

Race date

February 12, 2024 (Monday)

Venue (start/finish)

Saitama Super Arena

Runner check-in (Packet pick-up) < Sunday, February 11, 2024 >

Pick your race packet at Saitama-marathon reception tent (Right outside the Saitama-shintoshin Station ticket gate).

Pick-up hours: from 10:00-18:00 on February 11 (Sunday)

Show an e-mail which we will send afterward on your display of the smartphone or tablet upon receiving.

Enclosed items : 1 bib number with timing chip, 1 plastic gear check bag(50cm×90cm), 1 gear check sticker, 1 T-shirt.

Race Schedule < Monday, February 12, 2024 >

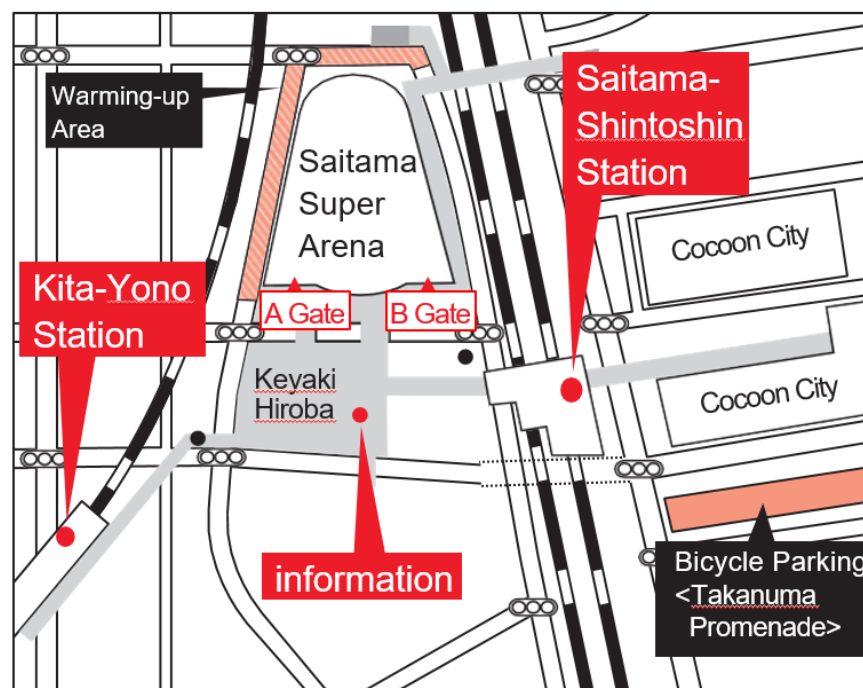
February 12th (Monday)	Time	Event	Notes
	7:00	Venue open. Changing area, Gear check area in the venue open. Warm-up area also available via the venue.	Entrance Gates are Gate A and Gate B. Show your bib at the entrance. Only the runners will be allowed to enter the venue until 8:50.
	8:20	Start area open	Path to the start area is via the venue. Enter to designated start area by 8:50, according to A to G shown on your bib.
	8:30	Gear Check area closed	
	8:50	Start area closed	After closed, only the very last area in the line is available.
	9:00	Race start	You cannot enter to start area once the race starts
	12:00	Award ceremony	At the stage in the finish area
	15:00	Race time limit (6 hours)	
	16:00	Venue closed	

Access to Saitama Super Arena

**Please use the public transportation.
Parking is not available.**

public transport

- 3 minutes walk from JR Saitama-Shintoshin Station
 - * JR Keihin Tohoku Line, JR Ueno Tokyo Line (JR Takasaki Line/ JR Utsunomiya Line)
 - * Please note that JR Shonan-Shinjuku Line do not stop.
- 7 minutes walk from JR Kita-Yono Station.
 - * JR Saikyo Line

