



Association of International Schools in Asia



AISA CROSS COUNTRY 2018

sabers.senri.ed.jp/xc

hosted by Senri & Osaka International Schools

12–13 October 2018

Korea International School Phoenix

Senri & Osaka International Schools Sabers

Seoul International School Tigers

Yokohama International School Dragons





SENRI & OSAKA INTERNATIONAL SCHOOLS
welcome all runners, coaches, and fans to the

2018 AISA Cross Country

12–13 October 2018

(travel days October 11, 14)

@ [Senri & Osaka International Schools, Osaka, Japan](#)

Runners, coaches, fans:

The Sabers welcome you to [SOIS](#) in the city of Minoh in northern Osaka. In its growing history, AISA has consistently produced high quality athletic tournaments, fine arts festivals, leadership conferences, and math mania competitions. We anticipate that the 2018 cross country meet will continue this strong tradition. It is an honor and pleasure to have quality teams from Japan and Korea together for a weekend of friendly, international competition. We in the Sabers community look forward to showing you some warm Osaka hospitality. Please just ask if we can help you in any way.

Good luck to all teams.

Peter Heimer

activities director, meet director

Senri & Osaka International Schools

pheimer@senri.ed.jp

cell phone: 080–1469–3788

home phone: 072–728–7523



meet webpage at
[sabers.senri.ed.jp/xc](#)



The Sabers community welcomes you.

大阪へようこそ。 Welcome to Osaka.

On behalf of our two-school community, we welcome all runners, coaches, and fans to Osaka, Japan, and to Senri & Osaka International Schools for the 2018 Association of International Schools in Asia cross country meet. We look forward to some exciting, fast action. We know that the competition on the course will be intense and high level, but we also know that it will be friendly and fair.

AISA is a great avenue to bring people together. Camaraderie within your own team and with other teams will be an important part of the tournament. Please take advantage of this opportunity to develop positive relationships with new friends.

Please enjoy your time in Osaka. We hope you take some time to learn a little about Japan and the Kansai area. Your homestay family is a perfect window to life in Japan. We hope you start a relationship with your homestay family, a relationship that lasts longer than the tournament weekend.

Many people – students, teachers, staff, parents – have worked hard to make this event successful. Please be sure to thank them if you have a chance.

Finally, good luck to all participants. Enjoy your competition, win or lose. We hope you leave SOIS with fond memories and new friends.



Ms. Mayumi Ito
head, Senri International School



Mr. Bill Kralovec
head, Osaka International School





2018 AISA CROSS COUNTRY ITINERARY

Thursday, October 11 – Sunday, October 14, 2018

木曜日 THURSDAY

- 15:40 KIS (7C1384), 16:00 SIS (OZ114) arrive at KIX; met by Ms. Kaoru Endo.
Exchange money, rent cell phones, buy snack/drink for long bus ride.
- 17:15 KIS, SIS depart on bus to SOIS (75-minute ride).
- 18:30 KIS, SIS, YIS, and SOIS runners arrive at SOIS. 学校に着く.
- **18:45** Homestay hosts pick up KIS, SIS runners in genkan 玄関.
*Dinner with host families individually or in small groups near school.
Guests must stay with hosts; no traveling unchaperoned.*
- 19:00 Coaches meeting.
- 19:30 KIS, SIS coaches travel to hotel via taxis. (10 minutes; 1700 yen)
- 21:45 YIS overnight guests return to school by 21:45 PM each night.
- 22:00 Curfew 門限. Coaches contact host families or students.

金曜日 FRIDAY

- 07:30 YIS vacates sleeping rooms, stores futons and bags in theater lobby, stage.
- **08:30** All runners arrive at SOIS. (Shop at convenience store beforehand.)
- 09:00 Welcome meeting (cafeteria).
- 09:30 Walk to course. Senri Kita Koen park. [千里北公園](#)
- 09:50 Course walk through, warm up.
- **10:35** Boys #1, #2 race.
- 11:00 Girls #1, #2 race.
- 11:35 Boys #3, #4 race.
- 12:05 Girls #3, #4 race.
- 12:45 Boys #5, #6, #7 race.
- 13:15 Girls #5, #6, #7 race.
- 14:00 Day 1 races finish. Pack up. Walk back to school.
- 14:30 Back at school. Showers in PE locker rooms, if wanted. Free time in, near school.
- 14:45 Coaches meeting.
- 15:00 Coaches travel to hotel via taxis.
- **15:55** Bus to [Expo City](#) (20-minute ride; 5-minute walk from parking lot).
*Shopping, dining, movies, Ferris wheel... Japan's largest entertainment complex.
Guests must stay with hosts; no traveling unchaperoned.*
- 17:00 Coaches depart hotel for coaches dinner. (Meet in hotel lobby.)
- 17:45 Coaches arrive Shinsaibashi area: brief walk-around.
- 18:30 Coaches dinner.
- **20:30** Board bus back to school. 出発. *Don't be late.*
Some students go home directly from Expo City, via public transportation or by car.
- **21:00** Homestay pick up in front of school.
- 21:45 YIS overnight guests return to school by 21:45 PM each night.
- 22:00 Curfew 門限. Coaches contact host families or students.



