

# Finish Area

## Flow chart after Finish

- 1 Pick up sports drink
- 2 Pick up Finisher's Towel
- 3 Pick up Completion Medal
- 4 Pick up Finish Food
- 5 Baggage return (※1), Dressing Tent
- 6 Food Service (Beef soup and Rice ball): Please stop by at your convenience.

Notes

- ※1 Please show your athlete bib to pick up your baggage which you checked at starting area.
- ※ There is no parking lot. **Please refrain from the transportation by private cars.**
- ※ No smoking in the runner area.

## Awards

- 1 Wheelchair Marathon: The top eight men runners.
  - 2 General: The top eight men and the top eight women runners.
  - 3 Chicago Marathon Prize: Each winner of men & women runner who reside in Osaka Prefecture. (excluding the runners who have been invited, elite runners, representatives from alliance marathon, Chicago Marathon winners of 9th and 11th Osaka Marathon)
  - 4 Citizen runner Prize: Each winner of men & women runner (excluding the runners who have invited and elite runners)
  - 5 Super Senior Prize: It will be given to the eldest men and women runners who have completed the race.
  - 6 Age bracket: The top three men and women runners for each five-year age group, excluding recipients of awards ②.
- ※ A ceremony for ①~④ awards will be held in OSAKA-JO HALL.
  - ※ ⑤⑥ Certificates will be mailed at a later date.
  - ※ ⑤⑥ award based on the net time from passing start line to finish.
  - ※ No awards will be given for Challenge Run.

## Records

Gross time (Official Record):  
Running time from gun time to finish.  
Net time (Reference Record):  
Running time from the start line passing time to finish.

