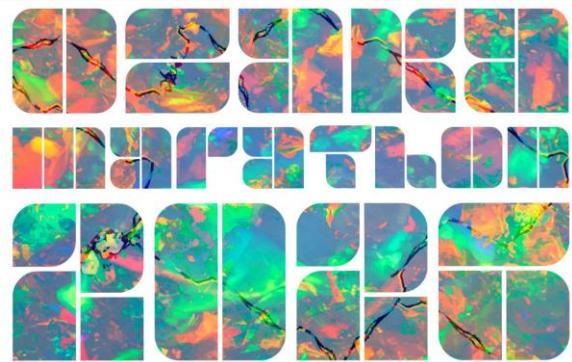


OSAKA MARATHON 2026

Information on participation



Thank you for entering the Osaka Marathon 2026.
Please read this guide carefully before participating in the marathon.

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EVENT SCHEDULE

Runner Check-In (Osaka Marathon EXPO)	Two days on February 20 (Fri) and 21 (Sat), 2026	
	Venue	INTEX Osaka
	Time	⟨Runner Check-In⟩ February 20 (Fri) 11:00-19:00, February 21 (Sat) 10:00-18:00 ⟨Exhibition area⟩ February 20 (Fri) 11:00-19:30 (last admission: 19:00), February 21 (Sat) 10:00-18:30 (last admission: 18:00)
Osaka Marathon 2026	February 22(Sun), 2026	
	6:30	Gear Check in /Changing (different for each block)
	7:45-9:20	Runners line up (Deadline for enter : 9:00 for Wave 1, 9:10 for Wave 2, 9:20 for Wave 3)
	8:50	Start Ceremony (at the start point)
	9:02/32	Start of "Kids 1K Challenge ! " / finishes.
	9:15/30/45	Marathon Wave 1 starts. This is followed by Wave 2 and Wave 3, which start sequentially. 720 (Naniwa) Marathon (Runners) starts with Wave 3.
	10:30/11:30	720 (Naniwa) Marathon (Wheelchairs) starts./ finishes.
	11:05	720 (Naniwa) Marathon (Runners) finishes.
	13:40	Awards Ceremony (Hotel New Otani Osaka)
	16:15	Marathon finishes.

Information for Runner Check-In (Osaka Marathon EXPO)

P2

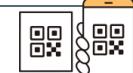
Osaka Marathon EXPO 2026

- Opening Ceremony : February 20, 2026 (Fri) 10:15-10:25
- Runners check-in : February 20, 2026 (Fri) 11:00-19:00 (Exhibition area will be opened until 19:30)
February 21, 2026 (Sat) 10:00-18:00 (Exhibition area will be closed at 18:30)
- Venue : INTEX Osaka, Hall 3 (Runners check-in), Hall 2&1 (Expo Event site)
(1-5-102 Nankō-Kita, Suminoe-ku, Osaka City)
- Access : about 5minutes walk from "Nakafuto Station" on Osaka Metro New Tram,
about 8minutes walk from "Trade Center-mae Station" on Osaka Metro New Tram,
about 9minutes walk from "Cosmo square station" on Osaka Metro Chuo Line.

Official SNS

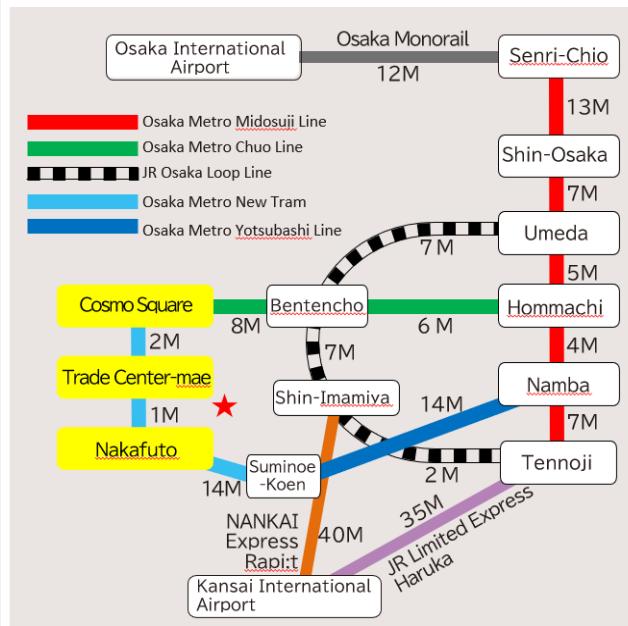
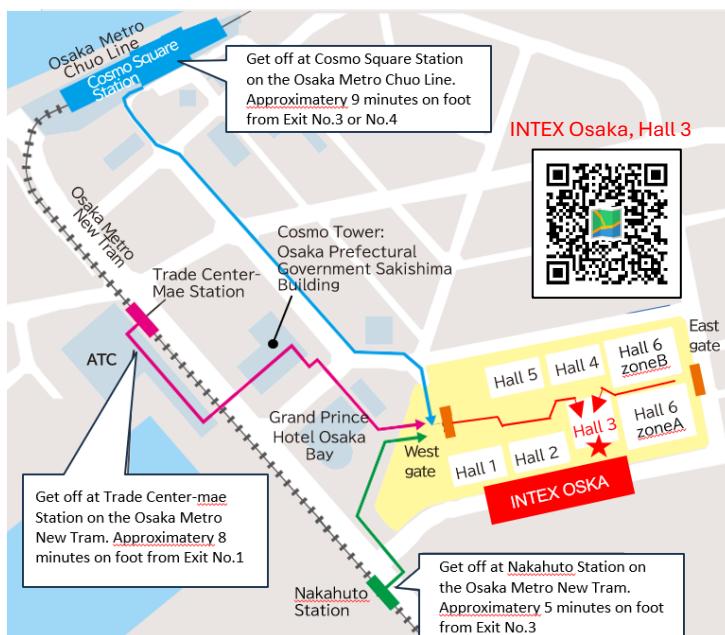


Instagram



Facebook

No parking lot. Please use public transportation to the venue



⚠ attention notes for runner's check-in

- There will be no check-ins on February 22(Sun), the day of the race.
- Check-ins after the above operation hours is not accepted, even if there is a delay in public transportation, so please come with plenty of time.
- There will be an identity verification at the time of runners check-in, No Check-ins by proxy are allowed(even using a Power of Attorney).
- Receipts for participation fees will not be issued at the reception desk. Please use the statement or invoice issued by your credit card company as your receipt.

- Participants with disabilities who will run with a guide runner must bring either a Physical Disability Certificate, a Mental Disability Health and Welfare Certificate, or a Rehabilitation Certificate and register in the same process as general runners. However, guide runners must complete identity verification and registration at the Help Desk (see P3).
- Please read the following instructions carefully for preparation before registration and items to bring on the day of check-ins, and be sure not to forget anything.

◆ Request for preparation before check-in

Preparation ① Identification Documents

Runners are required to present "Identification Documents" at the runner registration desk.

