

Tsugaru Strait Long Distance Swim Federation

Application Form for the Tsugaru Strait Long Distance Swim 2025 (For Non-Japanese Nationals)

Please attach this application form (hereinafter referred to as 'Application') to an email and submit it to tlf.nakadomari.contact@gmail.com (Tsugaru Strait Long Distance Swim Federation Administrative Office) by the end of January 2025, Japan time.

Registration No. _____ (for office use)

Before submitting this application form, please be sure to check the following **Notes**, **Rules** and **Your Commitment**.

Please complete this Application using **Block Capital Letters**.

Notes

- In the following cases, Tsugaru Strait Long Distance Swim Federation (hereinafter referred to as "the Federation") will not accept the application:
 - If the contents of the Application or the attached documents provided by the applicant are incomplete.
 - If the receipt of the Application is not confirmed by the Federation by the end of January 2025 (Japan Standard Time).
 - If the Application contains any false information.
- Please note that the submitted Application and attached documents will not be returned under any circumstances.
- The Federation shall have the right to make any and all decisions as to which applicants shall be selected to participate in the Tsugaru Strait Long Distance Swim.
- If a participant successfully completes the Tsugaru Strait Long Distance Swim, the Federation may publicize the participant's image, video, name, age, and nationality.
- For the Tsugaru Strait Long Distance Swim, a staff member/members from the Federation will board the escort boat as an observer/observers. However, please note that this/these observer/observers will not act as an interpreter/interpreters. Therefore, if the applicant is unable to communicate in Japanese, one member who is able to communicate in Japanese must accompany the applicant. The term "able to communicate in Japanese" refers to the ability to effectively communicate with the Federation in Japanese, including making decisions related to the swim and providing instructions to the swimmer during the swim, to ensure the swim is conducted safely.
- The applicant must be the person who wishes to challenge the Tsugaru Strait Long Distance Swim. Additionally, the applicant must be 18 years of age or older at the time of submitting the Application.

Personal Details

| | | | | | | | |
|---|------------------------------|-------------------------------|------------------------------|--------------------------------|------------------------------|------------------------------|---------------------------------------|
| First name | | Middle name | | Surname | | | |
| Title | <input type="checkbox"/> Mr. | <input type="checkbox"/> Mrs. | <input type="checkbox"/> Ms. | <input type="checkbox"/> Miss. | <input type="checkbox"/> Mx. | <input type="checkbox"/> Dr. | <input type="checkbox"/> Other: _____ |
| Date of birth | month | date | year | | | | |
| Nationality | | | | | | | |
| Address | | | | | | | |
| Town/City | | | Postcode | | | | |
| County/State | | | Country | | | | |
| Contact phone(s) | | | | | | | |
| Email | | | | | | | |
| Emergency/land-based contact name & phone number | | | | | | | |
| Occupation (Optional) | | | | | | | |
| Swimming Organization Affiliated With | | | | | | | |
| Number of Your Team Members Visiting on the Day of the Long-Distance Swim Event | | | | | | | |

Please check the Ocean Seven Channels/Straits you have swum across on solo from the list below, and provide details such as your completion time and date.

- North Channel · Completion Time: ____ hours ____ minutes · Date: month____ date ____ year ____ · single double others
- Cook Strait · Completion Time: ____ hours ____ minutes · Date: month____ date ____ year ____ · single double others
- Moloka'i Channel · Completion Time: ____ hours ____ minutes · Date: month____ date ____ year ____ · single double others
- English Channel · Completion Time: ____ hours ____ minutes · Date: month____ date ____ year ____ · single double others
- Catalina Channel · Completion Time: ____ hours ____ minutes · Date: month____ date ____ year ____ · single double others
- Strait of Gibraltar · Completion Time: ____ hours ____ minutes · Date: month____ date ____ year ____ · single double others
- No Experience

Have you ever attempted a long distance swim in the Tsugaru Strait in the past? Please check all that apply.

- Yes → Success Failure
- No

Please provide details of other significant long distance swimming achievements below (location, completion time, date, etc.)

Preferred Date for the Long Distance Swim Event

Please check your 1st to 4th choice preferences from the following dates (A to D).

The Federation will select one schedule from A to D listed below and notify the participants.

Participants shall then choose one day from the notified five-day period as the event day for the Long Distance Swim, taking into account factors such as weather and sea conditions.

| | Date | 1st Choice | 2nd Choice | 3rd Choice | 4th Choice |
|---|---------------------------------|------------|------------|------------|------------|
| A | June 18, 2025 - June 22, 2025 | | | | |
| B | July 3, 2025 - July 7, 2025 | | | | |
| C | July 18, 2025 - July 22, 2025 | | | | |
| D | August 1, 2025 - August 5, 2025 | | | | |

Rules

1. The Tsugaru Strait Long Distance Swim is held from sunrise to sunset. The Tsugaru Strait Long Distance Swim begins when the swimmer touches the rock wall at the starting point and receives the start signal from the observer. From this point on, even if the swim is ended before the end, the fee will not be refunded regardless of the reason.
2. Participants cannot nominate the support members of the Federation for the day, including the accompanying boat, captain, deputy captain, and observers.
3. Participants are only allowed to use only FINA-legal swimsuits, one swim cap, goggles, and/or ear and/or nose plugs.
4. Participants may apply any type of sunscreen or skin lubrication, such as lanolin or Vaseline®, on any part of their body.
5. If a participant touches the boat during the Tsugaru Strait Long Distance Swim, they will be disqualified and the swim will be canceled.
6. Participants shall follow the instructions of the Federation regarding any other rules not specified in the Application.

