



TOKYO MARATHON 2024

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ひとつになる日。

RUNNER HANDBOOK

Packet Pick-up • EXPO 2024

Packet Pick-up Dates

February 29 (Thu.) and March 1 (Fri.) **10:00 a.m. – 8:30 p.m.**

March 2 (Sat.) **10:00 a.m. – 5:30 p.m.**

*The registered runner must conduct Packet Pick-up by themselves.

*Details on packet pick-up time and location for wheelchair marathon participants will be explained separately.

【Date & Time】March 2 (Sat.) 11:00 a.m. (JST) 【Location】TBA

EXPO 2024 Dates

February 29 (Thu.) and March 1 (Fri.) **10:00 a.m. – 8:30 p.m.** (Visitors must enter before 8:30 p.m.)

March 2 (Sat.) **10:00 a.m. – 5:30 p.m.** (Visitors must enter before 5:30 p.m.)

Venues

Tokyo Big Sight South Exhibition Halls 3-4
3-11-1, Ariake, Koto-ku, Tokyo

Race Day Schedule March 3

- 7 : 00 am The start area opens
- 8 : 45 am Runners must have entered the start area by this time.
- 8 : 59 am Start Ceremony begins
- 9 : 05 am Wheelchair Marathon START
- 9 : 10 am Marathon & 10.7km Race START
- 11 : 10 am End of 10.7km Race
- 11 : 10 am 10.7km Race Awards Ceremony
- 12 : 30 pm Marathon Awards Ceremony
- 4 : 10 pm End of Marathon Race



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Prohibited Items to carry on the Start area and Course

There are restrictions on items that can be carried onto the Start Area and course. Carefully attention to the following items in preparation for the event. In possession of a prohibited item, it will be confiscated or disposed the item immediately. Thank you for your cooperation.

Canteens, water bottles, plastic bottles, cans, and other similar containers are strictly prohibited.



Aerosol sprays

Aerosol cans are prohibited, unless they meet the following requirements :

- Unopened over-the-counter medical sprays and cosmetics.
- Only one (1) can is permitted and the size must be under 120ml.



Food and beverages

○ Food

✗ Beverages (No plastic bottles are allowed, regardless of their size or condition)

*However, they are permitted if they fulfill the following requirements :

- Unopened, commercially available items (drink boxes, cartons, aluminum foil pouches)
- Size must be under 250ml or less.
- Total capacity of 500ml or less.

Other prohibitions

- ✗ Hydration bags, soft bottles, etc.
- ✗ Poisons, explosives, fireworks, oils, items which generate hazardous gases, and other hazardous materials.
- ✗ Blades, flammable objects, and other dangerous objects.
- ✗ Box cutters, scissors, tools, long umbrellas, and other items that could be used as weapons.
- ✗ Selfie sticks and other cylindrical objects that are more than 30cm.
- ✗ Radio communication devices. (*Excluding cell phones, PHS phones, and Wi-Fi devices.)
- ✗ Loudspeakers, boom boxes, musical instruments, laser pointers, reflectors, or other items that emit sound or light which, depending on their usage, may disturb other runners. Also included are items and other particulars that may interfere with event operation.
- ✗ Printed materials intended for distribution, flags, banners, placards, and other similar items



*Products sold at Tokyo Marathon EXPO 2024 may be on race day. Please be careful about the size of your drink containers, among other factors.

Important Notices

Medical aid

- First aid will be provided for injuries or illness that occur during the race. In some cases, financial compensation may be provided for injuries taking place during the race. Contact the Tokyo Marathon Foundation (daihyo@tokyo42195.org) after the race.
- Nonprescription medicines (digestive medicines, cold medicines, analgesic patches, etc.) will not be available at the Medical Stations. Topical pain relief spray will also be unavailable.

Manners

- Do not run in areas such as flowerbeds, gardens, or the median.
- Do not throw away any garments at the start and/or on the course.
- Please take your trash with you.
- Do not change clothes in train station's restrooms or inside station buildings.
- Please refrain from relieving yourself anywhere other than the designated toilet facilities. According to Japan's Minor Offense Act, public spaces without toilets prohibit such behavior. Runners must strictly adhere to this regulation, we will disqualify the runner from the race, in accordance with the Tokyo Marathon race regulations.

Rules of Manners

The following 1 to 12 are according to the Tokyo Marathon race regulations, public laws/orders, and requested mannerism. Violation of these rules will result in disqualification from the race, even if after the start of the race.

1. Clothing or accessories that pose danger to other runners, such as items that could injure other participants or cause them to fall down, or that cover the entire face.

(Examples)

- Clothing that includes a sword, pole, armor, or rivets; clothing or costumes that may injure other participants by coming into contact with them, etc.
- Carrying a long or large object such as a banner or flag in your hands or on your back.
- Items likely to make you tumble, such as a long skirt or kimono.
- Items or behavior likely to block the path of other participants, such as multiple participants lining together.

2. Items or clothing intended as advertisement or promotion of political or religious views.

(Examples)

Being naked or wearing underwear or costumes that give the impression that you are naked or nearly naked.

3. Inappropriate clothing that makes others uncomfortable is prohibited.

4. Items or clothing intended to promote or advertise individual names or specific regions or groups that are not recognized by the organizers.

(Examples)

Wearing clothing printed with "xxxx Shopping Mall", etc.

Race disqualification and cancellation

- Runners may be disqualified by race officials if they are found in violation of the rules.
- Runners will be removed from the race if the race official or a doctor determines it unsafe to continue the race.

Handling of personal information

The organizers recognize the importance of personal information. We comply with applicable laws and regulations regarding the protection of personal information and handle this information as outlined below in our privacy policy. Refer to our official website for more information.

<https://www.marathon.tokyo/en/privacy/>



Cut-Off Checkpoint

- The course features nine cut-off checkpoints.
- Runners who fail to pass through the checkpoint before the cut-off time will be removed from the race. Runners cut off at the checkpoints are asked to follow race officials' instructions and head to the finish area on the sweep bus, or return home from the nearest station if they have not checked in their baggage.

Costumes

- Please check the Competition Rules and dress appropriately for the marathon and weather conditions.

*Please note that if we judge that your clothing is inappropriate for a sporting event, we may ask you to dispose of it even if the clothing is not specifically mentioned in the Competition Rules.

*We cannot respond to individual inquiries about clothing.

5. Using items that could be misidentified by other participants as the starting signal or cause confusion during the event (device with powerful flash and lights, whistles, horns, fireworks, or other items that generate explosive sounds, etc.) or device that generates loud noises that may distract other participants.

6. Behavior that may cause delays at the start line, finish line, or on the course, such as dancing, performing, playing musical instruments, or suddenly stopping.