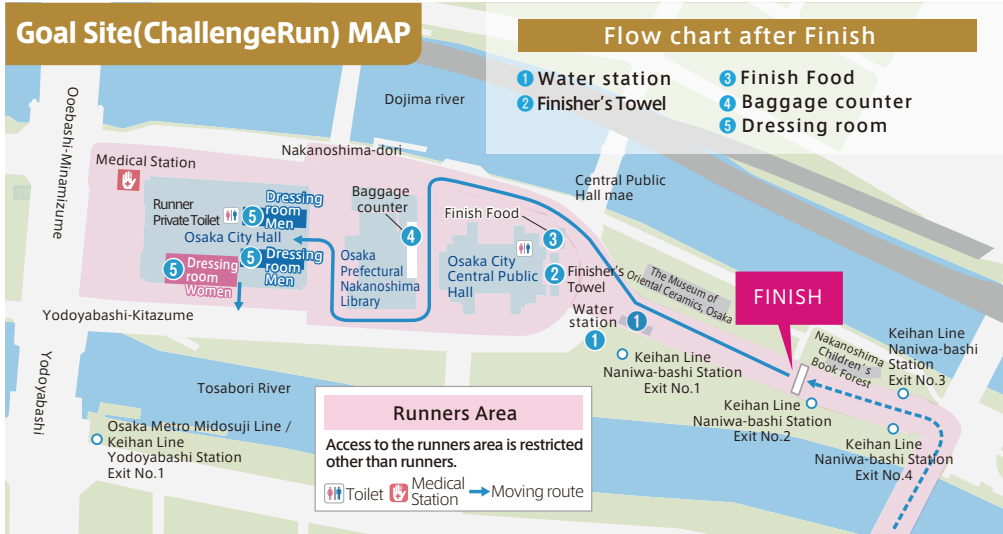
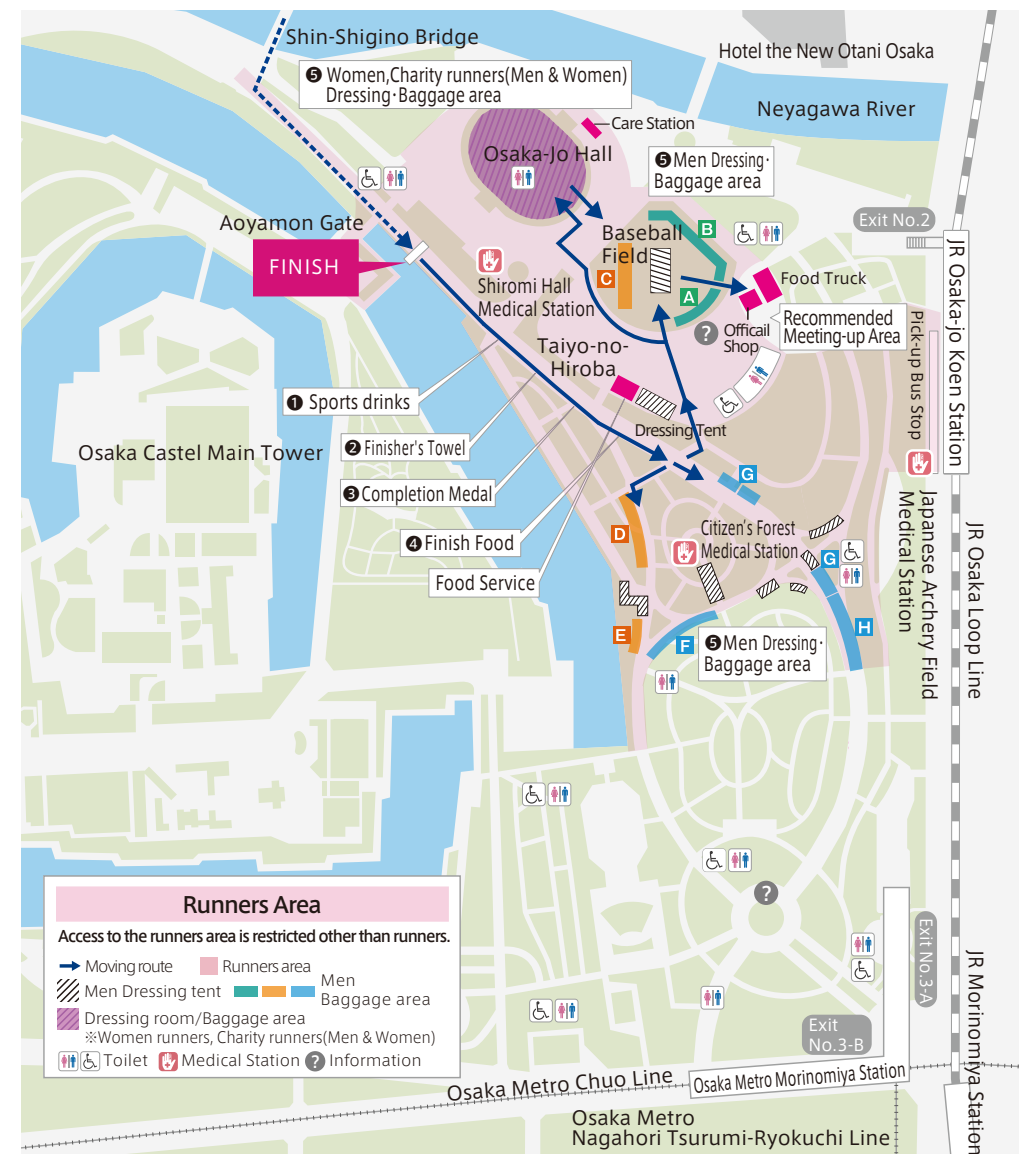
Certificate can be downloaded by a computer at date and time below (scheduled).  
"Day record certificate" including runner's information, gross & net time can be downloaded on the day after around Sun, Feb 25 around 22:00.  
"Official record certificate" including information on ranks and rap time can be downloaded at the official website from 1 week after the race.  
※ It will be issued only to finishers in the time limit to each race.  
※ Please note that it may be necessary for confirmation for two months, in the case of inadequate record (Lap time not accurately record recorded etc.)  
※ Please note that these documents will not be sent by post or any other means from this year.

# Notes

※ Please see Event Program about caution of competition.

