

Tokyo Marathon 2024 Event Information

Tokyo Marathon 2024 Race Information is finalized today at the regular Board Meeting of the Tokyo Marathon Foundation. We announce the following informations about the Tokyo Marathon 2024.

Tokyo Marathon 2024

- Race Information and course Map (P2 P5)
- Key Visual (P6)
- Entry Registration Information and Chart (P7 P8)
- Donations and Charity Runners (Official Charity Organizations) (P9 P12)
- Official Partners (P13)

Overview of Tokyo Marathon 2024

Date: Sunday, March 3, 2024

Field Size: 38,000 (marathon: 37,500, 10.7km race: 500)

Entry Fee: (1) Marathon: Japan Residents: 16,500 yen (From Overseas: \$160)

(2) 10.7km Race: Japan Residents: 5,600 yen (From Overseas: \$60)

- * Entry, handling and tax included.
- * We accept the payment by runners coming from overseas in U.S. dollars are started from this year.

Tokyo Marathon 2024 Schedule (provisional)

June 26, 2023 - July 13, 2023 Donation and charity runner application period

* Donations will continue to be accepted until August 31 (Thu)

August 1, 2023 - August 10, 2023 Semi-Elite runner entry registration period

August 1, 2023 - August 10, 2023 ONE TOKYO Premium Member entry reception period

August 14, 2023 - August 25,2023 General entry reception period

February 29,2024 - March 2, 2024 Tokyo Marathon 2024 Packet-Pickup

March 3, 2024 Tokyo Marathon 2024 Race Day

Please refer to the Tokyo Marathon 2024 official website (https://www.marathon.tokyo/en/) for the latest information regarding the race. Details regarding volunteer recruitment will be provided via the official website around September.

Race Information

Race Name	Tokyo Marathon 2024
	also serves as:
	- Japan Marathon Championship Series
	- Marathon Grand Championship Final Challenge
	- Abbott World Marathon Majors Series XVI
Organizer	Tokyo Marathon Foundation
Co-	JAAF (Japan Association of Athletics Federations); Tokyo Metropolitan Government;
organizers	The Yomiuri Shimbun; Nippon Television Network Corporation; Fuji Television Network, Inc.;
	Sankei Shimbun Co., Ltd.; The Tokyo Shimbun.
Managing	Tokyo Athletics Association
Organization	
Operation	Tokyo Sports Association for the Disabled; Kanto Para Athletics.
Supporter	TARRAN CRORTS ACENCY Mills of the Late of
Supporting	JAPAN SPORTS AGENCY; Ministry of Land, Infrastructure, Transport and Tourism;
Organizations	Japan Tourism Agency; Metropolitan Tokyo Mayors' Council; Japan Sports Association;
(provisional)	Japanese Olympic Committee; Japanese Para Sports Association; Japan Para Athletics;
	Nippon Keidanren (Japan Business Federation);
	KEIZAI DOYUKAI (Japan Association of Corporate Executives); The Tokyo Chamber of Commerce and Industry, Tokyo Medical Associations.
	The Tokyo Chamber of Commerce and Industry; Tokyo Medical Association;
	Tokyo Disaster Prevention & Emergency Medical Service Association;
	Tokyo Private Ambulance Call Center Registered Companies Liaison Council; TOKYO NURSING ASSOCIATION; Tokyo Convention & Visitors Bureau;
	Tokyo Federation of Neighborhood Associations;
	Tokyo Federation of Shopping Center Promotion Associations & Tokyo Federation of Shopping Centers;
	Tokyo Sports Association; Community Sport Leaders Tokyo; The Hochi Shimbun; Radio Nippon Co., Ltd.;
	Sankei Sports; Yukan Fuji; Nippon Broadcasting System, Inc.; The Tokyo Chunichi Sports.
Presenting	Tokyo Metro Co., Ltd.
Partner	Tokyo Ficaro Co., Lea.
Official	STARTS CORPORATION INC.; IFING Co., Ltd.; ASICS Japan Corp.; Otsuka Pharmaceutical Co., Ltd.;
Partners	KINTETSU INTERNATIONAL; SEIKO GROUP CORPORATION;
	The Dai-ichi Life Insurance Company, Limited; Toray Industries, Inc.; McDonald's Company (Japan), Ltd.;
	Mizuho Bank, Ltd.;
	Kokumin Kyosai coop (National Federation of Workers and Consumers Kyosai Cooperatives);
	Hisamitsu Pharmaceutical Co., Inc.; Kao Corporation; BATHCLIN CORPORATION;
	TOPPAN INC.; Daiwa Securities Group; NIHON KOHDEN CORPORATION; KOYOU RENTIA Co., Ltd.;
	Fanplus, Inc.; Shimizu Octo, Inc.; Photocreate Co., Ltd;
Broadcaster	Nippon Television Network Corporation
Events	(1) Marathon (Men, Women, Wheelchair Men, Wheelchair Women).
	(2) 10.7km Race (Men and Women for Junior & Youth, Visually Impaired, Intellectually Challenged, Organ
	Transplant Recipients and Wheelchair).
Date	Sunday, March 3, 2024
Course	(1) Marathon:
	Tokyo Metropolitan Government Building — Suidobashi — Ueno-hirokoji — Kanda — Nihombashi —
	Asakusa Kaminarimon Gate — Ryogoku — Monzen-nakacho — Ginza — Tamachi — Hibiya —
	Tokyo Station/Gyoko-dori Ave.
	(This course is certified by the JAAF, AIMS and World Athletics.)
	(2) 10.7km Race:
	Tokyo Metropolitan Government Building —Suidobashi — Kanda — Nihombashi
	(Results are considered unofficial. Finishing place is determined by net time.)
Competition	(1) The races will be conducted in accordance with the rules and regulations of the World Athletics, JAAF
Rules	and the Race Organizer.
	World Athletics Road Race Label Regulations also applies to the Tokyo Marathon, which has been
	certified by the World Athletics as a Elite Platinum Label.

