

CLASSIFICATION SYSTEM

T51

These athletes will usually have elbow flexion and wrist dorsiflexion muscle power to grade 5, a decrease of shoulder muscle power especially pectoralis major, and triceps muscle power from grade 0-3. Usually have no muscle power in the trunk. Use elbow flexors and wrist dorsiflexors for propulsion. Sit in an upright position with knees under the chin. Usually have small push rims. Equivalent activity limitation to athlete with complete spinal cord injury at neurological level C5-6.

T33/52

T33

Quadriplegic, triplegic, severe hemiplegic - Moderate (asymmetric or symmetric) quadriplegic or severe hemiplegic in a wheelchair with almost full functional strength in least impaired upper extremity. It is rare for an athlete with athetosis to be included within this class unless he/she presents with a predominantly hemiplegic or triplegic profile with almost full function in the least impaired upper limb. Can propel a wheelchair independently.

Upper extremities - Moderate limitation spasticity Grade 2 in least impaired arm shown as limitation in extension and follow through. Least impaired hand may demonstrate cylindrical and spherical grasp.

Trunk control - When pushing chair but forward trunk movement is often limited by extensor tone during forceful pushing. Spasticity Grade 2.

Lower extremities - Spasticity Grade 4 to 3, some demonstrable function can be observed during transfer. May be able to ambulate with assistance or assistive devices but only for short distances.

In order to differentiate between Class T33 and T34, trunk mobility in propulsion of the chair, and hand function are important. If an athlete demonstrates a very poor ability to use rapid trunk movements in the pushing motion, or significant asymmetry in the arm action or grasp and release which impedes the development of forward momentum, s/he is a Class T33. An athlete using only one arm for wheelchair propulsion may have long strokes and rapid grasp and release in the least impaired arm and still be Class T33.

T52

These athletes will usually have normal shoulder, elbow and wrist muscle power, poor to normal muscle power of the finger flexors and extensors with there being wasting of the intrinsic muscles of the hands.

Use shoulders, elbows and wrists for propulsion. Usually have no muscle power in the trunk. May use gloving techniques similar to the next two classes. Equivalent activity limitation to athlete with complete spinal cord injury at neurological level C7-8.

T34/53/54

T34

Diplegic - Moderate to Severe involvement. Good functional strength with minimal limitation or control problems noted in upper limbs and trunk.

Upper extremities - the upper limbs often show normal functional

strength. Minimal limitation of range of movement may be present but close to normal follow through and propulsion is observed when throwing or wheeling. With hand function, normal cylindrical/spherical opposition and prehensile grasp is seen in all sports. Limitation if any is usually apparent only during rapid fine motor tasks. It should be remembered that diplegia implies that there is more spasticity in the lower than the upper extremities. Some involvement spasticity Grade 2 to 1 can be seen particularly in functional movements of the hands, arms and trunk.

Trunk - Spasticity Grade 2 to 1. Minimal limitation of trunk movements when propelling a wheelchair. In some athletes fatigue can increase spasticity which can be overcome with proper positioning. When standing, poor balance is obvious even using assistive devices.

Lower Extremities - Moderate to severe involvement in both legs Spasticity Grade 4 to 3 usually rendering them non-functional for ambulation over long distances without the use of assistive devices. When propelling the chair the athlete is able to perform long and forceful strokes, with rapid grasp and release, although fine movements of the hands may be affected. During propulsion these fine movements are not essential. Strong trunk movements in forward and backward direction support the arm strokes. If these movements do not occur the trunk is well balanced and forms a stable base for the arm movements. When the wheelchair makes a curve, the trunk follows the wheelchair without disturbance of balance.

T53

These athletes will have normal arm muscle power with no abdominal or lower spinal muscle activity.

Use different techniques to compensate for lack of abdominal musculature including lying horizontal. In general when acceleration occurs, the trunk rises off the legs due to a lack of abdominal muscles to hold the trunk down; there is no active downward movement of the trunk to assist with propulsion.

