

# Saku Sports and Athletics Stadium



This stadium is certified as a class two facility by the Japan Association of Athletics Federation.

## ★ Athletics Stadium ★

### ○ Summary of the facilities

- Certified as a class two facility by the Japan Association of Athletics Federation
- Track and Field: 400m 9-lane, all weather track with a urethane coating  
Infield 105m × 68m, natural grass (6 seed mixture)
- Main Stand: Two-story, reinforced concrete structure. Capacity of around 1,300 people
- Back Stand: Grass stand including equipment storage and dugout. Capacity of around 8,200 people
- Additional features: Four night floodlights, announcer booth, locker rooms, shower rooms, etc.

## ★ Auxiliary Athletics Stadium ★

### ○ Summary of the facilities

- Track and Field: 300m 6-lane, all weather track with urethane paving  
Infield 68m × 50m, artificial turf

## Contact Us

**Saku City Board of Education  
Social Education Department  
Physical Education Section**

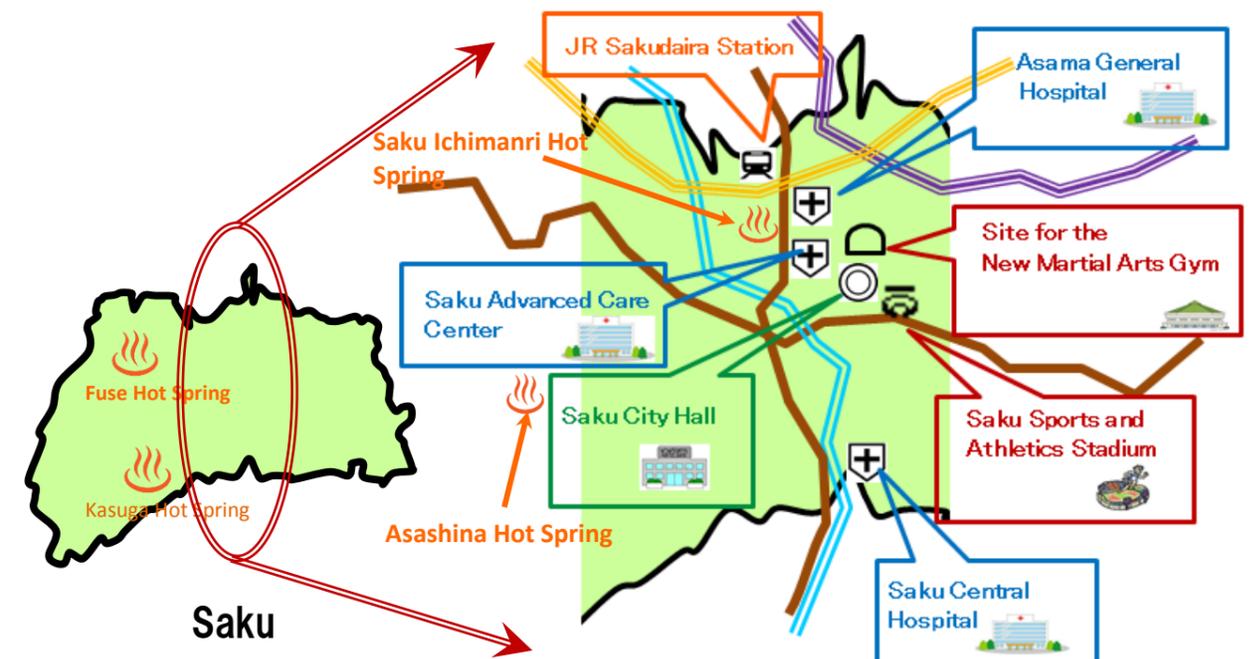
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Come train in the crisp air of  
**Saku, Nagano's plateau city!!**



## — Saku City Attractions —

- ① Saku City possesses top-notch medical facilities and healthcare.
- ② Saku City has excellent weather and is cooler and less humid than most of Japan.  
Saku is also blessed with long daylight hours.
- ③ Saku City is easily accessible from the Tokyo metropolitan area. It takes 72 minutes by Shinkansen (bullet train), or two and a half hours by car from Tokyo.
- ④ Natural hot springs abound in Saku and aid in the relaxation and healing of both mind and body.



