

26 May 2025  
The Local Organising Committee of the World Athletics Championships Tokyo 25

## WCH Tokyo 25 to celebrate 100 days to go with special weekend event in Tokyo



# 100 Days To Go!

As we gear up to celebrate 100 days to go until the start of the World Athletics Championships Tokyo 25 (WCH Tokyo 25), on Thursday 5 June, Tokyo is stepping up the excitement with a two-day public celebration in the heart of the city.

On Saturday 7 and Sunday 8 June, the iconic Gyoko-dori Avenue, nestled between Tokyo Station and the Imperial Palace, will be transformed into a hub of athletic energy for a special **100 DAYS TO GO!** event. The event will feature hands-on experiences where visitors of all ages can try their hands at the core disciplines of athletics— running, jumping, and throwing — in an open and inclusive environment.

Three of Japan's most celebrated athletes will be on hand to inspire the crowd:

- Olympic marathon gold medalist Mizuki Noguchi
- Japanese high jump record holder Naoto Tobe
- Former national champion hurdler Taiho Kanai

Each will showcase their skills through live demonstrations, offering fans a rare, close-up look at what it takes to compete at the very highest level of the sport.

There's also something special for young fans: elementary school students who register in advance will receive expert coaching directly from the athletes, learning how to run faster, jump higher, and enjoy sport in a whole new way.

A photo spot with Tokyo Station as a dramatic backdrop and a pop-up shop selling official WCH Tokyo 25 merchandise will also be on site, making this a must-visit event for fans and families alike.

To mark the official countdown milestone on Thursday 5 June, Tokyo Skytree, one of the city's most iconic and recognisable landmarks, as well as Tokyo Metropolitan Government Building and bridges along the Sumida river, will be illuminated in the championships' signature colour of Edo purple, lighting up the skyline in a symbol of Tokyo's pride and anticipation for this year's spectacular event.

Join us and be part of this once-in-a-lifetime celebration as Japan prepares to welcome the world.

### WCH Tokyo 25 100DTG Event Outline

**Date/time:** Saturday, 7 June 11:00 – 17:00 and Sunday, 8 June 11:00 – 17:00

**Location:** Gyoko-dori Avenue (Marunouchi 2 chome, Chiyoda, Tokyo)

**Cost:** Free

**Host:** The Local Organising Committee of the World Athletics Championships Tokyo 25

**Co-host:** Tokyo Metropolitan Government

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## Call for Participants: Athlete Programme (Advance Registration Required)

### ■ Stage Event Schedule

#### 1. Saturday, 7 June 11:15-12:00

Join Mizuki Noguchi, gold medallist at the Athens 2004 Olympics for a fun and active session! Now a sports commentator and WCH Tokyo 25 board member, Mizuki will share her tips and training techniques to help you run faster and enjoy moving your body.

**Who can join:** elementary school students

**Places available:** 30



#### 2. Saturday, 7 June 15:00-16:00

Hurdles Masterclass with Olympian Taiho Kanai. Experience the thrill of hurdling with Taiho Kanai, who represented Japan in the Tokyo 2020 Olympics. He'll demonstrate the 110m hurdles and share tips on technique, form, and what makes hurdling so much fun. Taiho will also talk about what inspired him to take up the sport, his thoughts on the World Athletics Championships, and the athletes to watch this year.

**Who can join:** elementary school students

**Places available:** 30



#### 3. Sunday, 8 June 15:00-16:00

High Jump Showcase with Japan Record Holder Naoto Tobe. Watch Naoto Tobe take to the air against the iconic backdrop of Tokyo Station. A seasoned competitor on the global stage including the Olympics and World Championships, Naoto now serves as Chair of the Japan Association of Athletics Federations' Athletes' Committee and as a board member of WCH Tokyo 25. He'll demonstrate his powerful jumping technique and share easy-to-understand tips on how to run and jump like a pro.

**Who can join:** elementary school students

**Places available:** 30



### How to apply

To apply, please access to the application form (<https://e-ve.event-form.jp/event/104119/WCH0607-8> in Japanese only) and submit your application **by 23:59 on Sunday, 1 June 2025**.

- You may apply for multiple programmes listed above.
- If the number of applicants exceeds capacity, participants will be selected by lottery. Results will be sent to the email address registered on the application form by Tuesday, 3 June.
- Participation is free of charge. However, transportation costs are the responsibility of participants. Please note that parking is not available, so we kindly ask that you use public transport.
- Please wear comfortable clothing and shoes suitable for physical activity. Be sure to bring your own drinks.
- Changing rooms and lockers will not be provided. Please manage your valuables personally.
- Please be aware that media and event organisers may be filming or photographing on the day. Photos and footage from the event may be published on official websites or social media channels.
- Any changes to the schedule or programme due to weather or other unforeseen circumstances will be announced on the WCH Tokyo 25 official website.



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## Athletics Experience Programme: Running, Jumping & Throwing (No registration required)

This programme offers a fun and easy way to experience running, jumping, and throwing. Everyone is welcome to join, no advance registration required! All participants will receive a Riku-One mascot pin badge as a souvenir!

