

OFFICIAL GUIDE



JAAF Activities

Japan Association of Athletics Federations (JAAF) is the national governing body for the sport of track and field athletics. The JAAF undertakes a wide variety of activities with the aim of promoting and developing sport through athletics, contributing to the healthy mental and physical development and fostering a rich humanity among Japanese people.



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Greetings

Since its founding in 1925, the Japan Association of Athletics Federations (JAAF) has endeavored to build the foundation for the world of athletics in Japan with the understanding and support of the many people involved.

The 90-year history that we have built up owes to the understanding and cooperation of all parties involved, and I would once again like to express our gratitude to you all.

We shall approach our endeavors with even greater focus as we near our 100th anniversary.

In the year before last, the JAAF published the "JAAF VISION 2017", which indicates the future direction we should aim for in order to achieve the sustained development of the world of athletics in Japan.

This document highlights our two missions of improving international competitiveness and realizing "Wellness Athletics", and our aim to grow without restricting just on the roles we have fulfilled to date.

In addition to promoting a variety of measures to enable athletes to fully maximize and showcase their talents on the world stage, the JAAF engages in efforts to provide platform for sports and create opportunities for people to participate in sports, by hosting various competitions and training courses, and undertaking activities such as coach training, etc.

Furthermore, we are working to reinforce compliance and governance, and are working in closer collaboration with lo-

cal and other related organizations, beginning with the member associations and affiliated organizations that form the foundations of the world of athletics in Japan, walking hand-in-hand with many of the parties involved, to not only promote sports, but also to continue proactive efforts towards environmental conservation and social contribution.







List of Major International Competitions that Team Japan competed

	2019	2020 🛞	2021	2022	2023	2024 🚱
Senior (World)	17th World Athletics Champion- ships, Doha 4th World Relays, Yokohama 43rd World Cross Country (Denmark)	32 nd Olympic Games, Tokyo 19 th World Indoor Championships 29 th World Race Walking Team Championships 24 th World Half Marathon Championships	18th World Athletics Champion- ships, Eugene 5th World Relays 44th World Cross Country	19th Asian Games, Hangzhou 20th World Indoor Championships 30th World Race Walking Team Championships 25th World Half Marathon Championships	19th World Athletics Champion- ships 6th World Relays 45th World Cross Country	33rd Olympic Games, Paris 21rd World Indoor Championships 31rd World Race Walking Team Championships 26rm World Half Marathon Championships
Senior (Asia)	23 rd Asian Athletics Champion- ships 17 th Asian Marathon Champion- ships	15 th Asian Cross Country Championships 9 th Asian Indoor Athletics Championships	24 th Asian Athletics Champion- ships 18 th Asian Marathon Champion- ships	Championships	25 th Asian Athletics Champion- ships 19 th Asian Marathon Champion- ships	17th Asian Cross Country Champi- onships 11th Asian Indoor Athletics Championships
Junior/ Youth	3 rd Asian Youth Athletics Championships	18 th World U20 Championships 19 th Asian Junior Athletics Championships	4 th Asian Youth Athletics Championships	19 th World U20 Championships 20 th Asian Junior Athletics Championships	5 th Asian Youth Athletics Championships	20 th World U20 Championships 21 st Asian Junior Athletics Championships

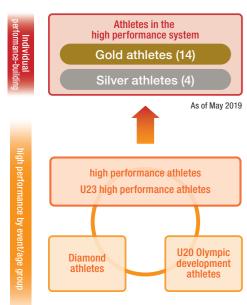
*Above information is as of May, 2019

High Performance Strategy

With a focus on the 2020 Tokyo Olympics, JAAF is working on high performance and development of elite athletes and junior athletes.







World Championships/World U20 Championships





[Men's 4 x 100m relay] Shuhei TADA - Shota IIZUKA -Yoshihide KIRYU - Kenji FUJIMITSU 38.04 Bronze medal

[Men's 50km Race Walk] irooki ARAI 3:41:17 Silver medal

3:41:19 Bronze medal

World U20 Championships Tampere 2018



Men's Long Jump Yuki HASHIOKA 8.03 +0.9m/s Gold medal





Building Talent Development Systems

In order to keep as many athletes as possible competing in athletics field for as long as possible, JAAF was built systems that will allow us to discover and develop athletes on a one-to-one basis.

▶ Discovery in the junior high and high school generations

The world trend shows that many of the athletes tend to to settle on the specific events after junior high or high school, and then...