7. Soliciting donations or signatures.

8. Preventing pedestrians from crossing the course when they are allowed to do so.

9. Obstructing the race by refusing to follow the orders of race officials.

10. Participation in the race by non-registered runners (except for accompanying runners approved by the organizer)

(Examples)

Participating while having a child on your back or pushing a stroller, or while being accompanied by your guide dog or pet.

11. Changing clothes or relieving yourself in locations other than those arranged by Tokyo Marathon 2024.

12. Occurrence or affairs other than these listed in numbers 1-11 that are determined to be inappropriate for the event by the organizer.

Packet Pick-up

Packet Pick-up Dates

February 29 (Thu.) and March 1 (Fri.) **10:00 a.m. - 8:30 p.m.**
March 2 (Sat.) **10:00 a.m. - 5:30 p.m.**

***Doors close**

*Note that if you come after the doors close, you will be denied entry. The doors will close early on the final day. Please note that you will not be allowed to enter even if factors such as public transportation or road conditions prevented you from arriving before the doors close.

*Please pick up your packet in person. It cannot be picked up by someone else on your behalf.

***Accompanying persons cannot enter the Packet Pick-up venue. Please wait in the meeting area.**

*The packet pick-up process would take around 30 minutes. (*This may vary depending on the state of congestion.)

*Details on packet pick-up time and location for wheelchair marathon participants will be explained separately.

【Date & Time】 March 2 (Sat.) 11:00 a.m. (JST) **【Location】** TBA

Venues

Tokyo Big Sight South Exhibition Halls 3-4
3-11-1, Ariake, Koto-ku, Tokyo

Nearest stations

Rinkai Line

15-minute walk from Kokusai-tenjijo Station

Yurikamome Line

7-minute walk from Tokyo Big Sight Station

Limousine Bus

Haneda Airport → Tokyo Big Sight

More detail about the Limousine Bus, please scan the 2D code.



Packet Pick-up Preparations

● Checking your Bib Confirmation

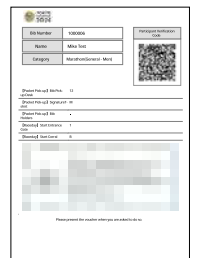
At Runner Verification and the Bib Pick-up Desk, you will be asked to show your Bib Confirmation. To show it, please use your smartphone or other devices, print out the Bib Confirmation and bring it with you.

Show your Bib Confirmation through one of the following approaches:

- ① Scan the 2D code shown on the right
- ② Use the URL in the email you received on February 9 (Fri) .
- ③ Use the Bib Confirmation section in My Entry

*For smartphones or other devices, please come to the venue after making sure that you can show the confirmation. The Bib Confirmation features information such as the Pick-up Desk number.

Bib Confirmation



What To Bring for Packet Pick-up

● Preparing your Photo ID

For your runner verification, please be sure to bring your Photo ID (Copies are not accepted). Please refer to below regarding the identification documents you need to bring.

*Those who had their guide runner application approved are required to come to the venue with that guide runner. The guide runners also need to verify. Please bring your Photo ID.

*Other: If your entry information has changed, please change it in the My Entry page.

Identification documents that you need to bring (any one item)

- Driver's license
- Driving history certificate
- Passport

Packet Pick-up

Packet Pick-up Procedures

① Runner Verification and Bib Confirmation Area

Please go to the Bib Pick-up Desk described on your Bib Confirmation. After you receive a runner verification and have the number on your confirmation checked, you will receive your runner packet

【Important Notice】

On race day, you will be asked to wear a wristband at Packet Pick-up so that we can confirm you are the person who picked up your packet. You are to wear it from the time you complete your registration until you enter the gate on race day. We appreciate your understanding and cooperation.

1. Please show your Bib Confirmation and Photo ID to staff at your designated desk.
2. When you complete your runner verification process, you will be asked to put on your wristband.
3. Please make sure that the number and name on your bib are correct.
4. Please pick up your Bib Number packet, EXPO Bag, and other handouts.

【What you will receive】 Bib, wristband (put it on), EXPO Bag official baggage bag and baggage sticker (only for those who signed up)

*Safety pins are not included.

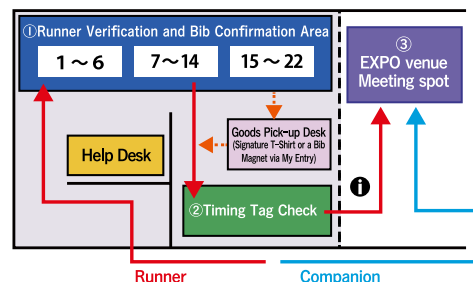
*Please be sure to bring your Photo ID to Packet Pick-up. (See p.4 for the Photo ID)

*Participants of the 10.7km category for the visually impaired and intellectually challenged will be asked to present their proof of disabilities to the Bib Pick-up Desk. Please be sure to bring your proof of disability.

Our commitment to sustainability

As part of our commitment to sustainability, the Tokyo Marathon does not include safety pins in your bib number packet

Please use commercially available bib fasteners. If you wish to use safety pins but do not have any, they are available at the timing tag check table. Feel free to take them with you.



Charity Runners

Be sure to receive your charity T-shirt as well as your bib number packet.

*We will provide you with shirts, both in your requested size. Please be advised that you cannot exchange the size of your shirt.



The EXPO venue features booths of each charity organizations. Organizations to give you the meal ticket and more. We will be waiting for you.

Location: Tokyo Big Sight South Exhibition Hall 1

For those who purchased goods via My Entry

If you purchased a Signature T-Shirt or a Bib Magnet via My Entry, please be sure to stop by the Goods Pick-up Desk after receiving your bib.

② Checking Your Timing Tag

This process will check that the Timing Tag on your bib works properly.

1. Hold the tag that's included in your bib packet over the mat.
*Do not take the tag out of the Bib packet.
2. If it is working properly, the laptop on the desk will show your name and number. If the laptop does not show your name and number, or if it displays another individual's name and number, contact staff.

*See "Start" (p.6) on how to put on your bib.

*We are preparing our best to acquire your race records, but please be advised that we do not guarantee this to be 100% successful, as various external or environmental factors may interfere.

③ End of packet pick-up process, head to EXPO venue

For more on the Tokyo Marathon EXPO 2024 visit our website:

<https://www.marathon.tokyo/en/events/expo/>



Start

Final Go / No-Go Announcement of Tokyo Marathon 2024

The final decision on whether the race will be held or cancelled will be made on the following dates in the format described below.

- Official decision date & time: March 3, 2024 (Sun) at 5:00 a.m.
- Announcement method: Posted on our official website and the Tokyo Marathon Official Social media accounts, etc.

Pre-start Medical Checklist

For a safe race experience, check your physical condition on the race day before you start running.