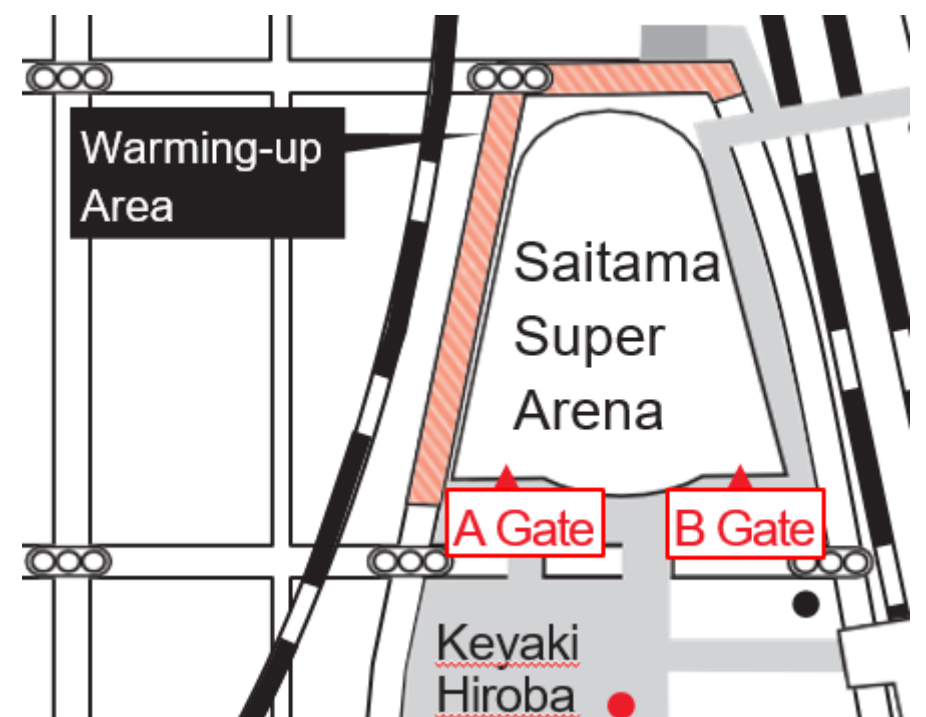


Floor guide

5F	Changing space (male)
4F	Changing space(female) · Gear check(female)
3F	
2F	Entrance(A Gate or B Gate)
1F	7:00~8:30 Gear check (male)
	7:00~8:15 Warm up
	8:20~ Start line up

Admission information

- Entrance Gates are A Gate and B Gate.
- Venue is opened at 7:00. Before opening time, please line up according to the instructions of the staff.
- Saitama-Shintoshin Station is also used by many people other than tournament participants. Please refrain from meeting in crowded areas such as near the ticket gates.
- Please do not warm up at the stations or the concourses.
- Please note that your companions will not be able to enter Saitama Super Arena until 8:40.



Flow until the start

7 : 00~

① Venue Entrance 2nd floor at Saitama Super Arena

The venue entrance will open at 7:00AM. Enter from Gate A or Gate B on the 2nd floor deck of Saitama Super Arena. Only through the venue, you can enter to the warm up area and starting blocks.

- You must show your bib number upon entering. For re-entry, we will check your bib number again.
- Only the runners with bib will be allowed to enter to the venue until 8:50.
- If you forget your bib number, you will be required to reissue at "Saitama marathon information" (see the map in the middle of Page1). Reissue fee costs 2,000yen. You must put bib number on in the race.
- We will conduct luggage inspection at the entrance.

Prohibited items

Hazardous material (e.g. explosives, flammable liquids or substances, poisonous substances, gases, harmful substances, etc.) . Cutlery (e.g. scissors , knives, cutters).
Others (e.g. considered to be a blunt weapon like golf club, bat, iron pipe , etc.)

7 : 00~

② Changing area 4th floor (women) 5th floor (man)

Changing areas are in the venue. Please go up to each floor.

- **4th floor(south side) for women.**
- **5th floor for men.**

Do not leave any personal belongings in the changing areas. Organier may collect or move those items.

7 : 00~ 8: 30

③ Gear Check area 4th floor (women) 1st floor (man)

Drop off hours is from 7:00 to 8:30. Gear Check areas are in the venue. Please forward to each place.

- **4th floor(north side) for women.**
- **1st floor for men.**

Check your gear at the desinated place, according to A to G shown on your bib and Gear Check sticker.

Gear Check instructions

- A plastic Gear Check bag and a pre-printed sticker are enclosed in your race packet.
- You must affix the sticker in the middle of the Gear Check bag and tie the handle of the bag tightly before handing it to gear check personnel.
- Luggage that does not fit within the bag will NOT be accepted.
- No other bags will be accepted.
- Once you leave your luggage, it cannot be returned until after the finish.
- Do not check any valuables, fragile items, something sharp such as umbrellas.
In case of rain, it is good idea to use a folding umbrella or a raincoat.