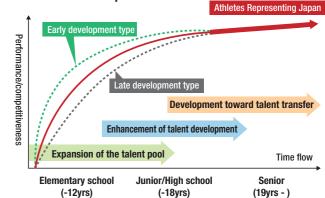
► No labelling of specific talents (Formation of talent pools)

As our basic standard for the discovery of talent, we do not fixate on records or the results of competitions. By establishing a variety of indices and having our talent-managers travel throughout Japan to discover high potential athletes with their own eyes, we will form a pool of talented athletes possessing a wide variety of abilities.

▶ Switching events to bring talent to maturity (Talent transfer)

Participation in a variety of events regardless of specialty, allows each athletes to identify the optimum events for maximizing their potential, and brings them one step closer to the world stage.

Performance development curve



Talent Pool

A period when there are significant individual differences in growth and development. The aim is to enable youth to experience the "Joy"

alent developmen

The aim is to develop (quide) athletes with a mind-set to continue competing from junior $high \rightarrow high school$ high school → universi-

The aim is to identify the optimum event for maximizing the potential of each athletes, to develop lasting athletes.

Continuity of popularization, development and high performance

"Diamond Athlete Program"

Aimed at next generation athletes who can be expected to perform in international competitions, JAAF prepares programs that prioritize the individual, and these programs provide multifaceted support for the improvement of competitiveness.

- Leadership
- Language training
- Overseas training camp/ touring support
- Nutritional support
- Medical and scientific evaluation/physical support
- Psychological support
- Media training
- Invite overseas coaches







*11 approved athletes in the 5th term (2018-2019).

Scientific investigation/research into athletics



JAAF implements scientific investigation research activities at competitions and training camps, and feed back the results to the athletes and coaches. The results are also summarized in publications such the "Research bulletin in athletics"



Promotion of anti-doping activities and medical support for elite athletes



JAAF provides conditioning checks and medical support with a focus on athletes who represent Japan. The organization also promotes enlightenment activities on anti-doping, and provides information for athletes and coaches through publications such as the "Anti-3D" magazine.





List of Competitions Organized by the JAAF

	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
Track & Field		• Golden Grand • Japan Nationa	Prix al Championships All Japan Juni Athletics Chai Japan National ships - Combi Japan National ships - Combir Japan National ships - Combir	ior High School mpionships al Champion- ined Events U20 Champion- ned Events	National Elem meet National Colle	ps al Part-Time Championships entary School ege Championship or High School Ch	Junior OlympJapan NationaJapan NationaJapan Nationa	es (National Spor ics Meet al U20 Champions al U18 Champions al Championships	hips hips		• Japan Indoor	Meet in Osaka
Marathon	O Nagano Mara	thon				Marathon Gran	nd Championship	(2019)		national Marathon national Marathon Osaka Internationa	el Women's Marathon	Tokyo MarathonNagoya Women'sLake Biwa Mainic
Race Walk	 Japan Nationa Race Walk 	al Championships	- 50km								• Japan Nationa Race Walk	o All Japan Race W
Ekiden Cross									• Elementary So Cross Country	All Japan Interchool y Relay	Country Japan Nationa	
Country									All Japan Juni EkidenAll Japan High	Ü	Ountry U20 Champio	nships - Cross Count

*Above information is as of June 17, 2019

Golden Grand Prix Athletics



Japan National Championships





Japan Indoor Meet in Osaka



Tokyo Marathon



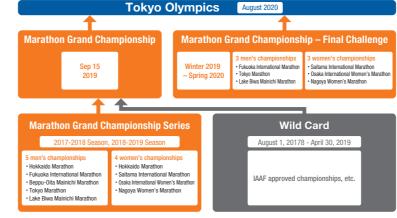


Marathon Grand Championship

In order to achieve medal winning places in the 2020 Tokyo Olympic Games marathon events, JAAF will implement new selection methods linked to performance-building for the Olympic Games, based on achievements and issues faced to date.

*Please check the official JAAF website for selection methods









Japan Grand Prix Series

Started in 2018, the Japan Grand Prix Series is a name given to a track & field championship whereby athletes compete for points at various designated competitions over the course of a year. As well as aiming to build performances and develop athletes whom will perform on the world stage, this series also aims to expand the fan-base, establish a supporter culture, and create competitions that have a local flavor to itself, by hosting these events throughout Japan.





When multiple rounds are required in a single competition, the highest performance points achieved in any given round will be used as the performance points for that competition.