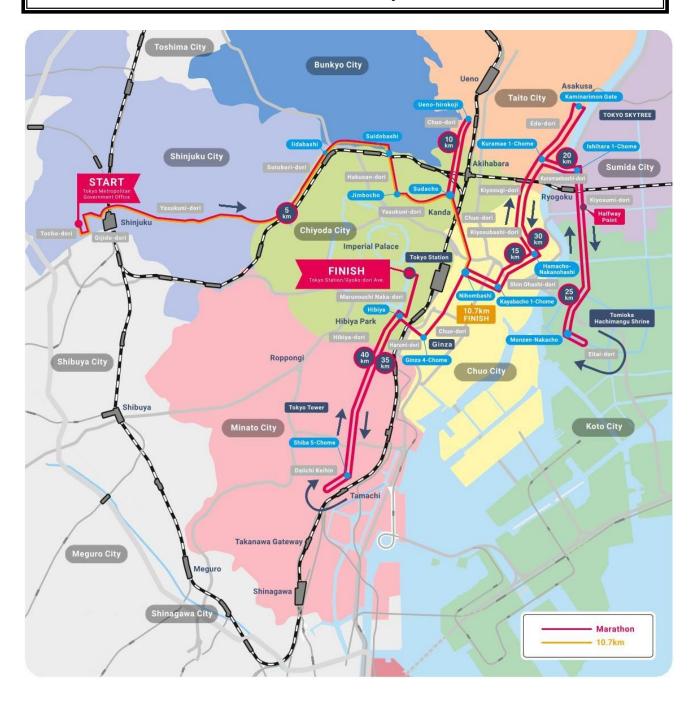
	Doping control will be conducted abiding to World Athletics Anti-Doping Regulations.
	(2) World Para Athletics Rules and Regulations and the competition rules of the Tokyo Marathon applies to
	the wheelchair marathon.
	Doping control is conducted under World Para Athletics Anti-Doping Regulations.
Cut-off Times	Cut-off Times:
& Start	(1) Marathon:
Times	Marathon: 7 hours (9:10 a.m - Start, 4:10 p.m Finish)
	Wheelchair: 2 hours and 10 minutes (9:05 a.m Start, 11:15 a.m Finish)
	(2) 10.7km Race:
	10.7km Race: 2 hours (9:10 a.m Start, 11:10 a.m Finish)
	Wheelchair: 40 minutes (9:05 a.m Start, 9:45 a.m Finish)
	* The starting time of the competition is based on the starting time of the gun.
	* Runners who fail to pass through the checkpoint before the cut-off time will be removed from the race.
	* Runners who lag excessively behind the cut-off time pace may be stopped to leave the course at anytime
Eligibility	Those who fulfill the following conditions, and whose participation is approved by the organizer:
Lingibility	* Includes the Tokyo Marathon's deferred entry and those who have been granted the right to run the
	Tokyo Marathon through events conducted by the organizer.
	(1) Marathon Must be at least 19 years of age on the race day.
	1-1) General - Runners who are capable of completing the race within 6 hours and 30 minutes
	1-2) Semi-Elite Athletes - Athletes who satisfy the requirements set forth by the "RUN as ONE - Tokyo
	Marathon 2024".
	1-3) Elite Athletes - Athletes, registered with the JAAF in fiscal 2023 who satisfy the special
	requirements set forth by the JAAF.
	- Invited Athletes: National and international runners nominated by the organizer
	and/or the JAAF.
	1-4) General Wheelchair - Participants who are capable of completing the race within 2 hours and 10 minutes using a racing wheelchair.
	1-5) Elite Wheelchair - Athletes registered with the JPA in fiscal 2023, and to be registered with the IPC in fiscal 2024.
	 Athletes who are in the sport classes T53 – 54 of World Para Athletics Classification and has Class Status R or C.
	 Athletes who have the following record in the tournament of the World Para Athletics certified races:
	1 hour and 50 minutes or under (Men).
	2 hours or under (Women).
	- Invited Athletes: National and international athletes nominated by the
	organizer and/or the JPA.
	(2) 10.7km Race Must be at least 16 years of age on the race day.
	2-1) Junior & Youth - Runners between 16 and 18 years of age on the race day, who are capable of
	finishing the race in 1 hour 45 min.
	(runners born between March 4, 2005 and March 3, 2008 are eligible).
	* Age restrictions do not apply to entrants who have deferred their entry to this event.
	* Including those runners who are selected separately by the Tokyo Metropolitan Government under the
	projects related
	2-2) Visually Impaired - Runners aged 16 and above on the race day, capable of finishing the race within 1 hour 45 min.
	2-3) Intellectually - Runners aged 16 and above on the race day, capable of finishing the race within Challenged 1 hour 45 min.
	2-4) Organ Transplant - Runners aged 16 and above on the race day, capable of finishing the race within Recipients 1 hour 45 min.
	2-5) Wheelchair - Participants aged 16 and above on the race day, capable of finishing the race in
	40 minutes on a racing wheelchair. * Racing wheelchair requirements are specified in the latest "Rules and Regulations" applicable to the even
	day set forth by the World Para Athletics.
Field Size	38,000 (Marathon: 37,500 runners; 10.7km Race: 500 runners)
Event Fee	(1) Marathon: Japan residents - 16,500 JPY (from overseas - 160 USD)
2,0,10,100	(2) 10.7km Race: Japan residents - 5,600 JPY (from overseas - 60 USD)
	(2) 100 Milliager Supur residence System (Horn Overseus 00 000)