◆ Documents requiring only one form for confirmation

• Passport	• Resident Card	• Special Permanent Resident Certificate	• Driver's License
• Driving Record Certificate		• Personal Number Card (My Number Card)	• Rehabilitation Certificate
• Physical Disability Certificate		• Mental Disability Certificate	

◆ Documents requiring two forms (A + B) for confirmation

A (With photo):

- Certificate issued by a corporation (employee ID card, etc.)
- student ID card
- credit card
- Taspo



B (Documents issued by public institutions) ☀:

- My Number Card as your Health Insurance Certificate
- nursing care insurance card
- national pension book
- certificate of residence

※The Basic Resident Register Card and health insurance card cannot be used as they have expired.

Information for Runner Check-In (Osaka Marathon EXPO)

P3

Preparation ② Issuance of Athlete Bib Vouchers

An "Athlete Bib Voucher" is required to register runners at the Osaka Marathon EXPO. Please issue it by yourself in advance. Please refer to the separate document "How to Issue Athlete bibs vouchers" for detailed procedures.

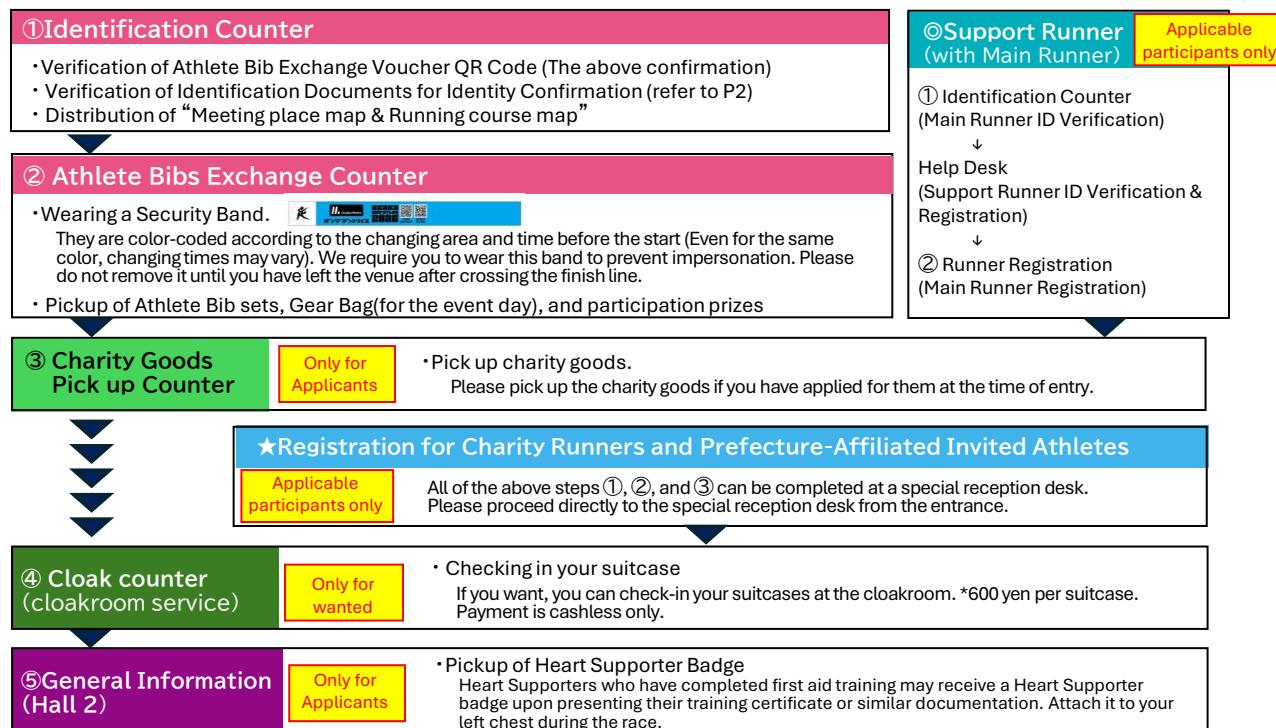
<https://www.osaka-marathon.com/2026/en/entry/guidance/>



Smartphone screen

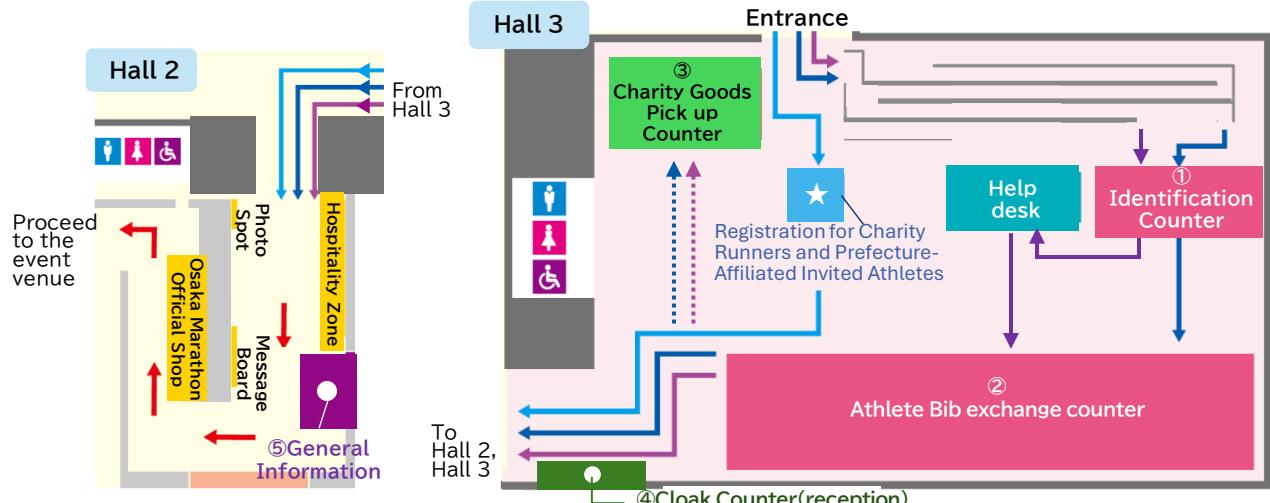
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◆Flow chart "Osaka Marathon EXPO" Venue: INTEX Osaka Hall 3 Please enter from the entrance of your runner category



Enjoy the EXPO site!

Runners flow line Support runners flow line
Charity Runners and Prefecture-Affiliated Invited Athletes flow line



Information for Runner Check-In (Osaka Marathon EXPO)

P4

◆ List of items distributed at the Osaka Marathon EXPO

■ Athlete Bib Set (timing chips attached)

※ Includes safety pin for attachment

For how to read the athlete bibs, please refer to P6.

◎ The number of Athlete Bib is 2 (chest and back) for JAAF registered runners and charity runners, and 1 (chest) for general runners. Please make sure to check the printed name is correct and fill in the emergency contact information and other necessary information on the back of the bib.

◎ Athlete Bib cannot be reissued. Please be sure to wear them on the day of the race. Runners who do not wear the bibs will be asked to stop the race.



Front



Back

※ The left image is an example. The color in the center varies depending on the runner. ※ Bibs with nicknames (for registrants only) and bibs for charity runners have different designs.