Japan Grand Prix Series Official Site http://www.jaaf.or.jp/gp-series/





2018 Series Champions

<Men's> 100m - Ryota YAMAGATA (Attached to: Seiko)

< Women's > 5000m - Minami YAMANOUCHI (Attached to: Kyosera)







Because the JAAF is responsible for interpretation of the IAAF Competition Rules, it annually publishes the Rule Book in Japanese and also Technical Officials Handbook. In addition, JAAF has own national technical officials certification system and undertakes educational program. There are approximately 40,000 certified technical officials who are serving at more than 4000 approved competitions throughout Japan. The JAAF is also responsible for recognition of performances and also ratification of the Records.



Technical Officials

Implements & Equipment



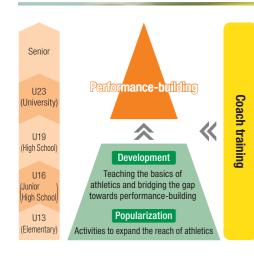
National Certification System for the Athletics Facilities, the Road Race Courses and

For the purpose of ensuring that competitions are conducted fairly and correctly, the JAAF established own certification system for the Athletics Facilities, the Road Race Courses and Implements & Equipment more than 50 years ago.

There are about 500 athletics stadiums and about 250 road race



Athletes' Development



In line with competitor development guidelines, the JAAF promotes competitor development and coach training for each age group and development stage, to allow as many competitors as possible to enjoy athletics for as long as possible, and to tie this in to the development of top athletes.

▶ Coach Training

Beginning with official JAAF coach and official JAAF junior coach training courses, the JAAF hosts coaching clinics and coach training courses throughout the year, and undertakes the training and development of coaches in line with competitor development guidelines.

▶ Popularization Activities

The JAAF will implement activities for the development of "body literacy" during the junior stages, and "combined events" in the "Nissin Cup" National Elementary School Championships, with an emphasis on the enjoyment of athletics, host U13/ U16 clinic projects, and implement a "Kids Decathlon Challenge" at the major competitions.

Coaches form

the core of

athletics

Coaches' Training

Coach Training

- **▶ JAAF Approved Coach Training Course** (JSPO Certified Athletics Coach-3)
- **▶ JAAF Approved Junior Coach Training Course** (JSPO Certified Athletics Coach-1)
- ► IAAF CECS Level I Coach Training Course

Brush up

- **▶** JAAF Coaching Clinic
- **▶** Coach Training Course

Creation of various educational materials









development Coach Training Popularization

of athletes

Athlete

Developm

Grass Roots Development Activities

- **▶ JAAF Athlete Discovery and Development Project "Clinic Project".**
- ▶ "Nissin Cup" National Elementary School Championships "Nissin Cup" National Elementary School Cross Country Relay
- ► Kids Decathlon Challenge

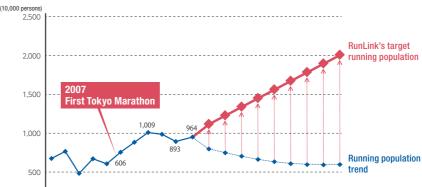


JAAF RunLink

With targets set at a running population of 20 million by 2040, RunLink is a new project that has been set up to supervise and support local residents marathons, and provide running environments and opportunities suited to individual lifestyles.



JAAF RunLink





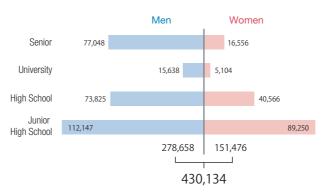
Forecast running population

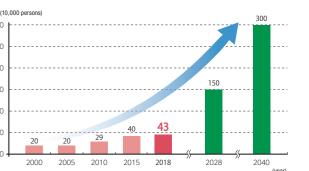
*Created from the "Sports Life Survey Report", Sasakawa Sports Foundation

JAAF RunLink Official Site https://www.jaaf-runlink.jp/

Number of Registered Member

The number of JAAF registered member exceeded 400,000 in 2015. Working towards the expansion of the athletics family, the JAAF is currently reviewing registration systems and developing backbone systems.





Number of members registered in FY2018

the trend and future targets of registered members

Past "Athletes-of-the-Year"

Our aim is to expand the athletics family (competition participants, technical officials, coaches) to three million by 2040.



The JAAF honors the meritorious achievements, accomplishments and distinguished services of competitors and related parties in the world of athletics through the presentation of awards.



In addition to honoring the winners of national championships, these 2007 with the objective of honoring athletes who have delivered outstanding perfor international competitions and competitors/related parties who have contributed to society through athletics.