Saturday, 7 June: 12:10 – 15:00 and 15:30 – 17:00  
Sunday, 8 June: 11:00 – 15:00 and 15:30 – 17:00

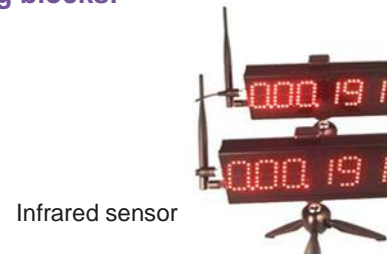


### 1. Running experience

#### ◆ 1m dash: measuring 1-meter sprint time from the starting blocks!



Starting block



Infrared sensor

#### ◆ Hurdles: time trials using soft sponge hurdles and slalom running back and forth!



Sponge hurdle



Marker cone

### 2. Jumping experience

#### ◆ Standing Long Jump: measure your standing long jump the same test used in elementary school fitness assessments!



Air mat



Measurement sheet

#### ◆ Vertical jump: jump as high as you can to clear the target!



Stick pole

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### 3. Throwing experience

◆ **Ball speed measurement: throw a javelin-style ball and measure your throwing speed!**

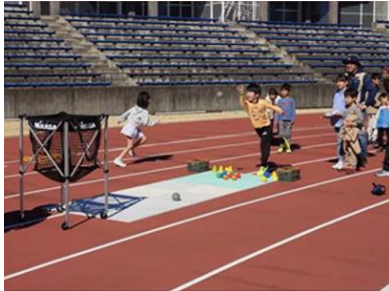


Speed radar

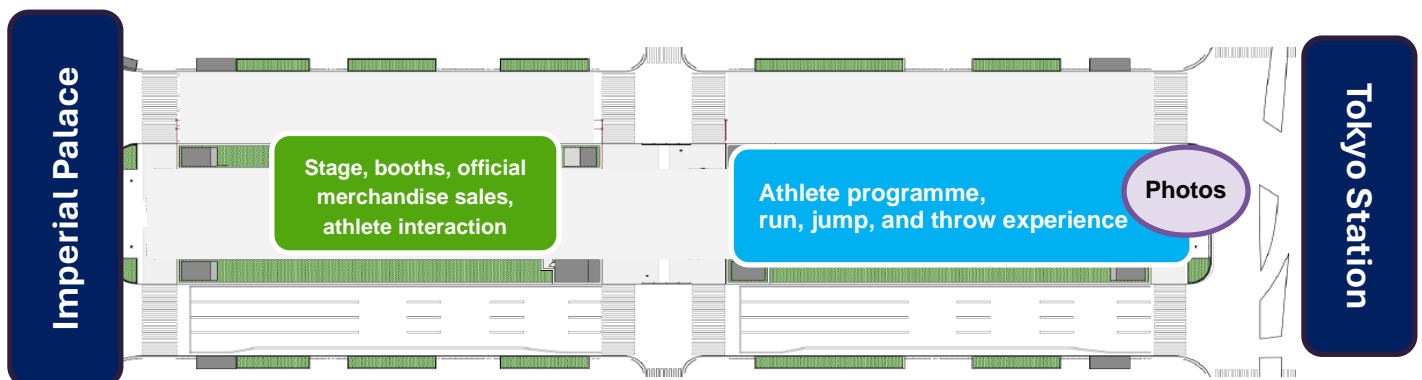


Javelin-ball

◆ **Target Basket: see how many balls of different weights you can toss into the basket!**



### Venue Map



WCH Tokyo 25 is planning a variety of interactive activities at the stage and booth areas. Further details will be shared on the [official WCH Tokyo 25 website](#).

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## Special Lighting on Thursday 5 June

On Thursday 5 June 2025, marking exactly 100 days until the World Athletics Championships Tokyo 25 kicks-off in the heart of Japan, several iconic Tokyo landmarks including the iconic Tokyo Skytree®, the Tokyo Metropolitan Government Building, and the bridges along the Sumida river will light-up in Edo Purple, the official colour of the 20<sup>th</sup> edition of the championships. This special illumination aims to build excitement and anticipation across the city as we count down to this remarkable global event!

Be sure to catch this vibrant display lighting up the Tokyo skyline.

### Lighting schedule:

Tokyo Skytree: 19:45 to midnight

Tokyo Metropolitan Government No.1 Building: 18:30 -23:00 (excluding projection mapping show times)

Bridges along the Sumida river: From 15 minutes after sunset until 23:00

More details: [https://www.kensetsu.metro.tokyo.lg.jp/jigyo/road/sumidagawa\\_rightup.html](https://www.kensetsu.metro.tokyo.lg.jp/jigyo/road/sumidagawa_rightup.html)



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## Contact and Inquiries

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**WCH Tokyo 25 Official website**

WEB <https://worldathletics.org/en/competitions/world-athletics-championships/tokyo25>  
 X <https://twitter.com/WATokyo25>  
 Instagram <https://www.instagram.com/wchtokyo25/>  
 YouTube [www.youtube.com/@WATokyo25](https://www.youtube.com/@WATokyo25)



WEB



X



Instagram



YouTube



## ■ TICKETS ON SALE NOW!

Your ticket to history awaits: [https://tokyo25-lp.pia.jp/index\\_en.html](https://tokyo25-lp.pia.jp/index_en.html)

**Ticket Information Page**

### World Athletics Championships Tokyo 25

<b>Organiser</b>	World Athletics
<b>Period</b>	Nine days from Saturday 13 to Sunday 21 September 2025
<b>Venue</b>	Japan National Stadium and other venues (marathon and race walking will be held in Tokyo)
<b>No. of athletes</b>	approx. 2,000
<b>No. of countries/regions</b>	approx. 200
<b>No. of events</b>	49

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