

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.



Hiroshi YOKOKAWA, President, Japan Association of Athletics Federations



Time flow

Senior

(19yrs -)

pment toward talent transfer

Junior/High school

(-18yrs)

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-



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	16 th Asian Cross Country Championships 10 th Asian Indoor Athletics Championships	25 th Asian Athletics Champion- ships 19 th Asian Marathon Champion- ships	17 th Asian Cross Country Champi- onships 11 th 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

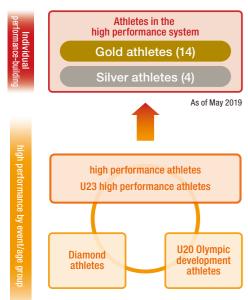
*Above information is as of May, 2019

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 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





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.

op athletes on a one-to-one basis.

► No labelling of specific talents

(Formation of talent pools)

(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.

▶ Switching events to bring talent to maturity

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 devel-

▶ Discovery in the junior high and high school

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...

As our basic standard for the discovery of talent, we do not fixate

on records or the results of competitions. By establishing a variety

"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





Performance development curve

Elementary school

(-12yrs)

Talent Pool

A period when there are

significant individual

differences in growth

and development. The

aim is to enable youth

to experience the "Joy"



*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 I Championships All Japan Juni Athletics Char Japan Nationa ships - Combir Japan National ships - Combir Japan National ships - Mational	or High School mpionships al Champion- ned Events U20 Champion- ned Events	 National Elem meet National Colle 	os de la Part-Time Championships entary School ege Championship or High School Cha	Junior OlympiJapan NationaJapan NationaJapan Nationa	es (National Sport cs Meet Il U20 Champions Il U18 Champions Il Championships	hips hips		• Japan Indoor I	Meet in Osaka
Marathon	Nagano Marat	thon				• Marathon Gran	nd Championship	(2019)		national Marathor national Marathon Osaka Internationa		Tokyo MarathoNagoya WomerLake Biwa Mair
Race Walk	• Japan Nationa Race Walk	l Championships	- 50km								• Japan Nationa Race Walk	Championships -
Ekiden											r-Prefectural Wom r-Prefectural Men	s Ekiden
Cross Country									Elementary Sicross Country All Japan Jun Ekiden All Japan High	y Relay	Country Japan Nationa Country	r High School Cro I Championships - nships - Cross Cou

*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





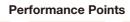
Marathon Grand Championship Official Site http://www.mgc42195.jp/



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

Implements & Equipment

<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.



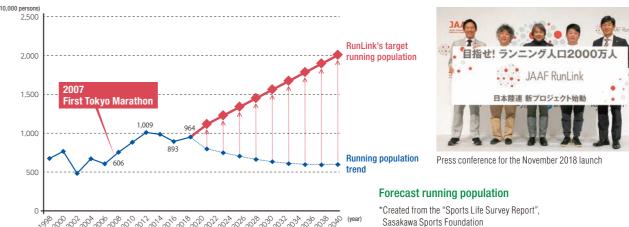
For the purpose of ensuring that competitions are conducted fairly and correctly, the JAAF established own certification system for the Athletics Facilities, the Road Race Courses and Implements & Equipment more than 50 years ago.

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

There are about 500 athletics stadiums and about 250 road race



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

JAAF RunLink

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.

In line with competitor development guidelines, the JAAF promotes

► Coach Training

The raising of overall standards in athletics will lead to the lights that will shine in the future.

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

Athletes' Development

Performance-building

Teaching the basics of

hletics and bridging the gap

tivities to expand the reach of athlet

Coach Training

U23

University

U19 (High School)

U16

U13

- ► 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

Bringing Sports to Everyone

▶ Coach Training Course

Creation of various educational materials









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**



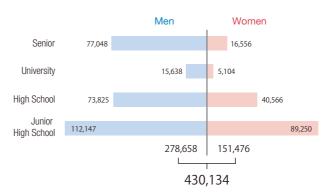
of athletes

Athlete

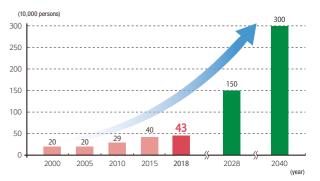
Developme

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 awards were implemented in 2007 with the objective of honoring athletes who have delivered outstanding performances in domestic and international competitions, and competitors/related parties who have contributed to society through athletics.

2018

Reiko TOSA - Mitsui Sumitomo Insurance 2008 Naoki TSUKAHARA - Fujitsu Shingo SUETSUGU - Mizuno Shinji TAKAHIRA - Fujitsu Nobuharu ASAHARA - Mizuno Yukifumi MURAKAMI - Suzuki Chisato FUKUSHIMA - Hokkaido High-Tech AC 2010 Koji MUROFUSHI - Mizuno 2011 2012 Koji MUROFUSHI - Mizuno Kavoko FUKUSHI - Wacoal 2013 2014 Keisuke USHIRO - Suzuki Hamamatsu AC 2015 Takayuki TANII - JSDF Physical Training School Ryota YAMAGATA - Seiko Holdings 2016 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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Performance in the Olympics and World Championships, and **Short History of the JAAF**

Medallists of the Olympics/World Championships							
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) (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

STSUKAHARA, 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)

World Championships

1991 Tokyo

- (B) Hiromi TANIGUCHI (Men's Marathon)
- Sachiko YAMASHITA (Women's Marathon)

1993 Stuttgart

- Junko ASARI (Women's Marathon)
- (Women's Marathon)

1997 Athens

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

1999 Sevilla

- Ari ICHIHASHI (Women's Marathon)
- (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

Beiko 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)

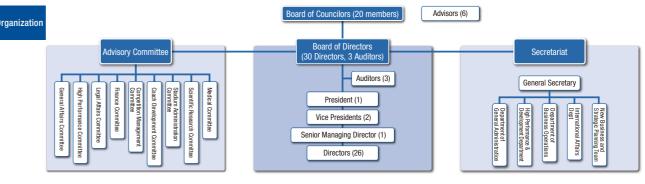
2015 Beijing

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

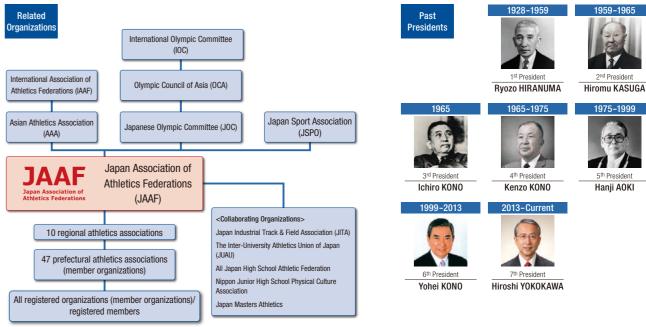
2017 London

- Hirooki ARAI (Men's 50km Race Walk)
- (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 Tokvo.
- 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 Stadium in Maehashi City
- $2005 \quad \text{In commemoration of its } 80^{\text{th}}$ anniversary, the JAAF publishes "80 Years of the JAAF'
- 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.



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Founded March 8, 1925

Official name Japan Association of Athletics Federations







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

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Official website http://www.jaaf.or.jp/ https://www.facebook.com/JapanAthletics

https://www.instagram.com/jaaf_official/

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