



As Japan’s foremost venue for sports, the National Stadium has been the site of numerous memorable moments. The Japan National Stadium is now making a fresh start as a uniquely Japanese design fully capable of taking on the stadium’s historically important mantle and providing a world-class center for sports and culture.

Name	JAPAN NATIONAL STADIUM
Site address	10-1, Kasumigaoka-machi, Shinjuku-ku, Tokyo
Site area	Approx. 109,800 m ²
Building coverage area	Approx. 69,600 m ²
Total floor area	Approx. 192,000 m ²
Height	Approx. 47 m
Dimensions	Approx. 350 m north-south, Approx. 260 m east-west
Number of floors	Two underground floors, five floors above ground
Seating capacity	67,750, incl. wheelchair seating for 500



The present National Stadium

History of the National Stadium

1924.10

The forerunner of the new National Stadium, the Meiji Jingu Gaien Stadium, is completed on the site of the former Aoyama Drill Grounds, becoming Japan’s first full-scale athletic field.



The Meiji Jingu Gaien Stadium.

1958.3

After the Meiji Jingu Gaien Stadium is demolished, the National Stadium is completed as the main venue for the Third Asian Games.



The completed National Stadium.

1964.10

As the main venue for the 18th Olympics in Tokyo, the National Stadium served as the site for the opening and closing ceremony, as well as for track and field, soccer, equestrian events.



The former National Stadium, which had a history of 56 years, closed in 2014.

2019.11

The National Stadium was built by construction from December 2016 to November 2019.

As the main venue for the 32nd Olympics and the Tokyo 2020 Paralympics, the National Stadium served as the site for the opening and closing ceremony, as well as for track and field events in 2021.



Japan's National Stadium

—Japanese design, harmonizing with the Meiji Shrine forest

The stadium gives a warm welcome to visitors with vertical wooden lattices and greenery that provide gentle shade and a comforting feel, harmonizing with the abundant greenery of Meiji Shrine's Outer Garden.

Domestic lumber used in the roof

The combination of domestic lumber and steel in the Large Roof allows every spectator to feel the warmth of wood.



Eaves with wood from every prefecture in Japan

The eaves on the outer perimeter of the stadium are a unique feature, designed with vertical wooden lattices that stretch all the way around the stadium. The eaves use timber from every prefecture in Japan, with each piece directed towards the place where the wood grew.

Earth-colored spectator seats

The bowl-shaped three-tier bleacher seating is the largest in Japan, and is designed to bring athletes and spectators close together. The mosaic of earth colors—changing in stages from the lower seats on up—creates a space in harmony with the abundant greenery of the surrounding.



Wheelchair access

The stadium design ensures that wheelchair users and accompanying persons can enjoy the excitement together. Wheelchair seating is available on all tiers. Routes from the outside to first-floor wheelchair seating are flat, allowing for easy access.



Wheelchair seating assumes a standard eye height of 100 centimeters to ensure proper sight lines for wheelchair users. Spectators in accessible seats can still see the action when people in the row in front stand up.

Comfortable access for all visitors

The stadium offers an environment where all visitors can move around safely with ease, regardless of age or disabilities. Access to the stadium uses gentle slopes to ensure safe and comfortable routes for wheelchair users and persons who have difficulty moving about. Guide blocks and voice information boards are also provided on major pathways for persons with visual impairments.



Designed to complement the building, the National Stadium sign in front of the stadium features a double layer of louvers that produces a dynamic visual effect as visitors move and change perspective.

← Spectator routes

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