Usually have to interrupt the pushing cycle to adjust the compensator. Equivalent activity limitation to athlete with complete spinal cord injury at neurological level T1-7.

T54

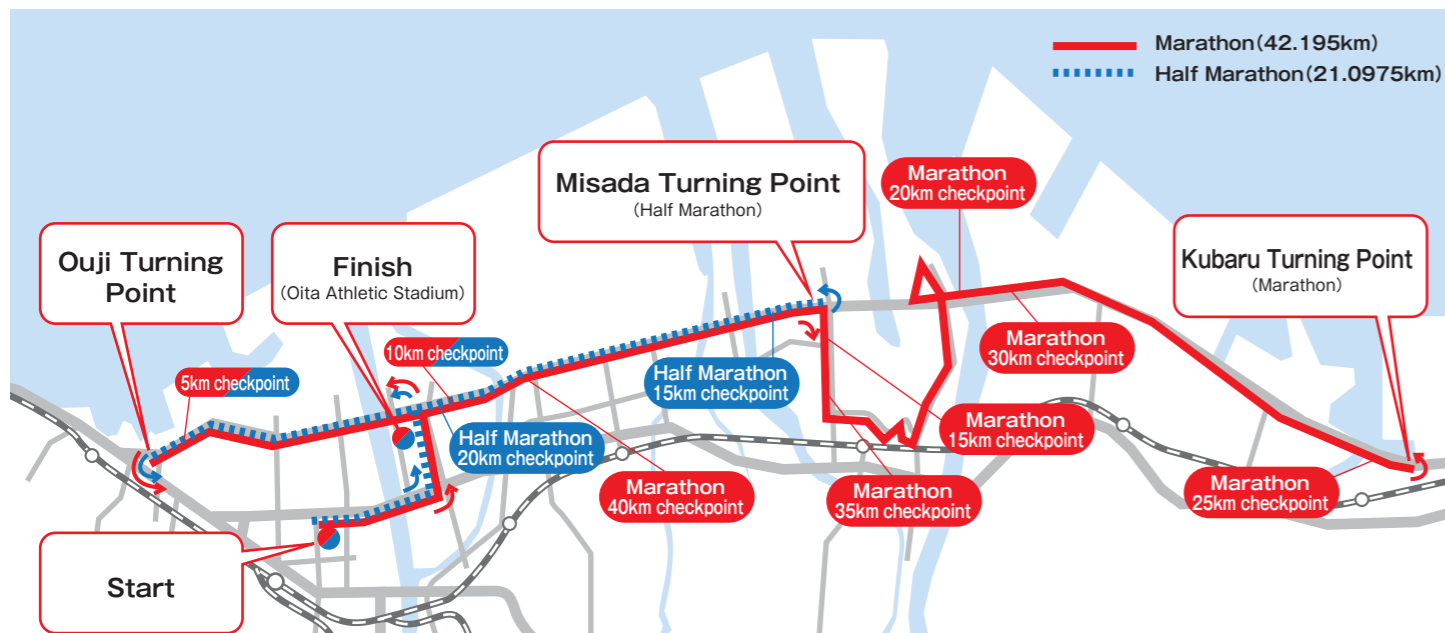
These athletes will have normal arm muscle power with a range of trunk muscle power extending from partial trunk control to normal trunk control. Athletes who compete in this group may have significant leg muscle power.

These athletes have reasonable to normal trunk control which allows them to hold their trunk down when the propulsion force is applied to the push rim. Usually do not interrupt the pushing cycle to adjust the compensator. Can shift direction of the wheelchair by sitting up and applying a trunk rotational force to the wheelchair. Equivalent activity limitation to athlete with complete spinal cord injury at neurological level T8-S4.

Athletes competing in this class must meet one or more of the MDC presented in Section 2.1.4 (limb deficiency), 2.1.5 (impaired PROM) and 2.1.6 (impaired muscle power) or 2.1.7 (leg length difference).