If any of the following items (1–8) apply to you, please use careful judgement to determine whether you participate

1. I have a fever or feel feverish.
2. I have not been able to shake off my fatigue.
3. I could not get enough sleep last night.
4. I could not eat or drink water properly before the race.
5. I have symptoms of a cold (slight fever, headache, sore throat, cough, runny nose).
6. I feel discomfort and/or pain in my chest and/or back. I feel palpitations and breathlessness.
7. I am experiencing abdominal pain and diarrhea. I am feeling nauseous.
8. I don't have a clear strategy for my race.

Things to Bring on Race Day

- ①Bib (with timing tag)
- ②Wristband
- ③Smartphone and Public transportation IC card (For race discontinuation and other emergencies)
- ④Official baggage bag and baggage sticker (only for runners who purchased the charged baggage check-in at the time of entry)

*Please note that people who have forgotten ① and ② will not be allowed to participate.

Bib Identification and Recognition

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Start Corral
Start gate

Please be sure to enter through your designated start gate. You can enter the start area only from the gate described on your bib.

Baggage Truck Number
(only those who opted in advance)

Please check your baggage into the truck marked with your designated number. Retrieve your baggage from the same truck after you finish your race.

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Be sure to fill out all necessary information on the back.

Timing tag
Do not remove the timing tag under any circumstances.



Important notices about your bib

- Two athlete bibs are enclosed for male/female athletes registered with the Japan Association of Athletics Federations. Please wear one each on your chest and back. Be sure to wear the bib with the Timing tag your chest. If you wear the bib with your timing tag your back, we may be unable to measure your time.
- Do not cover the bib with your hand or arm when passing through measurement points (finish and other locations). This action may prevent us from measuring your time and could interfere with video record confirmations.
- When putting on a jacket in the event of rain or other situations, please wear your bib over your jacket to make your bib visible.
- To ensure accurate measurements, please do not modify your bib.
- If your bib is not worn properly, we may not measure your record.
- Avoid placing the timing tag close to TVs or computers. The battery inside could be corrupted and your time will not be recorded.
- **Do not remove the timing tag before finish the race for any reason. If you accidentally removed your timing tag, please come to the START HEPL DESK with your timing tag and bib.**



Where to wear your bib

*Wear your bib on your chest in a position where it can be easily seen. Please come to the start gate on the day of the race with your bib on.

Start

Schedule until the start of the race

① Entry

- 7:00 a.m. Open the Start Gate to enter to the start area
- 8:45 a.m. Deadline for entry at the start area
- 8:55 a.m. The final call to line up at the Start Corral

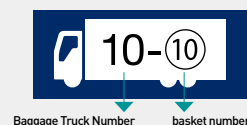
Baggage Check-in *Only for runners who purchased the charged baggage check-in at the time of entry

Please check your baggage into your designated truck marked on your bib. Attach the baggage sticker to the prescribed location of your official baggage bag. Tie the bag tightly to keep the content inside.

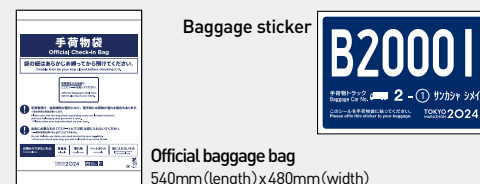
【Cautions】

- Runners who did not purchase the charged baggage check-in at the time of entry cannot check in their baggage.
- Once you check your baggage in, you cannot retrieve it.
- Baggage check-in and pick up areas are located outdoors. Your baggage may get wet if it rains.

***You cannot check-in smartphones and other valuables.**



Only available to runners who applied during registration



Example of baggage



- Please be sure to put your baggage in the official baggage bag you received at the packet pick-up. We cannot accept baggage other than what's contained inside the official baggage deposit bag.
- No spare bag is available if you forget your bag on race day.
- The baggage you check-in the race day must not contain valuables; breakables; explosives and other hazardous items; documents and other electromagnetic storage media that are difficult to reissue; animals and plants; perishables; and other items that may damage other baggage.
- After finishing your race, be sure to pick up your checked baggage at the designated location.
- The organizer will not be held liable for any loss, damage, or any other incident that may occur to baggage checked on race day.

② Runner Verification and Security Check

We will check that you are wearing the wristband that was handed out at Packet Pick-up. After that, security will check your belongings. If you have any prohibited items with you, they will be confiscated or disposed on the spot.

(Plastic bottles are not allowed.)

***For more on prohibited items, please see p.2.**

③ Start

- 9:05 a.m. Wheelchair Marathon START
- 9:10 a.m. Marathon & 10.7km Race START

Pace-setters (wearing a flag) will run as per the set times below. Pace-setters will be stationed at the front end of the following block.

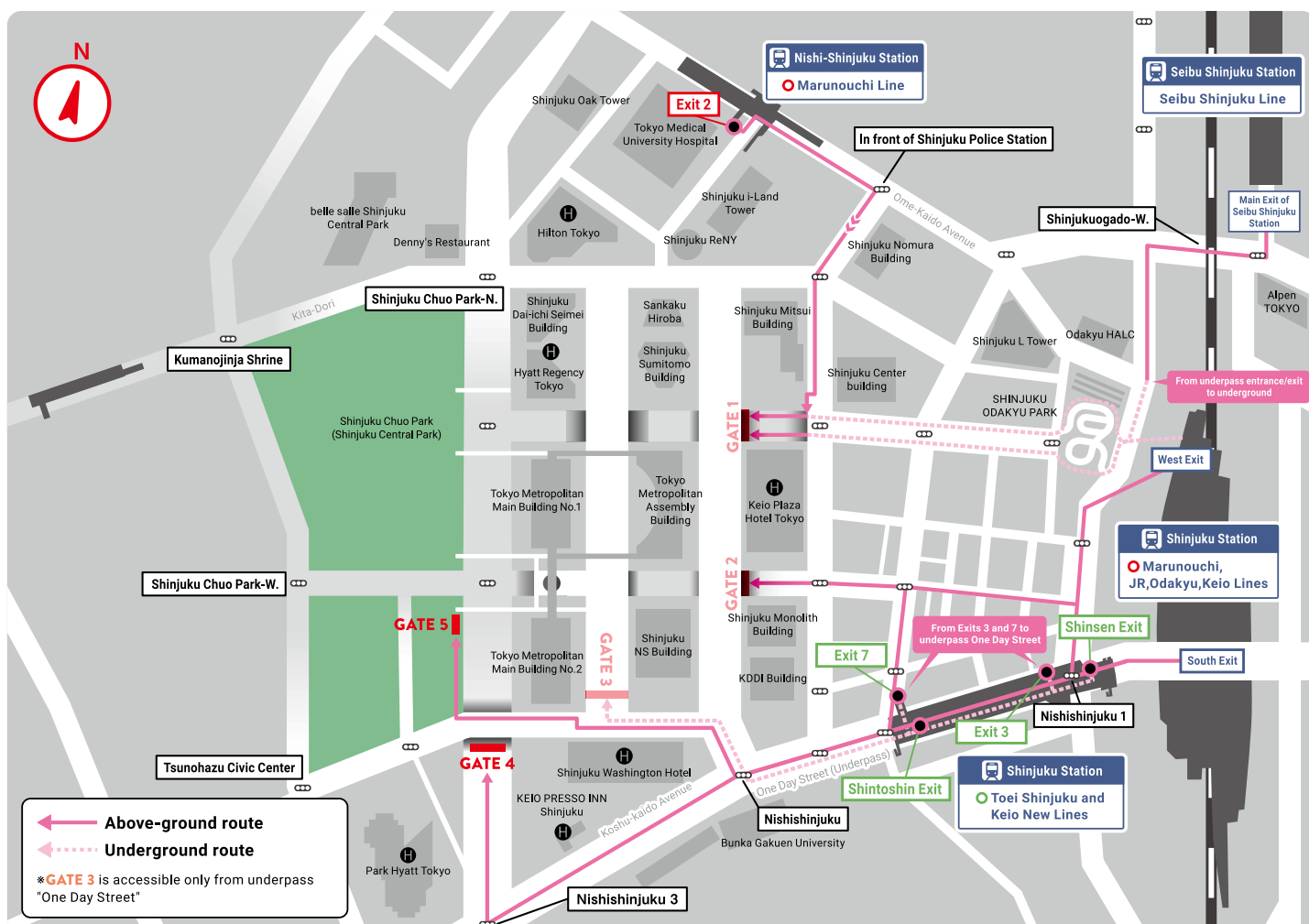
the set times	criterion	Start Corral
2 hours and 50 minutes	gross time	B
3 hours	gross time	C
3 hours and 10 minutes	gross time	C
3 hours and 20 minutes	gross time	D
3 hours and 30 minutes	gross time	D・E
3 hours and 45 minutes	gross time	E
4 hours	net time	F・G
4 hours and 30 minutes	net time	H
5 hours	net time	J
5 hours and 30 minutes	net time	K