Attached Documents

- A certificate proving that the applicant successfully completed a solo swim for 4 hours or more in water temperatures of 16°C or lower within the last 18 months.
- Identification document (copy of passport with name and photo page)

Fees

Please refer to the table below for the fees to be paid to the Federation by distance swimmers.

For inquiries regarding refunds in the case of cancellation or fees for reattempting in the following year or beyond, please contact the Federation.

| Total Fee | | |
|-------------------------------|-------------|--|
| One-way solo swim Fee (Total) | 800,000 yen | |
| Details | | |
| Prepayment | 400,000 yen | Please make the payment to the account designated by the Federation at a later date, no later than March 15, 2025 Japan Standard Time. |
| Implementation Fee | 400,000 yen | Please make the payment to the account designated by the Federation at a later date, between April 1, 2025 (Japan Standard Time) and 30 days before the scheduled day of the Long Distance Swim. |

※ 1 The Prepayment for the Tsugaru Strait Long Distance Swim that could not be carried out in the current year will generally not be refunded. However, this does not apply in cases where the event could not be held due to reasons attributable to the Federation or if the Federation approves the refund.

※ 2 The Implement Fee for the Tsugaru Strait Long Distance Swim that could not be held in the relevant year will be refunded only if a written request is made to the Federation by the end of November of that year. However, no refund will be made if the swim was not held due to reasons for which the applicant is responsible.

※ 3 Payment must be made in Japanese yen and will be accepted via bank transfer only. The applicant is responsible for any transfer fees. The bank account details will be sent along with the confirmation notice at a later date.

※ 4 The above fees are solely for the support provided by the Federation in relation to the Long Distance Swim and do not include any travel expenses, accommodation costs, meals, or any other expenses (hereinafter referred to as "travel-related expenses"). Please note that travel-related expenses will not be refunded under any circumstances, even if the Tsugaru Strait Long Distance Swim could not be carried out, regardless of the reason.

Social Media

Please check the box if you do not wish for the announcement to be made on social media before the implementation of the Tsugaru Strait Long Distance Swim.

Do not wish to announce

Your Commitment (Before signing, please read the following carefully and make sure you fully understand the contents.)

1. I understand that if I violate the contents of this application form or provide false information, my application may not be accepted and may be deemed invalid. Furthermore, I understand that if any violation is discovered after the implementation of the Tsugaru Strait Long Distance Swim, my long distance swimming performance may not be recognized as an official record.
2. I, the undersigned participant, intending to be legally bound hereby certify that I consider I am physically and mentally fit to undertake the long distance swim and have not been otherwise informed by a medical practitioner.
3. I will promptly report to the Federation if any changes occur in my health condition during my participation in the long distance swim, up until its completion.
4. I understand that long distance swim is a sport that involves inherent risks, and that attempting the Tsugaru Strait swim and the associated training may pose specific risks, including severe injury or death. I hereby waive all claims for damages against the Federation and all individuals associated with it, regardless of negligence, arising from the implementation of the Tsugaru Strait Long Distance Swim and any related actions.
5. I will take out a life insurance policy at my own expense for the Tsugaru Strait Long Distance Swim, and submit a copy of the insurance policy to the Federation.
6. I will not use any drugs that are prohibited by any laws or regulations, or by any other self-imposed rules, in Japan or overseas. I will submit a urine or blood sample if requested by the Federation, at any time during the training period or after the Tsugaru Strait Long Distance Swim.
7. I understand that the Federation does not guarantee the success of the Tsugaru Strait Long Distance Swim.
8. I will not request a refund of the fee from the Federation for any reason after the long distance swim has started.
9. I will arrive at the meeting place designated in advance by the Federation by noon at the latest on the day before the Tsugaru Strait Long Distance Swim begins in order to discuss the date of the swim.
10. I understand that the weather, sea conditions and other information provided by the Federation is merely reference information for determining the date of the Tsugaru Strait Long Distance Swim, and that I will ultimately decide the date of the swim at my own responsibility.
11. I understand that the effects on the body and external factors caused by the state of the strait are important factors that can affect whether or not I can complete the swim. I will understand the characteristics of the Tsugaru Strait, such as the tide and wave height, and I will take responsibility for dealing with them.

I have read and fully understood the contents of this application form, and I agree to all of the terms and conditions. I wish to participate in the Tsugaru Strait Long Distance Swim, and I sign below.

Signature

| | | | |
|------|--|-----------|--|
| Name | | Signature | |
| Date | | | |