## Course/Distance/Time indication

- 1 Please be sure to pass through the blue mat for time measurement. **(The 1km mat is for elite runners, there are no problems if you cannot pass through it.)**
- 2 Distance indicators are placed every 1km point each, halfway point and last 10km point. From the last 5km, it's indicated remaining distance every 1km point.
- 3 If you stray significantly off the right course, you may be disqualified.
- 4 You will see some safety cones on the center line of the marathon course. Do not cross those cones while running.



# Check in the day before

## The time required from each station to the venue

Runner	Recommended Closest Station	Estimate Time
• Women runners • Charity runners (men and women) • Men runners (A, B, C) • Challenge runners (men and women)	JROSaka Loop Line (Clockwise from Osaka sta.) Osaka Jo Koen Station (Exit No.2)	Approx. 5 mins.
	Osaka Metro Nagahori Tsurumi Ryokuchi Line Osaka Business Park Station (Exit No.1)	Approx. 5 mins.
	Osaka Metro Chuo Line/ Nagahori Tsurumi Ryokuchi Line Morinomiya Station (Exit No.3-A, No.3-B)	Approx. 10 mins.
	JROSaka Loop Line (Counterclockwise from Tennoji sta.) Morinomiya Station (Exit North)	

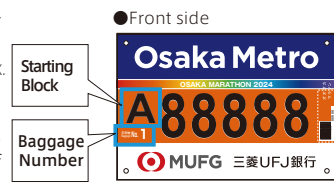
- ※ No parking lot. Please use public transportation to the venue.
- ※ To reduce crowding, please come from the above recommended stations.
- ※ Due to traffic restrictions, it is not possible to go to the starting block from **Osaka Metro Tanimachi 4-chome Station.**

## What to bring

- 1 Athlete bib, Timing chip, Nanairo (Rainbow Color) Security band, baggage, baggage sticker
- ※ If you chose No check-in baggage at entry, no baggage or baggage sticker will be provided.

## Notation example of the athlete bib

- 1 Please run with pinning Number Card on your chest. (JAAF registered, please pin the Number Card which installed on your chest and back.) Charity runners, please pin the msg bib on your back.
- 2 If you do not wear athlete bib during the race, we will cancel your competition.
- 3 Please fill in the necessary information columns on the reverse of athlete bib before the race.
- 4 Your athlete bib contains the baggage number and starting block.



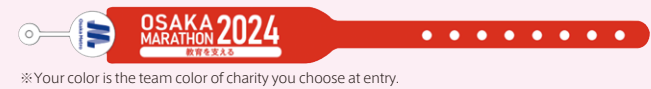
※ Please note that the position of the baggage number differs depending on the framework you have applied for.

## Clothes

- 1 Please participate with clothes where athlete bib is easily-identifiable.
- 2 Please refrain from the clothes against public order and morals.
- 3 You are not allowed to take what you don't need for the race.
- 4 JAAF members are prohibited from participating in the race dressed in costume. Block A is also a highly competitive block, and to prevent danger, disguise is prohibited regardless of whether you are registered or not. In addition, we do not allow clothing or behavior that may cause discomfort other runners or people along the course.

## Nanairo (Rainbow Color) Security band

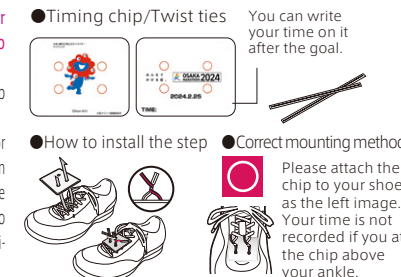
- 1 In order to prevent terrorism (i.e., intrusion of suspicious persons) and substitute runners, all runners will be required to identify themselves and wear Nanairo security bands at the registration desk.
- 2 Please keep wearing the security band until the race day. If you are not wearing one when entering in to the start area, you cannot participate in the race.



※ Your color is the team color of charity you choose at entry.

