



Come to Akita, and enhance your athletes' performance at our pre-training camps in preparation for various world events, including the upcoming Tokyo Olympic and Paralympic Games!

Akita Prefecture, rich in nature, is located in northwestern Japan. Her capital, Akita City, is about a one hour flight from Tokyo. However, due to its shorter rainy season, Akita is comparatively less susceptible to typhoons. The city's relatively cooler climate allows for a much easier recovery from jetlag, and thus also a smoother adjustment for one's physical condition.

Yabase Sports Park, which includes various physical training facilities, is conveniently located in central Akita, about 10 min. by car from JR Akita Station. Its training ground, surrounded by lush greenery, also offers a suitable environment for relaxing one's mind and body.

Besides its convenient location, cool climate, and substantial number of facilities, Akita's training grounds provide athletes with an optimal environment in which to improve their performance.

contents

1 Akigin Stadium.....	3	7 Multipurpose Grounds	7
2 Track & Field	4	8 Tennis Court	8
3 CNA Arena Akita	5	9 Sumo Grounds	8
4 Health Plaza	6	10 Prefectural General Pool	9
5 Space Project Dream Field	6	11 Institute of Sports Science	10
6 Sakigake Yabase Field	7	Access Map	11

1

Akigin Stadium (Yabase Sports Park Field)

1-1 Yabase Undo Koen, Akita-shi, Akita TEL: 018-883-1870 FAX: 018-883-1871

Located inside Yabase Sports Park in central Akita, this outdoor sports facility is used for multiple types of ball games, mainly soccer and rugby.

Also the home ground of the Akita Northern Bullets (Akita's Top East League Division I rugby team), Akigin Stadium enables fans to feel close to the team due to the short distance between stands and the field.

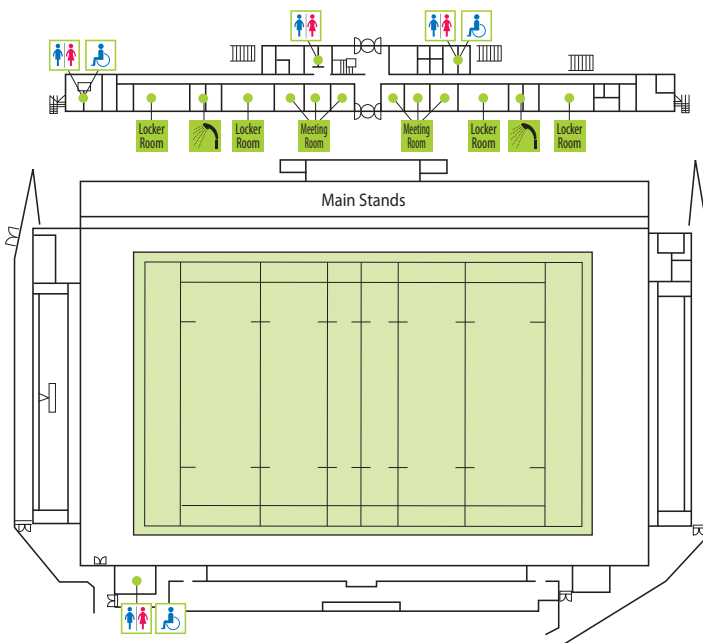
The stadium is used as a venue for practices or other events, regardless of the time it takes place. It also has a second field with artificial turf and Health Plaza, a common area featuring natural grass.

It is praised as one of the best outdoor grounds both for soccer and rugby.



Locker Room

Meeting Room



Facility Information

- Field Area ● 10,400m² (130m x 80m), rugby / soccer fields: 1, natural turf (yoshiba)
- Total Area ● 3,153.72m²
Main Stands: 1,493.73m²
(Level 1: 1,313.64m², Level 2: 159.13m², Level 3: 20.96m²), Other: 166.26m²
- Construction Date ● August 1953
- Capacity ● Main Stands: 1,892 (wheelchair support seats: 10)
Back Stands: 1,300 (wheelchair support seats: 5 (embankment turf))
Side Stands: 1,800 (embankment turf)
Total: 4,992
- Attached Facilities ● Meeting rooms (6), records room, referee locker room, shower room, office, broadcasting room, medical office, equipment room, scoreboard, watering system, floodlights (8 sets, 1kw 128piece, 300 lux, metal halide)

