

Swim The World With Us

#WeAreOpenWaterSwimming

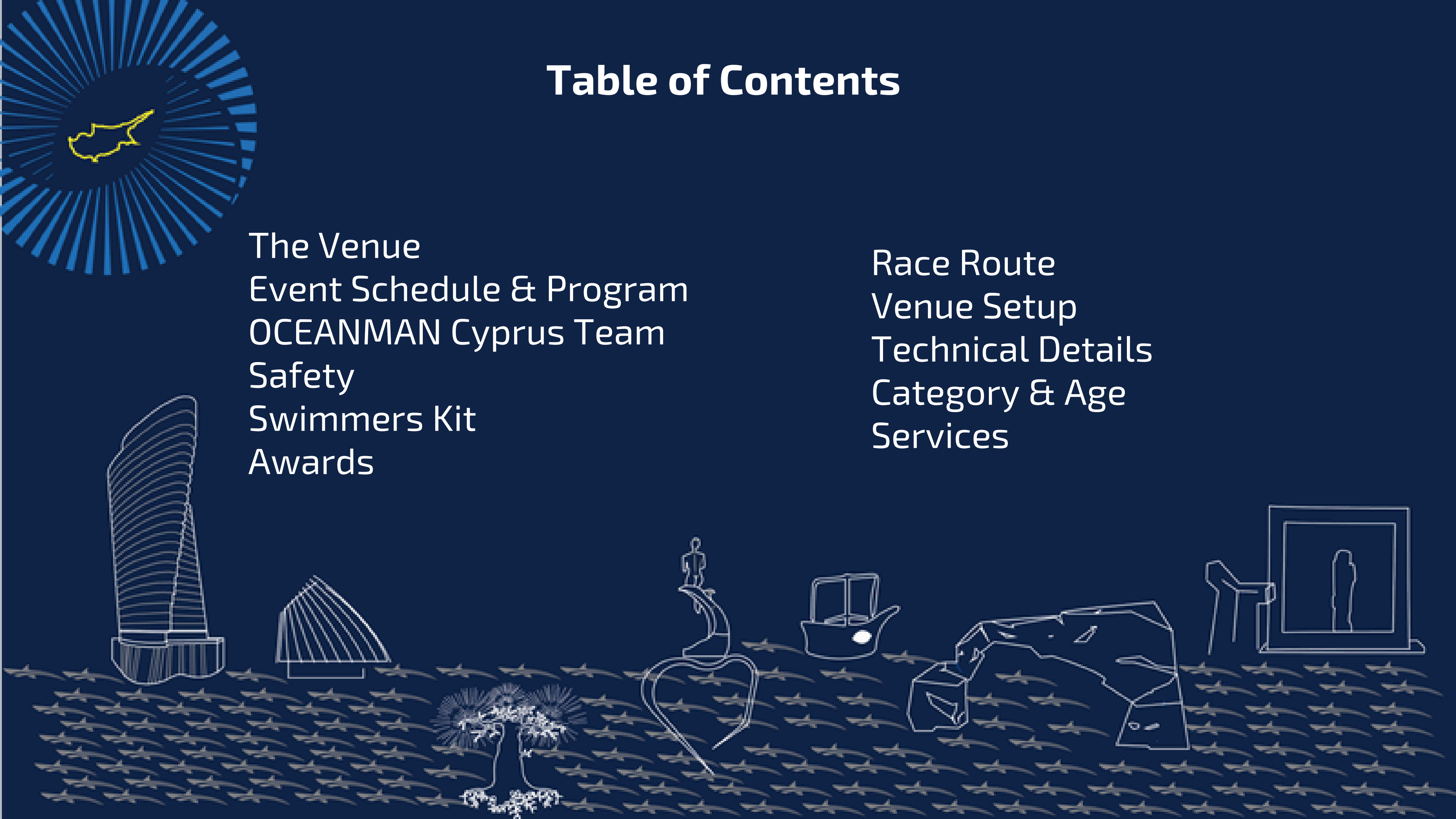
OCEANMAN Cyprus 2025
Racebook

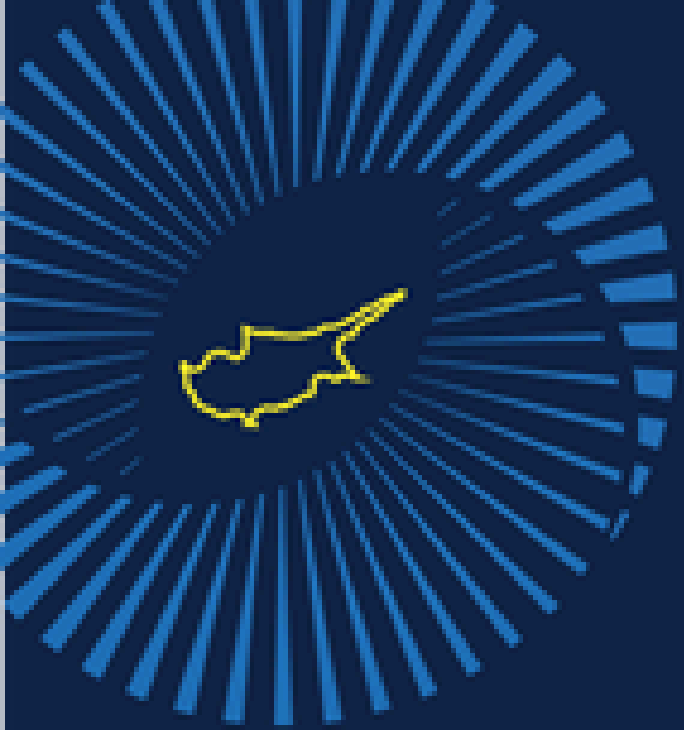


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OCEANMAN Cyprus Team

Organizers: S.A.S Sports Events Management

Timing provider : Custom Timing

Sea Safety and Lifesaving: Cyprus Life Saving Federation

Race Director: Mr Sotiris Mavros

Swim Director Mr Christodoulos Mlitiadou

Head of Timing and Venue Manager: Mr Tryfon Demetriou

Health and Safety Director Ayia Napa Marina: Mr Marios Kyriakides

Head of lifesaving: Mr Polys Pallikaros

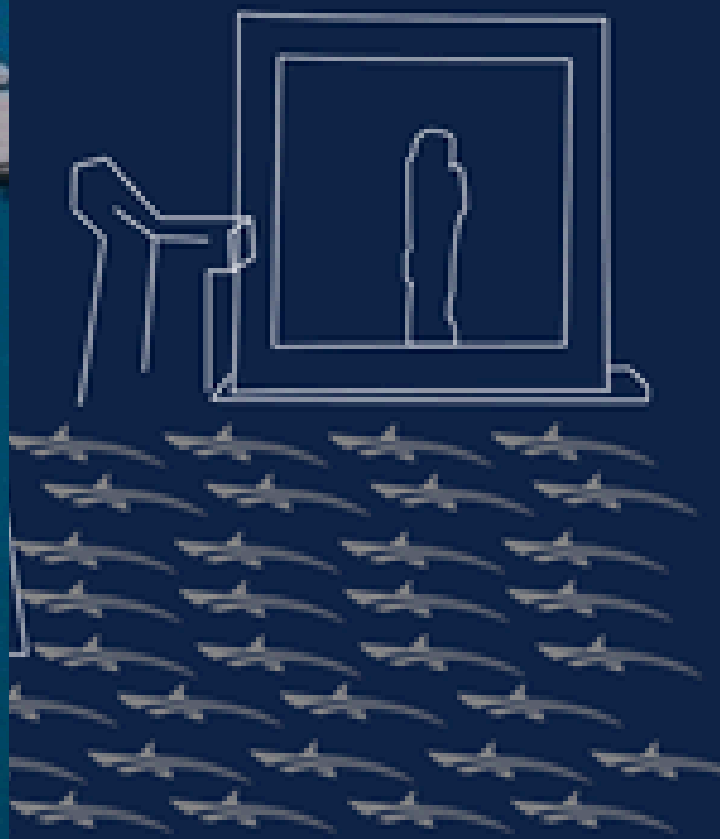


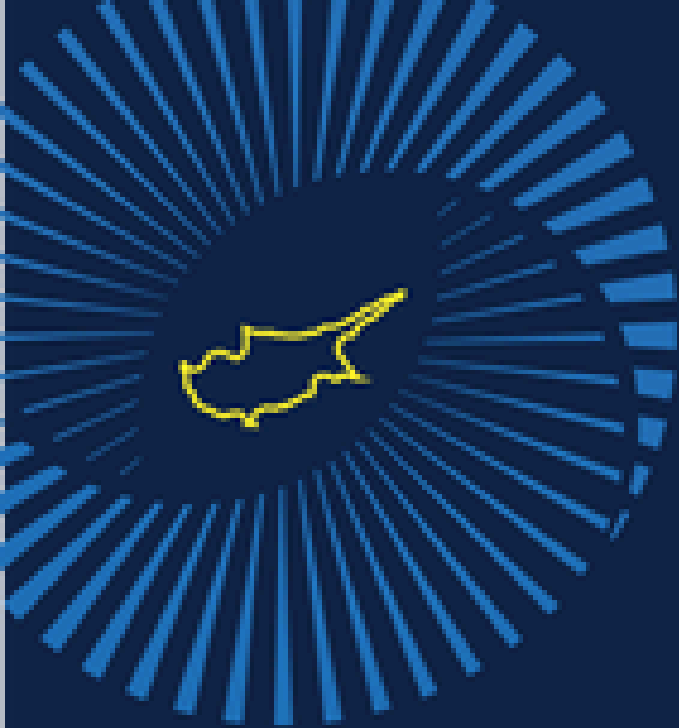
The Venue Ayia Napa Marina

<https://maps.app.goo.gl/biAzXET8KiHqak9Z8>

34°58'45.1"N 33°56'31.9"E