④ Bib number

Be sure to put you bib number in front of your top so that officials and judges can recognize the number.

- A timing chip is pre-attached to the bib number.
- Do not remove and bend the chip or you will not get your time.

7 : 00~ 8: 15

⑤ Warm up area

Warming-up area open from 7:00 to 8:15.

The specific area stretches on the north and west road of the venue. See the map at the bottom of Page1. Access through W1 gate on the 1 st floor or outside stairs on the north side of the 2nd floor.

- Warming-up is not allowed inside of the venue, 2nd floor outside deck and non specified area.
- When there are many runners, please share the space with others to avoid clashing.
- Please do not leave trash in the warm-up area.
- Pre-start water station is set up inside of the 1st floor.
- You cannot proceed to A / B / C starting block directly from warm-up area. Return to the venue and pass through Gate E3 for A B C block.

8 : 20~ 8: 50

⑥ Start Assemble around Saitama Super Arena

Start assemble hours is from 8:20 to 8:50.

The Start blocks(A to G) are on the road around Saitama Super Arena.

Exit the venue from the 1st floor. Your desinated exit gate number is on the lower right on your bib. Enter to your start block, according to A to G, first letter on your bib.

- Start groups were sorted beforehand based on predicted finish time. Line-up available only in your particular block.
- All participants are asked to line up by 8:50 or you will start from the end of the line, behind G block.
- After 9:00, once the race started, you cannot proceed to any start blocks and won't start your race.

Athlete bib (Bib number)

Starting block

In order to ensure a smooth start, starting blocks are divided based on the declared time. You will start from the start blocks (A to G) listed .

Put your bib with safety pins in front of your top.