■ Gear Bag & Bag Sticker

◎ Please affix the "Bag Sticker" to the designated position on the Gear Bag (70cm x 50cm) on the day of the event, only the items which fit into this Gear Bag can be checked.



Please paste it here.

■ Security band

◎ They are color-coded according to the changing area and time before the start. We require you to wear it to prevent impersonation. Please do not remove it until you have left the venue after crossing the finish line.



■ Meeting place map & Running course map

◎ It contains important information such as a MAP of the Changing Area, Start Line, Running Course, and Finish Line for the race day.



■ Participation Prize (full marathon runners only)



Instant noodles
(MYOJO FOODS)



Fried beans
snacks
(Calbee)



Koji Amazake
(Marukome)

*Please see the back of the ticket for exchange instructions.

◎ "551HORAI Pork bun (1 piece) exchange voucher" Please exchange at 551HORAI stores.

◎ "McDonald's McFry® S size (1 piece) Special Free Coupon" Exchange at any McDonald's restaurant in Osaka Prefecture.

◎ "Sports Drink Voucher (1 bottle)" & "¥500 discount coupon (SPORTS DEPO, Alpen) usable on purchases of ¥3,000 or more (tax included)" Exchange at Alpen stores & Sports DEPO stores.

※ Participation prizes distributed at the Osaka Marathon EXPO are available only at the EXPO venue. Please note that late mailing due to non-participation is not available.



As part of our sustainability efforts, we have discontinued paper booklets starting with this event and shifted to digital books. You can find various information about the Osaka Marathon, including the list of all runners. Please check it out on your computer or smartphone.

※ Landscape mode on smartphones and tablets displays pages as spreads.

Osaka Marathon
2026 Program

<https://www.osaka-marathon.com/2026/info/program/>



Race Day (before the start ~ the start)

◆Final Decision on Holding of the event

The final decision regarding whether the event will proceed or be canceled due to disasters, severe weather, or other circumstances will be announced on the event's official SNS at 5:00 AM on Sunday, February 22, 2026. (It will also be announced on the official website.)



Official
Instagram

<https://www.instagram.com/osakamarathon.official/>



Official
Facebook

<https://www.facebook.com/osakamarathon.official>



Official
Website

<https://www.osaka-marathon.com/>



◆ Checklist for Items to Bring and Attire on the race

⚠Please be sure you have all necessary items on race day.

- Security Band** (Keep it on your wrist as fitted at the Osaka Marathon EXPO)
- Athlete Bib** (Attach it to the shirt you'll wear on race day using a safety pin)
- Gear Bag & Bag Sticker** (Attach the Bag sticker to the designated spot on the Gear Bag)
- Emergency Transportation Expenses**

(Cash or transportation IC card. If you withdraw during the race and cannot board the evacuation bus, you will need public transportation to return to the venue)

- Cold/Rain Protection: Jacket, poncho, cap, arm warmers, gloves, Vaseline, etc.**

- Folding Umbrella or Raincoat** (if rain is forecast. Full-size umbrellas cannot be checked as Gear)

- Heart Supporter Badge** (applicable participants only. Please attach to the left chest of your race shirt)

⚠About clothing

- Please participate in a clothes that allows your Athlete Bib to be visible.
- Please wear the provided Athlete Bib with timing chips in their original size: one on the front of your uniform and one on the back.
- Please refrain from wearing attire that violates public order and morals.
- Carrying items unnecessary for competition is not permitted.
- Costumes are prohibited for Japan Association of Athletics Federations (JAAF) registered athletes. Additionally, Block A is a high-performance block; costumes are prohibited for safety reasons regardless of registration status. Furthermore, clothing or behavior that causes discomfort to other athletes or spectators will not be permitted.
- Please arrive wearing your running attire whenever possible. Outerwear can be stored in collection boxes near the starting area. (Starting this event, we will collect all outerwear except ponchos.)



Runner manners



- If you have a fever or cold symptoms, please refrain from attending.
- It is strictly prohibited to relieve yourself anywhere other than in the restrooms. Relieving yourself in public areas without restrooms, including within Osaka Castle Park and near walking paths, is prohibited under the Minor Offenses Act.
- Please refrain from changing clothes in station buildings, restrooms, or facilities near venues not designated for this event.
- Please take your own trash home with you and refrain from littering.
- Smoking is prohibited on all streets throughout Osaka City. Smoking in Osaka Castle Park is also prohibited.
- Carefully review your changing area, gear check location, and route to your starting block beforehand. Assemble in your starting block well before the closing time.
- Please pay close attention to your surroundings when overtaking. In particular, avoid aggressive overtaking immediately after the start or just before the finish line, and never run outside the center cones in sections with oncoming traffic—these actions are extremely dangerous and must be avoided absolutely.
- Please refrain from spitting on the roads.
- Please use public transportation and cooperate by arriving from the recommended stations to help reduce congestion. There is no parking available at the venue. Please refrain from being dropped off by private vehicles, street parking, or parking at nearby stores, as this causes inconvenience.
- If an accident, fire, or other emergency occurs during the event, or if emergency vehicles or pedestrians require passage, please follow the instructions of event officials, police, and staff on the course.

Race Day (before the start ~ the start)

◆First, check your “Start block” and “Gear check area”

Starting block and Gear check area

Please check your bib number.

Starting Block

Gear check Number
(ENLARGE)

BAG
10 - 1



Gear check Number
10 - 1 Location No. Inside the check Area

※Athlete Bib colors vary depending on the runner.

※The bib shown in the left image is an example. Bibs with nicknames (for purchasers only) and bibs for charity runners have different designs, but please note that the start block and gear check area number are indicated within the center frame of the athlete bibs.

Bag sticker



Gear Check Number

◆Nearest Station to the Start Venue (Recommended Stations by Block)

Please check the recommended nearest station at the start block indicated on your athlete bib.

※The color of the alphabet corresponds to the color of the Security band.

(A=Red, B·C=Blue, D·E=Orange, F=Green, G=Pink, H·J=Yellow)

Recommended Closest Station		Runner	Venue	Estimate Time (on foot)
JR Osaka Loop Line [Clockwise from Osaka sta]	Osaka Jo Koen Station (Exit No.2)	Men(A·B·C·F·H·J) Women(A·B·C·D·E·F·H·J) Charity Runners	Osaka-Jo Hall	Approx. 5 mins.
Osaka Metro Nagahori Tsurumi Ryokuchi Line	Osaka Business Park Station (Exit No.1)			Approx. 5 mins.
JR Osaka Loop Line /Keihan's Lines	Kyobashi Station (Via Osaka Castle Kyobashi Promenade)			Approx. 15 mins.
Osaka Metro Chuo Line/ Nagahori Tsurumi Ryokuchi Line	Morinomiya Station (Exit No.3-A)	Men(D·E·G) Women(G)	WW Hall or TT Hall	Approx. 5 mins.
JR Osaka Loop Line [Counterclockwise from Tennoji sta]	Morinomiya Station (Exit North)			Approx. 7 mins.



Precautions regarding Arrival, Changing clothes, Gear check, and Starting line Formation

<Arrival>

- Please use public transportation and cooperate by arriving from the recommended stations listed above to help reduce congestion.
- Due to start block entry restrictions, you cannot access the start block from Osaka Metro Tanimachi 4-chome Station.