2018

Reiko TOSA - Mitsui Sumitomo Insurance Nanki TSIJKAHARA - Fuiitsu Shingo SUETSUGU - Mizuno Shinji TAKAHIRA - Fujitsu Nobuharu ASAHARA - Mizuno Yukifumi MURAKAMI - Suzuki Chisato FUKUSHIMA - Hokkaido High-Tech AC 2010 Koji MUROFUSHI - Mizuno 2011 2012 Koii MUROFUSHI - Mizuno Kavoko FUKUSHI - Wacoal 2013 Keisuke USHIRO - Suzuki Hamamatsu AC 2015 Takayuki TANII - JSDF Physical Training School Ryota YAMAGATA - Seiko Holdings Shota IIZUKA - Mizuno Yoshihide KIRYU - Tovo University Asuka CAMBRIDGE

*Indicated athlete affiliations are as of the time of the awards

Hirooki ARAI - JSDF Physical Training School

Suguru OSAKO - Nike

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Hiromu KASUGA

Nurturing the Future

Performance in the Olympics and **World Championships, and Short History of the JAAF**

Í	Medallists of the Olympics/World Championship							
	Number of medallists to date As of June 17, 2019	Gold	Silver	Bronze				
	Olympics	7	9	9				
	World Championships	4	7	15				



1928 Amsterdam

- Mikio ODA (Men's Triple Jump)
- S Kinue HITOMI (Women's 800m)

1932 Los Angeles

- (Men's Triple Jump)
- Shuhei NISHIDA (Men's Pole Vault) B Chuhei NANBU (Men's Long Jump)
- B Kenkichi OSHIMA (Men's Triple Jump)

1936 Berlin

- (G) Kitei SON (Men's Marathon) (Sohn Kee-chung)
- (Men's Triple Jump)
- Shuhei NISHIDA (Men's Pole Vault)
- Masao HARADA (Men's Triple Jump) B Shorvu NAN (Men's Marathon) (Nam Sung-yong)
- B Sueo OE (Men's Pole Vault)
- Naoto TAJIMA (Men's Long Jump)

B Kokichi TSUBURAYA (Men's Marathon)

1968 Mexico City

S Kenii KIMIHARA (Men's Marathon)

1992 Barcelona

- S Koichi MORISHITA (Men's Marathon)
- S Yuko ARIMORI (Women's Marathon)

1996 Atlanta

B Yuko ARIMORI (Women's Marathon)

2000 Sydney

(B) Naoko TAKAHASHI (Women's Marathon)

2004 Athens

- (Men's Hammer Throw)
- Mizuki NOGUCHI (Women's Marathon)

2008 Beijing

③ TSUKAHARA, SUETSUGU, TAKAHIRA, ASAHARA (Men's 4x100m Relay)

2012 London

B Koji MUROFUSHI (Men's Hammer Throw)

2016 Rio de Janeiro

- YAMAGATA, IIZUKA, KIRYU,
- CAMBRIDGE (Men's 4x100m Relay)
- B Hirooki ARAI (Men's 50km Race Walk)

Sachiko YAMASHITA (Women's Marathon) 1993 Stuttgart

World Championships

1991 Tokyo

Junko ASARI (Women's Marathon)

(B) Hiromi TANIGUCHI (Men's Marathon)

KIRYU

(Women's Marathon)

1997 Athens

- (Women's Marathon)
- B Masako CHIBA (Women's 10,000m)

1999 Sevilla

- (Women's Marathon)
- Nobuyuki SATO (Men's Marathon)

2001 Edmonton

- Reiko TOSA (Women's Marathon)
- S Koji MUROFUSHI (Men's Hammer Throw)
- Dai TAMASUE (Men's 400mH)

2003 Paris

- Mizuki NOGUCHI (Women's Marathon)
- Shingo SUETSUGU (Men's 200m)
- B Koji MUROFUSHI (Men's Hammer Throw)
- Masako CHIBA (Women's Marathon)

2005 Helsinki

- B Tsuyoshi OGATA (Men's Marathon)
- Dai TAMASUE (Men's 400mH)

2007 Osaka

Reiko TOSA (Women's Marathon)

- S Yoshimi OZAKI (Women's Marathon)
- (Men's Javelin)

2011 Daegu

(Men's Hammer Throw)

2013 Moscow

B Kayoko FUKUSHI (Women's Marathon)

2015 Beijing

B Takayuki TANII (Men's 50km Race Walk)