Registered name **Application type** **Exit gate number for start assemble**

Gear check bag/ Sticker

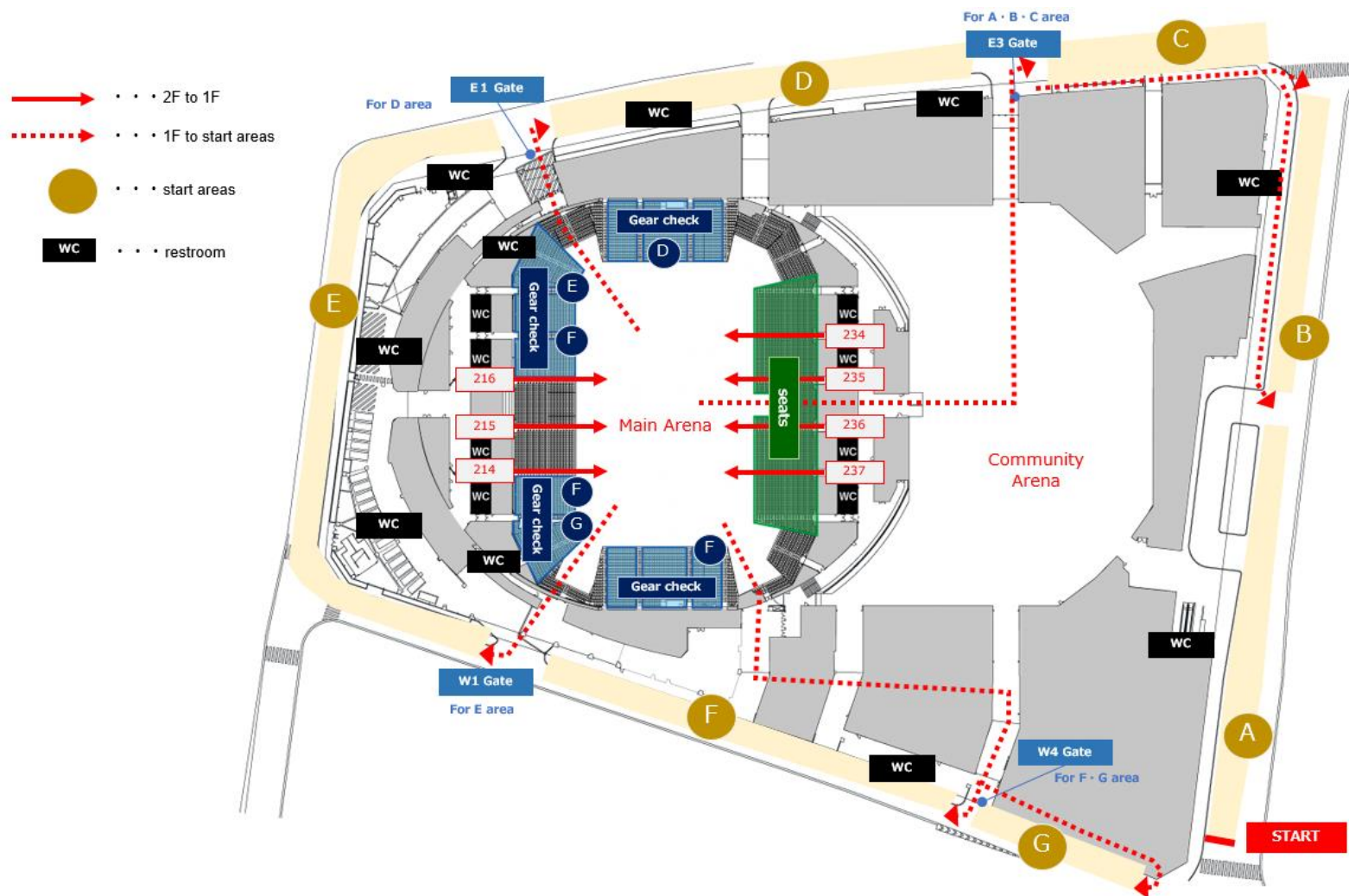
A10001

90cm

55cm

Please firmly attach the "Baggage Bag Sticker" to the "Baggage Storage Plastic Bag" in an easily visible place. Please tie the bag tightly so that it does not come out of the bag.

Guide map for gear check and starting area (1st floor)



- Align from the gate specified in each block.
- Once you go outside towards the starting line up, You are unable to return into Saitama Super Arena.
- E 3 gate heading towards A / B / C blocks doesn't open until 8:20.
- Until you line up for the start, you can wait at the 1st floor of the main arena or in the seats.

About the toilet

Restrooms are located on each floor of the Saitama Super Arena. 125 temporary toilets will be installed around the starting blocks.

* Running on the concourse (pathway) inside the Super Arena is prohibited.

About during the race

Course/Distance display

Traffic will be regulated on the course, but tournament-related vehicles and emergency vehicles may run alongside or cross the course. The staff may instruct you to change course or stop running. Please follow the instructions carefully.

Distance indicators will be placed every 1km and at intermediate points. Also, from 5km remaining, the remaining distance will be displayed.

Water station

	from the start distance	position	water	sports Drink	others
#1	5.2 km	left and right	●	●	-
#2	10.2 km	left	●	●	-
#3	15.2km	left	●	●	food
#4	20.3 km	left	●	●	-
#5	22.6km	left	●	●	food
#6	25.2 km	left	●	●	-

	from the start distance	position	water	sports Drink	others
#7	28.4 km	left	●	●	food
#8	30.4 km	left	●	●	-
#9	32.9km	left	●	●	Coca-Cola , food
#10	35.2 km	left	●	●	-
#11	38.0km	left	●	●	food
#12	40.2km	left and right	●	●	-

first aid stations

There is one place at the venue (finish first aid station: inside Saitama Super Arena) and the following nine places on the course .
 ・ Doctors and nurses are on standby at each first aid station, so if you feel unwell during the race, please do not force yourself to retire .

Stations name	from the start distance of	name	from the start distance of	name	from the start distance of
Komaba Gymnasium First Aid Station	7.1 km	Shinmeicho first aid station	23.0km	Polytechnic Center Saitama First Aid Station	35.2km
Saitama Stadium 2002 (North Exit) First Aid Station	17.2km	Urawa Lutheran Academy First Aid Station	28.2km	Saitama Resona Bank Head Office First Aid Center	37.4km
Ogasaki Shinden first aid station	14.9km/20.0km/26.2km	Omaki first aid station	33.1km	Yono Central Park	39.8km

Regarding barriers and midway competition completion

For the management of the competition, the following barriers will be set.