***The record for pace-setters from 2 hours and 50 minutes to 3 hours and 45 minutes will be based on the gross time, ranging from the start gun until when the pace-setters finish the race. The record for pace-setters from 4 hours to 5 hours and 30 minutes will be based on the net time, ranging from when they cross the start line until they finish the race. Race results will be recorded based on the gross time from the starting gun until the pace-setter finishes the race. The set time is only a guideline. They are not guaranteed to finish at a set target time.**

Start

Important notices around the Start area

- There are several restricted areas near the Start Area. Follow staff instructions and guidance.
*Only runners may enter the restricted areas.
- Refrain from arriving before 7:00 a.m. Runners present in the restricted area before 7:00 a.m. will be asked to temporarily vacate the area.
- Do not camp out the night before the race around the Start Area as it may inconvenience local residents or establishments.
- Personal automobiles, chartered buses, etc. will not be allowed to access the Start Area for picking up or dropping off participants.
- Both before and during the marathon, do not enter the hotels, office buildings, underground arcades, or other such facilities along the course to use restrooms or to change clothing.
- Bibs and timing tag will not be issued on the race day. Runners who do not wear their bib or timing tag will be disqualified.
- The layout of the area surrounding Tokyo Metropolitan Building is complex, consisting of upper and lower ground floors. If it is your first time visiting this area, we suggest that you come beforehand to familiarize yourself with the area.
- No trash cans are available. Please take home any trash that you have with you.
- Throwing away clothing is prohibited. Please use the Clothing Collection Boxes. For more information on the Clothing Collection Boxes, please see P.15
- We have a “universal changing room” available. If you wish to use this room, ask our staff to guide you.
- Please refrain from relieving yourself anywhere other than the designated toilet facilities. According to Japan’s Minor Offense Act, public spaces without toilets prohibit such behavior. Runners must strictly adhere to this regulation, we will disqualify the runner from the race, in accordance with the Tokyo Marathon race regulations.



***Go to pg 15 for Start area map**

Clothing

- Please make sure that your bib is clearly visible. (Refer to pages 6) Do not cover your bib with outerwear.
- Please do not dispose disposable cold-weather gears, and make sure to take it with you.

Distance Markers

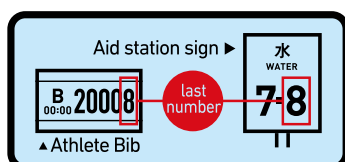
- Every 1 km up to 42 km
- 5km to go, 4km to go, 3km to go, 2km to go, 1km to go
- Every 1 mile and 5 mile point

Restroom

- There will be restroom signs along the course. Please use the designated toilet facilities.

Aid stations

- To prevent congestion, aid station tables will be assigned according to the last digit of your bib number. Please make sure to take aids from designated table.



- There are 15 aid stations located along the course. (Refer to pages 16)
- Make sure to dispose of all garbage from the aid stations to the garbage cans.
- Personal drinks station is available only for elite athletes.
- The Organizer will not be held responsible for fluids or food taken outside of the provided aid stations.

Medical Stations

- Medical stations and medical offices will be located in the Start Area, along the course, and in the Finish Area. (Refer to pages 16)
- Please note that if runner is transported to a hospital, the medical fees and other expenses are need to be paid their own expenses.

Cut-Off Checkpoint

- Due to traffic, security and operational reasons, there will be cut-off checkpoints. Please refer to pg.16 for cutoff times and locations. Please follow the instructions of the race officials and head to the finish area on the sweep bus, or return home from the nearest station.

*If you checked in your baggage, be sure to board the sweep bus and head to the finish area.

- The course features nine cut-off checkpoints.
- Race officials may cut off the runners, even outside of the check-points, if they determine that the runner may not reach the finish in time.

Dropping Out

- Please notify that you are withdrawing from the race to one of the race officials, and proceed to the nearest checkpoint.

Cautions: During the race

- Traffic is regulated on the race course. However, please be fully alert of your surroundings as race vehicles may run on the course.
- We may allow pedestrians to cross the course depending on the flow of runners.
- Please be mindful of the traffic when you leave the course to use toilet facilities and/or for other reasons. Pedestrians have the right of way on sidewalks. Be very careful not to collide with them.

Please Allow Emergency Vehicles to Pass

- In the event of an accident, fire, or other emergencies during the race, emergency vehicles may drive through the course. In such cases, please follow the instructions of the course staff and allow the emergency vehicles to pass by.
- Runners may be asked to stop. Your cooperation will be greatly appreciated in allowing the emergency vehicle (s) to pass by.

Weather conditions

- Weather may suddenly change on race day. Be prepared for any weather and temperature. If your estimated finish time is over 5 hours, make sure to prepare accordingly.