** For further information, please refer to the following WPA website.
<http://www.paralympic.org/Athletics/Rulesandregulations/Classification>

Course and Distance



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躍動



THE 39th OITA INTERNATIONAL WHEELCHAIR MARATHON

2019 **11/17** (sun.) **Start at 10:00**

Opening Ceremony **11/16** (sat.) 16:00~
 Closing & Awards Ceremonies **11/17** (sun.) 13:20~



MESSAGE

Katsusada Hirose

President
39th Oita International Wheelchair Marathon
Governor of Oita Prefecture



The Oita International Wheelchair Marathon was first held in 1981 in commemoration of the International Year of the Disabled as the world's first international marathon event only for wheelchair users. The race is now officially recognized by the International Paralympic Committee, gathering athletes from the most countries to become the top wheelchair marathon event in the world.

At the 38th event last year, there were 45 athletes from 15 countries and 178 athletes from 29 prefectures around Japan, for a total of 223 participants. While the world's top-level athletes put on a heated race, two first time entrants were able to finish the half marathon under the "First Challenge Assist" category, newly established to encourage new participants in the wheelchair marathon. It was quite an impressive race, adding new color to this historic event.

Through wheelchair marathon racing, one of the harshest sports, the bravery of para-athletes challenging their own limits gives courage and hope and impresses not only the people cheering along the course, but also many more people of all generations both in Oita and around the world.

I wish for this year's race to be filled with excitement and drama at every turn, and that ties beyond national borders will be nurtured. At the same time, looking towards the Tokyo Paralympics being held next year, I hope the greatness of parasports will be broadcast from Oita Prefecture to the world.

I look forward to seeing you as autumn deepens in Oita, the number one hot spring prefecture in Japan.



THE 39TH OITA INTERNATIONAL WHEELCHAIR MARATHON GENERAL PROVISIONS

1.Purpose	To encourage persons with physical impairments in Japan and other countries and territories in further social participation, and to deepen people's understanding toward persons with impairments through wheelchair racing.
2.Name	The 39th Oita International Wheelchair Marathon
3.Host	Oita Prefecture, Japanese Para-Sports Association, Japanese Paralympic Committee, Japan Para Athletics, etc.
4.Approval	This event is approved by World Para Athletics (WPA) as an Approved Event. Only results established by an athlete with a registered WPA License and have an international class shall be officially recognized by WPA. No results of the Half Marathon are officially recognized by WPA.
5.Superintendent	Oita Athletics Association
6.Cosponsor	Oita Broadcasting System, Inc
7.Support	Ministry of Foreign Affairs of Japan, Ministry of Health, Labour and Welfare, Japan Sports Agency, etc.
8.Sponsors	Omron Co. Ltd., SONY Co. Ltd., Honda Motor Co. Ltd., Mitsubishi Co. Ltd., DENSO Co. Ltd., FUJITSU FSAS Inc.
9.Cooperation	Oita Prefectural Police, etc.
10.Time and Date	November 16, 2019(Sat.) 08:00 - 15:00 Classification(Oita Municipal Athletic Stadium) 12:00 - 15:00 Athletes Registration(Oita Prefectural Govt.Bldg.) 16:00 - 16:20 Opening Ceremony 16:30 - 16:40 Parade 17:00 - 17:30 Athletes Press Conference November 17, 2019(Sun.) 08:00 - 09:25 Racing wheelchair Inspection & Warm-up (Castle Park) 09:25 - 09:45 Final Call & Pre-lineup 10:00 Marathon Start 10:03 Half Marathon Start 13:20 Closing & Awards Ceremonies (Oita Municipal Athletic Stadium) 18:00 - 20:00 Farewell Party (Oita Prefectural Govt.Bldg.)
11.Course and events	Marathon Course (42.195km) and Half Marathon Course (21.0975km) in Oita City officially approved by the Japan Association of Athletics Federations
12.Eligibility	All athletes must be over 14 years old as of November 17, 2019, and must satisfy the following requirements.

