

Date	Event		Venue
April			
10/04/2010	Kanaguri Memorial Distance (Organized by Local Association)	Track	Kumamoto KUMAMOTO
17/04/2010	Izumo Meet (Organized by Local Association)	Track & Field	Izumo SHIMANE
18/04/2010	94th Japan National Championships – 50km W (AAA Permit, Organized by JAAF)	Walk(Road)	Wajima ISHIKAWA
18/04/2010	Nagano Olympic Commemorative Marathon (IAAF Bronze Label Road Race, AIMS, Organized by JAAF)	Marathon	Nagano NAGANO
24/04/2010	Wakayama Meet (JAAF National GP Series 1, Organized by Local Association)	Track & Field	Wakayama WAKAYAMA
25/04/2010	Hyogo Relay Carnival (JAAF National GP Series 2, Organized by Local Association)	Track & Field	Kobe HYOGO
29/04/2010	Oda Memorial Meet (JAAF National GP Series 3, Organized by Local Association)	Track & Field	Hiroshima HIROSHIMA

Date	Event		Venue
May			
02/05/2010	2010 Japan National Junior & Youth Championships – Distance Events & Race Walking (Organized by JAAF)	Track	Kanazawa ISHIKAWA
03/05/2010	Shizuoka International Meet (JAAF National GP Series 4, Organized by Local Association)	Track & Field	Shizuoka SHIZUOKA
08/05/2010	Osaka Grand Prix (IAAF World Challenge, Organized by JAAF)	Track & Field	Osaka OSAKA
09/05/2010	Sendai International Half Marathon (Organized by Local Association)	Half Marathon	Sendai MIYAGI
22/05/2010	Golden Games in Nobeoka (Organized by Local Association)	Track & Field	Nobeoka MIYAZAKI

Date	Event		Venue
June			
04/06/2010	94th Japan National Championships		Marugame
06/06/2010	(Organized by JAAF)	Track & Field	KAGAWA
12/06/2010	94th Japan National Championships – Combined Events	Combined	Kawasaki
13/06/2010	(Organized by JAAF)	Events	KANAGAWA
12/06/2010	27th Japan National Junior Championships – Combined	Combined	Kawasaki
13/06/2010	Events (Organized by JAAF)	Events	KANAGAWA
18/06/2010	2010 Japan University Student Individual		Hiratsuka
20/06/2010	Championships (Organized by Local Association)	Track & Field	KANAGAWA
27/06/2010	Lake Saroma 100km (AIMS, IAU Permit, Organized by Local Association)	Ultra Marathon	Saroma HOKKAIDO

Date	Event		Venue
July			
04/07/2010	53rd Sapporo International Half Marathon (Organized by Local Association)	Half Marathon	Sapporo HOKKAIDO
11/07/2010	Nanbu Memorial Meet (JAAF National GP Series 5, Organized by Local Association)	Track & Field	Kawasaki KANAGWA
29/07/2010	63rd Japan National High School Championships		Okinawa
02/08/2010	(Organized by JAAF)	Track & Field	OKINAWA

Date	Event		Venue
August			
01/08/2010	35th Zao-Bodaira Cross Country (Organized by Local Association)	Cross Country	Kaminoyama YAMAGATA
08/08/2010	7th Aso Cross Country (Organized by Local Association)	Cross Country	Aso KUMAMOTO
13/08/2010	45th Japan National Part-Time High School		Tokyo
15/08/2010	Championships (Organized by JAAF)	Track & Field	TOKYO
14/08/2010	45th National Collage Championships		Toyama
15/08/2010	(Organized by JAAF)	Track & Field	TOYAMA
20/08/2010	37th National Junior High School Championships		Tottori
23/08/2010	(Organized by JAAF)	Track & Field	TOTTORI
27/08/2010	26th National Elementary School Championships		Tokyo
28/08/2010	(Organized by JAAF)	Track & Field	TOKYO
29/08/2010	Hokkaido Marathon (AIMS, Organized by JAAF)	Marathon	Sapporo HOKKAIDO