	* Entry, handling and tax included.
	* From this race, payment by overseas runners will be made in US dollars.
How to Enter	Register online
Entry Period	Registration will open on August 1, 2023 (Tue)
	* The registration period may differ depending on the eligibility group.
	* Selection will be made by random drawing if the entry exceeds the field size.
	* Donation and Charity Runner applications open from June 26, 2023 (Mon).
Award	(1) Marathon
	1-1) Overall: the top three male and female
	1-2) Wheelchair: the top three male and female
	1-3) RUN as ONE - Tokyo Marathon 2024 "Wild Card Award": Semi-elite top three male and female
	1-4) Next Generation Athlete Award 2024: the top male and runner belonging to The Inter-University
	Athletics Union of Japan.
	(2) 10.7km Race
	2-1) Junior & youth, wheelchair, visually impaired, intellectually challenged, organ-transplant recipient: the
	top three male and female from each category
	* Placings will be determined by the net time.
Packet Pick-	(1) Date & Time (provisional)
up	February 29 (Thu) and March 1 (Fri), 2024 Hours: 10:00 a.m 8:30 p.m.
	March 2 (Sat), 2024 Hours: 10:00 a.m 5:30 p.m.
	* All hours are based on JST.
	* The registered runner must conduct Packet Pick-up in person.
	* Packet pick-up is not available on the race day.
	(2) Location
	Tokyo Big Sight South Exhibition Halls: 3-11-1 Ariake, Koto, Tokyo, Japan
EXPO	(1) Date & Time (provisional)
	February 29 (Thu) and March 1 (Fri), 2024 Hours: 10:00 a.m 9:00 p.m. (Visitors must enter
	before 8:30 p.m.)
	March 2 (Sat), 2024 Hours: 10:00 a.m 6:00 p.m. (Visitors must enter
	before 8:30 p.m.)
	(2) Location
	Tokyo Big Sight South Exhibition Halls: 3-11-1 Ariake, Koto, Tokyo, Japan
Event	(1) Event Cancellation Guideline
Cancelation	1-1) The event is subject to cancellation if a cancellation request is received from respective authorities and
Guideline	agencies.
	1-2) The event is subject to cancel due to natural disaster or in a situation in which delivering a safe event
0.1	is difficult.
Others	(1) Refunds of event fees will be specified in the Entry Regulation.
	(2) This event shall adhere to all national laws and regulations.
	(3) This outlined information is set forth for the Tokyo Marathon 2024.