[Marathon]

- ① Japanese athletes: Wheelchair users holding a physical impairments certificate and registered with Japan Para Athletics, who also must be approved by the Organizer.
- ② Foreign athletes: Wheelchair users registered with the National Paralympic Committees in their respective countries or equivalent associations, who also must be approved by the Organizer.

[Half Marathon]

- ① Japanese athletes: Wheelchair users holding a physical impairments certificate, who also must be approved by the Organizer.
- ② Foreign athletes: Wheelchair users approved by the Organizer.

13.Entry Fee	Entry fee for athletes is 5,000 yen for marathon and 1,000 yen for half marathon.
14.Governing Rules	The latest WPA Rules and Regulations applicable on race day and Japan Para Athletics Rules, and Competition Rules of Oita International Wheelchair Marathon. All participating athletes must follow WPA Rules and Regulations regarding advertising and displays during WPA Recognized Competitions.
15.Classification	(1) In both Marathon and Half Marathon, participants are classified into the following classes; T51, T33/52, T34/53/54 (three classes) (2) If necessary, classification process will be carried out. These classes will not be recognized as international classes of WPA.
16.Doping Control	Doping Control will take place at this event.
17.Award	(1) The 1st - 3rd place finishers in each class of men and women will be awarded in both Marathon and Half Marathon. (2) In the event of Marathon, prize money will be given to the finishers who achieved outstanding results in placing or in time at this race, and the amount of money will be decided separately. (3) Decisions on placing or awarding will be conducted without regard to registration with IPC Athletics.
18.Entry Application	A completed Entry Form together with other necessary materials including two copies of your face photo must be submitted by mail by August 30, 2019(Fri). (Valid only if postmarked August 30, 2019. If you hope to apply by email, you are required to submit an application form along with an image file of your face photo. Please see the Application Instruction for details)
19.Accidents during the race	In case of accident in the competition, first-aid treatment will be provided by the Organizer. Athletes must be responsible for the payment of medical service. The Organizer takes out accident insurance.
20.In Case of Rain	In general, the competition takes place regardless of weather conditions.
21.Race Cancellation Policy and Response to an Emergency	Follow the instruction in the crisis management manual of 39th Oita International Wheelchair Marathon
22.Healthcare	Participants are liable for their own health condition and race participation. Medical Check-ups by the organizer will not be held.
23.Personal Information	The Organizing Committee will comply with the law of personal information. Athletes' personal information will be used for the following purposes; *examination of the athletes qualification *publication of programs and leaflets of the event *advertisement and promotion of the event *press release to the media *announcement of records, etc.
24.Organizing Committee Secretariat	The Organizing Committee Secretariat is located in Oita Prefectural Para-Sports Association(c/o Disability Inclusion Promotion Office, Oita Prefectural Government). Foreign participants may contact Oita Prefectural Para-Sports Association at the following: Address: Oita International Wheelchair Marathon Organizing Committee Oita Prefectural Para-Sports Association Oita Prefectural Government, Welfare and Health Department, Disability Inclusion Promotion Office 3-1-1, Ohte-machi, Oita City, Oita Prefecture, 870-8501, Japan Telephone: +81-97-506-2841 Fax: +81-97-506-1736 Email: kurumaisu-marathon@pref.oita.lg.jp URL: http://www.wheelchair-marathon.com/

GOVERNING RULES

(Agreed items for the 39th Oita International Wheelchair Marathon)

This marathon will be held in compliance with the World Para Athletics (formerly IPC hereinafter referred to as "WPA") Rules and Regulations for 2018-2019 and with the Competition Rules of Japan Para Athletics and also by common consent of the Oita International Wheelchair Marathon Organizing Committee.