## Timing Chip

- 1 The chip is important in recording your time. Please be sure to attach the chip firmly to your shoe before the race.
- 2 Runners are not required to return the chip to us after the race. Please take it home.
- 3 If your shoes have no laces or Velcro straps, or you do not know how to put the athlete bib on our shoes, please visit our Help Desk during the check-in period (Feb 23 and 24) or come to General Information located in the Taiyo-no-Hiroba on the day of the event (Feb 25).



timetable for cut-off point. **When you are overtaken by the vehicle during the race, you are told to stop running no matter where you are.** In such a case, stop running and get in the bus that follows the vehicle or walk on the side of the road to the next cut-off point according to instructions of the race officials.

## Others

- 1 On the course we are traffic regulation is carried out, there is a place to run with cars side by side, face-to-face. In addition, please be careful because there is a case where the competition vehicle is run in parallel.
- 2 Emergency vehicles may pass on the course in states of emergency, fires, accidents and so. Please place priority on their passing according to directions of staffs on the course.

- 1 Depending on circumstances of the runners, pedestrians and bicycles may be allowed to cross.
- 2 The marathon race may be canceled on the day due to the natural disasters such as earthquakes, wind and flood damage, roadside fires, accidents, terrorism, etc.

● This tournament will be held in accordance with the latest World Athletics (WA) competition rules, the Japan Association of Athletics Federations (JAAF) competition rules 2023, and the rules of this competition. ● Doping control will be held according to the International Association of Athletics Federations (IAAF) rules and Japan Anti-Doping code. ● First aid will be administered in the event of injury or illness. Compensation for such injury or illness will be covered by the organizer's insurance. ● In order to ensure the safety of runners and spectators, it is prohibited the bringing of hazardous materials such as around each venue and course. ● Actions for the purpose of politics, religion or advertising are prohibited.

## Pace Setter (Pace Runner)

- 1 Pace setters with bibs, pink cap and balloon will run in order to help you keep your pace.

Wave (Time of signal gun)	Pace (Standards of signal gun)
Wave 1 (9:15)	3hrs00min
	3hrs15min
	3hrs30min
	3hrs45min
Wave 2 (9:30)	4hrs00min
	4hrs15min
	4hrs30min
	4hrs45min
Wave 3 (9:45)	5hrs00min
	5hrs30min
	6hrs00min



※ It is an estimated time and cannot be relied upon to be exact.  
※ The time from the gun where each pace setter started.

# 大阪マラソン OSAKA MARATHON 2024

## Race Information



OSAKA MARATHON 2024 Japan Marathon Championship Series Men's G5/Women's G2 Marathon Grand Championship Final Challenge (Men): Paris 2024 Olympic Games Japan National Team qualifying trials

## Official Sponsors



## EVENT SCHEDULE

7:00~8:30	Check in baggage/ Dressing
7:45~9:20	Runners line up (A, B, C starting blocks/closed at 9:00, D, E, F starting blocks/closed at 9:10, G, H starting blocks/closed at 9:20)
8:55	Opening Ceremony (Starting point)
9:05	Wheelchair Marathon START
9:15	Marathon Wave 1 START (A, B, C block)
9:30	Marathon Wave 2 START (D, E, F block)
9:45	Marathon Wave 3, Challenge run START (G, H block)
13:30	The awards ceremony (OSAKA-JO HALL) ※ Excluding Challenge run

## TV and Radio Broadcast (Tentative)

● NHK TV General	9:00~11:54
● NHK Radio	9:05~11:40
● YOMIURI TELECASTING CORP	11:40~13:05
● Mainichi Broad Casting System	13:00~14:00

## Osaka Marathon Final Decision

About decisive calling off of the event caused by disaster or bad weather will be announced on the website by below preparation. Date and time the final decision: 5:00am on Feb 25.



## [Inquiry] Osaka Marathon Call Center ☎ 072-886-8930

Office Hours	Weekday by Thu. Feb 22 (except national holidays)	10:00~17:00
	Fri. Feb 23, Sat. Feb 24	10:00~20:00
	Sun. Feb 25	5:00~17:00

Various information about the race, we will be announced at any time race official website. <https://www.osaka-marathon.com/2024/en/>



# Start Area

**Dressing Tent available / 7:00~8:30**

You are requested to come to the venue with your running clothes on. Be sure NOT to change clothes in surrounding facilities.

