

Tsugaru Strait Swimming Federation

Application Form for the Tsugaru Strait Cross Swim 2026 (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 Swimming Federation Administrative Office) by the end of November 2025, Japan time.

Registration No.

(for office use)

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

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

Notes

- In the following cases, Tsugaru Strait Swimming 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 November 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 Cross Swim.
- If a participant successfully completes the Tsugaru Strait Cross Swim, the Federation may publicize the participant's image, video, name, age, nationality and other information regarding the swim.
- For the Tsugaru Strait Cross 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 Cross 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	☐ Mr. ☐ Mrs. ☐ Ms. ☐ Miss. ☐ Mx. ☐ Dr. ☐ 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 Tsugaru Strait Cross 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 channel cross swimming 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.)

[illegible]

Preferred Date for the Tsugaru Strait Cross Swim Event

Please choose your preferred time slots from the options below and indicate your selection using the letters A through E.

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

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

Slot	Date	Water Temperature Range for 2024 (Please use as reference only)	Time Limit Range (Please use as reference only)
A	June 18 2026 - June 22 2026	14°C - 21°C	15 hours 10 minutes - 15 hours 11 minutes ※Time of Sunrise and Sunset (Source: National Astronomical Observatory of Japan)
			DateSunrise (Aomori)Sunset (Hokkaidō)
			2026.6.184:0619:16
			2026.6.194:0619:16
			2026.6.204:0619:16
			2026.6.214:0619:16
			2026.6.224:0619:17
B	June 26 2026 - June 30 2026	14°C - 22°C	15 hours 08 minutes - 15 hours 09 minutes ※Time of Sunrise and Sunset (Source: National Astronomical Observatory of Japan)
			DateSunrise (Aomori)Sunset (Hokkaidō)
			2026.6.264:0819:17
			2026.6.274:0819:17
			2026.6.284:0819:17
			2026.6.294:0919:17
			2026.6.304:0919:17
C	3 July 2026 - 7 July 2026	17°C - 22°C	15 hours 02 minutes - 15 hours 05 minutes ※Time of Sunrise and Sunset (Source: National Astronomical Observatory of Japan)
			DateSunrise (Aomori)Sunset (Hokkaidō)
			2026.7.34:1119:16
			2026.7.44:1119:16
			2026.7.54:1219:16
			2026.7.64:1219:16
			2026.7.74:1319:15
D	17 July 2026 - 21 July 2026	20°C - 24°C	14 hours 43 minutes - 14 hours 50 minutes ※Time of Sunrise and Sunset (Source: National Astronomical Observatory of Japan)
			DateSunrise (Aomori)Sunset (Hokkaidō)
			2026.7.174:2019:10
			2026.7.184:2119:10
			2026.7.194:2219:09
			2026.7.204:2319:08
			2026.7.214:2419:07
E	30 August 2026 - 3 September 2026	23°C - 28°C	13 hours 04 minutes - 13 hours 14 minutes ※Time of Sunrise and Sunset (Source: National Astronomical Observatory of Japan)
			DateSunrise (Aomori)Sunset (Hokkaidō)
			2026.8.305:0218:16
			2026.8.315:0318:15
			2026.9.15:0418:13
			2026.9.25:0518:11
			2026.9.35:0618:10

Preferred Slot for the Tsugaru Strait Cross Swim Event

1st Choice		2nd Choice		3rd Choice		4th Choice		5th Choice	
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Attached Documents

- Rules Acknowledgement and Agreement Form (found on our website)
- 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.
*“Certificate” refers to an official document such as a completion certificate or an observer’s report issued by a third-party organization.
Self-reported documents are not accepted as valid certificates.
- 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 February 28, 2026 (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, 2026 (Japan Standard Time) and 30 days before the scheduled day of the Tsugaru Strait Cross Swim.

- ※ 1 The Prepayment for the Tsugaru Strait Cross 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 Implementation Fee for the Tsugaru Strait Cross 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 Tsugaru Strait Cross 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 Cross Swim could not be carried out, regardless of the reason.

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 Cross Swim, my Tsugaru Strait cross 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 channel cross swimming 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 channel cross swimming, up until its completion.
4. I understand that channel cross swimming is a sport that involves inherent risks, and that attempting the Tsugaru Strait Cross 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 Cross Swim and any related actions.
5. I will take out a life insurance policy at my own expense for the Tsugaru Strait Cross 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 Cross Swim.
7. I understand that the Federation does not guarantee the success of the Tsugaru Strait Cross Swim.
8. I will not request a refund of the fee from the Federation for any reason after the channel cross swimming 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 Cross 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 Cross 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 Cross Swim, and I sign below.

Signature

Name		Signature	
Date			