Weather Conditions on March 3 for the Past Three Years

Year	Time	Weather	Temperature (°C)	Humidity (%)	Wind Direction	Wind Speed (m)	Average Temperature (°C)	Highest Temperature (°C)	Lowest Temperature (°C)
2021	9:00	Sunny	7.0	40	NNW	3.1	7.4	11.8	3.8
	12:00	Sunny	9.5	33	NW	4.6			
	15:00	Sunny	10.5	30	NE	4.4			
2022	9:00	Cloudy	8.6	74	E	1.0	9.5	15.0	4.7
	12:00	Sunny	13.0	60	SE	3.0			
	15:00	Sunny	14.5	53	SE	2.1			
2023	9:00	Sunny	6.8	42	NE	1.8	7.8	13.4	3.6
	12:00	Sunny	10.0	33	WNW	1.1			
	15:00	Sunny	11.7	36	SSE	4.2			

! Garbage

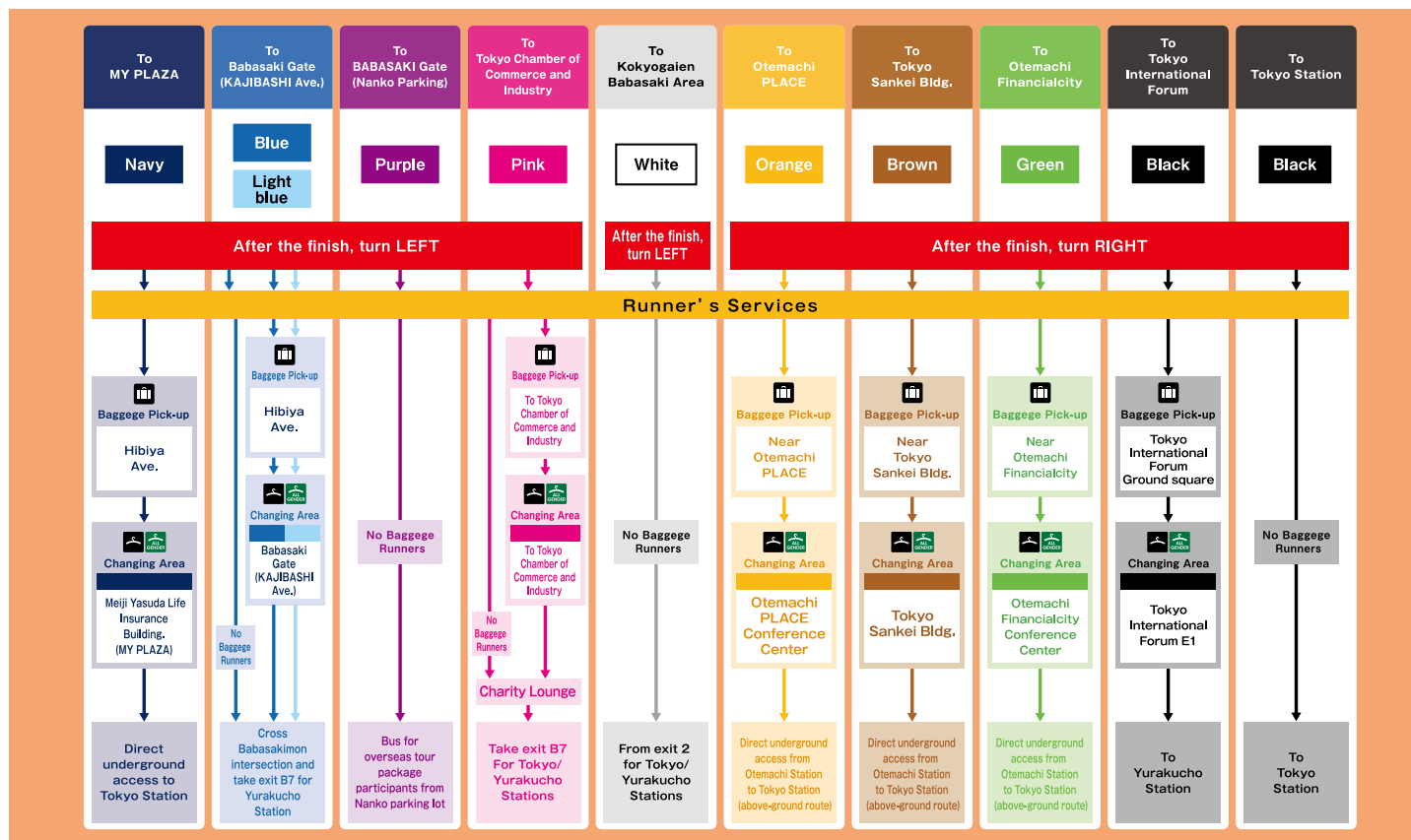
- The trash cans provided at aid stations are only for trash from the aid station.
- Only dispose of garbage in the designated garbage bins.
- Please cooperate in taking your garbage home with you.

Staff Identification



After the Race Finished

Different post-finish routes are assigned based on the color of your bib.



*Runner's service is planned to include a finisher medal, water, a "recovery" bag, and a runner's robe.

*We have a "universal changing room" available. If you wish to use this room, ask our staff to guide you.

10.7km Finish Area

Nihombashi

[Race finish times]

• Wheelchair 10.7km race ... 9:45 am • 10.7km race ... 11:10 am

On the 2nd floor of Congres Square Nihombashi, there is a meeting area for accompanying persons of 10.7km runners.

* Please see page 16 for details.

Marathon finish areas

In front of Tokyo Station, Gyoko-dori Ave.

[Race finish times]

• Wheelchair marathon ... 11:15 am • Marathon ... 4:10 pm

Post-race guide

- Various areas around the finish area will be restricted. Please follow the instruction and guidance of the staff.
- Chartered buses and private automobiles are not permitted to enter the finish area to pick up or drop off runners.
- Do not change your clothes in public places such as restrooms in train stations, commercial facilities, and elsewhere in train stations.

Request for cooperation in recycling timing tag

There will be the "Recycling box for timing tag" at the finish area. Please remove your timing tag from your bib and put it to that box.

*The recycling boxes will be also located in the changing areas.

[How to Remove the Timing Tag] There is a perforated edge so you can pop the timing tag out of the bib.

To Six Star Hopefuls

All Six Star Hopefuls who applied in advance and successfully complete Tokyo Marathon 2024 will become Six Star Finishers and receive a Six Star Finisher Medal in the Finish Area on race day!

*Applications are no longer being accepted.

More information is available in the email sent individually and at the EXPO's Abbott World Marathon Majors booth. For inquiries, please contact: stars@wmmajors.com (English only)



Six Star Finisher Medal

Race Result / Regarding the Pre-Race Information Tent

Results

Official results

Race results will be recorded as the gross time from the gun start and net time from crossing the start line.

You can see your unofficial race result from here:

After finishing your race, please check your finish time on Supporter Navigation.

URL: <https://v2.ouennavi.jp/teaser/?eid=000000000349893>



*The site is scheduled to open on race day.

