



RACE BRIEFING

July 5-6, 2025

TIMING

July 5

Distance OCEANMAN 10KM

06:00	gathering of participants
06:00-06:45	issuance of chips, marking of participants
06:50	formation into the starting cluster
06:55	pre-start briefing
07:00	start M
07:05	start F
12:30-13:30	awarding of winners
13:30	inviting the participants who have passed the selection for the World Championship OCEANMAN-2025
	Distance time limit – 4 hours 30 minutes

Distance HALF OCEANMAN 5KM

06:00	gathering of participants
06:00-07:45	issuance of chips, marking of participants
07:50	formation into the starting cluster
07:55	pre-start briefing
08:00	start M
08:05	start F
12:30-13:30	awarding of winners
13:30	inviting the participants who have passed the selection for the World Championship OCEANMAN-2025
	Distance time limit – 2 hours 30 minutes

July 6

Distance SPRINT 2KM

05:30	gathering of participants
05:30-06:45	issuance of chips, marking of participants
06:50	formation into the starting cluster
06:55	pre-start briefing
07:00	start M
07:05	start F
13:00 – 14:00	awarding of the winners
14:00	inviting the participants who have passed the selection for the World Championship OCEANMAN-2025
	Distance time limit – 1 hour 30 minutes

Distance OCEANKIDS 500M

08:00	gathering of participants
08:00-09:45	issuance of chips, marking of participants
09:50	formation into the starting cluster
09:55	pre-start briefing
10:00	start B
10:05	start G
10:15	Start of the INSPIRATION category (boys and girls)
13:00-14:00	awarding of the winners
14:00	inviting the participants who have passed the selection for the World Championship OCEANMAN-2025. No time limit

Distance OCEANTEAMS 3x500m

10:30	gathering of participants
10:30-11:05	issuance of chips, marking of participants
11:05	formation into the starting cluster
11:10	pre-start briefing
11:15	Start
13:00-14:00	awarding of the winners
14:00	inviting the participants who have passed the selection for the World Championship OCEANMAN-2025