2018 AISA CROSS COUNTRY ITINERARY

土曜日 SATURDAY

- 08:30 YIS vacate sleeping rooms, fold and stack futons in genkan, store bags in chorus room E137.
- **09:15** Students, coaches arrive Senri Kita park (directly to course; do not go to school).
- 09:30 Relay race warm up.
- **10:00** Relay race begins (10K total).
- **11:00** Open race (JV and MS runners; community – teachers, parents, friends).
- 11:45 Open race finishes. Pack up. Walk back to school.
- 12:15 Showers, **pool**, free time until awards, banquet. *Don't eat yet!*
- 13:10 Awards, cafeteria. カフェテリア.
- 13:30 Banquet, cafeteria. カフェテリア.
- 14:45 Homestay pickup, 玄関.

Host students and guests make their own plans. Be smart, be safe.

Traveling into city is allowed, but guests must stay with hosts at all times.

Communicate clearly. Plan return travel carefully. Don't miss curfew.

- 15:00 YIS departs. *Safe travels, Dragons.*
- 22:00 Curfew 門限. Coaches contact host families or students.

日曜日 SUNDAY

- **07:00** KIS, SIS arrive at school with homestay hosts. 学校に着く.
- 07:10 KIS, SIS depart on bus to KIX.
- 08:30 KIS, SIS arrive at KIX, check in immediately.
- 10:50 KIS (Jeju 7C1381), SIS (OZ111) depart. *Safe travels, Phoenix and Tigers.*



AISA  2018
Seoul Yokohama Osaka



2018 AISA CROSS COUNTRY COURSE

Senri Kita Koen park. 千里北公園

<http://www.city.suita.osaka.jp/senrikita.html>

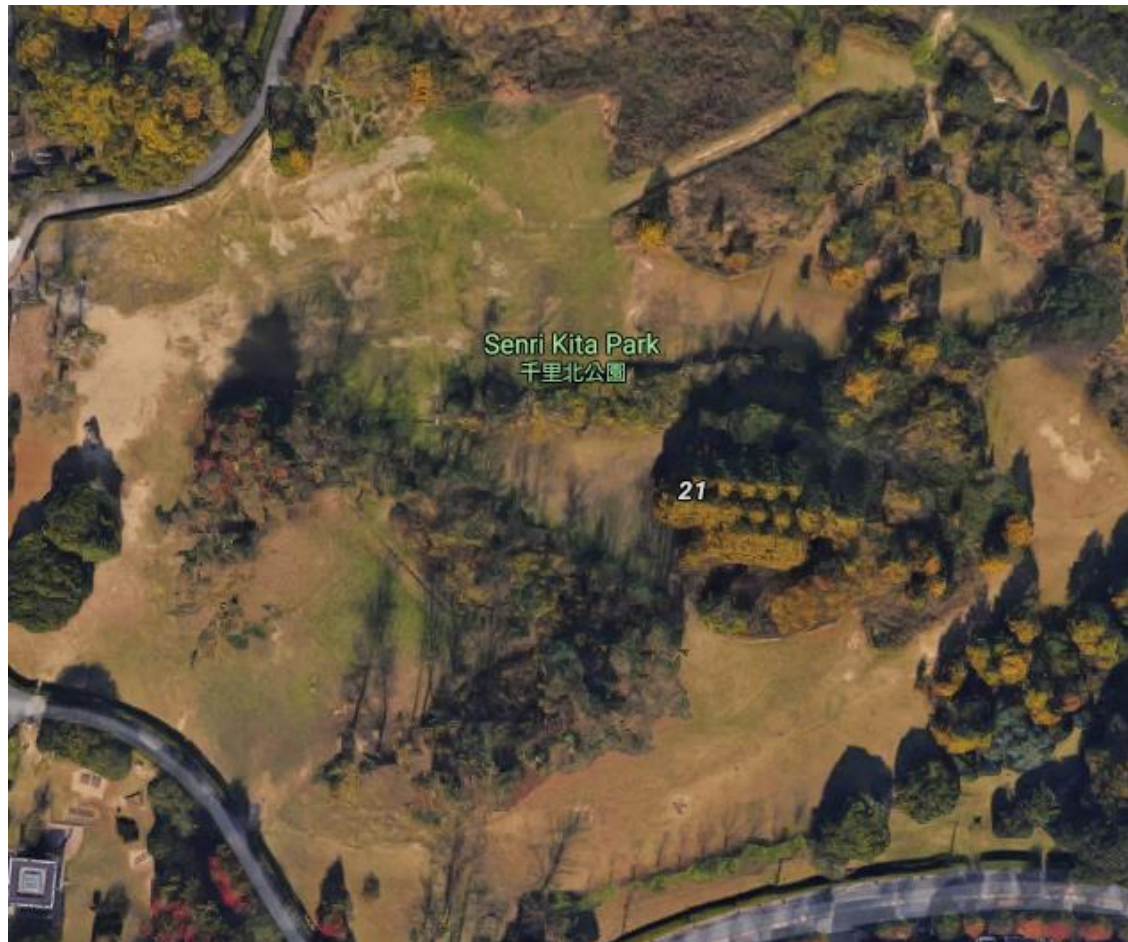
10-minute walk from school.

