	3305484	MATSUZAWA Kokoro		141.85	9:43:15	
104	3305429	KOIKE Azusa		142.90	9:43:30	
105	3305476	KOJIMA Mihoshi		163.35	9:43:45	
106	3305553	MORI Miko		189.26	9:44:00	
107	3305505	YAMAZAKI Iroha		196.97	9:44:15	
108	3305382	MASUDA Sora		330.34	9:44:30	
109	3305582	YAMAZAKI Mao		225.36	9:44:45	
110	3305565	TOMII Chihiro		403.34	9:45:00	
111	3305414	SATO Haruka		255.33	9:45:15	
112	3905038	CHATTHITIMETEE Natthaatcha		543.92	9:45:30	
113	3305552	TOMIZAWA Hiyori		275.19	9:45:45	
114	3305587	SANO Yui		333.95	9:46:00	
115	3305418	EMURA Nanami		284.50	9:46:15	
116	3305558	UCHIDA Noeru		281.04	9:46:30	
117	3305546	YAMADA Momoko		200.41	9:46:45	
118	3305586	KOBAYASHI Yuna		250.48	9:47:00	
119	3305544	ISHIKAWA Yuna		200.58	9:47:15	
120	3305557	KOKAI Miyu		287.99	9:47:30	
121	3305584	GOTO Yuika		266.27	9:47:45	
122	3305585	IMANARI Yuna		263.91	9:48:00	
123	3305577	MATSUI Haruka		213.23	9:48:15	
124		SUDA Yuka			9:48:30	
125		OTA Akiho			9:48:45	
126		TANIMOTO Emi			9:49:00	

Race Time Sheet — Sun, March 15 (Sprint Free)

Adults / High School (FIS/SAJ point race) — Qualification

★ 15-second single interval start ★

Qualification start order: Order of points for FIS-registered athletes (based on FIS_TO No. 6).

Order	Event	Distance	Bib	Athletes	Start	Finish
1	Adults/HS Men	1.3 km	101–173	73	09:00:15	09:18:15
2	Adults/HS Women	1.3 km	1–30	30	09:30:15	09:37:30

Adults / High School — Final Rounds

Stage	Event	Distance	Bib	Athletes	Start times
Quarterfinal	Adults/HS Men	1.3 km	1–30	30	10:10 / 10:15 / 10:20 / 10:25 / 10:30
Quarterfinal	Adults/HS Women	1.3 km	51–80	30	10:45 / 10:51 / 10:57 / 11:03
Semifinal	Adults/HS Men	1.3 km	1–30	12	11:20 / 11:25
Semifinal	Adults/HS Women	1.3 km	51–80	12	11:30 / 11:36
Final	Adults/HS Men	1.3 km	1–30	6	11:45
Final	Adults/HS Women	1.3 km	51–80	6	11:55

Junior High School

Qualification: basically 6 athletes per group, 60-second interval starts. Group start order: III → II → I (team ranking).

Order	Event	Distance	Bib	Athletes	Heats	Start	Finish
9	JHS Boys (Qual.)	1.3 km	1–37	37	7	12:20:00	12:26:00
10	JHS Girls (Qual.)	1.3 km	41–66	26	5	12:30:00	12:34:00

Final: Top 6 by qualification time.

Order	Event	Distance	Bib	Athletes	Heats	Start
11	JHS Boys (Final)	1.3 km	71–76	6	1	12:50:00
12	JHS Girls (Final)	1.3 km	81–86	6	1	13:00:00

Note: Course maintenance may be conducted depending on conditions.

Elementary School

Time-race final: basically 6 athletes per group, 60-second interval starts. Group start order: (III →) II → I (team ranking).