- ・ There is a signboard 500m before the barriers informing you of the checkpoint.
- ・ If you are unable to pass the checkpoint by the checkpoint closing time, you will not be able to continue the competition.
- ・ Even before the checkpoints close, if the judge determines that it is clearly impossible to reach each checkpoint by the closing time, the judge may instruct the competition to be canceled. In that case, stop the competition. Please quickly step onto the sidewalk and follow the instructions of the judges.
- ・ At the end of the race, pace runners are running with a target time of 6 hours. Try to run ahead of the pace runners.
- ・ Competitors who have passed the checkpoint closing time or who have been ordered to cancel the race should remove their athlete bibs and get into the designated storage vehicle . We will move to the finish venue (Saitama Super Arena) in the storage vehicle. There are no storage vehicles at the 1st barrier.

	Place	from the start distance	Checkpoint time		place	from the start distance	Checkpoint time
1st barrier	Saitama-Shintoshin Station East Exit	2.9 km	9:44	6th barrier	Urawa Lutheran Academy	28.2 km	13:08
2nd barrier	Komaba Gymnasium	7.1km	10:18	7th barrier	Polytechnic Center Saitama	35.2km	14:06
3rd barrier	Urawa University	12.4km	11:01	8th barrier	Saitama Resona Bank Head Office	37.4km	14:23
4th barrier	Saitama Stadium 2002 (North Exit)	17.2km	11:39	9th barrier	Yono Central Park	39.8km	14:42
5th barrier	Shinmei Town	23.0km	12:27				

Even if you pass the 9th checkpoint, the competition will end at 15:00. After 15:00, you will not be able to enter the course leading to the finish inside Saitama Super Arena.
 Saitama Super Arena, please follow the instructions of the staff.

About using the toilet

There are toilets available during the course (existing toilets or temporary toilets). Please respect etiquette and be sure to use the designated areas.
 ・ There are signboards on the course, so please be sure to stay at the designated spots .

Notes on branching courses

You run the same course as the runners in the "8km section" until the 8km mark (Komaba Stadium) .

- ・ For the 8km race, turn left at the Komaba Sports Park entrance and head to the finish . The "marathon section" runs straight ahead, so please be careful when the course branches.
- ・ Before the branch of the course, staff will use signs to remind you not to take the wrong course, so please be careful .

About pace runners

Pace runners support runners in completing their runs and achieving their goals.

- ・ We will support you to complete the race with the following set times. Pace runners wear athlete bibs that have set times written on them.
- ・ Please note that the pace runner's set time is based on the gross time (time based on the starting gun at the start).
- * Pace runners run based on the set time. However, this is only a guideline, and it does not guarantee that you will finish at the exact set time.

3 hours	3 hours 30 minutes	4 hours	4 hours 30 minutes	5 hours	6 hours
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Competition notes

This tournament will be held on February 12, 2024 (Monday, holiday) at 9:00 a.m. in accordance with Japan Athletics Federation rules, tournament implementation matters, and competition Saitama Super Arena and finish inside Saitama Super Arena.

- It is prohibited for anyone other than the applicant to run on behalf of the applicant. In the event of an accident during the competition, only first aid will be provided. Regarding compensation for accidents, injuries and illnesses during the tournament,

This will be covered by the insurance that the tournament has taken out.

- Runners who do not wear athlete bibs or the measurement chip attached to athlete bibs will be subject to disqualification.
- Regardless of the weather, be sure to hydrate frequently before, during and after the race to prevent dehydration.

rules and manners

Please refrain from covering both ears with headphones, earphones, etc., as this may prevent you from hearing the staff's instructions in an emergency .

- All blocks will be crowded just before the start. When the start signal sounds, do not panic and be careful not to push the runners in front of you.
- After the start, it is dangerous to run off the course or onto the sidewalk in order to overtake and is prohibited. This will result in disqualification.
- For this tournament, trash cans will be placed inside the venue and at water stations. Please do not throw paper cups on the racetrack.
- Flying drones around the venue and course is prohibited.
- If you find anything suspicious, please immediately notify a nearby police officer or staff member.
- Clothes thrown away before the start will be disposed of as garbage.