- **Distance:** 5K
- **Laps:** 6
- **Lap distances:** different distances
 - Lap 1: 560m
 - Laps 2–5: 930m
 - Lap 6 (final): 720m
- **Relay race:** slightly different distances for girls and boys
 - Girl** runs laps 1-2-3 = 2420m x 2 = 4840m
 - Boy** runs laps 4-5-6 = 2580m = 5160m
- **Surface:** combination of rough grass, tall grass, hard dirt, mud patches (no pavement)
- **Start:** about 40m up a slight incline followed by approximately 110 meters over grass (the fairway) before arriving at a narrow short uphill dirt path (“the pass”). *Careful. Room for only 2 runners side by side up “the pass”.*
- **After that:**
 - 40m flat “plateau” leads to a short drop (“the jump”). *Careful.*
 - 200m downhill through grass onto hard-packed dirt (“the outback”).
 - 110m down and up “the gully”, approaching the original start line.
 - Back onto “the fairway”, with a series of 5 sharpish S-turns, totaling just over 500m on “the fairway” – best place for fans to sit and watch much of the race.
 - **S-turns:** First, stay left of row of trees (“the grove”); sharp half-circle back right along these same trees; another sharp half-circle back left through the grassy fairway (avoiding a shallow “pit”); a third half-circle back down the fairway again, past the “pit”; a fourth half-circle back along the inside of another row of trees with a view of Senri-Chuo Towers; and a fifth and final half-circle turn back up the fairway, staying outside the row of trees (Algie’s Alley) with a view of the neighboring houses.
 - Back to the the short, narrow uphill “pass”; left turn at the top onto the “plateau”; soon to the “jump”; downhill to the “outback”; down and up the “gully” again; and back to the series of S-turns (half-circle turns) on the “fairway.”

More notes about the course

(Map and explanation at coaches meeting and during walkthrough)

- **First lap:** Shortest lap (560m). No S-turns on fairway.
- **Laps 2-3-4-5:** Longest laps (930m) with S-turns on fairway.
- **Lap 6:** Final lap. Once onto the fairway, keep left through the grove, 1 half-circle turn back, and a final 100m sprint to the finish line at the end of the fairway.



- **Hospitality table:** at the end of the fairway.
- **Medical station:** near the hospitality table on the fairway.
- **Plastic sheets:** along the side of the fairway; team rest areas; best view
- **Water station:** in the middle of the fairway.
- **Water, sports drink, juice, bananas** available for runners, coaches.
- **Warmup area:** anywhere behind the fairway or in the gulley.
- **Public restrooms** near start line.