52 Ayia Thekla Street Ayia Napa, 5330 Cyprus





31st Oct

TIME

09:30 AM

Free Swimming excursion
Musa Underwater Museum
Park

11:00 AM - 6:00 PM

Registration & EXPO
Ayia Napa Marina

6:00 PM

Race Briefing

7:00PM

Opening Ceremony
Race Party/ Folklore Dancers
Ayia Napa Marina

1st NOV

TIME

8:30 -12:00 AM

Wardrobe & EXPO

9:00 AM

SPRINT Start

10:30 AM

OCEANFINS Start

11:30 AM

OCEANTEAMS Start

12:30 PM

OCEANKIDS Start

1:00 PM

Award Ceremony
Ayia Napa Marina

4:00 PM - 7:00 PM

Registration & EXPO
Ayia Napa Marina

7:00PM - 10:00PM

Beer Party

2nd NOV

TIME

6:30 AM-1:00 PM

Wardrobe & EXPO

7:30 AM

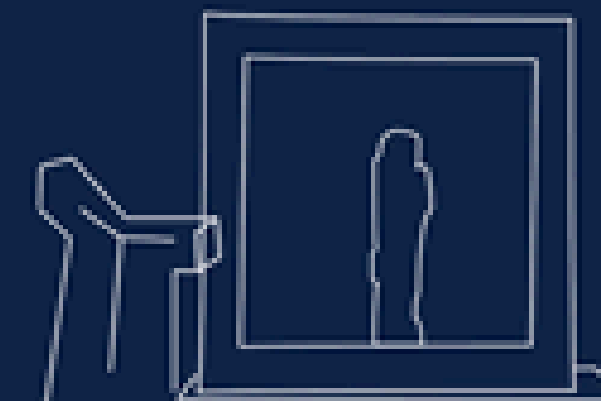
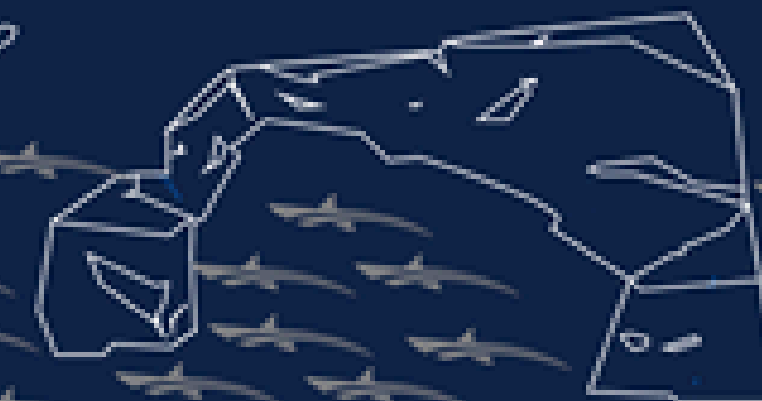
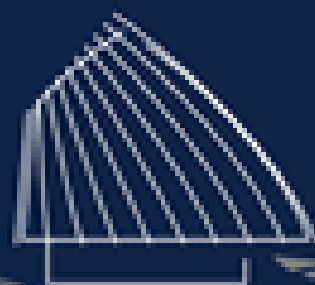
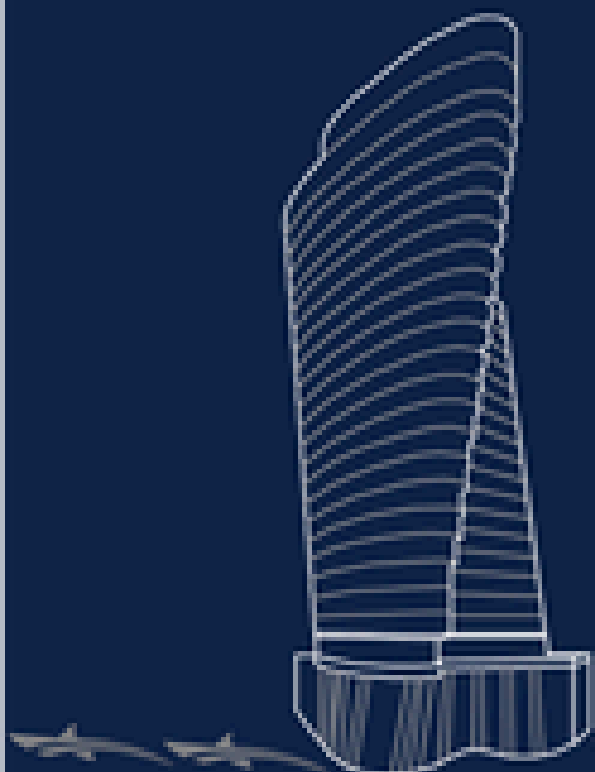
OCEANMAN Start