June 21, 2023



Course Map





Key Visual





<Design Concept>

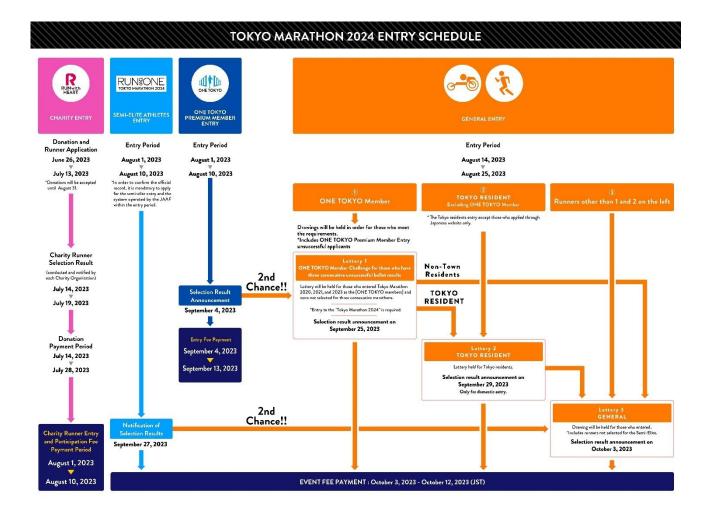
The visual depicts the ambitions of the diverse runners upon completing the 42.195 km race. The runners are exhausted and hurting after giving their all, but they are also filled with a sense of accomplishment, and perhaps they've even seen a new side of Tokyo, one they've never encountered before. We're aiming to make this the world's most welcoming and warmhearted marathon so that everyone can be true to themselves, performing to their fullest safely and with peace of mind.

We strive to provide a warm and friendly race for all the people involved in the Tokyo Marathon, making it "My Favorite Place" more than anywhere else in the world.