2018 AISA CROSS COUNTRY

team photo, roster

Korea International School Phoenix



WOMEN

Seed	Name	Gr	Nationality
1	Jenny Lee	12	USA
2	Aris Hwang	12	Taiwan
3	Alice Jo	12	Canada
4	Roori Lee	10	Korea
5	Michelle Lee	9	USA
6	Kristin Kye	12	USA
7	Agnes Jung	11	Korea
coach	Mr. Brian Bunting		
coach	Mr. Ryan McKelvie		



2018 AISA CROSS COUNTRY

team photo, roster

Korea International School Phoenix



MEN

Seed	Name	Gr	Nationality
1	Patrick Seong	12	Korea
2	Terry Lee	12	Korea
3	Wonjun Jang	11	Korea
4	Sehwa Jung	10	Korea
5	Jin Lee	10	Korea
6	Ryan Lee	11	USA
7	Ryan Koo	12	USA
coach	Mr. Brian Bunting		
coach	Mr. Ryan McKelvie		



2018 AISA CROSS COUNTRY

team photo, roster

Seoul International School Tigers



WOMEN

Seed	Name	Gr	Nationality
1	Katherine Kim	12	ROK
2	Sophia Moon	10	ROK
3	Lucienne Huh	11	ROK
4	Michelle Chang	10	ROK
5	Sarah Jung	12	ROK
6	Andie Kim	11	ROK
7			
coach	Ms. Jennifer Kurbel		
coach	Mr. Peter Alden		



2018 AISA CROSS COUNTRY

team photo, roster

Seoul International School Tigers



MEN

Seed	Name	Gr	Nationality
1	Andrea Shin	11	ROK
2	Joe Kim	12	ROK
3	Brian Lee	12	ROK
4	Jangho Yun	12	ROK
5	Eddie Hahm	10	ROK
6	David Lim	10	USA
7	Thomas Song	10	ROK
coach	Mr. Peter Alden		
coach	Ms. Jennifer Kurbel		



2018 AISA CROSS COUNTRY

team photo, roster

Yokohama International School Dragons



WOMEN

Seed	Name	Gr	Nationality
1	Momo Oshiba	12	Japan
2	Emma Rudy Srebnik	11	USA
3	Elena Weidinger	9	Austria/Japan
4	Waka Fujiwara	9	Japan
5	Misha Pires	9	Canada/Japan
6	Mathilde Verge-Salaman	10	USA/Japan
7	Sayo Ogoshi	11	Japan
coach	Mr. Russell Brown		
coach	Ms. Harumi Kobayashi		
coach	Mr. Masato Ise		
security	Mr. Brinya Tananone		



2018 AISA CROSS COUNTRY

team photo, roster

Yokohama International School Dragons



MEN

Seed	Name	Gr	Nationality
1	Kenryo Mori	11	Japan
2	William Hannah	11	Japan
3	Theophile Masurel	9	France
4	Joshua Roberts	10	Australia/Japan
5	Kento Riendo	10	USA/Japan
6	Lukus Mui	10	Canada
7	Kai Wilson	9	Canada/Japan
coach	Mr. Russell Brown		
coach	Ms. Harumi Kobayashi		
coach	Mr. Masato Ise		
security	Mr. Brinya Tananone		



2018 AISA CROSS COUNTRY

team photo, roster

Senri & Osaka International Schools Sabers



WOMEN

Seed	Name	Gr	Nationality
1	Mai Nanjo	10	Japan
2	Lisa Nin	10	Japan
3	Ami Kasumoto	9	Japan
4	Aoi Uchikata	10	Japan
5	Miki Fujito	12	Japan
6	Karin Iwaki	11	Japan
7	Nanami Hasegawa	11	Japan
coach	Mr. Hisashi Munemasa		Japan
coach	Ms. Tara Cheney		Australia



2018 AISA CROSS COUNTRY

team photo, roster

Senri & Osaka International Schools Sabers



MEN

Seed	Name	Gr	Nationality
1	Riki Sampson	11	USA
2	Tyus Sheriff	11	USA
3	Antonio Kogata	11	UK
4	Akihiro Takebe	11	Japan
5			
6			
7			
coach	Mr. Hisashi Munemasa		Japan
coach	Ms. Tara Cheney		Australia



2018 AISA CROSS COUNTRY

Meet regulations, information

Section 29 of the AISA handbook

Cross country 2-day meet format

Day 1: individual seeded races

1. Individual seeded races

- Race distance: 5 kilometers.
- 6 races total: 3 boys races and 3 girls races.
- Race order at host schools' discretion. Example:
 1. race 1: boys seeds #1 and #2
 2. race 2: girls seeds #1 and #2
 3. race 3: boys seeds #3 and #4
 4. race 4: girls seeds #3 and #4
 5. race 5: boys seeds #5 and #6 and #7
 6. race 6: girls seeds #5 and #6 and #7