8:30 AM

HALF OCEANMAN Start

12:30 PM

Award Ceremony
Ayia Napa Marina



Race Days

Saturday 1st November

8:30am Body marking for SPRINT

8:45am Final briefing for SPRINT

9:00am Start of SPRINT

10:00am Body marking for OCEANTEAMS

10:15am Final briefing for OCEANTEAMS

10:30am Start of FINS

11:00am Body marking for OCEANFINS

11:15am Final briefing for OCEANFINS

11:30am Start of OCEANTEAMS

12:00pm Body marking for OCEANKIDS

12:15pm Final briefing for OCEANKIDS

12:30 pm Start of OCEANKIDS

1:00pm Award Ceremony

Sunday 2nd November

7:00am Body marking for OCEANMAN

7:15am Final briefing for OCEANMAN

7:30am Start of OCEANMAN

8:00am Body Marking for HALF OCEANMAN

8:15am Final briefing for HALF OCEANMAN

8:30am Start of HALF OCEANMAN

- **OCEANMAN (10 KM)**

- Cut-off time sections:

- Km 3 – 1h 30 min.
 - Km 5 – 2h 15 min.
 - Km 6 – 3h
 - Finish line cut-off time -4h 30 min.

- **HALF OCEANMAN (5 KM)**

- Cut-off time sections.

- Km 3 – 1h 30 min.
 - Finish line cut-off time – 2h 30 min.