1. Marathon and Half Marathon will be held in this event.
2. Wave start is used with 3 minutes' time difference between Marathon and Half Marathon. (Men and Women start at the same time)
3. All participating athletes must follow WPA Rules and Regulations regarding advertising and displays on clothes and wheelchairs during IPC Athletics Recognized Competitions.
4. Athletes must follow the designated lanes in the course from start to finish.
5. Athletes may leave the course with the permission of the race officials and under the supervision of the officials on condition that the travel distance is not shortened by leaving the course.
6. Drafting (Sport Classes T33-34, T51-54). Drafting behind an athlete from another sports class or gender within a distance of 5m or less is prohibited.
7. Any athletes who intentionally interfere with, or touch other athletes during the race will be disqualified.
8. Wearing a helmet is required.
9. Only the race officials or police officers are permitted to assist an athlete in case of crash or tumble during the race. Athletes will be disqualified if he/she is assisted in any manner influential to the better race result.
10. Only the race officials are allowed to assist the repair of wheels and wheelchairs during the race.
11. Athletes must retire immediately from the race when so ordered by the medical officials or the race officials so identifiable by their armbands.
12. Athletes must obey the directions of the race officials and police officers.
13. Athletes must ensure that no part of their lower limbs touch the ground or track during the event.
14. Classification: Please refer to the International Classification System.
15. Doping Control will be conducted at Oita Marathon.
16. Athletes must reach the following checkpoints within the given times:
Marathon
5km checkpoint 10:30:00 (30 min 00 sec)
15km checkpoint 11:00:00 (60 min 00 sec)
30km checkpoint 12:00:00 (120 min 00 sec)
Finish 13:00:00 (180 min 00 sec)

Half Marathon
5km checkpoint 10:33:00 (30 min 00 sec)
10km checkpoint 11:00:00 (57 min 00 sec)
15km checkpoint 11:30:00 (87 min 00 sec)
Finish 12:10:00 (127 min 00 sec)

If any athletes fail to arrive at any checkpoint in time, he / she will be forcibly picked up.

17. Drinks
(1) Drinks will be provided at the following points.
Marathon 10km, 20km, 30km, 40km
Half marathon 10km, 20km
(2) The organizer will provide not refreshing drink but only water in paper cups.
(3) Any athletes taking provisions in a place other than the designated areas will be disqualified. Assistance with provisions by only race officials is allowed at the designated areas.
(4) We will set up misting stations at select points. If athletes would like to be sprayed with water, ask an official there. Only officials at these points will be allowed to spray water on athletes.
18. Regulations for wheelchairs are as follows:
(1) At WPA Competitions the wheelchair shall have two (2) large wheels and one (1) small wheel. In other Recognized Competitions the wheelchair may have two (2) large wheels and a maximum of two (2) small wheels. In all competitions the small wheel(s) must be at the front of the chair.
(2) All wheelchairs must have functional braking systems for safety purposes
(3) Wheelchair Dimensions. No part of the main body (defined as the vertical plane of the back edge and wheels including the seat) of the wheelchair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the wheelchair shall be 50 cm.
(4) No part of the wheelchair may protrude behind the vertical plane of the back edge of the rear tyres.
(5) Wheel Dimensions
The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm.
The maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm.
(6) Only one plain, round, push-rims allowed for each large wheel.
Note: This rule may be waived for persons requiring a single arm drive wheelchair, if so stated on their WPA Athletics Classification Card or at the discretion of the Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available.
(7) No mechanical gears or levers are allowed to propel the wheelchair.
(8) The use of mirrors is not permitted in wheelchair track or road races.
(9) Only hand operated, mechanical steering devices are allowed.
(10) The athlete must be able to turn the front wheel(s) manually both to the left and to the right.
(11) The use of fairings or similar devices specifically designed to improve the aerodynamic performance of the athlete in the wheelchair are not permitted.
(12) Wheelchairs will be measured and inspected in the Call Room and once inspected must not be taken from the competition area before the start of the event. Wheelchairs can be re-examined by the officials before or after the event.
(13) It is the responsibility of the athlete to ensure that no part of their lower limbs can fall from their wheelchair to the ground or track during the event.

Oita International Wheelchair Marathon Crisis Response Manual

I. This Crisis Response Manual establishes the necessary matters for response by the event organizers and related persons in the case of cancellation criteria and emergency circumstances of the Oita International Wheelchair Marathon.