HEAVEN CLUB
Kazakhstan, Kapchagay

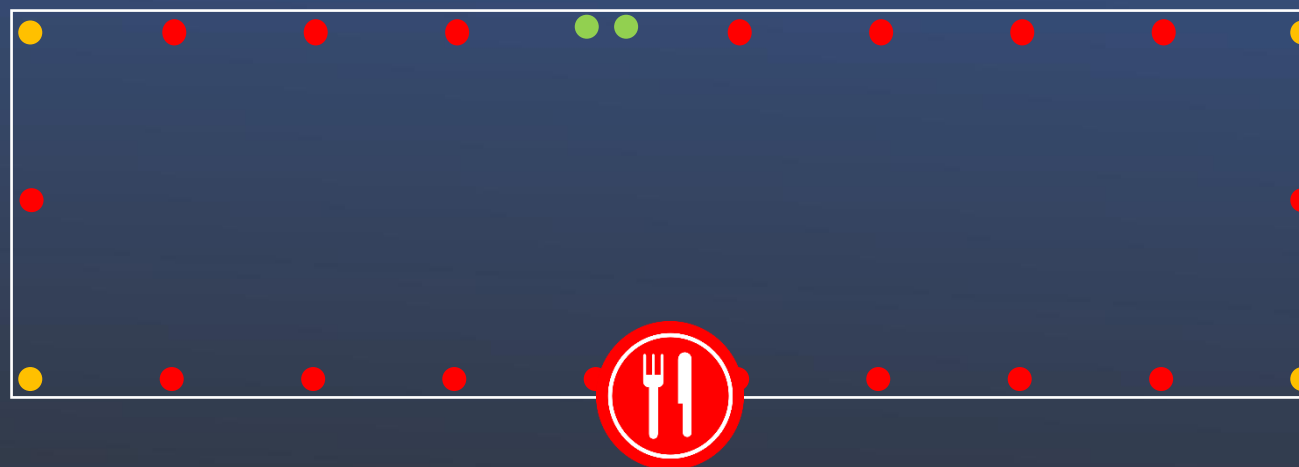


HEAVEN CLUB KAPCHAGAY



SWIM ROUTES | 10KM & 5KM

Hydration | Nutrition Point
Water | Enervit Gel | Coke | Banana



Start / Finish marker buoys ●

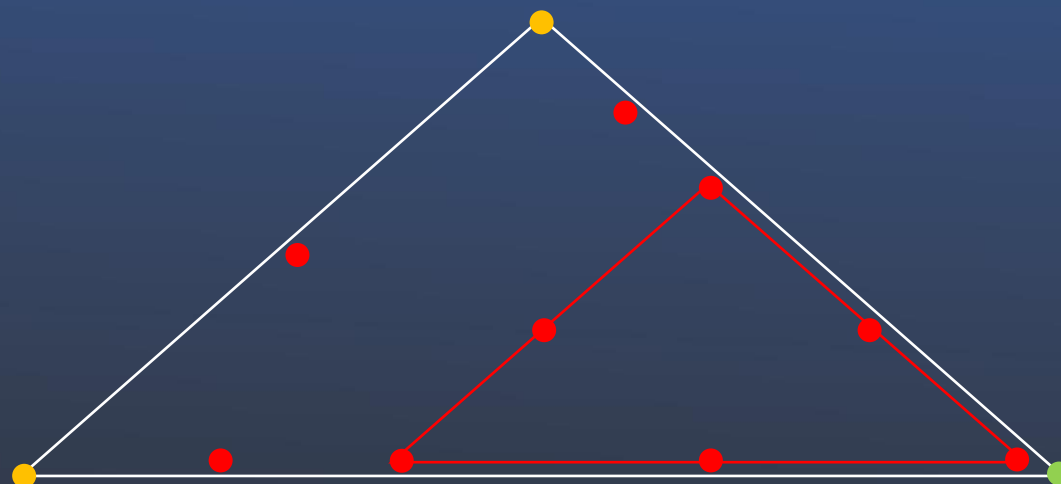
Distance marker buoys ●

Direction marker buoys ●



HEAVEN CLUB
Kazakhstan, Kapchagay

SWIM ROUTES | 1,5KM & 500M & OCEANTEAMS 3x500m



Start / Finish marker buoys ●

Distance marker buoys ●

Direction marker buoys ●



HEAVEN CLUB
Kazakhstan, Kapchagay

TECHNICAL DETAILS

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
DATE	5-JUL-2025	5-JUL-2025	6-JUL-2025	6-JUL-2025	6-JUL-2025
Start time	07:00	08:00	07:00	10:00	11:15
Start area	Kapchagay	Kapchagay	Kapchagay	Kapchagay	Kapchagay
Finish area	Kapchagay	Kapchagay	Kapchagay	Kapchagay	Kapchagay
Distance	10 km	5 km	1.5 km	500 m	3*500 m
Cut Off Time	3 km (1h 30m) 6 km (3h)	3 km (1h 30m)	NO	NO	NO
Maximum Participants	400	800	800	500	150
Time limit	4h 30m	2h 30m	1 h 30m	no	NO
Feeding point(s)	2	1	no	no	NO
Wetsuit	Not Allowed	Not Allowed	Not Allowed	Not Allowed	Not Allowed
Safety buoy	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

CATEGORIES & QUALIFYING PLACES

OCEANMAN (MALE – FEMALE)

Category	Age Range
Overall	Top 3 Swimmers
Junior	Swimmers from 16 to 19 years of age
Master 20 – 29	Swimmers from 20 to 29 years of age
Master 30 – 39	Swimmers from 30 to 39 years of age
Master 40 – 49	Swimmers from 40 to 49 years of age
Master 50 – 59	Swimmers from 50 to 59 years of age
Master 60 – 69	Swimmers from 60 to 69 years of age
Master +70	Swimmers from 70 years of age
Inspiration	Swimmers with a degree of disability greater than 33%

HALF OCEANMAN (MALE – FEMALE)

Category	Age Range
Overall	Top 3 Swimmers
Junior	Swimmers from 14 to 19 years of age
Master 20 – 29	Swimmers from 20 to 29 years of age
Master 30 – 39	Swimmers from 30 to 39 years of age
Master 40 – 49	Swimmers from 40 to 49 years of age
Master 50 – 59	Swimmers from 50 to 59 years of age
Master 60 – 69	Swimmers from 60 to 69 years of age
Master +70	Swimmers from 70 years of age
Inspiration	Swimmers with a degree of disability greater than 33%

CATEGORIES & QUALIFYING PLACES

SPRINT (MALE – FEMALE)

Category	Age Range
Overall	Top 3 Swimmers
Junior	Swimmers from 10 to 19 years of age
Master 20 – 29	Swimmers from 20 to 29 years of age
Master 30 – 39	Swimmers from 30 to 39 years of age
Master 40 – 49	Swimmers from 40 to 49 years of age
Master 50 – 59	Swimmers from 50 to 59 years of age
Master 60 – 69	Swimmers from 60 to 69 years of age
Master +70	Swimmers from 70 years of age
Inspiration	Swimmers with a degree of disability greater than 33%

OCEANKIDS (MALE – FEMALE)

Category	Age Range
U9	Swimmer from 7 – 8 years of age
U10	Swimmer from 9 – 10 years of age
U12	Swimmers from 11 – 12 years of age
U14	Swimmers from 13 – 14 years of age

OCEANTEAMS (MALE, FEMALE, MIXED)