Date	Event		Venue
September			
10/09/2010	79th Japan National University Championships		Tokyo
12/09/2010	(Organized by Affiliate Association)	Track & Field	TOKYO
17/09/2010	31st Japan National Masters' Championships		Tokyo
19/09/2010	(Organized by Affiliate Association)	Track & Field	TOKYO
19/09/2010	2010 Super Meet		Kawasaki
	(AAA Permit, Organized by JAAF)	Track & Field	KANAGAWA
24/09/2010	58th Japan National Industrial Teams Championships		Niigata
26/09/2010	(Organized by Affiliate Association)	Track & Field	NIIGATA

Date	Event		Venue
October			
01/10/2010	National Games		Chiba
05/10/2010	(Organized by JAAF)	Track & Field	CHIBA
11/10/2010	Izumo All Japan University Ekiden		Izumo
	(Organized by Affiliate Association)	Road Relay	SHIMANE
15/10/2010	2010 Japan National Junior & Youth Championships		Nagoya
17/10/2010	(Organized by JAAF)	Track & Field	AICHI
16/10/2010	50th Industrial vs. University		Odawara
	(Organized by Affiliate Association)	Track & Field	KANAGAWA
16/10/2010	All Japan Sports & Recreation Festival		Toyama
19/10/2010	(Organized by JAAF)	Track & Field	TOYAMA
17/10/2010	7th Tajima Memorial Meet		Shimonoseki
	(Organized by Local Association)	Track & Field	YAMAGUCHI
22/10/2010	94th Japan National Championships – Relay Events		Yokohama
24/10/2010	(Organized by JAAF)	Relay	KANAGAWAY
22/10/2010	41st Junior Olympics Meet		Yokohama
24/10/2010	(Organized by JAAF)	Track & Field	KANAGAWA
24/10/2010	28th All Japan University Women’s Ekiden		Sendai
	(Organized by Affiliate Association)	Road Relay	MIYAGI
29/10/2010	59th Kyushu Ekiden		Nagasaki~Fukuoka
07/11/2010	(Organized by Local Association)	Road Relay	KYUSHU AREA
31/10/2010	49th All Japan 50km Walk in Takahata		Takahata
	(AAA Permit, Organized by Local Association)	Walk(Road)	YAMAGATA

Date	Event	Venue
November		
07/11/2010	42nd All Japan University Men's Ekiden (Organized by Affiliate Association)	Nagoya~Ise AICHI~MIE
		Road Relay
14/11/2010	26th East Japan Women's Ekiden (Organized by Local Association)	Fukushima FUKUSHIMA
		Road Relay
14/11/2010	5th Tokyo Carnival (Organized by Local Association)	Tokyo TOKYO
		Track & Field
21/11/2010	30th Kobe All Japan Women's Half Marathon (Organized by Local Association)	Kobe HYOGO
		Half Marathon
23/11/2010	2010 International Chiba Ekiden (Organized by JAAF)	Chiba CHIBA
		Road Relay
23/11/2010	26th Nagoya Half Marathon (Organized by Local Association)	Nagoya AICHI
		Half Marathon
TBC	2010 Yokohama International Women's Marathon (IAAF Silver Label Road Race, AIMS, Organized by JAAF)	Yokohama KANAGAWA
		Marathon

Date	Event		Venue
December			
05/12/2010	64th Fukuoka International Marathon (IAAF Silver Label Road Race, AIMS, Organized by JAAF)	Marathon	Fukuoka FUKUOKA
12/12/2010	2010 All Japan Lake Biwa Cross Country (Organized by Local Association)	Cross Country	Yasu SHIGA
19/12/2010	18th All Japan Junior High School Ekiden (Organized by JAAF)	Road Relay	Yamaguchi YAMAGUCHI
19/12/2010	30th All Japan Industrial Teams Women's Ekiden (Organized by Affiliate Association)	Road Relay	Gifu GIFU
19/12/2010	14th Hofu Marathon (Organized by Local Association)	Marathon	Hofu YAMAGUCHI
23/12/2010	29th Sanyo Women's Road Race (Organized by Local Association)	Road Race & Half Marathon	Okayama OKAYAMA
26/12/2010	61st Men's & 22nd Women's All Japan High School Ekiden (Organized by JAAF)	Road Relay	Kyoto KYOTO