Runner Entry Will Starts on Monday, June 26!

Tokyo Marathon 2024 (scheduled on Sunday, March 3, 2024) will start accepting runner entry registration from Monday, June 26. Please check the entry schedule and Chart below.



■ Charity Runners

Donation and runner registration period: June 26, 2023 - July 13, 2023 Entry and Entry Fee payment period: August 1, 2023 - August 10, 2023

■ RUN as ONE - Tokyo Marathon 2024 Semi-Elite

Registration period: August 1, 2023 - August 10, 2023 Selection result announcement: September 27, 2023 Payment period: October 3, 2023 - October 12, 2023

More information about the RUN as ONE - Tokyo Marathon program:

https://www.marathon.tokyo/participants/run-as-one/

^{*} Unsuccessful entrants to the Semi-Elite Entry will automatically be enrolled in the drawing pool of the General Entry.

■ ONE TOKYO premium member entry

Entry period: August 1, 2023 - August 10, 2023 Selection result announcement: September 4, 2023

Payment period for selected runners: September 4, 2023 - September 13, 2023

- *Unsuccessful entrants to the ONE TOKYO Premium Member Entry will automatically be enrolled in the drawing pool of the General Entry.
- ** ONE TOKYO premium members can enter the random drawing up to four times.
- *** ONE TOKYO memberships are only for domestic entry.

■ General Entry

Entry period: August 14, 2023 - August 25, 2023

Random drawings will be conducted following conditions.

* This includes ONE TOKYO premium member entries that were not selected.

(1): ONE TOKYO Member Challenge for those who have three consecutive unsuccessful ballot results

Lottery will be held for those who entered Tokyo Marathon 2020, 2021, and 2023 as the [ONE TOKYO members] and were not selected for three consecutive marathons.

*Persons who are not selected automatically slide to (2) or (3)

Selection result announcement: September 25, 2023

(2): Tokyo residents

Lottery held for Tokyo residents.

- *Persons who are not selected automatically slide to (3)
- **The Tokyo residents entry accept those who applied through Japanese website only.

Selection result announcement: September 29, 2023

(3) General drawing

Drawing will be held for those who entered.

*Includes runners not selected for the Semi-Elite.

Selection result announcement: October 3, 2023

Payment deadline: October 3 (Tue) to October 12, 2023



Tokyo Marathon 2024 Charity starts with the 39 organizations and 40 programs! Application procedure start 11:00 a.m. on June 26 to 5:00 p.m. on July 13

The Tokyo Marathon Foundation Charity "RUN with HEART" has welcomed five new organizations for the Tokyo Marathon 2024 Charity and bringing it up to 39 organizations and 40 programs.

Since the Tokyo Marathon 2011, the Tokyo Marathon Charity program has collected roughly 3.7 billion yen in donations. Through the activities of individual recipient organizations, it unites the hearts of those who run, support, and cheer on the Tokyo Marathon with those in need, those with hope and dreams, and those working to improve society.

Take the opportunity presented by the Tokyo Marathon 2024 Charity to think about how you can promote sports, save the environment, help refugees around the world, provide support to children with serious illnesses, protect animals, and make our world a better place.

Details regarding the Tokyo Marathon 2024 Charity are provided below.

■ Tokyo Marathon 2024 Charity Overview

1. 39 organizations and 40 programs conducting the charity program

See P10-12 for overviews of the recipient organizations and their projects.

2. Donation and charity runner application method and period

This section applies to persons who have registered to make donations to the organizations and who wish to run as the charity runner.