12:30pm Award Ceremony

Safety

Day 1

1st November 2025

SPRINT, OCEANKIDS, OCEANTEAMS,
OCEANFINS

8-10 SUP

2 boats

2 Jet skis

1 Emergency boat

1 Doctor, 2 Ambulances with
Medical team on site

Day 2

2nd November 2025

OCEANMAN, HALF OCEANMAN

10-15 SUP

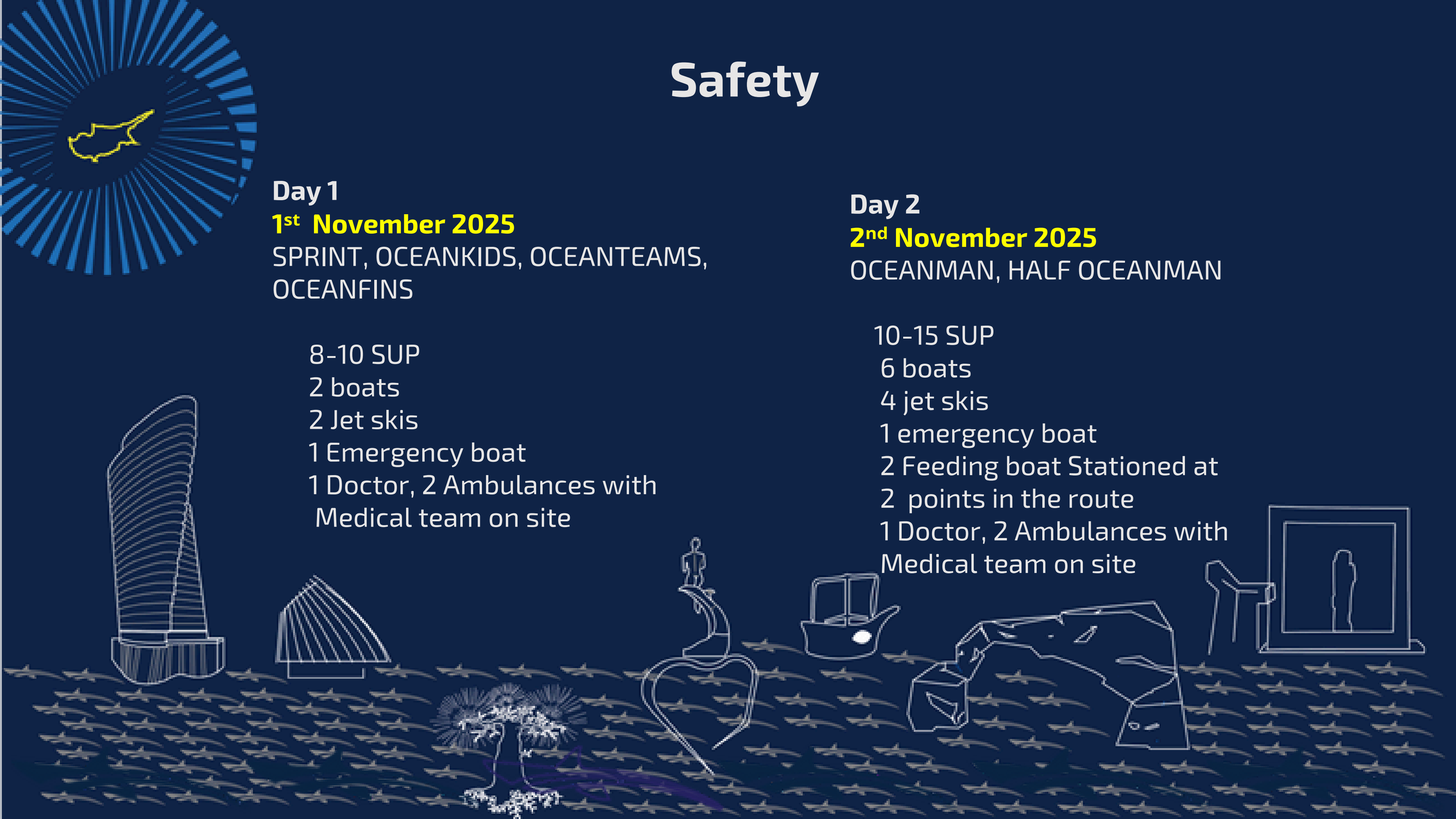
6 boats

4 jet skis

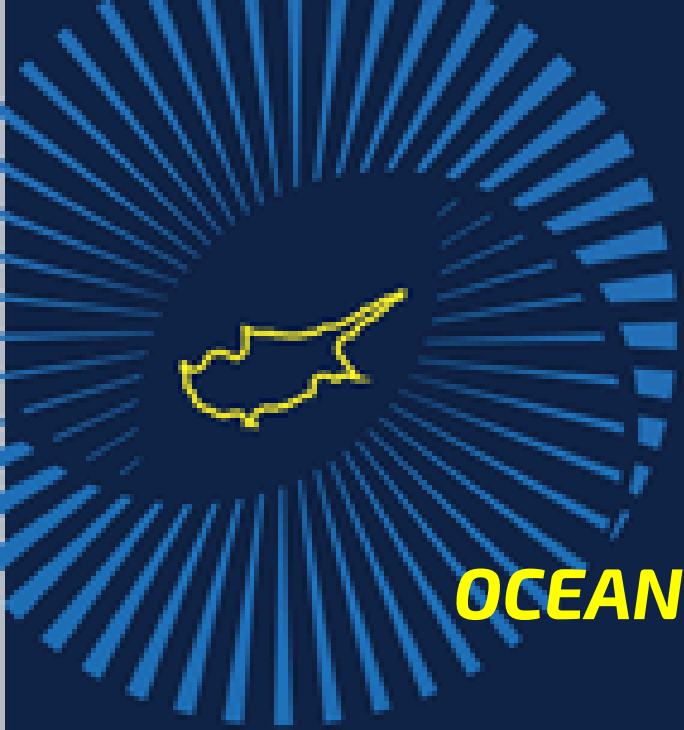
1 emergency boat

2 Feeding boat Stationed at
2 points in the route

1 Doctor, 2 Ambulances with
Medical team on site



SWIMMERS KIT



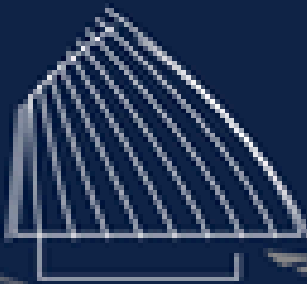
OCEANMAN



HALF OCEANMAN



SPRINT



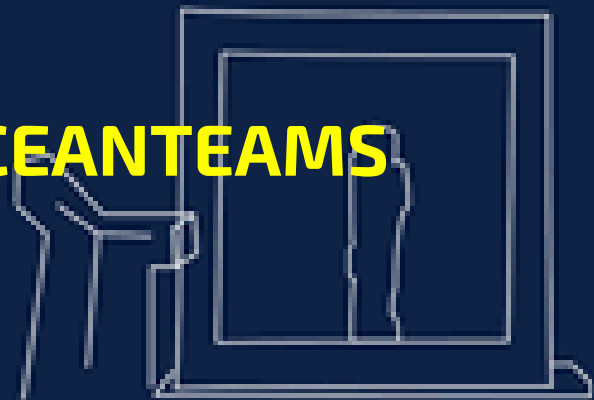
OCEANFINS

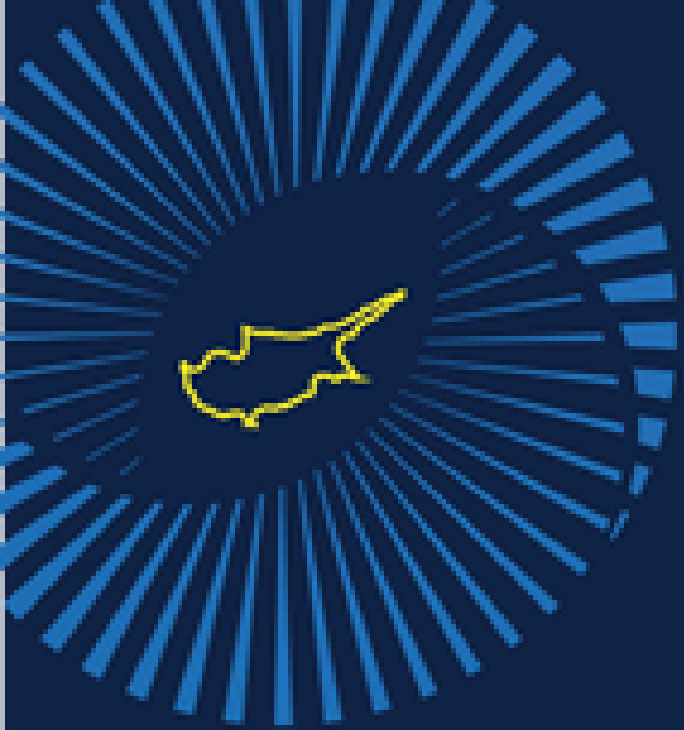


OCEANKIDS



OCEANTEAMS





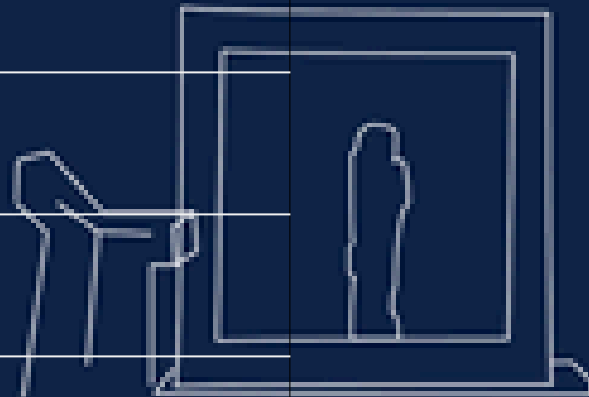
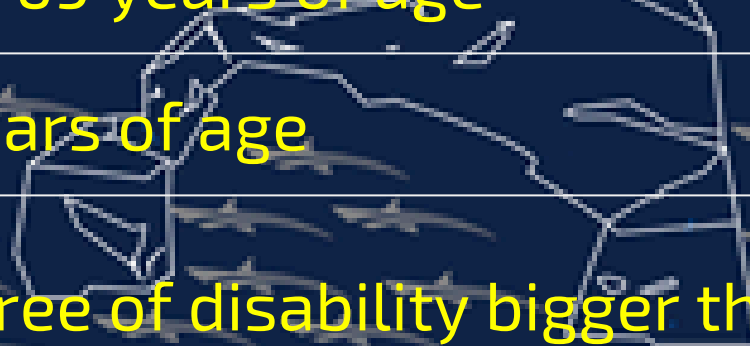
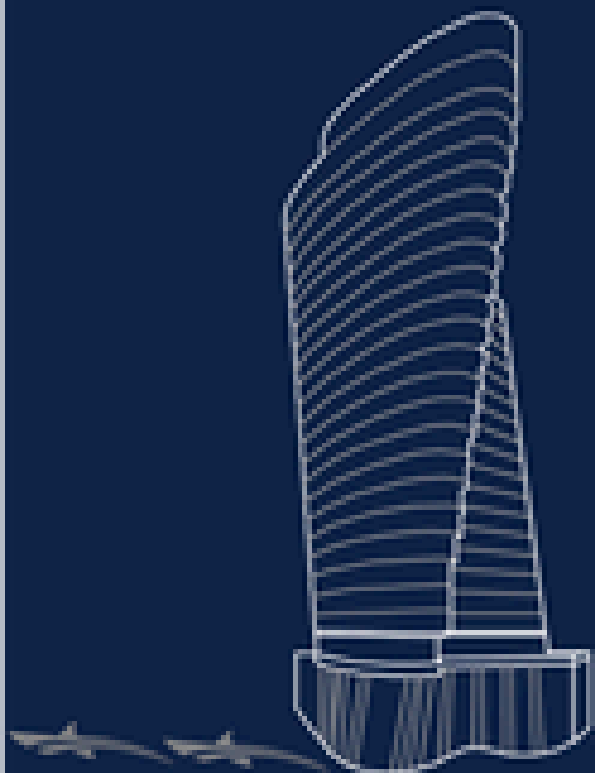
Awards