Date	Event	Venue
January		
01/01/2011	55th All Japan Industrial Teams Men's Ekiden (Organized by Affiliate Association)	Maebashi GUNMA
01/01/2011	59th New Year Walk (Organized by Local Association)	Tokyo TOKYO
10/01/2011	63rd Asahi Ekiden (Organized by Local Association)	Fukuoka FUKUOKA
16/01/2011	29th All Japan Inter-Prefectural Women's Ekiden (Organized by JAAF)	Kyoto KYOTO
23/01/2011	16th All Japan Inter-Prefectural Men's Ekiden (Organized by JAAF)	Hiroshima HIROSHIA
30/01/2011	2011 Osaka International Ladies' Marathon (IAAF Silver Label Road Race, AIMS, Organized by JAAF)	Osaka OSAKA
30/01/2011	2011 Osaka Half Marathon (Organized by Local Association)	Osaka OSAKA
TBC	94th Japan National Championships – 20km Walk (AAA Permit, Organized by JAAF)	TBC

Date	Event		Venue
February			
05/02/2011	2011 Japan VS. Chaina Junior Indoor Meet (Organized by JAAF)	Indoor	Osaka OSAKA
06/02/2011	2011 Japan Junior Indoor Meet in Osaka (Organized by JAAF)	Indoor	Osaka OSAKA
06/02/2011	60th Beppu-Oita Mainichi Marathon (IAAF Silver Label Road Race, AIMS, Organized by Local Ass.)	Marathon	Beppu~Oita OITA
06/02/2011	65th Kagawa Marugame Half Marathon (IAAF Silver Label Road Race, AIMS, Organized by Local Ass.)	Marathon	Marugame KAGAWA
13/02/2011	46th Chiba International Cross Country (IAAF Permit, Organized by JAAF)	Cross Country	Chiba CHIBA
13/02/2011	51st Karatsu 10 mile (Organized by Local Association)	Road Race	Karatsu SAGA
20/02/2011	45th Ohme Marathon 30km / 10km (AIMS, Organized by Local Association)	Road Race	Ome TOKYO
26/02/2011	25th Fukuoka International Cross Country (IAAF Permit, Organized by JAAF)	Cross Country	Fukuoka FUKUOKA
27/02/2011	2011 Tokyo Marathon (IAAF Gold Label Road Race, AIMS, Organized by JAAF)	Marathon	Tokyo TOKYO
27/02/2011	55th Kumanichi 30km (Organized by Local Association)	Road Race	Kumamoto KUMAMOTO

Date	Event		Venue
March			
05/03/2011	21st Nishida & Takahashi Cup Pole Vault (Organized by Local Association)	Indoor	Toyota AICHI
06/03/2011	66th Lake Biwa Mainichi Marathon (IAAF Gold Label Road Race, AIMS, Organized by JAAF)	Marathon	Otsu SHIGA
13/03/2011	2011 Nagoya International Women's Marathon (IAAF Silver Label Road Race, AIMS, Organized by JAAF)	Marathon	Nagoya AICHI
13/03/2011	Asian Championships 20km Walk /35th All Japan Walk (AAA Permit, Organized by AAA)	Walk(Road)	Nomi ISHIKAWA
13/03/2011	5th Japan University Students 20km Walk Championships (Organized by Affiliate Association)	Walk(Road)	Nomi ISHIKAWA
13/03/2011	14th Japan University Student Men's Half Marathon Championships (Organized by Affiliate Association)	Half Marathon	Tachikawa TOKYO
19/03/2011	13th Elementary School Cross Country Relay (Organized by JAAF)	Cross Country	Osaka
20/03/2011		Relay	OSAKA
20/03/2011	32nd Matsue Ladies' Half Marathon (Organized by Local Association)	Half Marathon	Matsue SHIMANE
20/03/2011	14th Japan University Student Women's Half Marathon Championships (Organized by Affiliate Association)	Half Marathon	Matsue SHIMANE
20/03/2011	39th Japan Industrial Teams Half Marathon Championships (Organized by Affiliate Association)	Half Marathon	Yamaguchi YAMAGUCHI