Guidelines for clothing and prohibited activities

The following acts are not permitted at the tournament: In addition to costumes that violate the tournament rules, other laws, and public order and morals, the following items 1 to 9 are not permitted.

If the organizer determines that any of these apply, they will not be allowed to participate in the tournament and may cancel the competition even after it has started.

Please note that no objections to this will be accepted.

[Prohibited matter]

1. Wearing clothing or items that pose a danger to other runners, such as injuring other runners or causing them to fall, or covering the entire face.

(example)

- Clothes and costumes that may injure other runners if they come into contact with them, such as swords, sticks, armor, and clothing with rivets.
- Holding or carrying long or large objects such as banners or flags.
- Items that have a high risk of falling, such as long skirts or kimonos. Things that are likely to obstruct the path of other runners, such as multiple runners standing in a row.

2. Running in clothing that is inappropriate for a sports event.

(example)

- Nude or near-naked underwear, costumes that suggest nudity, etc.

3. Running in clothing that asserts political opinions or religious faith.

4. Running in clothing that promotes an individual's name, a specific region or organization, or is used for advertising, etc., that is not approved by the event organizer .

5. Items that may be misinterpreted by other runners as a start signal and cause confusion in the running of the race (lighting equipment that emits strong light, flashing light, whistles or horns, explosive sounds, etc.)

(e.g. fireworks that produce explosive sounds) or devices that produce loud noises that may disturb other runners.

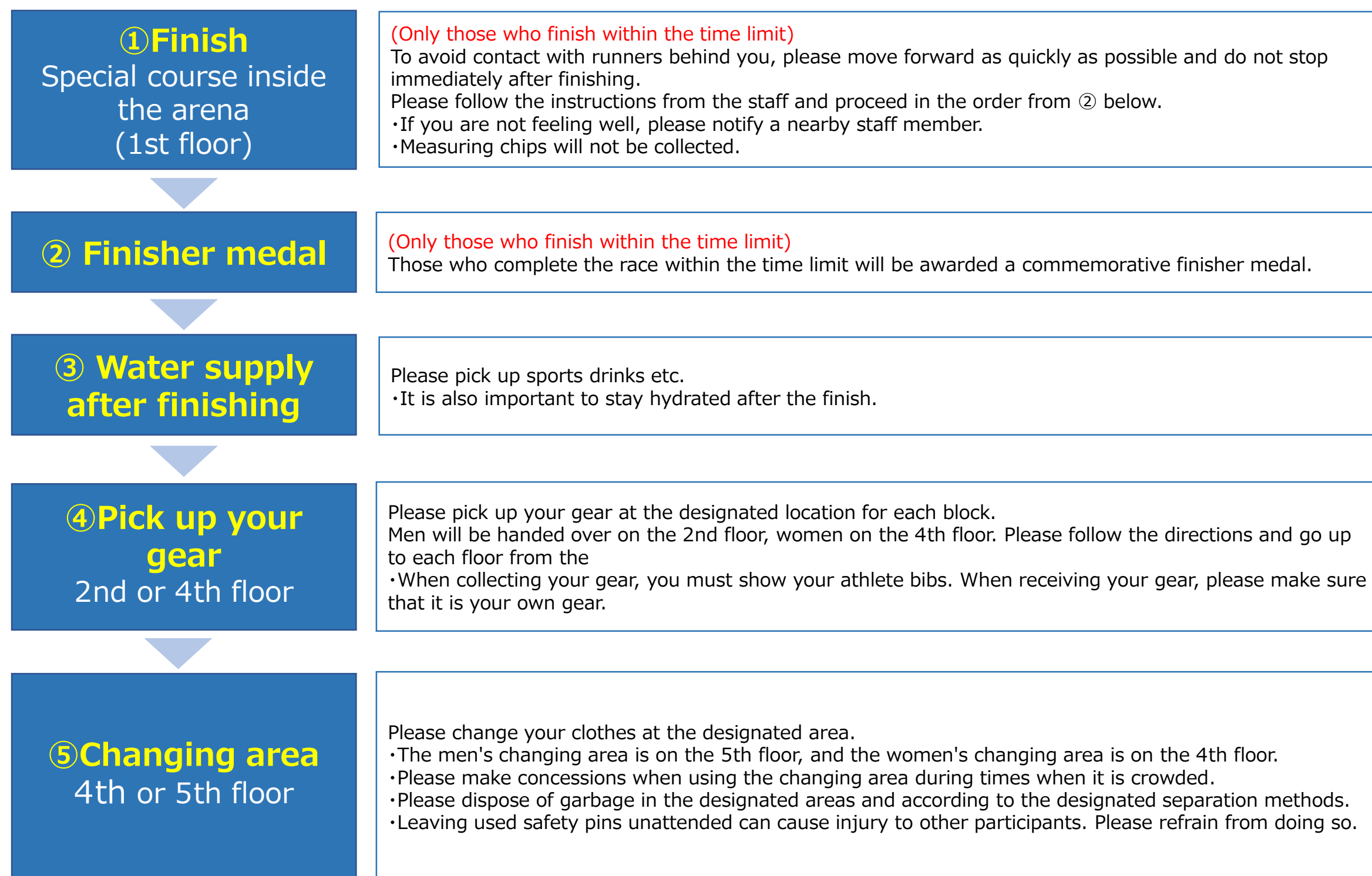
6. Delaying behavior such as dancing, acting, playing, or standing near the start line, finish line, or on the course .

