

2026 Tsugaru Strait Exchange Festival

Tsugaru Strait Cross Swim -Relay- Application Guidelines

1. Purpose

In Nakadomari, Aomori Prefecture, we aim to support swimmers from around the world who attempt the Oceans Seven challenge.

Beginning in 2025, we have been providing support for swimmers attempting to cross the Tsugaru Strait. By promoting the internationally recognized Tsugaru Strait both domestically and internationally, we seek to establish the strait connecting the towns of Nakadomari and Fukushima as a *“sacred destination for open water swimming.”*

In cooperation with Fukushima, Hokkaido, with which we concluded a comprehensive partnership agreement in October 2023, as well as other municipalities in the Tsugaru Strait exchange region, this initiative aims to expand the population of people connected to the region and contribute to development across various sectors.

2. Organizer

Tsugaru Strait Exchange Festival Executive Committee

(Tsugaru Strait Swimming Federation, hereinafter referred to as TSSF)

3. Possible attempt dates

Saturday July 4 2026 or Sunday July 5 2026

The event date shall be decided, or if necessary cancelled, depending on weather and/or sea conditions.

4. Swim Course

Start: Gongenzaki, Kodomari, Nakadomari, Aomori Prefecture

Finish: Near Fukushima, Matsumae, Hokkaidō

*The approximate distance is 30km (straight-line distance) but the finish point will be determined by the tidal current conditions on the day of the swim.

5. Team Composition and Relay Rules

The relay swim will be conducted under either:

Method 1 based on TSSF official rules

or

Method 2 based on the Tsugaru Strait Exchange Festival rules

Please refer to the “Tsugaru Strait Exchange Festival Relay Swim Rules” and select either

Method 1 or Method 2 when submitting your application.

If applicants cannot agree to the consent terms stated in the application form for either rule set, the team will not be eligible to apply.

6. Eligibility Requirements

The following conditions must be met:

- (1) Participants must be 18 years of age or older
- (2) Teams must include at least one Japanese swimmer
- (3) Each swimmer must be able to swim 1,500 meters within 30 minutes
- (4) Participants must understand the purpose of this event and actively assist in promoting it

7. Number of Teams Accepted

1

*Maximum number of team member: 4 swimmers (or 5 'Participants' if the team coach will also be in attendance)

8. Travel Expenses

Travel expenses for the swimmers and the coach (maximum number of 5) will be reimbursed in accordance with the travel expense regulations of Aomori Prefectural Government.

However, reimbursement will be capped at the equivalent of a round-trip airfare between Haneda Airport and Aomori Airport.

9. Accommodation

Accommodation will be provided for up to three nights at a designated guesthouse arranged by the Organizer on the following dates

3 July 2026, 4 July 2026, 5 July 2026

If participants choose to stay at alternative accommodation other than that designated by the Organizer, accommodation expenses will not be reimbursed.

10. Awards and Records

If the relay swim is successfully completed:

- (1) The team name and member names will be published on the Nakadomari Town website, TSSF's official webpage and other publications.
- (2) Participants will receive a commemorative gift and an official certificate of completion.

11. Selection Process

If the number of applications exceeds the number of available slots, the Organizer will review and select the participating team.

Regarding the selection process, there is no priority or advantage in choosing Method 1 or Method 2 as described in “Tsugaru Strait Exchange Festival Relay Swim Rules”

12. Insurance

TSSF will have life insurance cover in place on the day of the swim but TSSF shall not be in any way obliged to make a claim nor accountable for the decisions of the insurance provider in relation to any claims made.

13. Safety Measures

An official/officials from TSSF will board the escort boat as support staff.

To help deter sharks, SHARKBANZ may be lent by the Organizer to the Participants if they so wish.

In the event of emergencies, accidents or other safety concerns, the swim may be terminated during the attempt following consultation between the support staff, the pilots (the captain and deputy-captain) and the team representative.

14. Application Deadline

Applications must arrive no later than 17:00 JST on Friday, April 24, 2026.

Email address: kikaku@town.nakadomari.lg.jp

(Tsugaru Strait Exchange Festival Executive Committee)