# A City with Top-Notch Medical Facilities and Healthcare!



**Saku Central Hospital  
Advanced Care Center**



**Hitoshi Watanabe  
Director**



**Asama General  
Hospital**



**Ryutaro Murashima  
Director**

Saku Advanced Care Center opened on March 1st 2014, after a transfer of facilities from Saku Central Hospital. Saku Advanced Care Center is the base hospital for the east area of Nagano prefecture with many specialized medical services and advanced acute care. By collaborating with local medical institutions and medical doctors, we aim to offer comprehensive health care. Saku Advanced Care Center is characterized by the following 5 Centers:

- ①Medical Emergency Center, which provides 24-hour assistance across advanced emergency medical care.
- ②Stroke and Cardiovascular Center, which collaborates with several medical departments.
- ③Cancer Medical Care Center, which is the main hospital for local cancer care.
- ④Perinatal Mother and Child Medical Care Center, which accepts women with high-risk pregnancies and children on a round-the-clock basis.
- ⑤Advanced Diagnosis Center, which offers definite diagnoses through its advanced diagnostic imaging equipment, PET, high magnetic field MRI, etc.

We strive to practice medicine according to local needs.

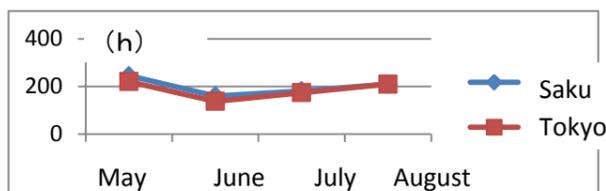
Asama General Hospital is a 323-bed traditional municipal hospital and has been open for over half a century. Its mission is the practice of patient-focused, good quality medical care. The hospital offers comprehensive and excellent medical care. In addition to caring for regular patients, the hospital has emphasized care for diabetics since its opening. The hospital possesses all necessary equipment for x-rays, CT, and MRI exams within its radiology department. For urgent examinations such as blood and urine tests, it is possible to receive results in one hour. Concerning head injury and cerebral vascular disease, we offer not only craniotomy procedures but also endovascular treatments using catheters at the neurosurgical department. And we also offer treatment of extremity and spinal trauma; arthroscopic surgery of the shoulder joint, elbow joint, wrist joint, knee joint, and ankle joint; and spinal endoscopic surgery at the orthopedic surgery unit. We are prepared for any sudden illness or external injuries an overseas visitor might have during their stay here.

## The climate of Saku City makes it an ideal place for training!!

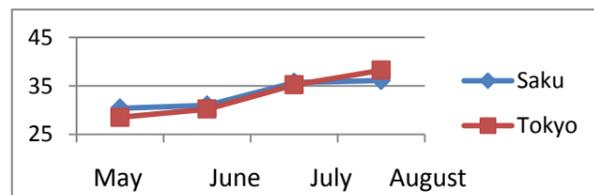
Altitude

|       |     |     |
|-------|-----|-----|
| Saku  | 701 | (m) |
| Tokyo | 30  | (m) |

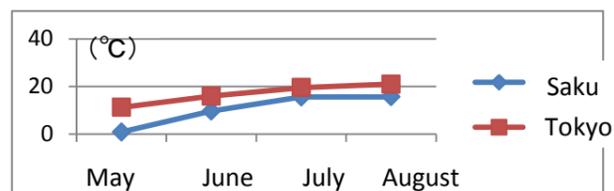
Average daylight hours in May, June, July, August(2012-2014)



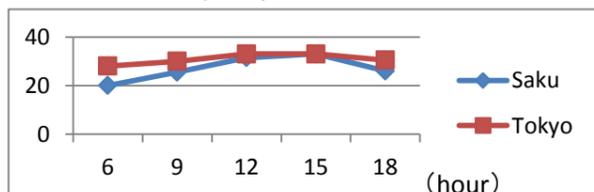
Average high temperature in May, June, July, August(2012-2014)