<Changing Clothes, Gear check>

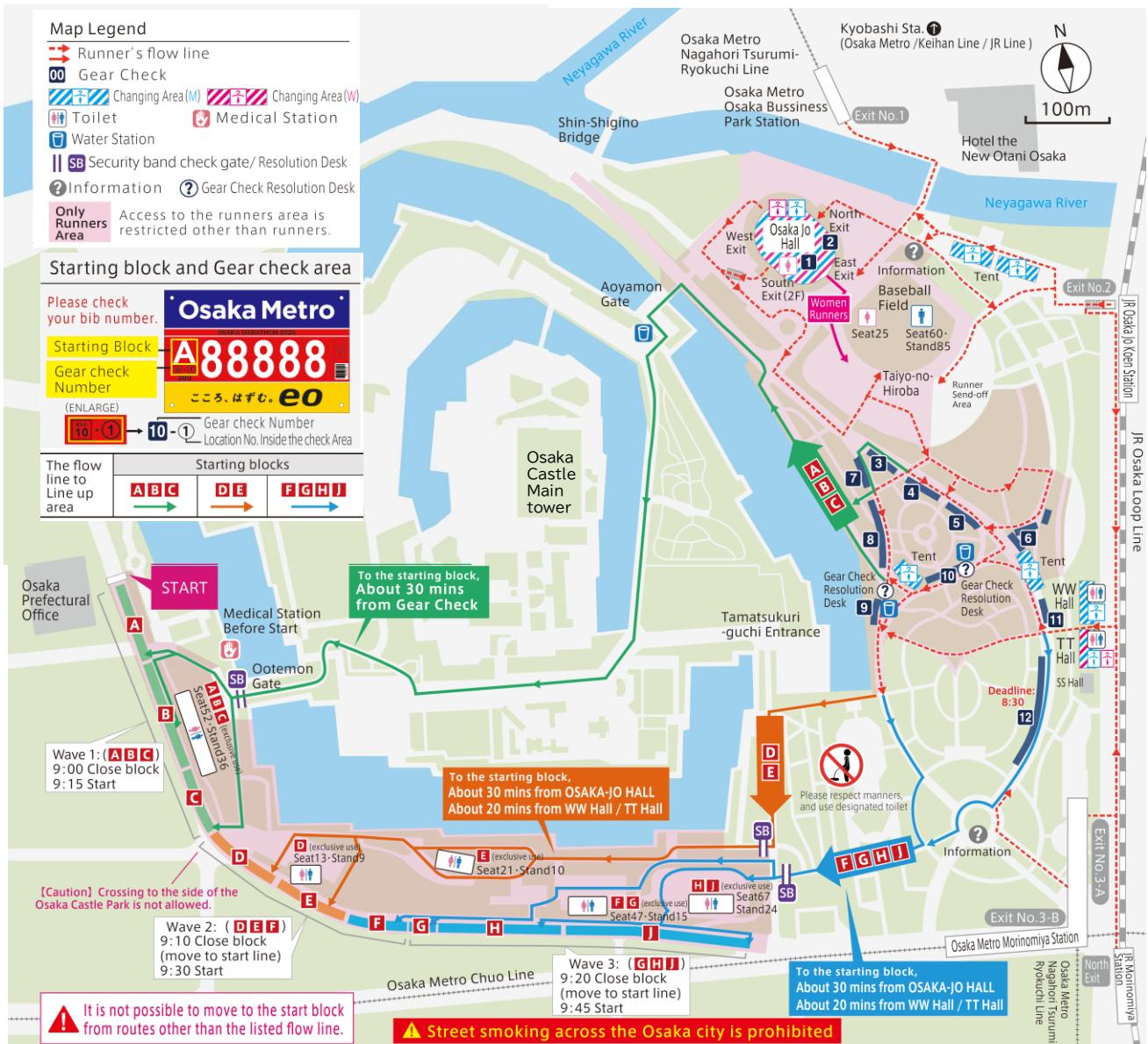
- We cannot accept items that do not fit in Gear Bags, valuables, fragile items, live animals, full-length umbrellas, hazardous materials, etc. We may inspect any suspicious Gear.
- Changing areas and times before the start are designated by start block. Please use the designated area within the specified time.
- Participants without checking Gear should proceed directly to the start block by following the route indicated on the Start Venue Map at P7.
- The changing area cannot be used as a start-before-waiting area. The changing area will close at 8:30. We appreciate your cooperation.
- 720(Naniwa)Marathon (Runners) Runners' gear will be transported by truck to the finish area from 8:30 AM.

<Starting Line Formation>

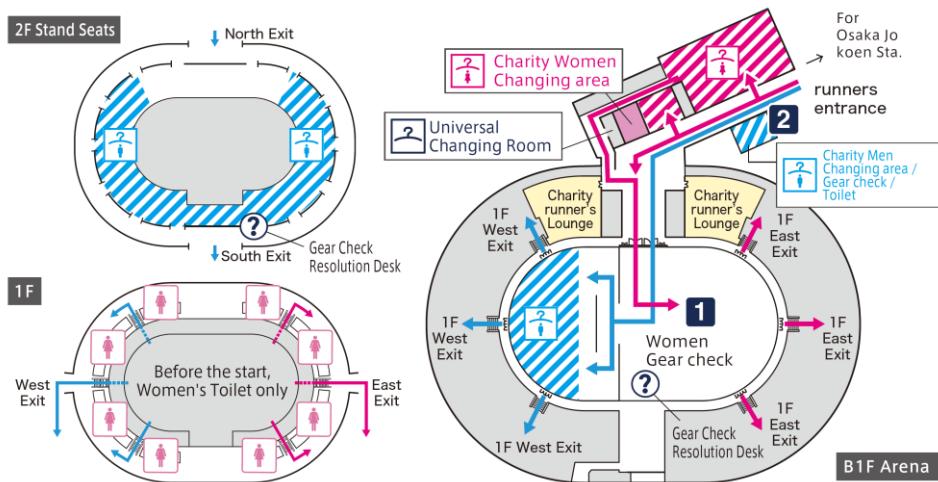
- Changing area and Gear check areas are expected to be crowded. Once you have changed and checked your gear, please proceed promptly to your assigned start block.
- Starting from blocks ahead of the pre-designated is prohibited.

Race Day (before the start ~ the start)

◆Start Area MAP



■Osaka-Jo Hall Map



! Important Notes

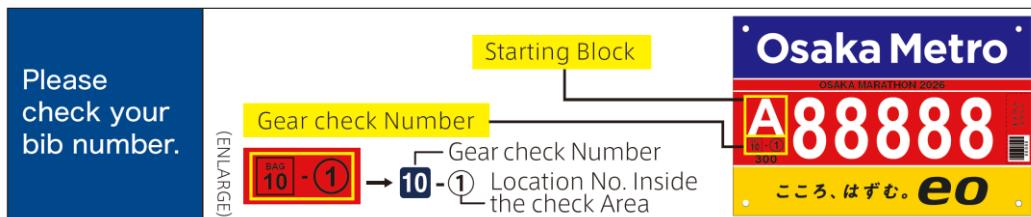
● Please note that there are no men's toilet inside Osaka-Jo Hall before the start (except for the charity runner men's restroom). However, men's toilet will be available after the finish. For details, please refer to the finish venue map on P14.