Icon Legend



Shower Room



Training Room



Restroom



Accessible Restroom



Locker Room



Meeting Room

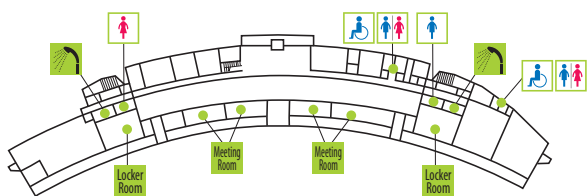
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Yabase Sports Park Athletic Field

1-10 Yabase Undo Koen, Akita-shi, Akita TEL: 018-823-1472 FAX: 018-883-4036

The Yabase Sports Park Athletic Field has been the citizens' sports ground since 1941. Located in central Akita, the facility also hosted the 16th and 62nd National Athletic Meets and 2001 World Games Tournament. With running tracks both in and outside the field, it is a popular jogging spot for locals, regardless of age and gender. The park has fostered many Akita-born athletes, ready to appear on the world stage.

The field is also the home ground of the Blaublitz Akita J-League soccer team and other non-track related events, and is thus considered an essential hub for sports in Akita.



Facility Information

- Competition Facilities**
 - Track: 400m x 8 courses (all-weather urethane pavement)
 - Infield: 7,580m² (106m x 71.5m), rugby / soccer fields: 1, natural turf (yoshihira)
 - Outfield: long jump, triple jump, pole vault, javelin, shot put, discus, hammer throw circle
- Total Area**
 - 9,785m², Main Stands: 4,605m² (Level 1: 2,987m², Level 2: 1,203m², Level 3: 228m², Level 4: 187m²)
 - Back Stands: 256m², Other: 63m²
- Construction Date**
 - September 1941
- Capacity**
 - Main Stands: 8,700 (wheelchair support seats: 5 x 4 locations)
 - Back Stands: 4,300, Side Stands: 7,125, Total: 20,125
- Attached Facilities**
 - Indoor track (83m x 5 courses), special room, meeting / executive room (4), medical office, referee's room, broadcasting room, locker / shower room, broadcast / director's room, photo-finish room, office, equipment storage
 - Floodlights (4 sets, 1,500 lux, in operation since March 2019)
 - Large screen (in operation since March 2019)
 - Doping control room (in operation since March 2019)