*It may take around five minutes for the time to appear after you finish.

*10.7km results are considered unofficial.

*You will receive your Finisher Certificate by email after the marathon(in late March) , or you will be able to find it on the "My Entry" page of the official marathon website.

*If runners are found to have failed to pass a checkpoint, their race result will not be accepted.

Race Result Inadequacy

If your race result is inadequate (e.g., your finish time does not appear), please enter necessary information in the inquiry form below by noon, March 4 (Mon).

*We will accept applications after noon on March 4 (Mon), but your data will not be reflected in the race ranking.

<Finish time inquiry form>

English: https://runnet.jp/form/pub/rbs/ftime_tokyo2024os

Inquiry deadline : 5:00 pm March 28 (Fri), 2024

*The site is scheduled to open on race day.



Regarding the Pre-Race Information Tent (Starting Area)

On the same date and time as the Expo, we will have the Pre-race Information Tent at the start area in Shinjuku.

The tent features digital signage displaying past race information, and our staff will be available to assist with any questions you may have, such as confirming the location of the starting line, entrance gate for the start area, or the location of the baggage check-in area. Please feel free to stop by!

【Date&Time】

February 29 (Thu.) - March 2 (Sat.) 10:30 a.m. - 5:00 p.m. JST

Location: Shinjuku Starting Area in front of the Tokyo Metropolitan Government Buildings (Tomin Hiroba (Citizen's Plaza))



In case the Race is Discontinued

If there is an earthquake with seismic intensity of 5 Upper or stronger in Tokyo area, the marathon will be canceled. The race will also discontinue based on the organizer's decision when a large-scale accident or other emergencies occur near the race course. To avoid confusion and to ensure your safety, please read the information below before you come to the event. Your cooperation in making the event safer and more secure is greatly appreciated

Prep. 1

Your belongings during the race

Runners are strongly encouraged to carry the items below during the race. In case the event is cancelled or other emergencies occur, please make sure you can contact your family and friends by phone or via social media.



Smartphone

(as a means of making contact and gathering information in an emergency)



Public transportation IC cards or money

(as a means of transportation when you head home)

Be prepared for the cold weather

Medical Stations have cold weather gear as a provision against emergencies, such as cancellation of the race, but the number is limited. Be prepared for cold weather during emergencies by, for instance, carrying your own cold weather gear while running or having a friend or family member prepare cold weather gear or drinks, etc. for you.

The Supporter Navigation app (<https://v2.ouennavi.jp/tokyo/>) lets you know where a runner is at on a real-time basis. We recommend you use this app.

Prep. 2

Collect relevant information

If you follow the official social media accounts below or download the app, you will have access to the relevant information.



Official Facebook page of the Tokyo Marathon Foundation
<https://www.facebook.com/tokyo42195.org>



Official X account of the Tokyo Marathon Foundation
https://twitter.com/TokyoMarathon_E



Disaster Preparedness Tokyo App

You can download the app from Google Play or the Apple App Store.



<Google Play>

<https://play.google.com/store/apps/details?id=jp.tokyo.metro.tokyotobousaiapp>



< App Store >

<https://apps.apple.com/us/app/id1290558619?l=ja&ls=1>



*To get push notifications, ensure to enable notifications on your smartphone.



Important Notice

If the Japanese Government's nationwide warning system J-Alert sends an alarm related to ballistic missile launches, follow the staff instructions. Do not panic; act calmly. It is extremely dangerous to suddenly stop or change directions on the race course, where there are many runners.

In case the Race is Discontinued

Prep. **3**

Actions to take in the event of cancellation

An earthquake (upper 5 or greater in the Japanese seismic intensity scale) or large-scale accident occur



An earthquake
(upper 5 or greater in the Japanese seismic intensity scale)



Large-scale accident or other emergencies

First, take action to protect yourself.

Stop running / Standby

- Come to a slow stop while paying attention to your surroundings.
- As a general rule, remain where you are until race officials provide instructions.
- Emergency vehicles may drive through the course. Follow the instructions of course staff and wait at the side of the street.

Discontinue the race

- The race will discontinue if an upper 5 or greater-level earthquake (in the Japanese seismic intensity scale) strikes Tokyo area. The race will also discontinue based on the organizer's decision when a large-scale accident or other emergencies occur near the race course.
- Announcement of the cancellation will be made by the organizer through media such as audio instructions, the Tokyo Marathon App, and social channels.
- Depending on the situation, audio instructions may not be available. Please also check the information on the social channels.

Wait somewhere safe

- First, find somewhere safe to wait and stand by.
- Confirm the safe way, and then begin to return home.
- Particularly after a major earthquake, public transportation is likely to be unavailable until safety is assured. Follow the instructions of the organizers and race officials, and stand by at a safe location.

For 72 hours after a large-scale earthquake, rescue, first aid, fire-fighting, and emergency transport activities may be prioritized. To prevent secondary disasters caused by aftershocks and large number of evacuees, **please avoid trying to rush home and remain at a safe location.**

Prep. **4**

Be extra prepared

Prepare in advance for unexpected emergencies.

- Use the Supporter Navigation app (<https://p.marathon.tokyo/ouennavi/>) to share your real-time locations.
- Decide and share a meet-up spot for emergencies in advance.
- Carry your smartphone or other communication tool.

Information

TV coverage

March 3(Sun.)

- Nippon TV (Aired nationwide) 9:00 a.m. - 11:50 a.m. Elite race live broadcast
(Aired in Kanto area) 12:00 p.m. - 12:45 p.m. General runner live broadcast
 - CS Nippon NITTERE Gtasu 9:00 a.m. - 4:30 p.m. Wheelchair race and General runner live broadcast
- *Live streaming also scheduled to be available on Hulu and TVer, NITTERE TADA

Radio coverage

March 3(Sun.)

- 8:45 a.m. - 11:50 p.m. Radio Nippon Sports Special : Tokyo Marathon 2024 Live coverage

Website and App Services for Runners and Spectators

Supporter Navigation

Check the times and locations of your favorite participating runners!

On race day, we will be providing a service whereby users can use their computers, smartphones, or tablets to locate a runner on the course map and check their times. Through this, families and friends can go on ahead of a runner on the course to cheer on their friend or family member.



<https://v2.ouennavi.jp/teaser/?eid=000000000349893>

Leaderboard

Follow the top runners!

View the lap times of top runners for every 5 km, allowing you to follow the race live.

<https://leaderboard.marathon.tokyo/>



Check here for the latest information on Tokyo Marathon 2024

Tokyo Marathon 2024 official website

<https://www.marathon.tokyo/en/>

For inquiries *Be sure to check the telephone number before you make a call.