● Plenty of men's toilets are available within "Taiyo-no Hiroba" near Osaka-Jo Hall.

▼ Please also check the next page. ▼

Race Day (before the start ~ the start)

◆ Flow from Arrival at Venue to Start Overview



Men Runners (42.195km)								
Start Block	Wave 1			Wave 2			Wave 3	
	A	B	C	D	E	F	H	J
Security Band Color	Red	Blue		Orange		Green	Yellow	
Changing Area (Final Entry:15min Before Close)	Osaka Jo Hall Arena 6:30-7:30	Osaka Jo Hall 2F 6:30-7:30		WW Hall / TT Hall 6:30-7:30	WW Hall / TT Hall 7:30-8:30	Osaka Jo Hall Arena 7:30-8:30	Osaka Jo Hall 2F 7:30-8:30	
Gear check	Gear check number is printed on your bib. Map 3 - 11 indicate the storage locations.							
Pre-Start Toilet 1	Taiyo-no-Hiroba (Osaka Jo Hall: Women Only)		WW Hall / TT Hall		Taiyo-no-Hiroba (Osaka Jo Hall: Women Only)		Plenty of toilets are available here.	
Pre-Start Toilet 2	Portable Toilets in Each Start Block							
Start Block Opening Time	7:45-9:00(Block Closure)		7:45-9:10(Block Closure)		7:45-9:20(Block Closure)			
Start time	9:15		9:30		9:45			

Women Runners (42.195km)								
Start Block	Wave 1			Wave 2			Wave 3	
	A	B	C	D	E	F	H	J
Security Band Color	Red	Blue		Orange		Green	Yellow	
Changing Area	Osaka Jo Hall B1 6:30-8:30(Final Entry: 8:15)							
Gear check	1 Osaka Jo Hall Arena							
Pre-Start Toilet 1	Osaka Jo Hall Plenty of toilets are available here.							
Pre-Start Toilet 2	Portable Toilets in Each Start Block							
Start Block Opening Time	7:45-9:00(Block Closure)		7:45-9:10(Block Closure)		7:45-9:20(Block Closure)			
Start time	9:15		9:30		9:45			

720(Naniwa) Marathon runners				Charity Runners			
Start Block	Wave 3			Wave1: ABC , Wave2: DEF , Wave3: HI			
	G			Please verify it on your own bib.			
Sex	Men	Women		Men	Women		
	Pink			Gold			
Changing Area	WW Hall/TT Hall 6:30-8:30	TT Hall 6:30-8:30		Osaka Jo Hall B1 Charity Runners' Changing Room 6:30-8:30 (Final entry 8:15)			
	Changing Tents Available:3 locations near Osaka jo koen Sta, 6 / 9			Please pick up your breakfast bag at the B1 Charity Lounge of Osaka Jo Hall.			
Gear check	12 *Gear check-in closes at 8:30			2 Charity Runners' Changing Room	1 Osaka Jo Hall Arena		
Pre-Start Toilet 1	WW Hall/TT Hall	TT Hall		Charity Runners' Changing Room / Taiyo-no-Hiroba	Charity Lounge / Osaka Jo Hall		
	Plenty of toilets are available here.						
Pre-Start Toilet 2	Portable Toilets at the FG Start Block		Portable Toilets in Each Start Block				
Start Block Opening Time	7:45-9:20(Block Closure)		Open at 7:45 / ABC closes at 9:00 / DEF closes at 9:10 / HI closes at 9:20				
Start Time	9:45		ABC 9:15, DEF 9:30, HI 9:45				

Race Day (before the start ~ the start)

◆Introduction of Tools Supporting the Day-of Event Schedule

To ensure all runners can smoothly proceed through the following steps on race day:

- Arrival → ● Changing Clothes → ● Gear Check → ● Moving to the Start Position → ● Running →
- Finish → ● Post-finish actions.

In addition to “①Participation Guide” and “②Meeting place map & running course”, this event introduces two new features: “③START GUIDE” and “④CHAT SUPPORT”.

Their features are summarized below. Please use each tool as needed when you have questions or encounter difficulties.



①Participation Guide (This Booklet)



A comprehensive support booklet compiling essential information for participating runners.

- ◎ Available as a PDF on the official website.
- ◎ Please read thoroughly before the event date.
- ◎ Internet connectivity may be poor at the venue on the event day. We recommend downloading it to your smartphone or printing necessary pages by the day before the race day.

<https://www.osaka-marathon.com/2026/runner/guidance/>

②Meeting place map & Running course (Printed Version)



Download the PDF data here

<https://www.osaka-marathon.com/2026/runner/guidance/>

A3-sized map printed and distributed at the EXPO (runner check-in)

- ◎ Features the Start venue, Running Course, Daily schedule overview, Finish venue map, and more.
- ◎ Either bring it with you on race day or download it to your smartphone or other device in advance.



③START GUIDE(Daily Flow Checking System)

A system that allows you to simulate your event day schedule

■ Possible Start Date: February 13, 2026

< How to Use >

- ① First, open the “START GUIDE” screen on your smartphone or computer using the URL below or the QR code on the right.

<https://osaka-marathon.com/2026/today-schedule/>



- ② Follow the instructions to enter your start block, gender, and whether you are a charity runner. This will allow you to view the detailed flow of your day on the event day. Please make full use of this feature.

④CHAT SUPPORT(Chatbot Service)

A chatbot service that provides answers when you ask specific questions about what you want to know.

■ Possible Start Date: February 2, 2026

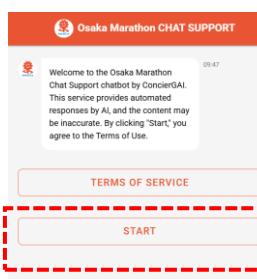
< How to Use >

- First, open the “CHAT SUPPORT” screen on your smartphone or computer using the URL below or the QR code on the right.

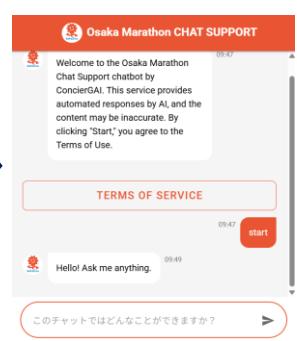
<https://kzn.chat/tpp/3984ef5262678f9def1f4bc6fc8ad6b8964b7893>



- ② Read the Terms of Use and click the Start button.