Icon Legend



Shower Room



Training Room



Restroom



Accessible Restroom



Locker Room



Meeting Room

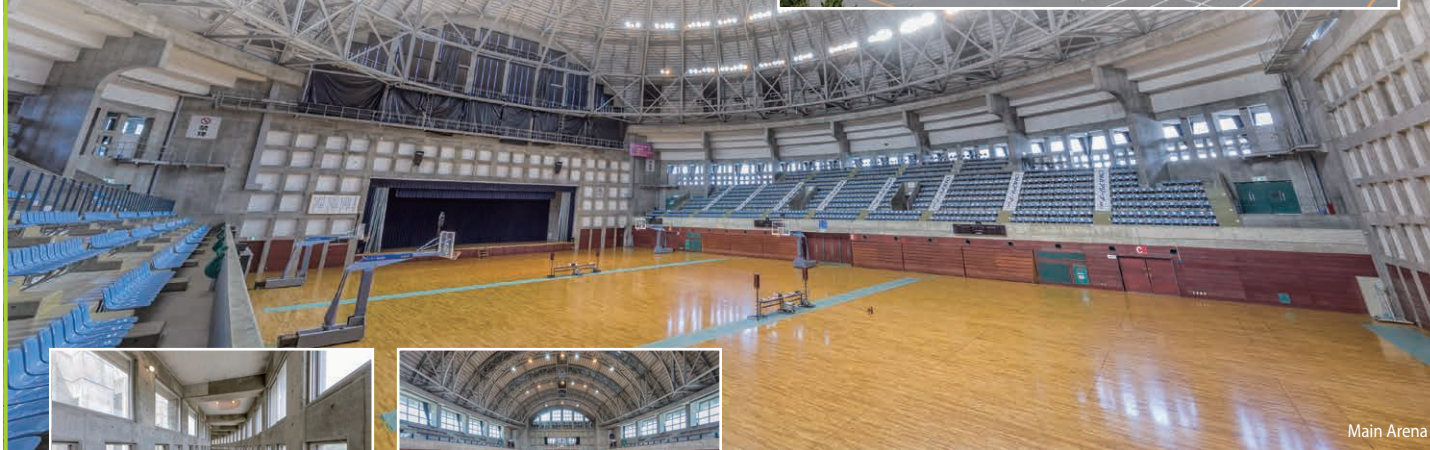
3

CNA Arena Akita (Akita City Gymnasium)

6-12-20 Yabase Honcho, Akita-shi, Akita TEL: 018-866-2600 FAX: 018-866-2601

This indoor facility, the largest gymnasium in Tohoku, accommodates various sports events both on the domestic and international level. Featuring architecture inspired by the Temple of Olympian Zeus, CNA Arena Akita is known as one of the best venues for a wide variety of sports, even once hosting the 2014 BJ-League All-Star Game for one night.

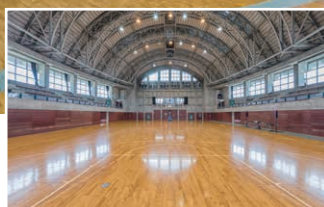
Currently the home court for the B-League professional basketball team, Akita Northern Happinets, the arena is also scheduled to be the venue of the International Badminton Competitions from 2018 through 2021.