Day 2: co-ed relay race; open race

1. Co-ed relay race

- Race distance: 10 kilometers.
- Each school enters at least 5 and up to 7 co-ed relay "pairs". Each girl-boy pair competes against all other pairs.
- Runner order: girl-boy-girl-boy. The girl starts the race and the boy finishes it.
- Each runner runs twice during the race. The girl starts and runs approximately half of a 5km course before handing off a baton or sash to the boy. The boy then runs the second half of the course before returning the baton/sash to the same girl. The girl again runs approximately half of the course before making a final handoff to the same boy who finishes the race.
- Total distance run by each runner: approximately 5km.
- An exchange zone shall be designated for baton or relay object transfer.
- Order of finish: the order in which each boy finishes his last leg. This will be the only time runners go through the chute and cross the finish line.
- Invitation scoring system: first 5 pairs to complete the relay course will be scorers and the 6th and 7th pairs will be pushers.

2. Open race for JV runners and runners from other schools

One exhibition race (girls and boys run together; not part of the official scoring) for the host school's JV squad and other local teams.

- Race distance: 5 kilometers.
- Medals for top female and male finishers.

Other meet regulations, information

Race start procedures

- 3-command **pistol** start: *Runners take your marks. Get set. Bang.*
- False start: Restart the race. *No disqualifications.*

Seeding of runners

- Rosters must be submitted in advance, with seeds #1 and #2 designated on the initial roster. Seeds #1 and #2 cannot be changed.
- Seeds #3 through #7 to be designated by coaches on day 1 of the event.
- Seeds must be fairly and honestly based on season results. No “sandbagging.”

Scoring

- Scores are determined by summing the **top 5** finishers on each team.
- Points are awarded to individual runners / co-ed relay teams equal to positions in which they cross the finish line (1st place = 1 point, 2nd place = 2 points, etc.).
- Final team scores are determined by summing the seeded individual race scores (day 1) with the co-ed relay scores (day 2).
- Tie breaker: position of teams’ 6th runners.

Overall School Champion

- Points-only scoring: Teams add their total points from the seeded races (both boys and girls) to their total points from the relay race.

Awards

- AISA championship team (combined boys and girls individual race points and co-ed relay points): travel plaque and keeper plaque
- Top female team and top male team: keeper plaques
- Top individual female and male runners (best times, day 1 seeded races): keeper plaques
- Top individual female and male runners, open races (Saturday): medals
- All-tournament patches (12 for girls, 12 for boys; coaches choose runners)
 - 1st place overall team: 6 patches – 3 girls, 3 boys
 - 2nd place team: 6 patches – 3 girls, 3 boys
 - 3rd: 4 patches – 2 girls, 2 boys
 - 4th: 4 patches – 2 girls, 2 boys
 - 5th: 2 patches – 1 girl, 1 boy
 - 6th: 2 patches – 1 girl, 1 boy

Personnel

- Race marshals; finish spotters; timers; score recorders; 2 nurses (start, midway); water and food station staff; emergency vehicle driver

Equipment

- Seiko timing system; stopwatches; finish sticks; relay batons or sashes; tents; water stations; emergency vehicle; medical kit; umbrellas; chairs; benches; towels; mats

Food, drink

- Lunches, fruit, snacks, and drinks should be available onsite.