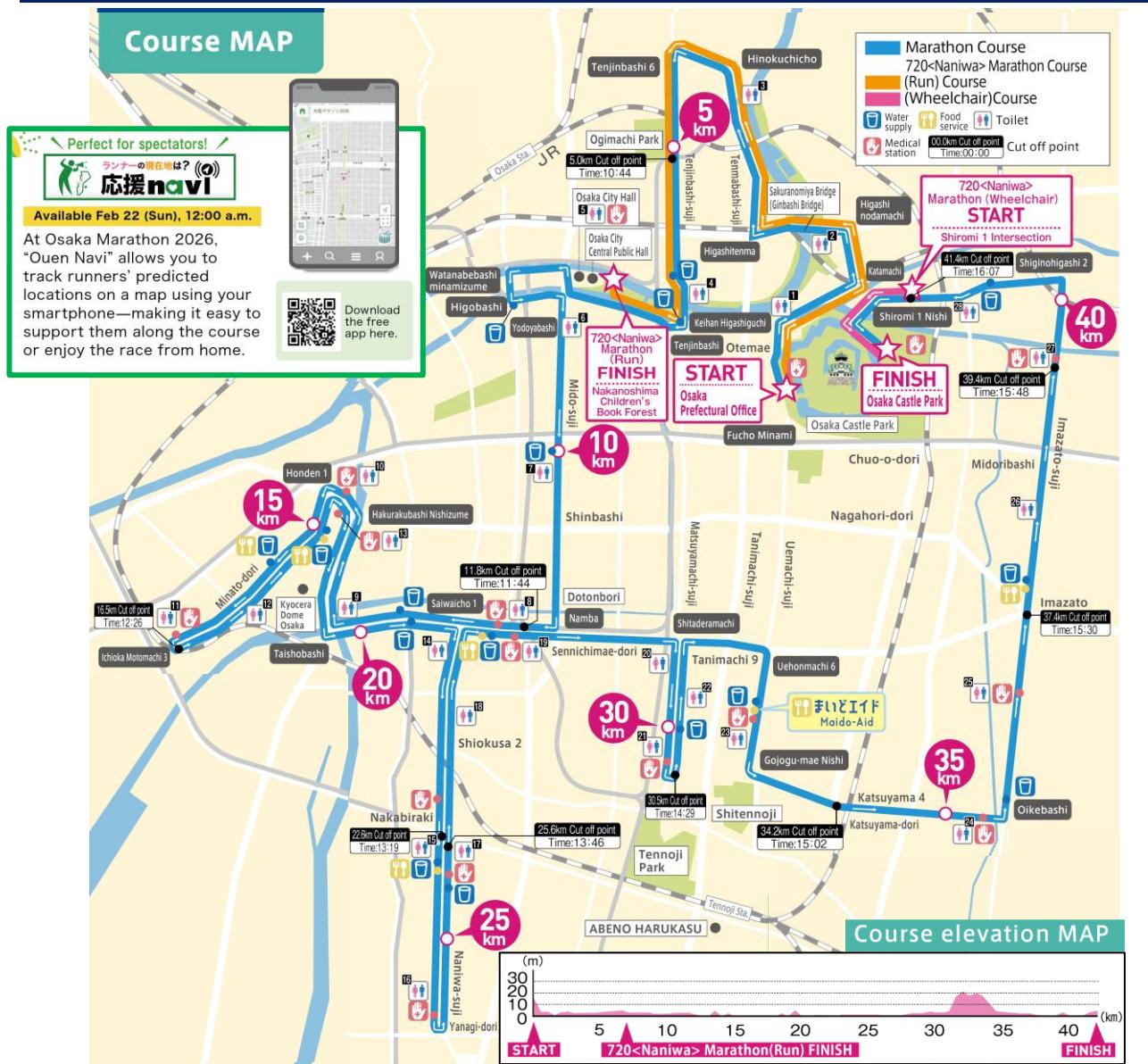


- ③ The chatbot starts! Enter your question in the input box. The AI will respond.



Race Day (after the start and during the race)

◆Running Course MAP



◆Toilet along the course

No.	Place	Point	Types		Location
			Seat	Stand	
1	Keihan Line East Exit intersection	0.5 km	18	17	L
2	Inside of Kema Park	1.8 km	15	15	L
3	Nagara exit/entrance of Hanshin express toll road	3.4 km	13	0	R
4	South Tenma Park	6.2 km	15	15	L
5	Osaka City Hall	7.5 km	19	10	R
6	MUFG Bank Osaka headquarter	9 km	13	12	L
7	Namba Jinja Shrine	10.12 km	20	0	R
8	Minato machi River Place	11.9 km	10	10	R
9	Taisho-bashi bridge intersection	13.6 km	7	4	R
10	Matsushima Park (North)	14.4 km	11	11	R
11	Ichioka high school	16.4 km	13	12	R
12	Hello work Osaka West	17.2 km	8	7	R
13	Matsushima Park(South)	18.7 km	11	11	R
14	(KK) KEY BOARD	21 km	5	4	R

! Important Notes

◎Please use designated toilets only.



◎Follow the instructions of the staff at each location regarding how to line up for the toilet.

◎The number of toilets at each location may change depending on circumstances.

Race Day (after the start and during the race)

◆Cut Off Point

	Point	Cut-off times
1	5.0km	10:44
2	11.8km	11:44
3	16.5km	12:26
4	22.6km	13:19
5	25.6km	13:46
6	30.5km	14:29
7	34.2km	15:02
8	37.4km	15:30
9	39.4km	15:48
10	41.4km	16:07

⚠ Important Notes

◎Due to traffic, security and race operation, there will be 10 checkpoints set on the course. After cut-off time, runners who fail to pass through the checkpoint before the cut-off time will not be allowed to continue the race. Please follow the instructions of the staff and use either of the following methods (1) or (2) to reach the finish line.

- ① board the pick-up bus at the checkpoint
- ②board the last checkpoint bus



◎If you retire the race at any point other than the checkpoints, please inform the race official staff on the course and follow the above ①②.

◎Runners who are overtaken by the "checkpoint notification vehicle" running at a constant speed based on the timetable for cut-off point, will be asked to stop the race by the official staff at any time other than checkpoints. Please board the last checkpoint bus following you or move to the side of the course and walk to the next checkpoint.

◆Medical Station

Medical station List	
Point	Place
0 km	Before Start
7km	Osaka City Hall
12km	Hozan tool Industrial Co.,Ltd. Parking lot
14km	Matsushima Park (North)
16km	Ichioka High School
18km	Matsushima Park(South)
22km	Naniwa Minami Park Meeting Hall
24km	Matsu-dori Park
26km	Minami-biraki Park
28 km	In front of OCAT
30 km	Aizen Park
33 km	Osaka International House Foundation
35 km	Osaka Municipal Fire Department
37 km	Nakagawa Nishi Meeting Hall
39 km	Nakahama sewage plant
Afterfinish full marathon (In Osaka Castle Park)	OSAKA-JO Hall parking lot Japanese Archery Field Citizen's Forest

(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.



⚠ Important Notes

◎Each medical station has doctors, nurses, and other personnel on standby. Operations prioritize emergency medical care, and only first aid will be provided for injuries sustained during competition. We cannot provide further treatment or assume responsibility beyond this. Please take all necessary precautions.

◎Home remedies (stomach medicine, cold medicine, compresses, etc.) and anti-inflammatory and analgesic sprays will not be provided.

◎A first aid vehicles will be deployed to transport injured or sick people to hospitals as necessary. AEDs will be placed along the course, and there will be mobile AED teams, fixed AED teams, and doctors, nurses, and paramedics who will run with the runners as medical runners.