Main Arena



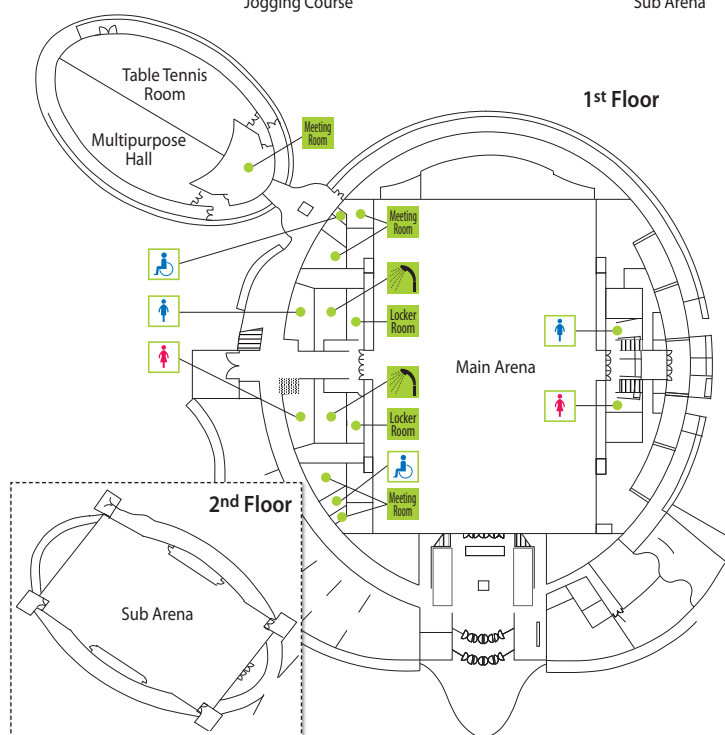
Jogging Course



Sub Arena

Facility Information

- Area**
 - Main Arena: 2,540m² (63.5m x 40m)
 - Sub Arena: 836m² (38m x 22m)
 - Table Tennis Room: 324m²
 - Multipurpose Hall: 324m²
 - Jogging Course: 810m² (250m per lap, 3m wide)
- Supported Activities**
 - Main Arena: Basketball: 3 courts (Volleyball courts: 3, badminton courts: 12, table tennis: 25 tables, handball courts: 1, other)
 - Sub Arena: Basketball: 1 court (Volleyball courts: 1, badminton courts: 3, table tennis: 10 tables, rhythmic gymnastics mat space: 1, other)
 - Table Tennis Room: 5 tables
 - Multipurpose Hall: dance, tai chi, beam rifle, other
- Total Area** ● 11,432.95m²
- Construction Date** ● April 1994
- Construction** ● 2 stories, reinforced concrete and steel frame
- Capacity**
 - Main Arena: 2,468 fixed seating
 - Rollback Stands: Approx. 900
 - Mobile Temporary Seating: 1,666
 - Sub Arena: 300 fixed seating
- Attached Facilities** ● Meeting & reception room, meeting room (1 large, 4 small), medical office, broadcasting room, mens / womens locker rooms, shower room, athletes room, office, equipment storage



Icon Legend

- Shower Room
- Training Room
- Restroom
- Accessible Restroom
- Locker Room
- Meeting Room

4

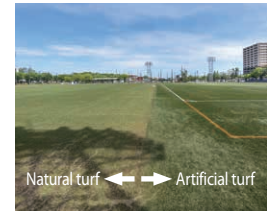
Yabase Sports Park Health Plaza

Yabase Sports Park, Akita-shi, Akita TEL: 018-823-1472

The Yabase Sports Park Health Plaza is conveniently adjacent to the artificial turf-equipped Space Project Dream Field, and is utilized in various ways. Featuring natural turf that lessens the impact on one's body, it houses many rugby and soccer matches. It is also used by local residents for various purposes, such as enjoying numerous sports, promoting their health, and interacting with friends, as it is open to the public.



Sports Pavilion



Natural turf ← → Artificial turf

Facility Information

- Site ● Natural turf (noshiiba), rugby / soccer fields: 1
- Construction Date ● October 2005
- Attached Facilities ● Sports Pavilion, equipment storage, foot washing area, sprinkler system, etc.
Night lighting (24m x 2 sets, 20m x 4 sets)
1.5kw 120piece, 419 lux, metal halide

5

Space Project Dream Field (Yabase Sports Park No. 2 Sports Park Field)

Yabase Sports Park, Akita-shi, Akita TEL: 018-823-1472

Space Project Dream Field, the second Sports Park field in Yabase Sports Park, was constructed in 2014. With the aim of diminishing the physical impact on one's body, it features laid artificial turf that greatly resembles natural turf.

As it is located adjacent to Yabase Sports Park, the field is thus convenient for various activities.

Used mainly as a competition venue for rugby and soccer, it is also equipped with floodlights. This makes it a popular place for locals, regardless of age or gender, to take part in and have sports exchange events.



Facility Information

- Site ● Artificial turf, rugby / soccer fields: 1
- Construction Date ● October 2005
- Capacity ● Stands: 730
- Attached Facilities ● Management storage, watering system
Floodlights (24m x 2 sets, 20m x 4 sets)
1.5kw 120piece, 423 lux, metal halide

6

Sakigake Yabase Field (Yabase Sports Park Baseball Field)

1-7 Yabase Undo Koen, Akita-shi, Akita TEL: 018-867-1000 FAX: 018-865-7704

Since being built in 1941, the Sakigake Yabase Field (a.k.a. Yabase Sports Park Baseball Field) has hosted competitions at various levels, ranging from kids to professional leagues. For children in particular, it is considered one of the most treasured places for playing baseball in Akita.

The facility is well maintained: after undergoing a full renovation in 1961 and other repairs along the way, it remains loved by many baseball fans.



Facility Information

Total Area	<ul style="list-style-type: none"> ● 4,643.03m² ● Main Stands: 1,047.55m² (Level 1: 686.07m², Level 2: 301.61m², Level 3: 59.87m²) ● Infield Stands: 3,276.00m², Other: 319.48m² ● Infield: clay, Outfield: natural turf (mascarene) ● Home plate to both fields: 100m, home plate to center field 122m
Capacity	<ul style="list-style-type: none"> ● Main Stands: 1,340 (3 story reinforced concrete construction, FRP seating) ● Infield Stands: 7,241 (Steel frame / partially reinforced concrete structure, FRP seating) ● Outfield Stands: 7,840 (embankment turf), Total: 16,421
Construction Date	● September 1941
Attached Facilities	● Executive reporting room, competition headquarters, conference room, meeting room, broadcasting room, aid room, locker room, shower room, office, scoreboard (steel frame / iron plate construction, flux reversal LED)

7

Yabase Sports Park Multipurpose Ground

Yabase Sports Park, Akita-shi, Akita TEL: 018-823-1472

The Yabase Sports Park Multipurpose Ground is mainly used for Japanese-style nanshiki baseball (using rubber balls) and softball, and is a popular spot for any throwing sports. Equipped with floodlights, it is widely used by locals for everyday sports activities.