Average low temperature in May, June, July, August(2012-2014)



Daily temperature fluctuation

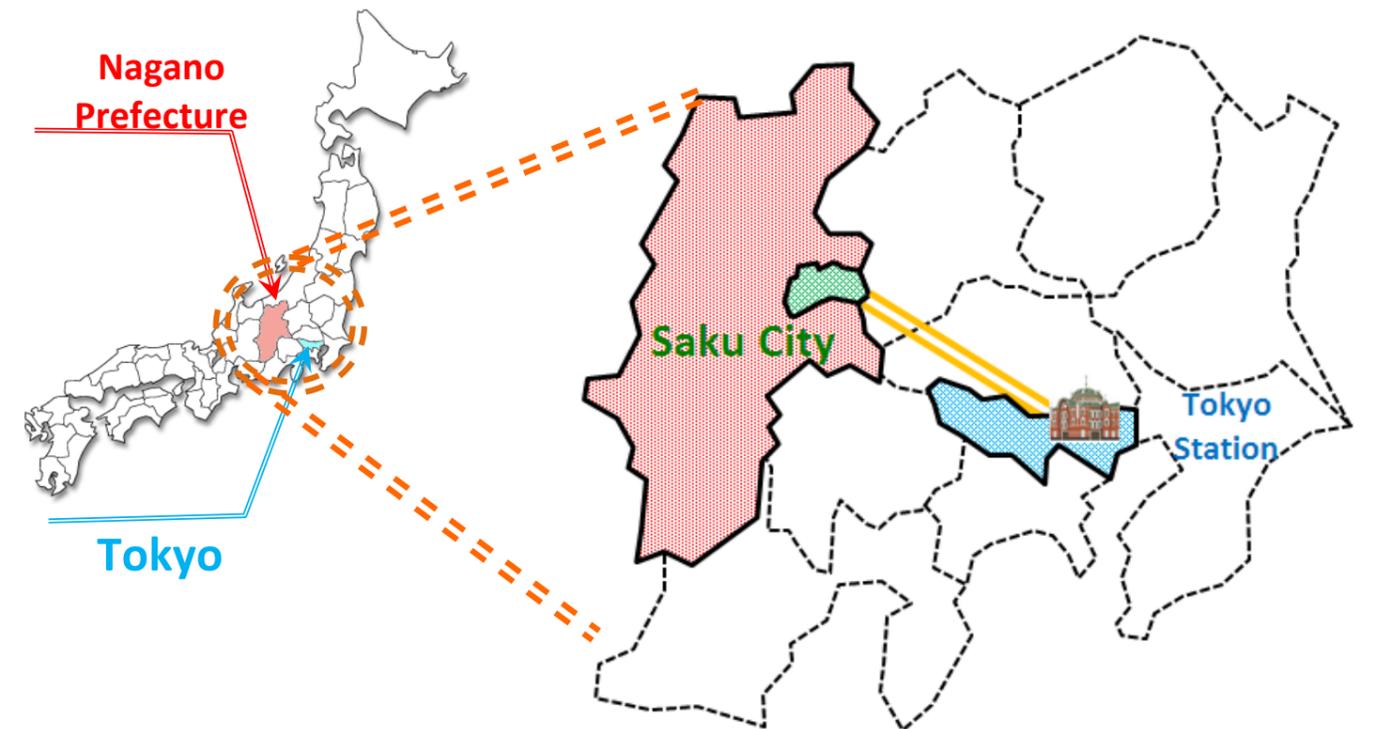


**<Advantages of Saku City>  
It's easy to sleep due to the cool mornings and evenings.**

## Saku City is easily accessible from the Tokyo metropolitan area!!



Source: JR East



## There is an abundance of natural hot springs.

- ☩ Kasuga Hot Spring
- ☩ Fuse Hot Spring
- ☩ Shoya Hot Spring
- ☩ Mochizuki Hot Spring
- ☩ Asashina Hot Spring
- ☩ Saku Ichimanri Hot Spring, etc.

**All hot springs have a recuperative effect on joint pains, muscle pains, fatigue, etc.**