◆Winter Clothing Collection & Recycling

To stay warm, please wear your outerwear when heading to the start area!

Starting this time, we'll be collecting all types of clothing for recycling at near the starting point. Please wear any unwanted outerwear to keep warm while you wait, and place it in the Recycle Clothing Bins.(Collected outerwear will be recycled and cannot be returned.)

This initiative is supported by our official sponsor, Mizuno Corporation.

SUSTAINABLE DEVELOPMENT GOALS

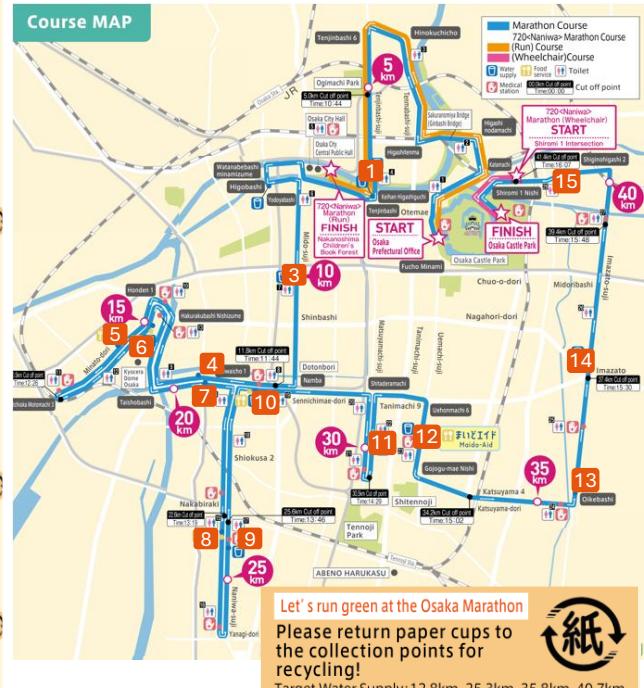
The Osaka Marathon supports the Sustainable Development Goals (SDGs).



Race Day (after the start and during the race)

◆Water Supply/Food Service

Water supply/Food service				
Point	Water	Sports drink	Juice	Food (*Food menus might be changed at each stations.)
Start	○			
1 6.0km(x2)	○	○		
2 8.3km	○			
3 10.0km	○	○		
4 12.8km	○		○	
5 15.3km	○	○		Rolled cake
6 18.0km	○			Banana, Candy, Takoyaki Sweet, Yukan, Salt charge tablet
7 20.4km	○	○		
8 22.6km	○			Banana, Candy, Mini Croissant (Chocolate), Salt charge tablet, Pickled plum, Thin cookie, Japanese cake, Yukan
9 25.3km	○	○	○	
10 27.6km	○			Banana, Candy, Chocolate snack, Salt charge tablet, Castella
11 31.1km	○	○		
12 32.8km	○			Maido-Aid (Osaka Local food including Takoyaki)
13 35.8km	○	○	○	
14 37.6km	○			Candy, Japanese cracker, Salt charge tablet, Mini Croissant (cream), Bean Sweets(black soy bean/peanuts), Madeleine
15 40.7km	○	○	○	
After finish full marathon		Sports drink, Bread and non-alcoholic beer for those who wish		
After finish 720 < Naniwa > marathon		Banana, Sports drink		



◎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.

Osaka Marathon 2026 Official Program

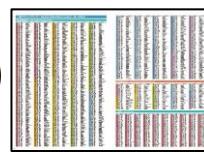


<https://www.osaka-marathon.com/2026/info/program/>



The Osaka Marathon 2026 Official Program, over 100 pages long, is packed with information about the Osaka Marathon, including the list of all runners! It's a digital booklet, but you can flip through the pages just like reading a book.

For example,
there is a
page like
this.



List of Participating Runners



Volunteer Activity



Osaka Sightseeing spot



Ambassadors and Support Runners, etc.



Finisher's Medal, Finisher's Towel Introduction



Official Goods



The roadside cheering event



SDGs Initiatives

Please take
a look.



Race Day (after the start and during the race)

◆Pace Advisor (Pace Runner)

◎Pace Advisor with bib, pink cap and balloon will run in order to help you keep your pace.

◎The Pace Advisor will aim to record the time from the start gun to the finish. It is only an estimate of pace and is not intended to be an exact set time for the finish.



Wave (Time of signal gun)	Pace (Standards of signal gun)
Wave1 (9:15)	3hrs00min
	3hrs15min
	3hrs30min
	3hrs45min
	4hrs00min
	4hrs00min
Wave2 (9:30)	4hrs15min
	4hrs30min
	4hrs45min
	5hrs00min
	5hrs00min
	5hrs15min
Wave3 (9:45)	5hrs30min
	5hrs45min
	6hrs00min
	6hrs00min
	6hrs00min
	6hrs00min

◆Staff uniforms

Uniform colors vary by role. Please feel free to ask for assistance or guidance based on your needs or purpose.

Medical and Rescue Staff

For any health issues or physical injuries



Volunteer Staff

Registration services at the EXPO, guidance, gear check-in, crowd control along the course, toilet direction, runner and spectator guidance, food and water stations, finish line services, etc.

Volunteer Liaison Volunteer Members



Strong Volunteer

For transporting bicycles, etc. Wearing yellow uniforms with pink bibs.



Language Volunteer

Language stickers are attached to the chest on the yellow uniform.



Course roadside marshals



Race officials



Operation staff



Running Police

Osaka Prefectural Police will run alongside the marathon course to ensure safer and more secure event management.



⚠ Other Important Notes (during the race)

◎This tournament will be held in accordance with the latest World Athletics (WA) competition rules, the Japan Association of Athletics Federations (JAAF) competition rules 2025, and the rules of this competition. Since this tournament is a WA-certified Gold Label Race, WA Road Race Labeling Regulations will also apply.

◎Distance marks will be set up at 1km intervals between 1km and 42km, and at the halfway point. There will also be signs indicating the amount of km to go at 10km from the finish line and then every km starting at 5km from the finish line.

◎For safety reasons, when using earphones or similar devices, ensure you can clearly hear instructions from surrounding runners, emergency vehicles, officials, etc. Additionally, registered Japan Association of Athletics Federations (JAAF) athletes should note that using earphones or similar devices for external communication via smartphones, etc., may constitute "assistance."

◎Stopping or running backwards by the start/finish line or in the middle of the course to take photos or look for any person is prohibited as this may cause operational problems during the event. Please comply with the instructions given by race officials.

◎Runners are not allowed to overhang the colored cones on the center line of the course. Especially in the situation when running facing each other, please do not run overhanging the colored cones to overtake the other runners in front of you as it is very dangerous.

◎Traffic regulations are in place on the course, but please be aware that there are places where runners may be facing or running alongside cars. And there are also some places where runners may run alongside the cars of the event. At each intersection on the course, under the discretion of the race officials, pedestrians and bicycles may be allowed to cross the course, please check ahead carefully.

◎If an emergency such as an accident or fire occurs during the race, emergency vehicles may pass through the course. In such cases, please follow the instructions of the race officials, police officers, and staff on the course and give priority to the passage of emergency vehicles.

