

HOKUREN Distance Challenge 2016

As of June 28, 2016

1. **Organizer** Hokkaido Athletics Association
2. **Co-organizer** Japan Industrial Track & Field Association, Shibetsu City, Fukagawa City, Abashiri City, Kitami City
3. **Patron** The Hokkaido Shimbun Press, Hokkaido Cultural Broadcasting, The Yomiuri Shimbun
4. **Officiating** Dohoku Athletics Association, Sorachi Athletics Association, Okhotsk Athletics Association
5. **Sponsor** HOKUREN
6. **Cooperation** Japan Association of Athletics Federations High Performance Committee
7. **Venue/Dates/Events**

Venue	Stadium	Dates	Events	
			Men	Women
Rd. 1 Shibetsu	Shibetsu City Athletics Stadium	SUN, July 3	1500m,5000m,10000m	1500m,3000m,5000m
Rd. 2 Fukagawa	Fukagawa City Athletics Stadium	THU, July 7	1500m,5000m,10000m,3000mSC	1500m,3000m,10000m
Rd. 3 Abashiri	Abashiri City Athletics Stadium	MON, July 11	800m,1500m,5000m 10000m,5000mW	800m,1500m,5000m 10000m,3000mSC, 5000mW
Rd. 4 Kitami	Kitami City Toryo Park Athletics Stadium	THU, July 14	800m,1500m,5000m 10000m,10000mW	800m,1500m,3000m 5000m,10000mW

- (1) Organizer shall prepare pacemakers on select races strictly on its own discretion.
- (2) Pace shall be determined by the JAAF High Performance Committee.

8. Eligibility

- (1) Athletes registered with the JAAF who have met the Entry Standard during the Qualification Period. (Valid for Track Events)

Qualification Period

- 1) Regular Entry: Rounds 1 – 4: January 1, 2015 – June 20, 2016.

- (2) Entry Standard shall be as below: (*1)

Event	Men		Women
	Shibetsu / Kitami	Fukagawa / Abashiri	
800m	1'55"00	1'55"00	2'15"00
1500m	3'55"00	3'55"00	4'30"00
5000m	15'00"00	15'00"00	17'00"00
10000m	30'00"00	28'45"00	34'00"00
3000mSC	8'45"00	8'45"00	10'25"00
5000mW	22'00"00	22'00"00	24'00"00
10000mW	45'00"00	45'00"00	50'00"00

*1 Female Athletes who meet the Entry Standards in the 1500m, 5000m, 10000m, or the 3000mSC shall be eligible for Women's 3000m.

- (3) Athletes registered with AND recommended by the Hokkaido Athletics Association.
- (4) Athletes recommended by the JAAF High Performance Committee.
- (5) Athletes recommended by the Japan Industrial Track & Field Association
- (6) Athletes registered with an IAAF Member Federation who are approved by the JAAF High Performance Committee.

9. Entry

For Athletes registered with an IAAF Member Federation who wish to participate, please email your Full Name, Written Permission from your IAAF Member Federation, Personal Best, Season Best, and rounds and events you wish to participate. At its own discretion, JAAF High Performance Committee will review your application to determine if a lane can be secured.

10. **Entry Fees** Regular Entry (June 20 or before) JPY2,000 / race. Please pay by cash on site.
Entry for Women's 3000mSC in Abashiri by July 9, 2016 18:00JST. JPY2,000/race.

11. **LOC Office** to be determined.

12. Visas and Expense

Athletes shall be responsible to acquire own visas. Organizer provides no appearance fees, prizes nor bonuses. Travel and accommodation expenses shall be borne by the Athletes.

13. Contact

Japan Association of Athletics Federations, Daigo ASADA (Mr.)

TEL : +81-3-5321-6580 FAX : +81-3-5321-6591 e-mail : hokurenc2016@jaaf.or.jp

Organizer reserves the right to amend this Event Information at its own discretion without prior notice.