Order	Event	Distance	Bib	Athletes	Heats	Start	Finish
13	Elem Grade 6 Boys	1 km	501–517	17	3	13:15:00	13:17:00
14	Elem Grade 5 Boys	1 km	521–537	17	3	13:18:00	13:20:00
15	Elem Grade 6 Girls	1 km	541–561	21	4	13:21:00	13:24:00
16	Elem Grade 5 Girls	1 km	571–582	12	2	13:25:00	13:26:00
17	Elem Grade 4 Boys	1 km	591–600	10	2	13:27:00	13:28:00

START LIST

Men 1.3 km Sprint Free Qualification

Tokamachi, Niigata

Sun 15 Mar 2026

Start Time 09:00

Jury Information			Course information	
Technical Delegate	Im Yeui Gyu	KOR	Name:	Tokamachi Sprint 1.3km FIS
Assistant Technical Delegate	Keisuke Yamashita	JPN	Height Difference (HD):	29m
Chief of Competition	Koji Sato	JPN	Maximum Climb (MC):	27m
			Total Climb (TC):	32m
			Length of Lap:	1.3km
			Number of Laps:	1
			Course No.:	FIS24/39.07/1.3_SAJ08-CC-28/96

Bib	FIS Code	Name	Nat	FIS Point	Start Time	Remarks
101	3300882	YAMAGUCHI Renta		221.20	9:00:15	
102	3300823	IKEDA Ryoichi		228.44	9:00:30	
103	3300667	HASHIMOTO Yukinori		295.50	9:00:45	
104	3300669	KOBAYASHI Kosei		332.99	9:01:00	
105	3900039	NGOEICHAJ Thanakorn		354.85	9:01:15	
106	3300890	MAEDA Koki		409.60	9:01:30	
107	3300981	YOSHIDA Rai		415.19	9:01:45	
108	3300928	NISHIMOTO Mizuki		437.78	9:02:00	
109	3900040	SAISUK Naravich		441.37	9:02:15	
110	3300848	YOSHIKE Taichi		443.61	9:02:30	
111	3300972	SATO Gorin		483.21	9:02:45	
112	3300857	HOSHINA Koki		488.10	9:03:00	
113	3900036	CHITMUNCHAITHAM Jittipat		494.08	9:03:15	
114	3300858	TSUBATA Ittetsu		503.05	9:03:30	
115	3300844	SASAKI Hinata		515.16	9:03:45	
116	3510630	GASCHE Christoph		522.43	9:04:00	
117	3300884	HORIGOME Yumaru		528.16	9:04:15	
118	3300891	NUMATA Ayuto		533.19	9:04:30	
119	3300924	SATO Izuki		580.05	9:04:45	
120	3300888	OKADA Koki		588.44	9:05:00	
121	3300971	EMURA Ryu		638.30	9:05:15	
122	3900056	JUNTHALAOW Prathompong		654.40	9:05:30	
123	3300989	GOTO Ryosuke		680.50	9:05:45	
124	3300917	KUROIWA Kippe		682.05	9:06:00	
125	3301070	MAEDA Reo		684.70	9:06:15	
126	3300894	KASAMA Rito		690.94	9:06:30	
127	3301065	TAKAHASHI Yutaro		712.10	9:06:45	
128	3900053	KINGSAKUL Kitsakorn		721.76	9:07:00	
129	3301088	HIGUCHI Mikito		723.24	9:07:15	
130	3301030	SATO Junnosuke		745.82	9:07:30	
131	3301090	AIZAKI Motoi		754.21	9:07:45	
132	3300945	TOMII Fukuta		770.85	9:08:00	
133	3301072	MIYAO Daiki		775.87	9:08:15	
134	3301037	KUWABARA Satsuki		779.34	9:08:30	
135	3301031	IKEUCHI Hiroto		788.03	9:08:45	
136	3301079	MORI Sena		803.87	9:09:00	
137	3301081	KAMIMURA Kanta		814.20	9:09:15	
138	3301089	NETSU Kazuhiro		818.48	9:09:30	
139	3301066	YAMADA Enmi		876.33	9:09:45	
140	3301083	YOSHINO Tamaki		909.65	9:10:00	
141	3301158	MATSUZAWA Jin			9:10:15	
142	3300725	SAKAI Kanta			9:10:30	
143	3301165	WAKU Haruka			9:10:45	
144	3301139	YAJIMA Kiyooki			9:11:00	
145	3300593	MIYAO Yuji			9:11:15	
146	3301127	YAMAMOTO Natsume			9:11:30	