**Baggage storage / 7:00~8:30**

Please put all the baggage in the bag and leave it in the block in the number card.

**● Baggage Number**

Blocks	Men	Women	Charity (Men)	Charity (Women)	Challenge run
A	1~10	1	♡1	—	—
B	11~28	1~3	♡2~3	—	—
C	29~44	3~6	♡4~6	—	—
D	45~59	7~10	♡7~9	—	—
E	60~68	11~13	♡10~12	♡	—
F	69~81	14~18	♡13~15	—	—
G	85~98	19~21	♡16~18	—	114~118
H	99~113	22~27	♡19~25	—	119~123

※If your baggage is too big for our bag to fit in, we cannot keep your baggage.

※If you do not have a check-in baggage, follow the line shown in the figure on the right and line up at the start block.

※Please note that baggage for the Challenge Run will be transported by a transport truck to the finish line at 8:30 a.m.

**Line Up /**

**7:45~Final time of the starting blocks (See right)**

Come to the start block of the alphabet (A-H) printed on your number card before the block close time. (See the figure on the right.)

※We have three start waves ①9:15 start (A-B block), ②9:30 start (C-E block), ③9:45 start (F-H block).

If you start from the wave that comes before yours, you will be disqualified (no record).

※If you cannot make it to your block, you start from the block behind yours. We measure your time from the originally assigned block time.

※If you are significantly late for your block time, you may not be able to join the race.

**● Notes**

※Please use the toilets given. Be sure to observe the manners.

※You are requested to check your baggage as early as possible in order to line up in the starting block.

※If you do not wear the Nanairo security band, you will not be allowed to participate in the race.

※No smoking in the runners area.

# About COURSE

**● Medical station List**

※We will prepare for total number of 56 AED for first aid on the course.

※Medical doctors and nurses will be available at each medical station. Runners who feel unwell should ask for them without hesitation.

※There are no household Medicines (stomach medicine, multi-ingredient cold medication, wet cloth, etc) at Medical Stations.

※Basically, at these Medical stations medical staffs will apply only emergency first aid for injuries and illnesses during marathon and they assume no responsibility whatsoever for subsequent damages or problems in serious case.

Point	Place
7km	Osaka City Hall
12km	Hozan tool Industrial Co.,Ltd. Parking lot
14km	Matsushima Park (North), Matsushima Youth Ground
16km	Osaka Municipal Ichioka High School
18km	Matsushima Park (South), Matsushima Baseball Field
22km	Naniwa Minami Park Meeting Hall
24km	Matsudori Park
26km	Minamibiraki Park
28km	OCAT Building
30km	Aizome Park
33km	Osaka International Exchange Center
35km	Ikuno Branch, Osaka Municipal Fire Department
37km	Nakagawa Nishi Park
39km	Nakahama Gesui Shorijo

**No cooling treatment at the medical station.**

● Toilet (L=Left, R=Right) ※Please use the toilets given. Be sure to observe the manners.

Point distance (km)	The position with respect to the course	Point distance (km)	The position with respect to the course
1	0.5 L	15	23.9 R
2	1.8 L	16	25.7 R
3	3.4 R	17	26.5 R
4	6.2 L	18	27.9 R
5	9.0 L	19	29.5 R
6	10.6 R	20	30.5 R
7	11.9 R	21	31.5 R
8	13.6 R	22	33.0 R
9	14.4 R	23	35.1 R
10	16.4 R	24	36.6 L
11	17.2 R	25	38.2 L
12	18.7 R	26	39.5 L
13	21.0 R	27	40.9 L
14	22.7 R		

**● Water supply/Food service**

※Water stations are placed at an interval of about 2.5km from 5km onward.

You are encouraged to take water in an organized manner to stay hydrated.

※According to the Stormy weather, it might be suspended the provision of meals.