Category	Age Range
Male / Female / Mixed	Swimmer from 12 years of age

SWIMMERS KIT

Bag



T-shirt



Participant tattoo number
To be placed on both shoulders and buoy



Card with
start number and QR



Swimming Cap



10 km

5 km

2 km



500 m

3x500 m

Medals

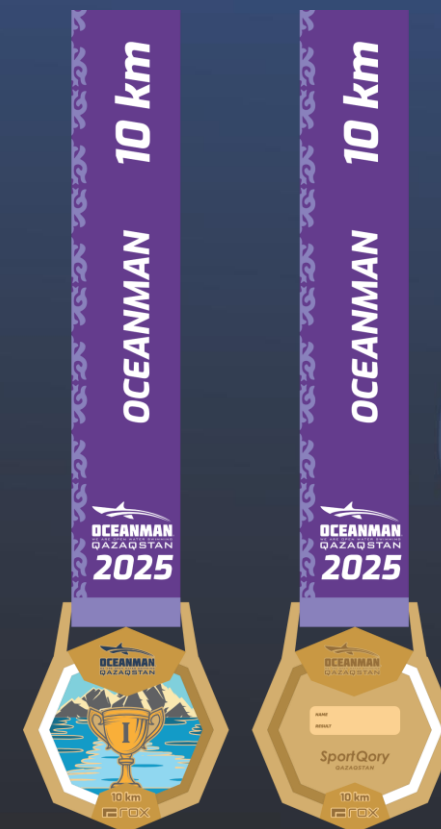
Award
Medal



Finisher
Medals



Absolute
Medals



AWARDS IN THE WORLD CHAMPIONSHIP FINAL for OCEANMAN, HALF OCEANMAN, SPRINT distances

The OCEANMAN QAZAQSTAN competition is a qualifier for participation in the OCEANMAN World Championship in the OCEANMAN, HALF OCEANMAN and SPRINT distances. Swimmers will be qualified only for the distance they participated in and completed.



Top 10 swimmers in each age group and top 3 in the Inspiration category will receive a qualification slot to compete in the OCEANMAN World Championship in the OCEANMAN, HALF OCEANMAN, SPRINT distances.

To get your slot for the OCEANMAN World Championship , you have to wait for the awards ceremony, or go to the organizers!!!

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Kazakhstan, Kapchagay



OCEANMAN (MALE – FEMALE)

Category	Competitions
Junior	10 slots
Master 20 – 29	10 slots
Master 30 – 39	10 slots
Master 40 – 49	10 slots
Master 50 – 59	10 slots
Master 60 – 69	10 slots
Master +70	10 slots
Inspiration	3 slots

HALF OCEANMAN (MALE – FEMALE)

Category	Competitions
Junior	10 slots
Master 20-29	10 slots
Master 30-39	10 slots
Master 40-49	10 slots
Master 50-59	10 slots
Master 60-69	10 slots
Master +70	10 slots
Inspiration	3 slots

SPRINT (MALE – FEMALE)

Category	Competitions
Junior	10 slots
Master 20 – 29	10 slots
Master 30 – 39	10 slots
Master 40 – 49	10 slots
Master 50 – 59	10 slots
Master 60 – 69	10 slots
Master +70	10 slots
Inspiration	3 slots

SPRINT (MALE – FEMALE)

Category	Competitions
U9	10 slots
U11	10 slots
U13	10 slots
U15	10 slots

BUOYS AND EQUIPMENT

You will not be allowed to start without a buoy and goggles. It is forbidden to use headphones and swimming aids during a swim, such as a pull-buoy, board, fins, paddles, etc.



SOS SIGNALS

Rescue teams will be on duty at the distance. If you need help or want to stop participating, you need to lie on your back and raise your arm up, lifeguards will swim up to you to assist. It is important not to panic. If you stop participating, be sure to notify the organizers so they can be assured of your safety.



I REQUIRE ATTENTION:
RAISE YOUR ARM



TAKE ME OUT OF THE WATER:
SPIN AN ARM IN A CIRCLE

TIMING CHIP

The volunteer will give you your electronic synchronization chip.

Wear the timing chip on your right or left ankle.

NO CHIP TIME = NO RESULTS = DQ



Some athletes have registered for multiple distances.

For each race you will receive a unique timing chip.

Make sure to wear the correct
timing chip at each race.

To avoid confusion check which chip corresponds to which race.

RACE RULES

Safety buoy is mandatory.

Your race chip is to be worn on either one of your ankles.

Your race chip is to be handed in right after the race or face a 50 euro fine.

The route buoys are to be followed correctly.

Judges have the right to pull you out of the water if they think it is unsafe for you to swim or you have exceeded the maximum time allocated for your race.

It is the swimmers responsibility to make sure they have read and understood the race rules online.

Athletes of Russian or Belarusian nationality will only be allowed to participate in OCEANMAN events as neutral athletes and shall not use flags, symbols, colors, or any other elements that may relate them to their countries during the competition. failure to comply with these instructions by Russian or Belarusian athletes will result in their immediate exclusion from the competition and will not allow them to participate in any other event organized by OCEANMAN.



OCEANMAN[®]

WE ARE OPEN WATER SWIMMING

QAZAQSTAN