2017 London

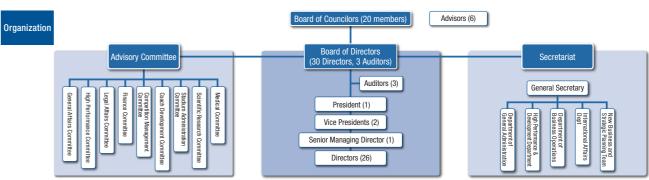
- Hirooki ARAI (Men's 50km Race Walk)
- B Kai KOBAYASHI (Men's 50km Race Walk)
- (1) TADA, IIZUKA, KIRYU, FUJIMITSU (Men's 4x100m Relay)

- 1913 The Dai-Nippon Sports Association hosts the first athletics championships (today's Japan National Champion-
- 1924 The Dai-Nippon Sports Association becomes a member of the Internation al Amateur Athletic Federation (IAAF).
- 1925 The All Japan Athletic Federation is founded on the 8th of March.
- 1928 At the 9th General Meeting held on August 7, the IAAF approves the membership of the All Japan Athletic Federation as the governing body of Dai-Nippon Sports Association.
- 1945 The All Japan Athletic Federation which had been suspended during the war, is reinstated. From this point onwards, the organization is known as the Japan Amateur Athletic
- 1950 The reinstatement of the Japan Amateur Athletic Federation's membership to the IAAF is approved
- 1955 In commemoration of its 30th anniversary, the JAAF publishes "30 Years of the JAAF". The Chichibunomiya Awards are
- 1971 In March, the FY1970 meeting of prefectural representatives determines to incorporate the organization, and consequently, on the 24th of April, the Ministry of Education approves the JAAF as a
- foundation body. 1991 The 3rd IAAF World Championships are held at the National Stadium in
- 1995 In commemoration of its 70th anniversary, the JAAF publishes "70 Years of the JAAF
- 1998 The 12th Asian Athletics Championships are held at the Hakatanomori
- Athletics Stadium in Fukuoka City. 1999 The 7th IAAF World Indoor Champion ships are held, for the first time in Asia, at the Green Dome Maebashi
- $2005 \quad \text{In commemoration of its } 80^{\text{th}}$ anniversary, the JAAF publishes "80 Years of the JAAF'

Stadium in Maehashi City

- 2006 The 34th IAAF World Cross Country Championships are held, for the first time in Asia at the Umi-no-Nakamichi Seaside Park in Fukuoka Citv.
- 2007 The 11th IAAF World Championships are held at the Nagai Stadium in Osaka. The First JAAF Athletics Awards are held.
- 2011 The 19th Asian Athletics Champion ships are held at the Kobe Universiade Memorial Stadium in Kobe City, Hyogo prefecture. On the 1st of August, the JAAF is inaugurated as a Public Interest Incorporated Foundation.
- 2016 The 100th Japan National Champion ships are held.
- 2018 The Japan Grand Prix Series is opened. The 18th Asian Junior . Athletics Championships are held at the Gifu Nagaragawa Stadium.
- 2019 The IAAF World Relays Yokohama 2019 are held at the Yokohama International Stadium.

JAAF Overview



- ◆ Chairman of the Board of Councilors: Hirofumi NAKASONE
- ◆ Vice Chairman of the Board of Councilors: Masayoshi MATSUMOTO
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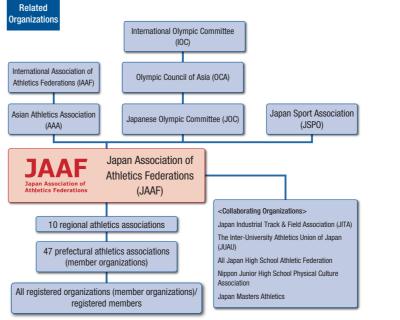
Past

Presidents

Naoko TAKAHASHI, Koji MUROFUSHI, Yuko ARIMORI, Taro KONO

Yohei KONO, Hiroaki CHOSA, Hideyuki SASAKI, Taizo WATANABE, Koji SAKURAI, Takashi TANAKA

Koichi YAMADA, Nobuyuki MAEJIMA, Nobuyuki MUROKI







Official name Japan Association of Athletics Federations







Founded March 8, 1925

*Changed to a Public Interest Incorporated Foundation on August 1, 2011

9F Japan Sport Olympic Square, 4-2 Kasumigaoka-cho, Shinjuku-ku, Tokyo

Tel: 050-1746-8410 (Representative)

Official website http://www.jaaf.or.jp/

https://www.facebook.com/JapanAthletics of https://www.instagram.com/jaaf_official/

https://twitter.com/jaaf_official

https://www.youtube.com/jaaf

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