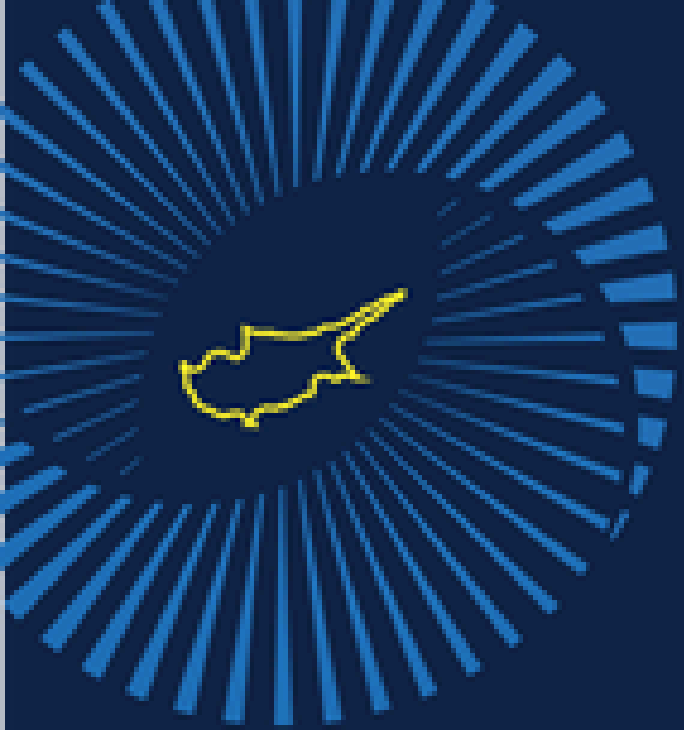
All Finishers | Medal

First Three Overall Winners | Trophy

First Three Men and Women Age Group Winners | Medal

CATEGORY	AGE RANGE
Overall	Top 3 Swimmers
Junior	Swimmers under 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 bigger than 33%





Awards OCEANKIDS

Male, Female

U9	Swimmers from 7 to 8 years of age
U11	Swimmers from 9 to 10 years of age
U13	Swimmers from 11 to 12 years of age
U15	Swimmers from 13 to 14 years of age