Tokyo Marathon 2024 Entry Desk

TEL: +81-3-6891-9417

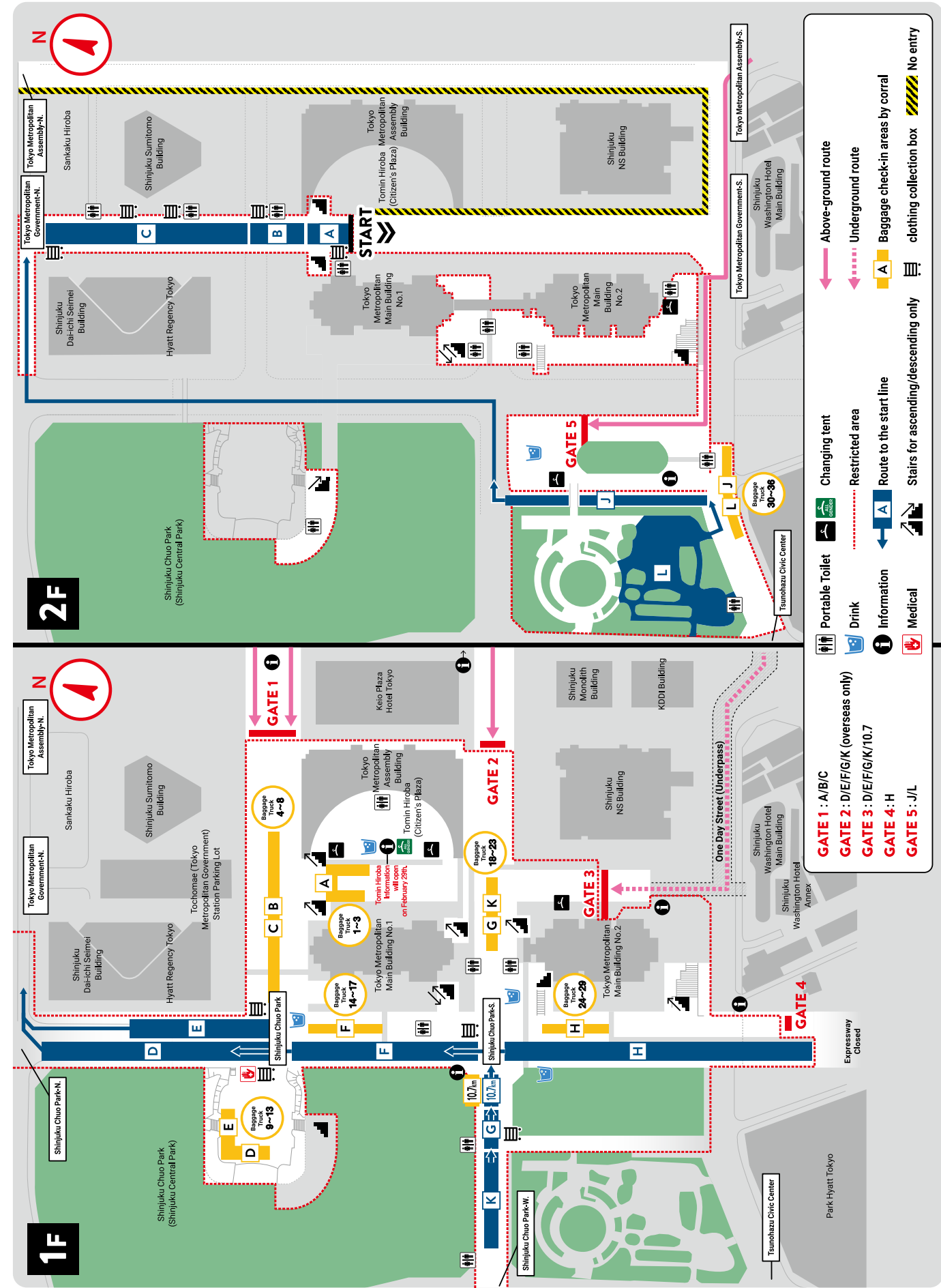
Operation Hours:

February 29 (Thu.) and March 1 (Fri.) 10:00 a.m. - 8:30 p.m. JST

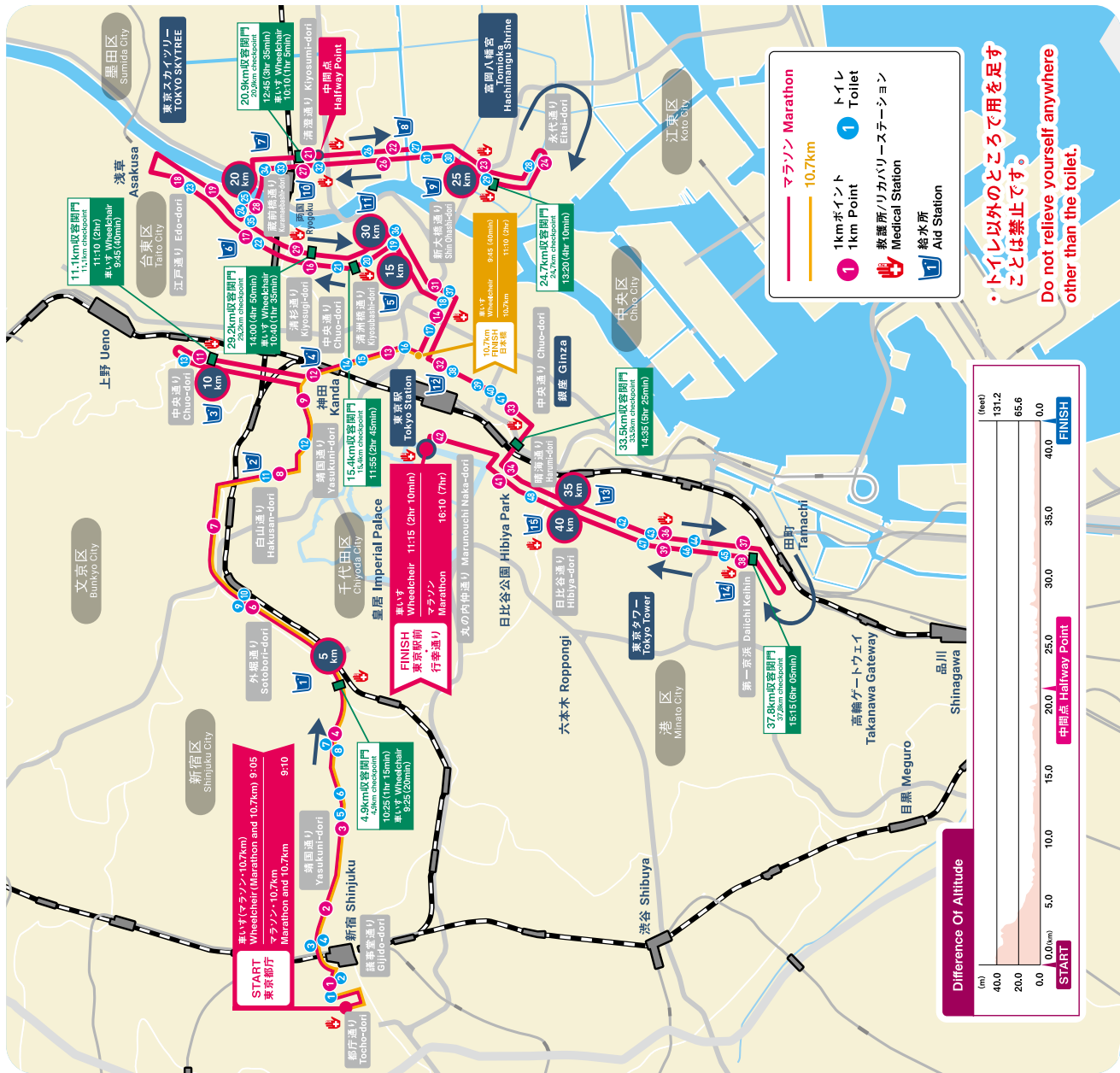
March 2 (Sat.) 10:00 a.m. - 5:30 p.m. JST