II. Criteria for Event Cancellation

- (1) When the Oita Regional Weather Bureau has announced or may announce a warning (heavy rain, flood, high wind, snowstorm, heavy snow, flood tide) for Oita City
- (2) When an earthquake registering 5+ or higher on the Japanese seven-stage seismic scale has been recorded within the prefecture, and a disaster response headquarters has been set up in Oita Prefecture
- (3) When a tsunami (tidal wave) warning (large tsunami) has been announced in the prefecture, and a disaster response headquarters has been set up in Oita Prefecture
- (4) When any other disaster occurs in which a disaster response headquarters has been set up in Oita Prefecture
- (5) When circumstances causing an impediment to the operation of the race due to a large-scale accident, incident, fire, gas leak, water pipe burst, road collapse, electricity outage, etc. occur
- (6) When a Nationwide Instantaneous Alert System(J-Alert) has been issued and safety cannot be guaranteed
- (7) When a catastrophe or a large scale social incident has occurred domestically
- (8) However, even in the case of (1)-(7), the event may be held upon the judgment of the Chairman of the Organizing Committee

III. Method for Judgment

The Event Organizers will sequentially hold Event Review Meetings to consider the advisability of holding the event following the schedule below

Furthermore, the opinions of the Event Head Judge and the Event Technical Representative will be reflected in consideration

- ① 7 days prior to the race
- ② 10 a.m. on the day before the race
- ③ 4 a.m. on the day of the race

Based on the result of the Event Review Meetings, the final decision will be upon the judgment of the President of the Organizing Committee

IV. Response to the Occurrence of Emergency Circumstances

In the case of the occurrence of emergency circumstances or the possibility of emergency circumstances, the Event Organizers and related persons will manage the situation

(1) Types of supposed emergency circumstances:

Situation	Classification
Natural disaster	1. Rainstorm 2. Earthquake 3. Tsunami (tidal wave) 4. Volcanic eruption 5. Other large-scale natural disaster
Large-scale incident	6. Launching of ballistic missile 7. Bombing 8. Indiscriminate terrorism 9. Dispersion of poisonous substances (including disturbance due to foul odor) 10. Warning of these circumstances 11. Discovery of suspicious objects or persons
Large-scale accident	12. Explosion 13. Fire 14. Gas leak 15. Water pipe burst 16. Road collapse 17. Electricity outage

(2) Actions to be taken

Upon the occurrence of emergency circumstances, the following measures will be taken swiftly and accurately:
a. Purveyance of information and preparation for evacuation to persons related to the event, etc.

Together with accurately notifying the persons related to the event of the emergency circumstances, to avoid confusion, the Event Organizers will attempt to spread the information to all related persons using all methods including public address systems, wireless radio and mobile telephone, and by word of mouth, and if necessary will urge for preparation for evacuation

b. Purveyance of information and preparation for evacuation for athletes and spectators

All methods including emergency vehicles, notification vehicles, and word of mouth by persons related to the event will be used to notify the athletes and spectators, and if necessary will urge for preparation for evacuation

c. Relief activities

If there are injured persons, all possible effort will be made to identify the person, while guiding to a safe place and handing over to fire (emergency) personnel.

d. Evacuation guidance and ascertainment of persons left behind
Upon guidance to evacuation, objects which are obstacles to evacuation will be removed and measures to ensure safety will be taken. At the same time, consideration will be given to the guidance of people with impairments which impede their movement, infants and toddlers, and those persons who need assistance with evacuation.

Moreover, in the case of the discovery of persons injured or left behind, event staff will work together to aid and guide them, along with handing the persons over to police and fire in the case that it is determined that response is not possible.

e. Picking up athletes if the race is canceled after the start
Athletes will be picked up along the course, using the pick-up vehicles and all vehicles stationed along the course, and will be brought back to the Oita Municipal Stadium or the place designated by the Event Organizers.