Awards OCEAMTEAMS

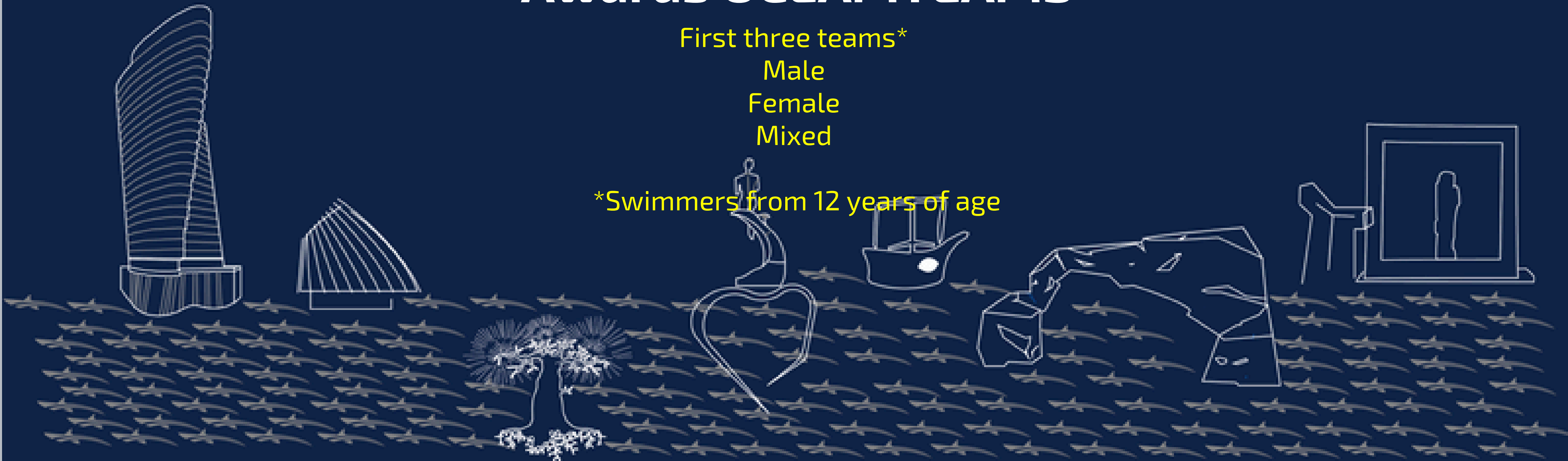
First three teams*

Male

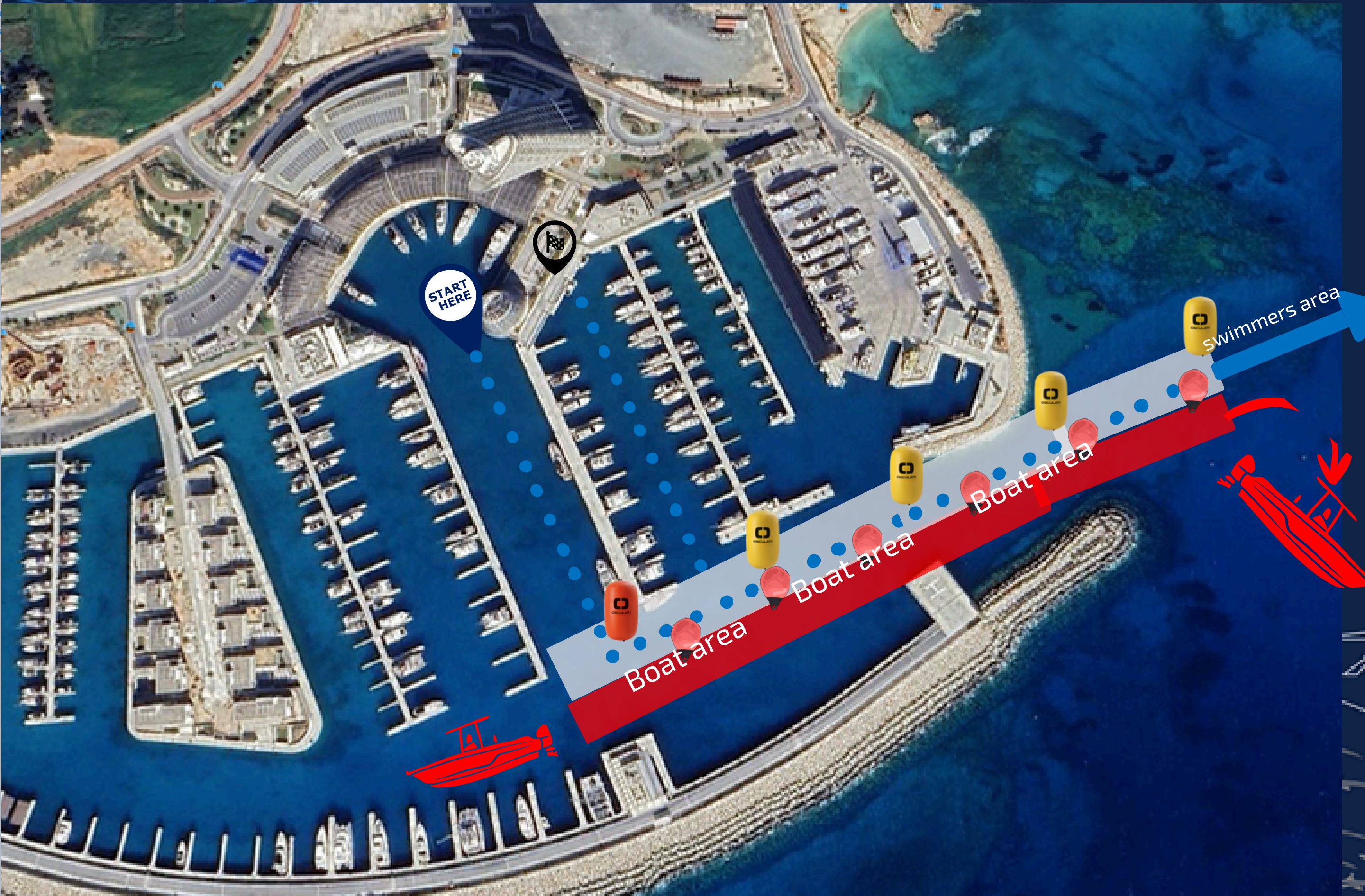
Female

Mixed

*Swimmers from 12 years of age

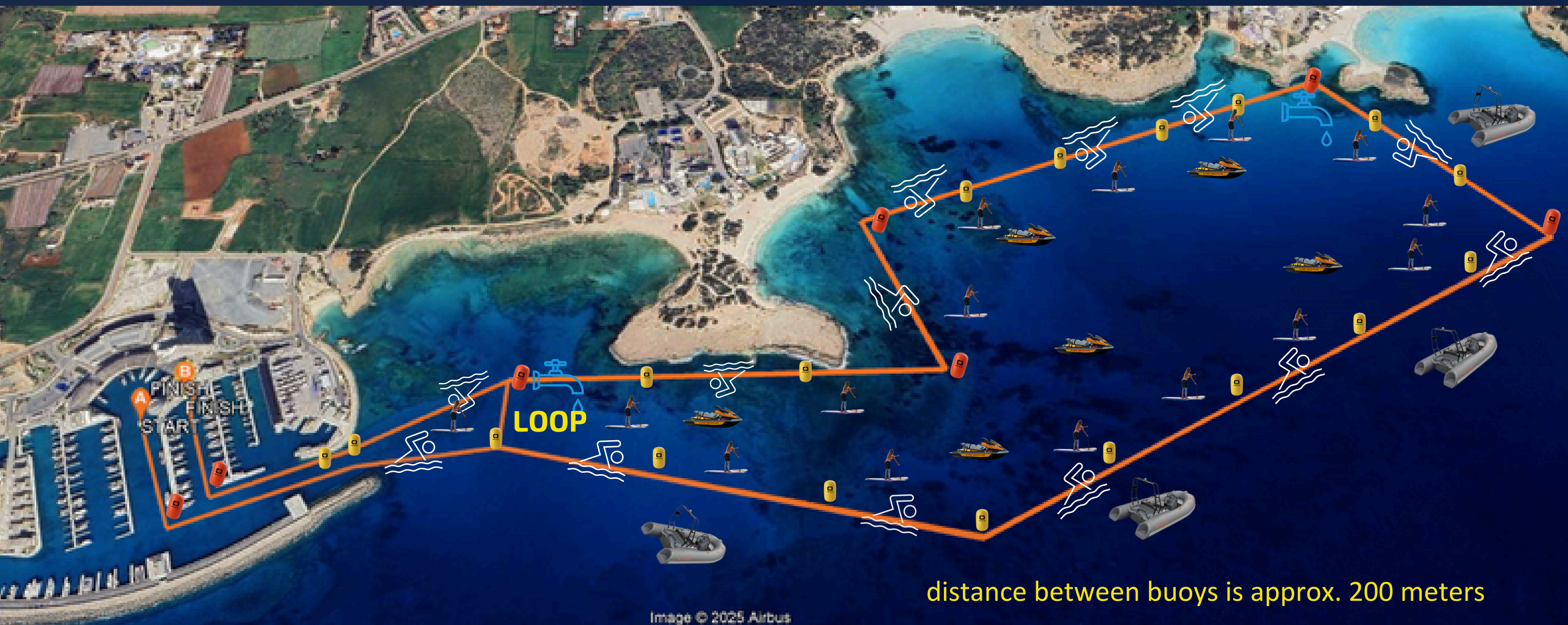


Start -Finish of the Races



For Safety and Emergency reasons
Aya Napa Marina **MUST BE OPEN**
for boats to Enter or Exit the Port.
One Safety Boat of the Marina and one
Safety boat of Marine Police will be in
the water for safety of Emergency Exit
- Enter Aya Napa Marina
**NO BOAT WILL PASS in the
SWIMMERS LANE**
and to escort the boats with very slow
speed to enter or exit the port
ALL SWIMMERS
after the start **MUST** turn to the
LEFT AFTER THE 1st BUOY
and continue to swim with
all buoys to their left-hand site.
The route is anticlockwise!

OCEANMAN 10km - 2 loops



distance between buoys is approx. 200 meters

Image © 2025 Airbus

Google Earth

OCEANMAN Race Route (2 loops)

HALF OCEANMAN (1 loop)



FEEDING POINTS marked on the previous map will be located **on the 2 corners** of the route and will be on a **PEDAL BOAT**. On the Pedal boat there are going to be Swimming Judges to check if swimmers pass from the station and Volunteers to support you.

OCEANMAN 10km FEEDING POINTS will be located on aprox 2.5km - 5km -7.5km

HALF OCEANMAN 5km FEEDING POINTS marked on the previous map will be located on aprox 2.5km km The **FEEDING POINTS** will have water, electrolytes in recycled cup and bananas (cut in ½)

After the finish the FEEDING POINT in Athletes area will have Water, Electrolytes, Fruits, Potato Chips, Sweet and Salty Cakes, Nuts and Coca Cola.