Application procedure:

- (1) Select the recipient organization you wish to support from the official RUN with HEART website https://www.marathon.tokyo/en/charity/
- (2) Apply to make a donation using the donation application system of the recipient organization you selected. Application period: 11:00 a.m. on June 26,2023 5:00 p.m. on July 13, 2023 (JST)

3. Donation-only period

Application procedure:

- (1) Select the recipient organization you wish to support from the official RUN with HEART website.
- (2) Apply to make a donation using the donation application system of the recipient organization you selected. Application period: 11:00 a.m. on June 26, 2023 5:00 p.m. on August 31, 2023 (JST)

4. Examples of how Tokyo Marathon Charity donations are used

Ronald McDonald House Charities Japan

Ronald McDonald House supports children with intractable diseases and their families through contributions and the efforts of local volunteers based on the concept of a "home away from home." It supports families emotionally and economically with large houses that provide private bedrooms, kitchen facilities, living rooms, dining rooms, laundry facilities and play rooms so that families of children undergoing medical treatment can perform daily life activities as they would at home.



■ Five new organizations joining beginning with Tokyo Marathon 2024 Charity!

- * ADRA Japan
- * Japan IDDM Network
- * Japan Committee, Vaccines for the World's Children
- * WaterAid Japan
- * Japanese Organization for International Cooperation in Family Planning (JOICFP)
- * Please see the following section for overviews of the charity projects, etc.

■ Tokyo Marathon 2024 Charity - Introducing the 39 Recipient Organizations and 40 Projects

Tokyo Marathon Sports Legacy Program 1



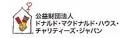
Creating and passing on a society in which people can enjoy new lifestyles through sports.

Tokyo Marathon Sports Legacy Program 2



Education work for areas stricken by Great East Japan Earthquake. (Iwate, Miyagi, Fukushima)

Ronald McDonald House Charities Japan



Operation of the "Ronald McDonald House", a residential facility for Children facing illness and their families.

Peace Winds Japan



Development of protection and transfer activities to save dogs' lives, as well as training for disaster relief and therapy dogs.

Action against Child Exploitation



Protecting children from hazardous child labour, providing education, and helping families raise themselves out of poverty.

Special Olympics Nippon Foundation



We provide sports for people with intellectual disabilities as possible and to make the society where everyone can feel happy with or without disabilities.

Plan International Japan



Run for girls!

Support girls' access to education and say "NO" to forced early marriage.

The Nippon Foundation



Support for children with various difficulties such as those who have no place to belong, children with intractable diseases, and children from social childcare backgrounds.

Japan for UNHCR



Providing sports and educational opportunities for the young generation forced to flee from their homes due to conflicts.

Gold Ribbon Network



Scholarships for pediatric cancer survivors enrolling universities, colleges or vocational schools. Hospitalization allowance for single-parent households with children with cancer.

Kamonohashi Project



For a world without human trafficking, where every child can grow up happy, healthy and free.

Japanese Para Sports Association



Publicise and promote the understanding of para sports. (Promote a radical transformation in public consciousness aimed at realising an inclusive society.)

Japan Cancer Society



Operation of free cancer consultation service "Hotline" for cancer patients and their families.

Room to Read Japan



Join us and run for children to help them become lifelong learners! Our aim is to support 5,000 young learners and girls living in lowincome communities to access the

gift of education. We accept multiple currencies, corporate matches, and tax benefits are available in many countries.

Teach For Japan

Teach For JAPAN

We envision a world where all children have the education, support, and opportunity to shape a better future.

NPO KIDSDOOR



We provide free educational and social spaces for underprivileged children where they can study, eat, interact with others, etc.

Certified Nonprofit Organization Family House



Providing residential facilities and care for children fighting critical illness and their families during medical treatments.

CARE International Japan



Now support women and girls who are facing difficulties in developing countries and conflict zones such as Ukraine.

Kokkyo naki Kodomotachi (Children without Borders)



To provide educational opportunities to underprivileged children in Cambodia, Philippines and Bangladesh.

The Public Interest Incorporated Foundation Solaputi kids' camp



Inviting children with serious illnesses and their families to a dream campsite with on-site medical care.

TOKYO TOY MUSEUM



The Inclusive art museum in Shinjyuku.

Pride House Tokyo NPO



Operating Pride House Tokyo Legacy, Japan's first LGBTQ+ center, and supporting LGBTQ+ youth.