March 3 (Sun.) 5:00 a.m. - 5:00 p.m. JST

Start area map



Course Overview Map (Tokyo Metropolitan Government Building to the front of Tokyo Station / Gyoko-dori Ave.)



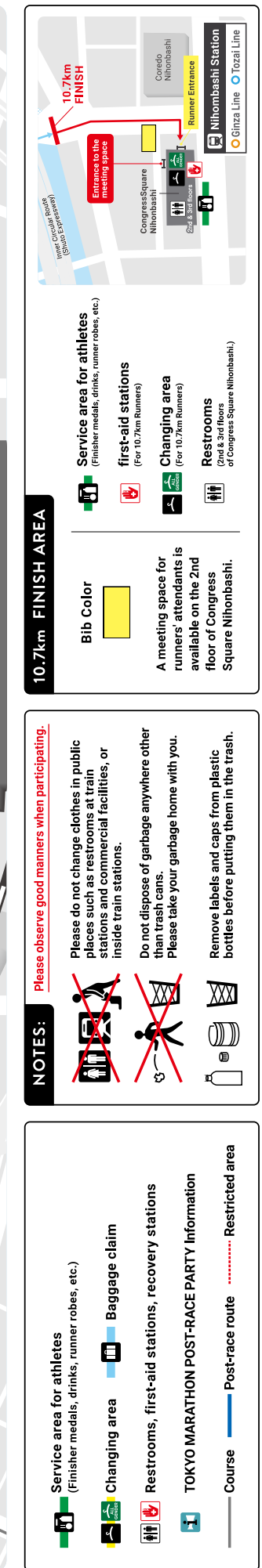
Closing time			Medical Station	
km location	Distance points	Closing time	Station name	km location
4.9km	Station name: The crossing of Ichigaya-Mitsuke	Marathon: 10:25 Wheelchair: 9:25	Start Medical Station	Shinjuku central Park Water Plaza
11.1km	The crossing of Sotokanda 5-Chome	11:10	5km Medical Station	The crossing of Ichigaya-Mitsuke
15.4km	The crossing of Hisamatsucho	11:55	11km Medical Station	Akhabara UDX
20.9km	The crossing of Midori 1-chome	12:45	15km Medical Station	Hisamatsu Elementary School
24.7km	The crossing of Fukagawa 1-chome	13:20	21km Medical Station	Resona Bank Hongo Branch
29.2km	The crossing of Asakusabashi	14:00	23km Medical Station	The crossing of Fukagawa 1-chome east
33.5km	The crossing of Sukiyabashi	14:35	25km Medical Station	The crossing of Fukagawa 1-chome west
37.8km	The crossing of Shitaz 5-chome	15:15	27km Medical Station	Next to Mitsubishi UFJ Bank Hongo-Chuo Branch
42.195km	Tokyo Station/Gyoko-dori Ave.	16:10	29km Medical Station	The crossing of Asakusabashi
			31km Medical Station	Sakamoto-cho Park
			33km Medical Station	The crossing of Sukiyabashi
			35km Medical Station	The crossing of Minato City Office
			37km Medical Station	Tokyo Metropolitan Disabled Persons Welfare Hall
			40km Medical Station	The crossing of Uchisaiwaicho
			Finish Medical Station	Finish Area
			10.7km Medical Station	CongressSquare Nishitabashi
			Marunouchi Medical Station	Finish Area
			Babasaki Gate Medical Station	Finish Area

Medical Station		Place
Station name	Location	
OTEMACHI FINANCIAL CITY	OTEMACHI FINANCIAL CITY	
TOKYO SANKEI BUILDING	TOKYO SANKEI BUILDING	
Otemachi PLACE	Otemachi PLACE	
MY PLAZA	MARUNOUCHI MY PLAZA	
The Tokyo Chamber of Commerce and Industry Hall & Conference Room	Marunouchi Nishitabashi Building (The Tokyo Chamber of Commerce and Industry 5F)	
TOKYO INTERNATIONAL FORUM	TOKYO INTERNATIONAL FORUM	

Aid Station												*Contents are subject to change	
km location	Water	Sports drinks	Pickled plum	Chocolate	Sweetened pudding	Cream filled roll	Banana	Calorie salted jelly	Glucose	Salty candy	Dull salted pancake		
1 5km	○	○	○	○	○	○	○	○	○	○	○		
2 7km	○	○	○	○	○	○	○	○	○	○	○		
3 10km	○	○	○	○	○	○	○	○	○	○	○		
4 12km	○	○	○	○	○	○	○	○	○	○	○		
5 15km	○	○	○	○	○	○	○	○	○	○	○		
6 17km	○	○	○	○	○	○	○	○	○	○	○		
7 20km	○	○	○	○	○	○	○	○	○	○	○		
8 22km	○	○	○	○	○	○	○	○	○	○	○		
9 25km	○	○	○	○	○	○	○	○	○	○	○		
10 27km	○	○	○	○	○	○	○	○	○	○	○		
11 30km	○	○	○	○	○	○	○	○	○	○	○		
12 32km	○	○	○	○	○	○	○	○	○	○	○		
13 35km	○	○	○	○	○	○	○	○	○	○	○		
14 38km	○	○	○	○	○	○	○	○	○	○	○		
15 40km	○	○	○	○	○	○	○	○	○	○	○		

Please be sure to dispose of all trash from the aid stations in the trash cans.

Finish area map



Please do not change clothes in public places such as restrooms at train stations and commercial facilities, or inside train stations.

Do not dispose of garbage anywhere other than trash cans.

Please take your garbage home with you.

Remove labels and caps from plastic bottles before putting them in the trash.

Bib Color



A meeting space for runners's attendants is available on the 2nd floor of Congress Square Nihonbashi.

Downloaded from <http://ajph.org/> on November 10, 2014