

The 65th Lake Biwa Mainichi Marathon

-- Qualifying Competition for the 16th Asian Games in Guangzhou, 2010 --

Race Information

Organizers

Japan Association of Athletics Federations (JAAF)
The Mainichi Newspapers
Shiga Prefecture
Shiga Prefectural Board of Education
Otsu City
Otsu City Board of Education

Co-organizer

NHK (Japan Broadcasting Corporation)

Supporting organizations

Shiga Prefectural Sports Association
Otsu City Sports Association
Sports Nippon Newspapers

Supervisor

Shiga Amateur Athletic Association

Major Sponsor

K-opticom Corporation

Supporting Sponsors

Citizen Watch Co., Ltd
Nike Japan Corporation

Contribution Sponsors

Shiga Prefectural Police
Japan Ground Self Defense Force Camp Otsu

Race Date Sunday, March 7, 2010

Starting Time 12:30PM

Course Outline

42.195km (AIMS and JAAF-Certified Lake Biwa Mainichi Marathon Course)
Ojiyama Stadium --- Yanagasaki --- Seta-Kara Bridge (West) --- Temple of Ishiyama --- Seta River Weir --- Seta-Kara Bridge (East) --- Shiga Prefectural Rowing Park --- Shin-Seta Water Purification Plant (turning point) --- Ojiyama Stadium

Qualification Guidelines

A. Athletes must fulfill the following conditions.

1. Athletes must be 19 years of age or older on the day of the race and must be JAAF-registered for the year 2008. Also, please note that Lake Biwa Mainichi Marathon is a men's only event.
2. Athletes must have one of the following qualifying time standards recorded from March 1, 2008 until the date of entry.

Marathon : 2 hours 30 minutes or faster
Half marathon : 1 hour 10 minutes or faster
30km : 1 hour 40 minutes or faster
20km : 1 hour 05 minutes or faster
10,000m : 31 minutes or faster

* **Important Note:** For those participants who are not registered JAAF and wish to lodge their application from overseas, please notify us by e-mail as soon as possible. The registration procedure for non-JAAF-registered athletes does differ from standard applications therefore requires individual handling. Please note that all registration enquiries regarding the 2010's marathon must be made by December 31, 2009. Enquires made after that date will not be accepted.

B. Athletes recommended by the JAAF.

Rules

- A. Lake Biwa Mainichi Marathon is organized and directed under the 2009 JAAF Competition Rules and the Lake Biwa Mainichi Marathon Rules.
- B. For traffic and security reasons and for management of the race, checking stations will be closed after cut-off times. Cut-off times are as follows;
15km point: 53 minutes
20km point: 1 hour 10 minutes
25km point: 1 hour 28 minutes
30km point: 1 hour 48 minutes
35km point: 2 hours 09 minutes
40km point: 2 hours 30 minutes
- C. Athletes who have highly possibility not to be able to arrive at the next checking station in time, or who are judged not to be able to keep the race by the competition officer might have to stop to run.

Entry Fee

No entry fee is applied to runners participating from outside of Japan.

Deadline of the entry

JAAF-registered athletes --- Monday, 8 February, 2010

Non-JAAF-registered athletes --- Thursday, 31 December, 2009

Entry form and other documents must be received by the deadline date and entries mailed after the deadline date will not be accepted.

How to Apply

Complete the attached entry form. With the approval of your affiliated federation, submit the forms to the address below by registered mail.

Registration Office

The 2010 Lake Biwa Mainichi Marathon Office

The Mainichi Newspapers Office

3-4-5 Umeda, Kita-ku, Osaka-city, Osaka, 530-8251, Japan

E-mail : jigyoubu@pearl.ocn.ne.jp

(Please be sure to include the words "Lake Biwa Marathon 2010" in the subject line of your e-mail.)

Course Preview

Saturday, March 6, 2010, from 10:00am

It will start from Ojiyama Stadium.

Race Packet Pick-up

Saturday, March 6, 2010, from 1:00pm until 4:00pm.

Packet Pick-up is located at the athletes' lounge of Otsu Prince Hotel. All participants must pick up Race Number and RC Chip here.

Welcome Ceremony Awards

Saturday, March 6, 2010, from 17:00pm at Otsu Prince Hotel.

Sunday, March 7, 2010, from 15:00pm at Ojiyama Stadium

1. The first 8 finishers are obliged to attend the ceremony.
2. All participants will receive a race memento.

Athletes' Dormitories

Otsu Prince Hotel

<http://www.princehotels.com/en/otsu/>

4-7-7 Nionohama, Otsu city, Shiga, 520-8520

Tel +81-77-521-1111

Fax +81-77-521-1110

Important Notes

1. The organizer will not provide any pre-medical checkup. All participants must take personal responsibility for their own personal health condition. It is strongly recommended that each participant undergoes a medical check prior to the race of their own accord.
2. The organizer will administer first aid to those participants who display discomfort or sickness or who incur injuries during the race, but no responsibility will be taken for any subsequent treatment.