NPO Sodateage Net



Protecting children in poverty, those subject to bullying, eating alone, those with developmental disorders, or a troubled lifestyle.

Friends Without A Border Japan



Run for children! Help build medical services rooted in Laos. Delivering compassionate care, cuddles and smiles.

Tokyo Development Foundation for Agriculture, Forestry and Fisheries



We prevent the global warming and succeed healthy forests to the next generation by developing a low-pollen forests.

NPO Florence



Resolving the social issues that get in the way of parent-child well-being and deliver a "new normal" to all parents and children.

Japan Environmental Education Forum



Providing experience of nature activities and healing of nature to children/adults having various difficulties, problems and worries in their daily life.

Japan Marrow Donor Registry Promotion Conference



Enlarging bone-marrow bank and gathering greater number of donors.

Providing counseling and financial consultation services for leukemia patients.

Japan Association for Refugees (JAR)



Providing medical, food, shelter, and other support to refugees who have fled to Japan, enabling them to have a secure life.

Children's Cancer Association of Japan



Financial Assistance to Parents.

Tokyo Disaster Prevention & Emergency Medical Service Association



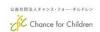
Our businesses are dissemination of the importance of disaster prevention widely and relate to spread of emergency first aid.

SHAPLA NEER = Citizens' Committee in Japan for Overseas Support



Supporting girls working as domestic workers in Bangladesh by protecting child rights, providing education.

Chance for Children, Inc.



Chance for Children is committed to supporting the children living in poverty and providing the Study Coupons redeemable only at out-of-school educational facilities in Japan.

AMNESTY INTERNATIONAL JAPAN



Run for rights! We're working for human rights all over the world through lobbying, campaign and education.

MadreBonita



Providing postpartum care programs to solve social problems that originate in the postpartum period.

Adventist Development and Relief Agency Japan (ADRA Japan)



To serve humanity so all may live as God intended.

Non-Profit Organization Japan IDDM Network



Research support for eradicating the incurable disease "Type 1 diabetes". "Type 1 diabetes", incurable

Japan Committee, Vaccines for the World's Children



Every day, 4,000 children losing their lives by Vaccine Preventable Diseases. Make a gift of vaccines for the smiles and lives of the children in developing countries.

WaterAid Japan



Delivering clean water, decent toilets and good hygiene to healthcare facilities in Mozambique.

to curable!

Japanese Organization for International Cooperation in Family Planning (JOICFP)



JOICFP intends to change the reality that one woman loses her life per minute globally due to pregnancy, delivery, unsafe abortion, and cervical cancer by implementing fundamentally preventive activities.

Tokyo Marathon 2024 Official Partners (sponsor companies)

The following is information about the official partners (sponsor companies) that are providing support for the Tokyo Marathon 2024 [Sunday, March 3, 2024].

Presenting Partner

Tokyo Metro Co., Ltd.

Official Partner

STARTS CORPORATION INC.; IFING Co., Ltd.; ASICS Japan Corp.;

Otsuka Pharmaceutical Co., Ltd.; KINTETSU INTERNATIONAL; SEIKO GROUP CORPORATION;

The Dai-ichi Life Insurance Company, Limited; Toray Industries, Inc.;

McDonald's Company (Japan), Ltd.; Mizuho Bank, Ltd.;

Kokumin Kyosai coop (National Federation of Workers and Consumers Kyosai Cooperatives);

Hisamitsu Pharmaceutical Co., Inc.; Kao Corporation; BATHCLIN CORPORATION;

TOPPAN INC.; Daiwa Securities Group; NIHON KOHDEN CORPORATION;

KOYOU RENTIA Co., Ltd.; Fanplus, Inc.; Shimizu Octo, Inc.; Photocreate Co., Ltd;

As of June 21, 2023



For the latest information, please visit the Official Partners page on the Tokyo Marathon 2024 official website. https://www.marathon.tokyo/en/about/official-partner/