2018 AISA CROSS COUNTRY

Other information, reminders for all students

- Homestay guests: Please communicate clearly with homestay hosts. Tell them what time you will be home, what time you need to be at school, what time you need to be picked up, and if you need dinner or not. Feel free to ask your homestay family for help.
- Friday: A bus will take runners to a nearby shopping/dining/entertainment complex. Students can dine anywhere in the complex.
- Saturday: Runners will walk to Kita-Senri station and take a train (450 yen one-way) into Osaka city. In groups, students can dine in any restaurant.
- Visiting students must not travel alone; stay with your homestay host or a Sabers student.
- Public transportation budget: Be prepared for the possibility of taxi and train travel.
- Homestay contact information, school directions: Please keep with you at all times.
- Curfew: 22:00 PM. *In the homestay host family's home or in the school building.*
- Off-limit areas: Virtually all school areas and classrooms are used by students and staff on Friday. Please be respectful of student learning.
- Bottled water, sports drink, juice, bananas: Provided at race site for runners. *Runners may want to bring additional food and drink: energy bars, gels, sandwiches, onigiri, etc.*
- Hospitality table for coaches: At the course site. Drinks, sandwiches for coaches, staff.
- Other food, drink: School water fountain and tap water is safe to drink. Food and drink can be purchased from nearby convenience stores, bakeries, and restaurants.
- Medical: Nurse on site. Medical kit, ice packs available.
- Changing rooms, showers at school: Friday: PE locker rooms; Saturday: swimming pool locker rooms. (Runners should change in the morning at the host family home or at school before going to the park; city park restrooms are available at the course site.)
- Swimming pool: Available after the Saturday races prior to the awards ceremony.
- Restrooms: At the course site (city park).
- Garbage: Please keep the city park clean of litter.
- Taxis: Please arrange your own taxis to train stations. Call one day in advance (or earlier) to make sure taxis are available. Phone numbers are listed in this program.
- Internet access via school's wi-fi: "Join other network" (or something similar).
Network ID: **guest** (No password.) *Available in most areas; connection sometimes spotty.*

SOIS Address, Directions, Phone Numbers, Taxis

Senri International School of Kwansei Gakuin (SIS)
Osaka International School of Kwansei Gakuin (OIS)
Onohara-Nishi 4-4-16, Minoh-shi, Osaka-fu 562-0032 JAPAN

関西学院千里国際中等部・高等部

関西学院大阪インターナショナルスクール

〒562-0032 大阪府箕面市小野原西 4-4-16

TEL: 072-727-5050 www.senri.ed.jp

[Directions to SOIS](#) can be found on the SOIS school website – www.senri.ed.jp.

- from Shin-Osaka: Midosuji Line (red) north to Senri-Chuo, final stop (¥300; 13 min.).
- from Shin-Osaka: taxi – 25 minutes, about ¥4200. Tell driver: Senri Kokusai Gakuin, Onohara-Nishi. (9-seat jumbo taxis sometimes available at station, about ¥6500.)
- from Senri-Chuo: taxi – 10 minutes, about ¥1700.

Taxi phone numbers

Teams, please try to arrange your own taxis. Call in advance – from your school before you depart – to make sure taxis are available. You may have to call more than one company. Pick-up place: *seimon* 正門 (front gate).

- Miraito (Minoh): 072-627-0123
- Hankyu (Senri-Chuo): 06-6864-1111
- Ikeda: 072-761-8464
- Ibaraki/Takarazuka: 072-685-1919
- Nippon Taxi (regular): 06-6928-5151
- Nippon Taxi (jumbo): 06-6923-3923 <http://www.nippontaxi-grp.co.jp/taxi/yoyaku.htm>

Call or visit website to reserve 9-seat jumbo taxi at least 1 week in advance. Strict adherence to 9 passenger limit. About ¥6500, 25 mins. between school & Shin-Osaka station.

SOIS activities director

Mr. Peter Heimer 080-1469-3788

activities director, meet director, homestay coordinator, site supervisor

[Senri Hankyu Hotel](#) (coaches hotel)

from Korea: +81-6-6872-2211 within Japan: 06-6872-2211

[Senri & Osaka International Schools](#) www.senri.ed.jp

from Korea: +81-72-727-5050 within Japan: 072-727-5050

Acknowledgements, Thanks

It takes a schoolwide effort to conduct a sporting event like this.

Many people put forth much effort to help this event succeed.

We thank them all.