HALF OCEANMAN 5km - 1 loop

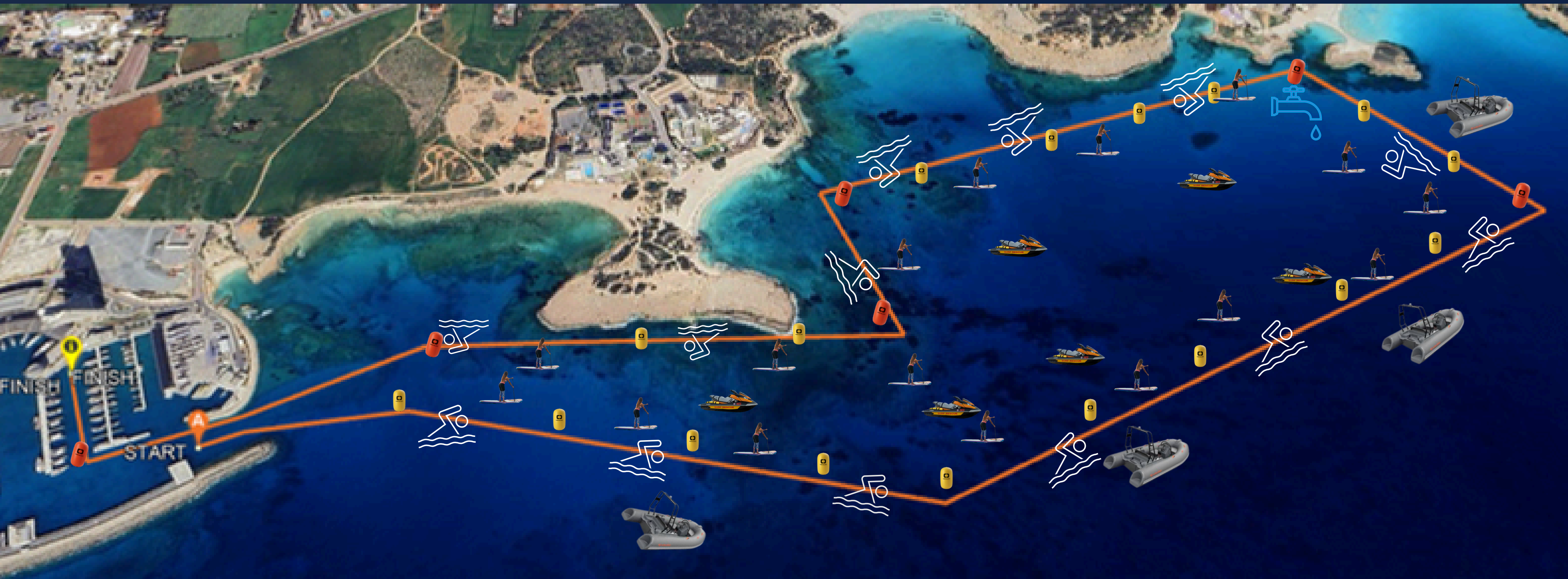


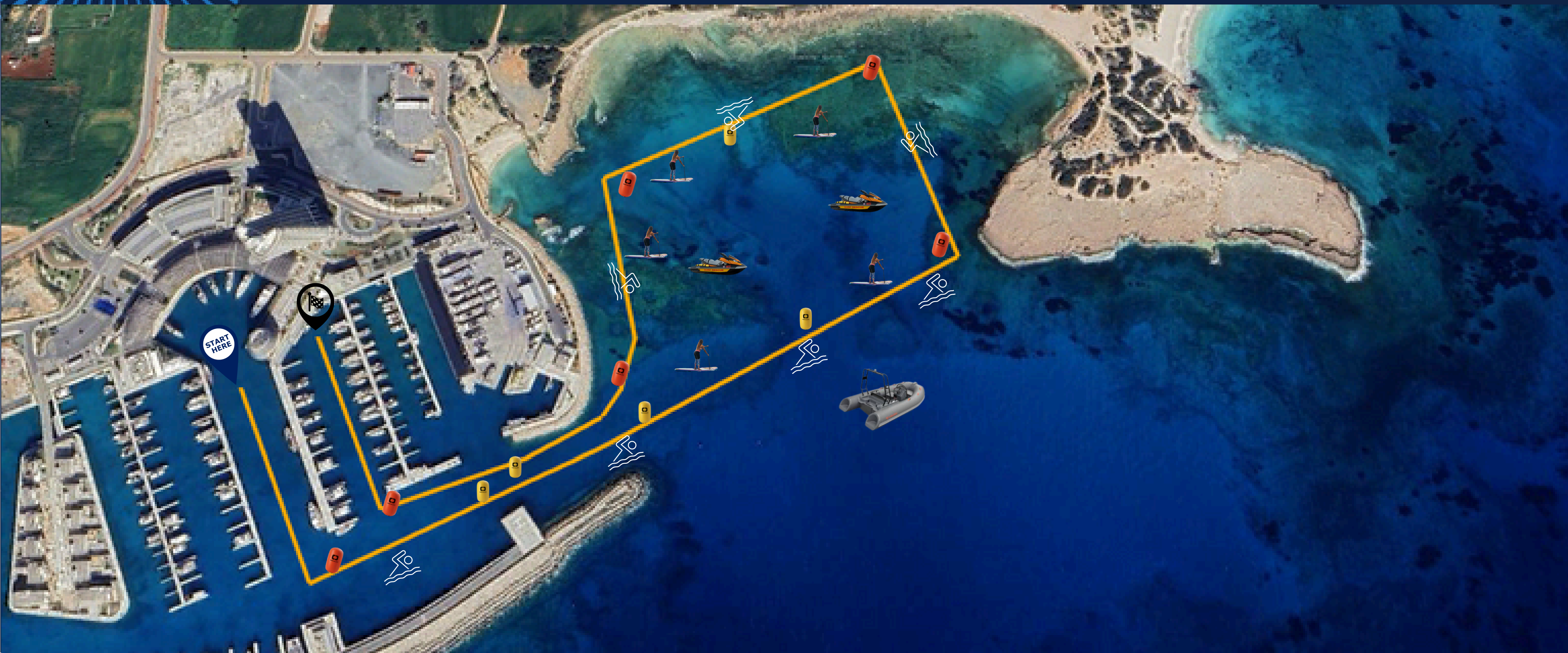
Image © 2025 Airbus

distance between buoys is approx. 200-220 meters

Google Earth

Imagery Date: 2/16/2025 34°59'03.24" N 33°57'05.02" E elev 7 m eye alt 1.51 km

SPRINT 2km & 2km fins - 1 loop



OCEANKIDS 500m



OCEANTEAMS 1500m



1

Number 1 swims towards the finish line

2

Number 2 WAITS at the finish. The "change" is either by touching hands in the water either by number 1 touch the wall and number 2 jumps into the water.

3

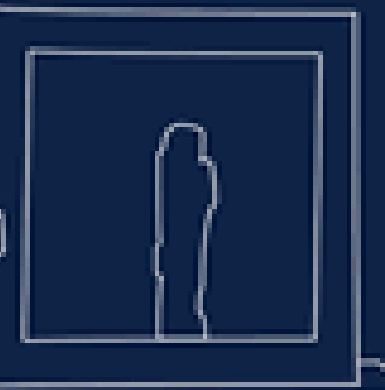
Same goes for the number 2 -3 change

Image © 2025 Airbus

Google Earth

Imagery Date: 2/16/2025 34°58'45.39" N 33°56'37.52" E elev 2 m eye alt 636 m

Venue Setup



Route Marking Buoys

Turning Point Buoy

When reach **ORANGE** buoy
You must turn



Route Point Buoy

When reach **YELLOW** buoy
Continue Straight



ALL SWIMMERS after the start **MUST** turn to the **LEFT** AFTER THE 1st BUOY and continue to swim with all buoys to their left-hand side. The route is anticlockwise!

MUST HAVE during the Race

Everyone swimming needs to have the following:

- **Swimming cap**
- **Swimming goggles**
- **Safety buoy with 20 to 40 cm belt length
(DO NOT TOUCH THE GROUND)**
- **Timing chip**

Safety buoy is mandatory, any headphones are forbidden

Your race chip **MUST** be worn on either one of your ankles

If you are wearing a wetsuit, you **MUST** wear the chip on top of your wetsuit.