START LIST

Men 1.3 km Sprint Free Qualification

Tokamachi, Niigata

Sun 15 Mar 2026

Start Time 09:00

Bib	FIS Code	Name	Nat	FIS Point	Start Time	Remarks
147	3300996	TAKEUCHI Kai			9:11:45	
148	3301147	MIYASHITA Kodai			9:12:00	
149		MURAKOSHI Yutaro			9:12:15	
150	3301133	KAWABE Hinata			9:12:30	
151	3301157	NOGAMI Haruto			9:12:45	
152	3300295	OTA Kohei			9:13:00	
153	3301130	MARUYAMA Takuto			9:13:15	
154	3301050	HOSHIKAWA Reo			9:13:30	
155	3301132	FUKAISHI Arata			9:13:45	
156	3301091	OKADA Koki			9:14:00	
157	3301162	KOJIMA Shinya			9:14:15	
158	3301167	KOYAMA Rento			9:14:30	
159	3301036	HOSHIKAWA Seiya			9:14:45	
160	3301173	ISHIKAWA Kazuho			9:15:00	
161	3300642	KUWAHARA Atsuyoshi			9:15:15	
162	3301131	MUROI Renon			9:15:30	
163	3301123	NISHIKAWA Osuke			9:15:45	
164	3301159	TSUJI Yushin			9:16:00	
165	3301136	SATO Yuto			9:16:15	
166	3301166	MIYAMURA Rentaro			9:16:30	
167		IGARASHI Towa			9:16:45	
168	3301003	KITAZAWA Kenshi			9:17:00	
169	3300922	HIGUCHI Kotaro			9:17:15	
170		WATANABE Ikuo			9:17:30	
171	3301135	TANAKA Seigo			9:17:45	
172	3301134	YAMAGUCHI Shion			9:18:00	
173	3300881	SHIMOTORI Yusaku			9:18:15	

START LIST

Women 1.3 km Sprint Free Qualification

Tokamachi, Niigata

Sun 15 Mar 2026

Start Time 09:30

Jury Information			Course information	
Technical Delegate	Im Yeui Gyu	KOR	Name:	Tokamachi Sprint 1.3km FIS
Assistant Technical Delegate	Keisuke Yamashita	JPN	Height Difference (HD):	29m
Chief of Competition	Koji Sato	JPN	Maximum Climb (MC):	27m
			Total Climb (TC):	32m
			Length of Lap:	1.3km
			Number of Laps:	1
			Course No.:	FIS24/39.07/1.3_SAJ08-CC-28/96

Bib	FIS Code	Name	Nat	FIS Point	Start Time	Remarks
1	3305347	HONDA Chika		161.99	9:30:15	
2	3305398	YAMAZAKI Yuka		334.04	9:30:30	
3	3305362	YAMADA Tomoko		420.59	9:30:45	
4	3305484	MATSUZAWA Kokoro		470.31	9:31:00	
5	3305400	IWASA Kanaha		563.54	9:31:15	
6	3305477	TAKAHASHI Sayumi		617.66	9:31:30	
7	3305476	KOJIMA Mihoshi		621.57	9:31:45	
8	3305512	FUKUHARA Yuka		638.22	9:32:00	
9	3305456	KOBUNA Honomi		641.26	9:32:15	
10	3905038	CHATTHITIMETEE Natthaatcha		663.66	9:32:30	
11	3305505	YAMAZAKI Iroha		685.28	9:32:45	
12	3305475	MIYAZAKI Miki		714.04	9:33:00	
13	3305547	ITO Sayuki		818.37	9:33:15	
14	3305544	ISHIKAWA Yuna		841.29	9:33:30	
15	3305414	SATO Haruka		878.23	9:33:45	
16	3305565	TOMII Chihiro		894.04	9:34:00	
17	3305553	MORI Miko		906.09	9:34:15	
18	3305558	UCHIDA Noeru		913.09	9:34:30	
19	3305552	TOMIZAWA Hiyori		938.13	9:34:45	
20	3305557	KOKAI Miyu		938.21	9:35:00	
21	3305382	MASUDA Sora		982.20	9:35:15	
22	3305537	OBA Asaki		1044.48	9:35:30	
23	3305577	MATSUI Haruka			9:35:45	
24	3305418	EMURA Nanami			9:36:00	
25	3305586	KOBAYASHI Yuna			9:36:15	
26	3305582	YAMAZAKI Mao			9:36:30	
27	3305587	SANO Yui			9:36:45	
28	3305584	GOTO Yuika			9:37:00	
29	3305585	IMANARI Yuna			9:37:15	
30	3305546	YAMADA Momoko			9:37:30	