7. Requesting signatures, etc. from other competitors .

8. During the competition, members of the public may be allowed to cross some parts of the course, and attempting to prevent this.

9. Other items other than 1 to 8 that the organizer deems unsuitable for participation in the tournament .

Flow after finishing (or after retiring)



- To return, go to Gate A or Gate B on the 2nd floor , or from the lower 1st floor of the viewing stand via the community arena.
- Free runner care (massage, etc.) is available at the community arena .

About the finisher's certificate

- Paper completion certificates will not be provided. Please check it on the web.
 - If you intentionally remove or lose the measurement chip attached to your athlete bibs , you will be disqualified and a completion certificate will not be issued .
- Please be sure to check before the race.
- The official record is the gross time (the time required from the starting gun), but the net time (the time required from passing the starting line) is also used as a reference.
 - Passing time will also be measured every 5km.
 - Please be sure to follow the set course and pass the measurement mats at the start, finish, and every 5km.
 - If passing cannot be confirmed, the entry will not be recorded and you will be disqualified.



<https://marathon-result.jp/saitama2024/>

Award

Among the prize winners, awards will be given to the following runners at the finish venue.
Those eligible for the award will be informed of the meeting time and location by a staff member at the finish. When the meeting time arrives, please be sure to meet at the designated time.

Award ceremony venue: Special stage in the Saitama Super Arena main arena (finish area)

Award time: Starts at 12:20 (Schedule: Subject to change depending on race progress)

Target : Marathon division (1st to 8th overall by gender)

- For winners who are not eligible for awards, **certificates will be handed out at the information desk .**

Runner location information

We will introduce a runner location system, "Sporoku". Please use it to check runner location or to cheer them.

スポロク



https://sporoku.jp/result/saitama_20240212 _

A message to all the volunteers who support the tournament

This event is held with the help of many volunteers.

Volunteers, along with the runners, are also the "main players" who support this event. They are also a member of "Team Saitama Marathon".

Please send a message of gratitude to all the volunteers who support the event .

After the tournament ends, please access "Kashico" from the URL below or the two-dimensional code on the right.

Please send us a message of "thank you" that you felt while the tournament.

https://www.kashico.jp/thanks/new?event_id=1108 _ _

かしこ
Kashico



Tournament implementation decision

Announcements regarding cancellation or reduction of the tournament due to disasters, bad weather, etc. will be made on the following dates and methods.

Final decision date and time: February 12, 2024 (Monday , holiday) 5:00

Announcement method: Posted on the official tournament website <https://saitama-marathon.jp/>



Tournament inquiries

Tournament Secretariat (within the Saitama Sports Commission)

TEL : 048-762-8236 FAX : 048-762-8474

- ◆ ~ February 9, 2024 (Friday) Weekdays 9:00 ~ 17:45
- ◆ February 10 , 2024 (Saturday) ~ February 11 (Sunday, Holiday) 9:00 ~ 17:45
- ◆ Race day : February 12 (Monday, Holiday) 6:00 ~ 17:00

2F Eco Plan Urawa Building, 4-2-20 Nakamachi, Urawa-ku, Saitama-shi , Saitama 330-0062