- *SOIS homestay families for opening their homes to our guests and showing Osaka hospitality. Without our homestay hosts, AISA events would not happen.*
- *Campus activities coordinator and Sabers coach Mr. Toshifumi Mitsuhashi for his organizational help, particularly in securing the city park course site.*
- *Sabers cross country coaches Mr. Hisashi Munemasa and Ms. Tara Cheney for their season long support and efforts.*
- *OIS head of school Mr. Bill Kralovec for serving as official starter, homestay host, and general meet supporter.*
- *OIS parent Mr. Stuart Sampson who assisted with course setup early mornings and with the races throughout both days. Great Sabers parent support.*
- *Sabers Sports Council for their dedicated work, attention to detail, and cheerful support: Shuri Kozu, Chisato Suga, Nanako Fukuda, Akiho Ueyama, Maki Mukaida, Karin Iwaki, Fuka Nagahashi, Azu Sugihara, Rina Nakanishi, Konatsu Yasuda, Kei Fukushima, Tsubasa Terado, Taichi Murayama – set-up, scoring, hospitality, banquet, awards, clean up; they do it all. “Who are we? SSC!”*
- *School nurse Minamizawa-sensei for her expert medical care.*
- *Sabers volunteer student athletic trainer Carina Agius (OIS 12th grade) for her care.*
- *Cezars Kitchen for the banquet main meal.*
- *SISPA hospitality committee for the banquet drinks and dessert.*
- *SOIS facilities staff for their assistance, especially Uenoya-san.*
- *SOIS business office staff for their assistance: Takada-san, Ozeki-san, Tanimura-san.*
- *Ms. Kaoru Endo for greeting and helping the teams at KIX airport.*
- *SOIS music teachers for allowing guests to sleep in their rooms: Mr. Ligon, Ms. Deklinski, Mr. Villapando.*
- *KIS cross country coach Mr. Javier Hernandez for his pre-meet advice and for providing the KIS timing watches for the meet.*
- *YIS activities director Mr. Brinya Tananone for his advice and assistance during the meet.*
- *Fellow activities directors Mr. Bevo LaRue (KIS), Mr. Ivan Atanaskovic (SIS), Mr. Brinya Tananone (YIS), and Mr. Craig Wilson (BIFS) for their patient, professional camaraderie.*

And finally thank you to all runners and coaches.

Have a great meet and enjoy your stay at SOIS.

We hope you make new friends and positive memories.



sabers.senri.ed.jp/xc



2018 AISA CROSS COUNTRY



2018 AISA CROSS COUNTRY RESULTS RECORD SHEET

SEEDED RACES, Friday

GIRLS

	Name	Sch	Time
1 st			
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BOYS

	Name	Sch	Time
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2018 **AISA** CROSS COUNTRY

RESULTS RECORD SHEET

RELAY RACE, Saturday

	Girl's name	Boy's name	School	Time
1 st				
2				
3				
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27				



Association of International Schools in Asia

meet webpage at
sabers.senri.ed.jp/xc



AISA  2018
Seoul Yokohama Osaka
PHOENIX
TIGERS
DRAGONS
SABERS

*Pain is inevitable.
Suffering is optional.*
Haruki Murakami

- Front and back t-shirt designs hand drawn by Sabers runner Keito Iuchi. The back features iconic images from Osaka's skyline, including Osaka Castle, Tsutenkaku Tower, Taiyou no Tou Tower of the Sun, Umeda Sky Building, and the Abeno Harukas 300 building.
- The Haruki Murakami quote comes from the foreword of his memoir *What I Talk About When I Talk About Running* (2008). 走ることについて語る
ときに僕の語ること *Hashiru Koto ni Tsuite Kataru Toki ni Boku no Kataru Koto*. Murakami, an avid marathoner, is perhaps Japan's best-known contemporary author.



2018 AISA CROSS COUNTRY

Overnight sleeping rooms

- Must be vacated during the day, Friday by 7:30 AM, Saturday, 8:30 AM.
- Please do not enter rooms before 18:00 Thursday and Friday evenings, unless it is clear that teachers have left.
- Curfew: Overnight teams, please return to school building by 21:45 PM.
- Do not wander around or “explore” the building; alarms may sound.
- Please keep rooms tidy. Full trash bags can be left in hallway.
- No eating or drinking in rooms, please. Thank you.
- Unfortunately, in-room eating, theft, damage, vandalism sometimes occur.
Coaches, please supervise your teams closely.
- Return futons to **genkan** Saturday morning, properly folded, please.
- Bag storage, Saturday: chorus room E137.
- [Overnight accommodation information](http://sabers.senri.ed.jp/visiting-teams.html) can be found on Sabers website at <http://sabers.senri.ed.jp/visiting-teams.html>.

Sleeping room assignments

downstairs 1F	occupants	futon storage
chorus room E137	YIS girls	theater lobby <i>near windows</i>
music practice room C	YIS female coach	
theater stage シアター E123	YIS boys	theater stage <i>off to the side</i>
green room 楽屋 E124	YIS male coaches (2)	

Coaches' showers (Thursday, Friday evenings): pool locker rooms,
down stairs at far end of swimming pool.