Dugout



Throwing Range

Facility Information

Site	● Oil sands, softball / nanshiki baseball fields: 2
Construction Date	● May 2004
Attached Facilities	● Floodlights (22m x 6 sets, 1.5kw 90piece, 207 lux, metal halide), management storage, dugout, pavilion, scoreboard, watering system
Supported Activities	● Nanshiki baseball, softball, throwing sports, gateball, ground golf

8

Yabase Sports Park Tennis Court (Sand-coated artificial turf / green sand court)

Yabase Sports Park, Akita-shi, Akita TEL: 018-823-1472

The Yabase Sports Park Tennis Court features 6 weather-proof synthetic turf courts and 4 green sand courts. Highly weather resistant, the courts are used as both a practice space for locals and a competition venue, and are popular among people of all ages and genders.



Sand-coated Artificial Turf



Green Sand Court

Facility Information

■ Sand-coated Artificial Turf

Construction Date ● April 1957

Courts ● 6 (2 with floodlights)

Capacity ● 2,000

Attached Facilities ● Executive seating, court watering system, restrooms, storage

Floodlights (steel column, 6.5m x 6 sets, 1kw 16piece, 500 lux, metal halide)

■ Green Sand Court

Construction Date ● September 1983

Courts ● 4

Attached Facilities ● Storage, watering system

9

Yabase Sports Park Sumo Ground

Yabase Sports Park, Akita-shi, Akita TEL: 018-823-1472

Mainly a venue for children's sumo competitions and community sports events, Yabase Sports Park Sumo Ground aims to provide locals with opportunities to interact through sumo wrestling.



Facility Information

Site ● Embankment turf

Construction Date ● September 1941

Capacity ● 2,000

Attached Facilities ● Covered ring (4 pillars)

10

Akita Prefectural General Pool

4-6 Sanuki, Arayamachi, Akita-shi, Akita TEL: 018-895-5056 FAX: 018-895-5055

A comfortable year-round facility featuring warm water that one can use for swimming or water walking. From little kids, to the general public, up to the athlete level, the pool is available for all purposes.

The pool is equipped for 25m swims, diving, 3 types of 50m swims, as well as depth adjustment depending on the purpose of use.

In addition to hosting swimming competitions, the facility can also be used for athlete recovery, as well as rehabilitation for injured athletes.