◎If any natural disasters such as lightning strikes and so on and fire or any other incident on the sidelines are anticipated, the race may be suspended or cancelled under the instructions of the race officials.

Race Day (after the finish)

◆Full Marathon Finish Venue



⚠ Street smoking across the Osaka city is prohibited starting Jan 27th, 2025.

◆Flow Chart after Finish

	Men Runners(42.195km)	Women Runners(42.195km)
Post-Race Perks①	After the finish gate, please collect your towel, drink, and medal.	
Post-Race Perks②	For those who wish, bread and non-alcoholic beer are available at the tent near Taiyo no Hiroba and ⑥ and ⑨.	
Post-Race Perks③	For those who wish, Stretching and other treatment services are available at the Runner Recovery Zone.	
Gear Pick up	Same place as the baggage drop	① Osaka Jo Hall Arena
Changing Area after the Finish	Osaka Jo Hall, WW Hall, TT Hall, Changing Tent (3 locations near Osaka jo koen Sta., ⑥ / ⑨)	Osaka Jo Hall B1

	720< Naniwa > Marathon Runners		Charity Runners	
	Men	Women	Men	Women
Post-Race Perks①	After the finish gate, please collect your towel, banan and drink.		After the finish gate, please collect your towel, drink and medal.	
Post-Race Perks②	—	—	For those who wish, bread and non-alcoholic beer are available at the tent near Taiyo no Hiroba and ⑥ and ⑨.	
Post-Race Perks③	—	—	A light meal buffet is available at the Charity Lounge (11:30-16:30).	
Post-Race Perks④	—	—	Stretching and other treatment services are available at the Runners Recovery Zone(1F).	
Gear Pick up	Nakanoshima Finish Area		② Charity Runners' Changing Room	① Osaka Jo Hall Arena
Changing Area after the Finish	Osaka City Central Public Hall	Osaka City Hall	Charity Runners' Changing Room, B1 Floor, Osaka Jo Hall(~17:00)	

※720< Naniwa >Marathon- finish venue Map is on the next page, P15.

Race Day (after the finish)

⚠ Important Notes (after the finish) ※Full marathon

- ◎Please present your athlete bib when picking up your gear.
- ◎After the finish, toilets at Osaka-Jo Hall will also be available for men. Please note that TT Hall is reserved exclusively as a men's changing area, and its toilets are for men only.
- ◎There is no need to return the timing chip.
- ◎There is no parking place. Pick-up and drop-off by private car is strictly prohibited.

- ◎Please use "Taiyo-no-Hiroba" to meet up with family and friends (see below).

- ◎Finish food items "bread" and "Asahi Dry Zero (non-alcoholic beer-flavored beverage)" will be distributed only to those who request them. If you are interested, please pick up at the location marked with a ★ on P14, which is near the route leading to your gear check.

◆ "Taiyo-no-Hiroba" (in Osaka castle park)

On the race day, "Taiyo-no-Hiroba" in Osaka Castle Park (see Map P14) will be open as a meeting point for runners and their companions after finishing or changing clothes.

The following services will be available:

-  Food trucks will be open from 11:00 to 17:00.
-  A sponsor photo spot will be set up. Please take a commemorative photo after the race. (In case of rain, photo spots will be set up along the park paths.)
-  Benches will be provided in the meeting area.
-  The restrooms in "Taiyo-no-Hiroba" will be open to the public from 10:00 to 17:00, including non-participants.

◆Care Station (Runners Recovery Zone)

※Please refer to the map(P14).

After finishing the full marathon, full marathon runners can receive aftercare such as stretching from the professional staff.

Location: Osaka-Jo Hall north side, former restaurant site
(At the bottom of the large staircase outside the north exit of Osaka-Jo Hall, there is a promenade that runs along the river. The care station is located along that road. Please refer to the photo on the right.)



◆ 720<Osaka>marathon(runners) Finish Venue



⚠ Important Notes (after the finish) ※720<Osaka>marathon(runners)

- ◎Because the Runners Area is a one-way street, runners cannot return after passing through.
- ◎Please present your athlete bib when picking up your gear.

- ◎There is no need to return the timing chip.
- ◎There is no parking place. Pick-up and drop-off by private car is strictly prohibited.

Others

◆ Records

The following two types of records will be measured.

- Including gross time (official record) : Recorded from each gun
- Net time (reference record): Recorded from the time of crossing the start line.

It is scheduled to be available for download from the official Osaka Marathon website (<https://www.osaka-marathon.com/>) from the date and time shown below.

- Preliminary report (records only): Sunday, February 22, from around 10:00 p.m.
- Detailed report (with standings, records, lap times, etc.): Three weeks after the race

- All record certificates will be issued only to who complete the race within the time limit for each category.
- Please note that it may take up to two months to verify the insufficient records, such as missing lap times.
- Records will not be sent by mail, etc.

○ To appeal a record, please submit your request by email to the Osaka Marathon Call Center listed below by noon on Sunday, March 1, 2026 (tentative). Osaka Marathon Call Center Mail: support@osaka-marathon.com

◆ Official Goods

This year, a variety of official merchandise will be available. Collaboration items with “Kinnikuman” and “Myaku Myaku” will also be released! Don't miss out! Great for souvenirs or as a memento.

< Store Sales >

- February 20 (Fri) & 21 (Sat)
→ Inside the Osaka Marathon EXPO venue
- Race Day, February 22 (Sun)
→ “Taiyo-no-Hiroba” in Osaka Castle Park

< Online Shop >

<https://shop.fany.lol/shops/osaka-marathon>

Duration: Until March 31(Tue), 2026, 11:59 PM



※The online sales period varies depending on the goods. For more details, please check the above website.

※Charity goods proceeds, excluding production costs, will be donated.

◆ Photo Service (fee required)

You can purchase your photos taken during the event via the photo download service “PICSOON”.

■ Photos and videos will be available for purchase starting after the marathon finish on Sunday, February 22nd. All photos and videos are scheduled to be fully uploaded by around 7:00 PM.

■ How to Purchase: Please visit the “PICSOON” website for details. <https://picsoon.jp/>

◆ Latest information / Inquiries

Osaka Marathon Call Center ☎ 072-886-8930 support@osaka-marathon.com

Office Hours	Mon. Feb 23 / Weekdays (except below)	10:00~17:00	Sat. Feb 21	9:00~18:30
	Fri. Feb 20	10:00~19:30	Sun. Feb 22	5:00~17:00

Regarding Receipt of Participation Commemorative Gifts in Case of Non-Attendance at the Event

After the event concludes, please contact the call center directly by Friday, March 6, 2026.

We will send the following items to you via cash on delivery.

- Athlete Bib Set
- Gear Bag
- Bag sticker
- Charity Goods (Pre-registrants only)

WEB・SNS

The official tournament website provides detailed information on various details, and the official social media accounts regularly share the latest updates.



Official Instagram

<https://www.instagram.com/osakamarathon.official/>



Official Facebook

<https://www.facebook.com/osakamarathon.official>



Official Website

<https://www.osaka-marathon.com/>