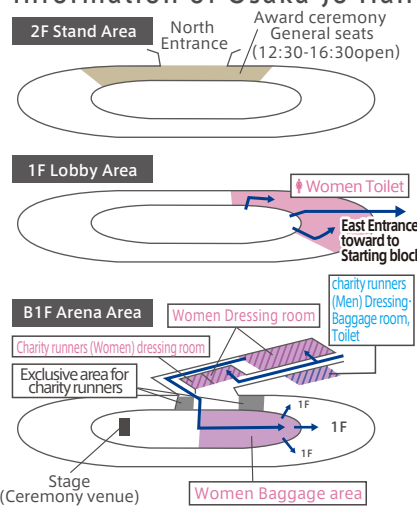
※Special drinks are provided only for invited and elite runners.

Point	Water	Sport drink	Juice	Food (※Food menus might be changed at each stations.)
5.6km	○	○		
7.8km	○	○		
10.0km	○	○		
12.8km	○	○		
15.3km	○	○		
18.0km	○	○		Banana, Candy, Pickled plum, Takoyaki Sweet, Yokan
20.4km	○	○		
22.6km	○	○		Soybeans cracker, Croissant, Pickled plum, Thin cookie, Madeleine, Salt charge tablet
25.3km	○	○		
27.6km	○	○		Banana, Candy, Chocolate snack, Yokan, Financier
31.1km	○	○		
32.8km	○	○		Maido-Aid (Osaka Local food including Takoyaki)
35.8km	○	○		
37.6km	○	○		Soybeans cracker, Croissant, Japanese cracker, Sweet bun, Dried Plum
40.8km	○	○		

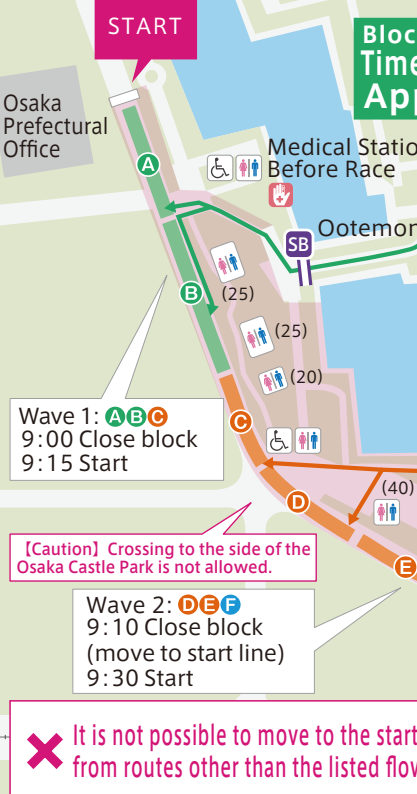
※1: Cola, Sweet rice juice

# Start Area MAP

## Information of Osaka-Jo Hall



## Runners Area



# Course MAP



**Flash Time Report (RUNNERS' I)**

FREE Provided OPTAGE

It is available to retrieve split time each 5km by number card or runners name. Further you can see animation viewing after pass marathon start point, each 15km-25km-35km check points and marathon finish point. The ability to check the current position and forecast transit time of runners who are registered in advance.

※If is flash report and also unofficial time.

■ Available on Fri.23 Feb 2024 - Mon.25 Mar 2024

※ Videos will be available starting Sun.25 Feb 2024.

※ Challenge Run is not eligible.

(Follow doctor's directions during the race)

If you are told to stop running by a doctor, you should do so immediately.

If you are told that you have a health issue at the Medical Station or if you feel uncomfortable with your chest, please go to the hospital after the race for the sake of yourself and someone who cares about you.

**Osaka Marathon 2024 Runs Green, Be a saver for the earth!!**

Please recycle paper cups!!

4 water stations (12.8km, 25.3km, 35.8km and 40.8km marks) will have a recycle bin.

White paper cup straightly runs into the exclusive bin.

※Please note that cups any other than sports drinks or juice, do not throw them into the bin.