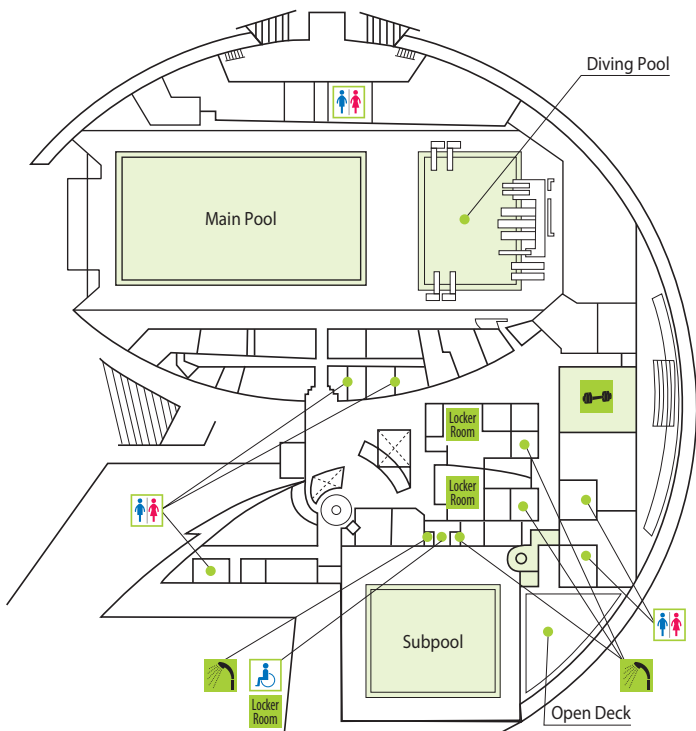
Subpool



Main Pool



Training Room



Facility Information

- Area**
- 11,544m²
 - Main Pool (50m x 25m, 10 courses) [2m depth, partly movable flooring]
 - Subpool (25m x 25m, 8 courses) [1.4m depth, movable flooring]
 - Diving Boards: 10m, 7.5m, 5m, 3m
 - Diving Pool (25m x 20m) [5m depth, movable flooring]
- Construction Date** ● November 2000
- Capacity**
- Main Pool: 1,200 fixed, 800 temporary
 - Subpool: 148 fixed
- Attached Facilities** ● Training room, lobby, locker room, medical office, monitoring room, executive office, broadcasting room, conference room (seating 120), audience stands

