

64th Lake Biwa Marathon

～Qualifying Competition for the 12th(IAAF) World Championships in Athletics～

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

Supporting organizations: Kusatsu City

Kusatsu City Board of Education

Shiga Prefectural Sports Association

Otsu City Sports Association

Sports Nippon Newspapers

Supervisor: Shiga Amateur Athletic Association

Major Sponsor: ROHM Co., Ltd.

Supporting Sponsor: Citizen Holdings Co., Ltd.

Contributing Sponsors: Shiga Prefectural Police

Japan Ground Self Defense Force Camp Otsu

Matt. Corporation

Race Date & Time: Sunday, March 1, 2009

Starting Time: 12:30PM

Course Outline: 42.195km (AIMS and JAAF-Certified Lake Biwa Mainichi Marathon Course)

Please note that Lake Biwa Mainichi marathon is a men's only event.

Ojiyama Stadium — Seta-Kara Bridge (West) — Temple of Ishiyamadera —
Nangou Weir — Seta-Kara Bridge (East) — Shiga Prefectural Rowing Park —
Kusatsu city Shinhama (race mid point-circular course) — Ojiyama Stadium

Qualification Guidelines: (1) Athletes must fulfill the following conditions.

- ① Athletes must be at least 19 years old on the day of the race and must

be JAAF-registered for the year 2008.

② Athletes must meet one of the following qualifying time standards recorded from March 1, 2007 to the date of entry:

- 1) Marathon: 2 hours 30 minutes or faster
- 2) Half marathon: 1 hour 10 minutes or faster
- 3) 30km: 1 hour 40 minutes or faster
- 4) 20km: 1 hour 5 minutes or faster
- 5) 10,000m: 31 minutes or faster

(2) Athletes recommended by the JAAF

Rules: (1) Lake Biwa Mainichi Marathon is organized and directed under the 2008 JAAF Competition Rules and the Lake Biwa Mainichi Marathon Rules.

(2) 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: 53minutes	20km point: 1hour 10 minutes
25km point: 1 hour 28 minutes	30km point: 1hour 48 minutes
35km point: 2hours 9 minutes	40km point: 2hours 30 minutes

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

Entry Deadline: Monday, February 2, 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: 2009 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 2009" in the subject line of your e-mail.)

Race Packet Pick-up: Saturday, February 29, 2009. 1:00p.m. to 4:00p.m.

Race Packet containing Race number and RC chip will be available for pick up from the athletes' lounge at Biwako Hotel. Packet Pick-up is mandatory.

Athletes' dormitories: Biwako Hotel

2-40, Hamamachi, Otsu-city, 520-0041

TEL: +81 77 524 7111

FAX: +81 77 524 1384

<http://www.biwakohotel.co.jp/>

Traveling and Accommodations: JTB Corporations

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 examination 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.

Welcome Ceremony: Sunday, February 28, 2009. 17:00 at Biwako Hotel.

Course Preview: Saturday, February 28, 2009. from 10:00.

The tour will start from Ojiyama Stadium.

Awards: (1) The Awards Ceremony will be held at 15:00 at Ojiyama Stadium.

The first 8 finishers are obliged to attend the ceremony.

(2) All participants will receive a race memento.