Icon Legend



Shower Room



Training Room



Restroom



Accessible Restroom



Locker Room



Meeting Room

11

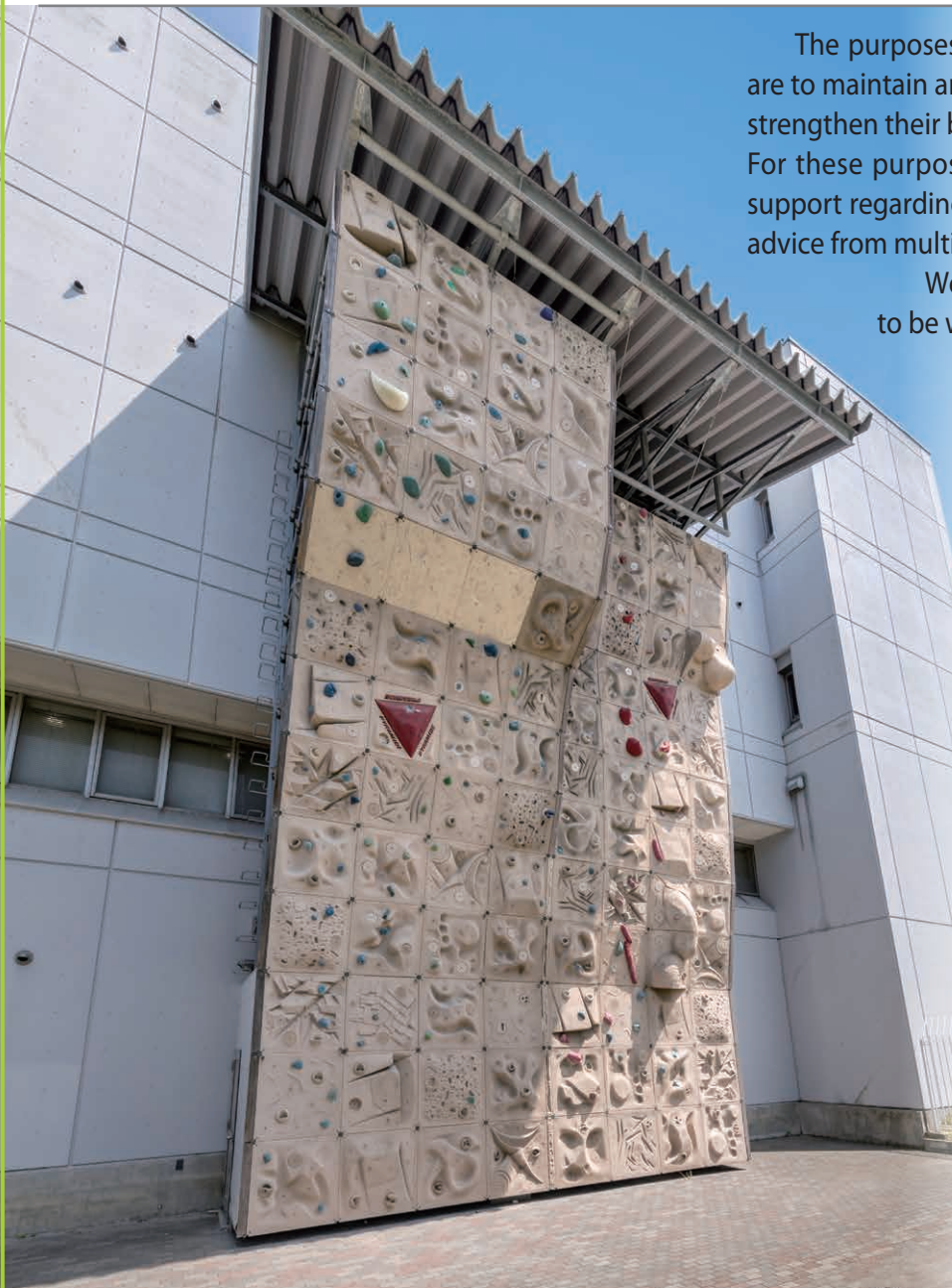
Akita Institute of Sports Science

1-5 Yabase Undo Koen, Akita-shi, Akita TEL: 018-864-7911 FAX: 018-823-0008

The purposes of Akita Institute of Sports Science are to maintain and improve health of people in Akita, strengthen their bodies and develop their sports skills. For these purposes, we build medical and scientific support regarding sports and provide comprehensive advice from multiple points of view.

We also work on developing athletes to be world-class.

Equipment for testing of physical fitness, strength-training and aerobic-training is provided and there is a climbing wall. This institute has been the base for various sports.



Training Room



Physical Fitness Measuring Room



Meeting Room



1st Floor Gym

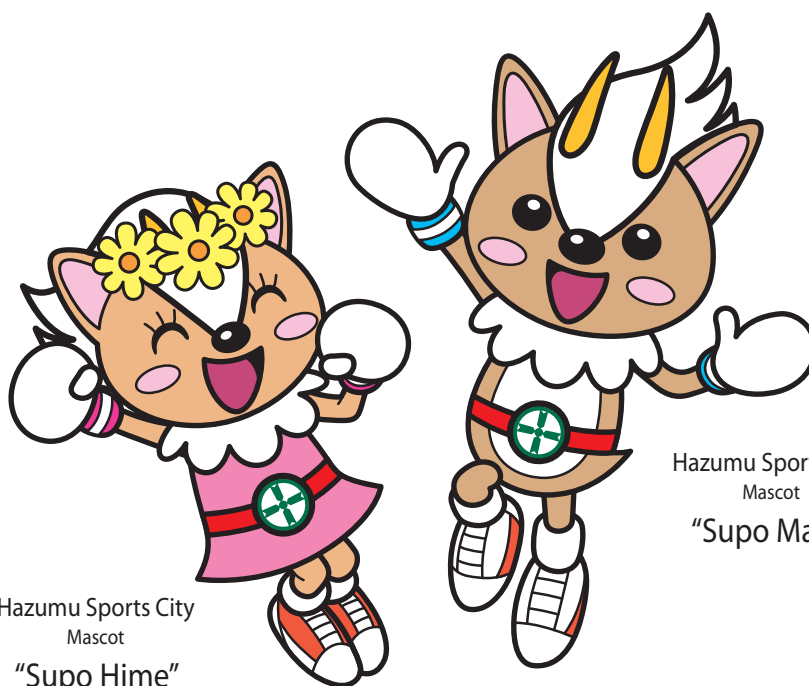
Facility Information

- Area ● 2,417.40m²
- Construction Date ● January 1979
- Attached Facilities ● 1st Floor: Training area, weightlifting area, gym
- 2nd Floor: Training area, study room
- 3rd Floor: Gym, meeting room, physical fitness measuring room



JOC Partner City, Akita

In cooperation with the Olympic movement



Hazumu Sports City
Mascot
"Supo Hime"

Hazumu Sports City
Mascot
"Supo Maru"

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Akita Physical Training Facilities