The route buoys are to be followed correctly

It is the swimmer's responsibility to make sure they have read and understood the race rules online

NO TIMING CHIP = NO RESULTS = DQ



Instructions of Timing Band Placement:

- Place the Band with the words "Swim, Cycle, Run" **showing face up**.
- Place the gap between the foam tag at the center of the ankle.

Make sure one foam spacer is located on the right side of the ankle and the second is located on the left side of the ankle.

- Adjust and attach the band inserting two fingers to create spacing between the ankle and the band.

Do not adjust the strap too tight.

- Please try to avoid overlapping the foam tags when you place the band.

- **Note 1:** be sure your hands are wiped completely clean so as not to compromise the adhesive with sunscreen or other materials.

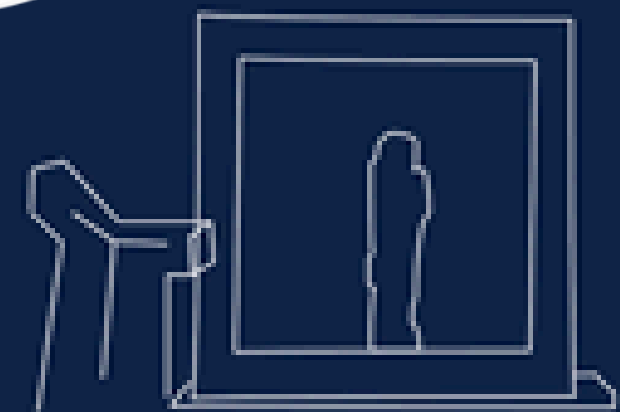
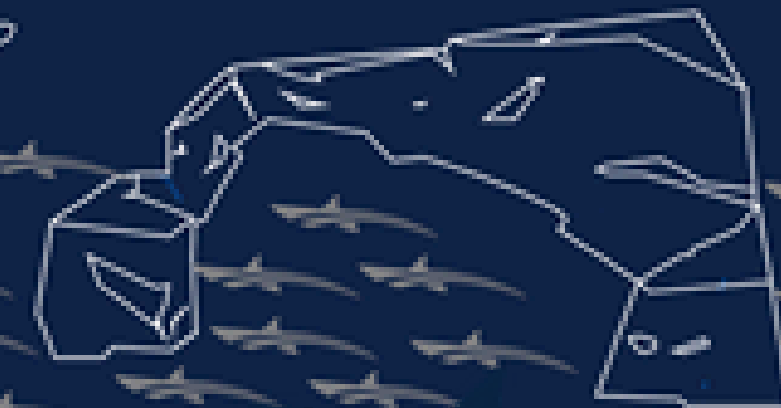
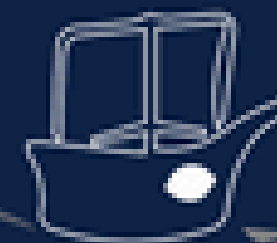
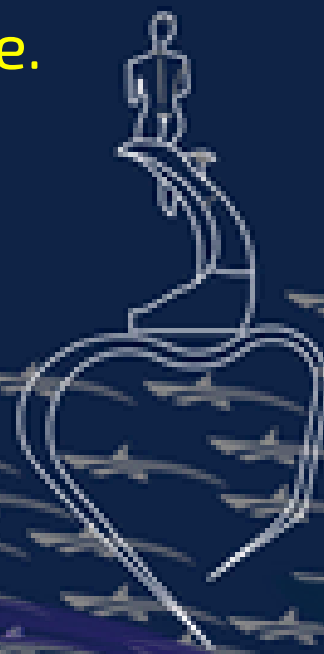
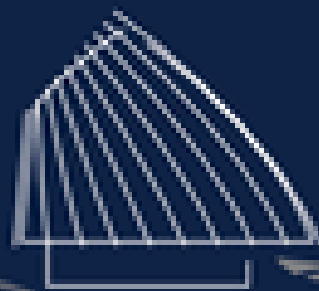
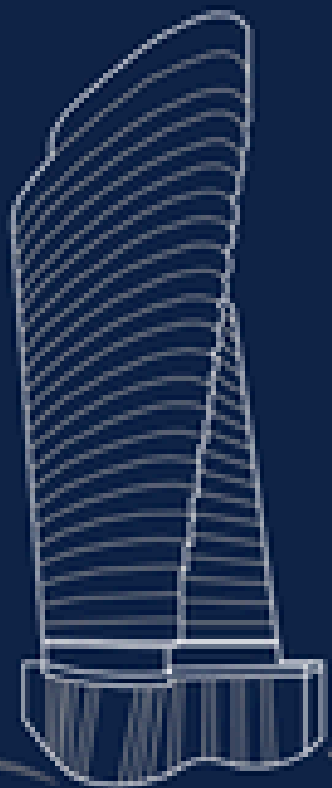
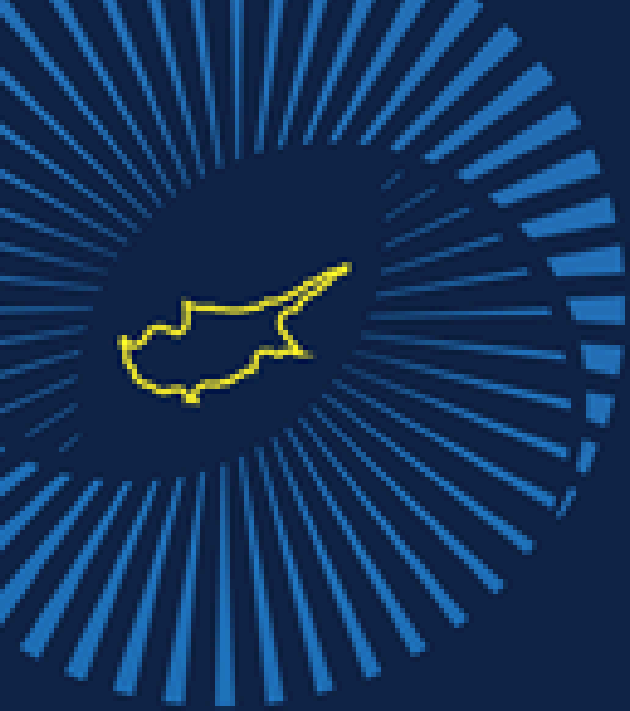
- **Note 2:** to work properly, the timing tag must be on the outside of all clothing. Do not cover the tag with items like wetsuit, neoprene boots etc.



EVACUATION & EMERGENCY PROCEDURE



If any evacuation is based on weather or other conditions are decided by the Race Director. Medical Tent will have a Doctor other than the Emergency Crew. At Famagusta General Hospital will also be a senior Doctor which is in 15 minutes distance by ambulance. The safety location is marked and briefed by Race Director to the whole team. If any participant is having an emergency: Will be picked up and brought to safety area on land. Based on assessment by medical team will be moved to Medical tent on the Finish Area or transported to Famagusta General Hospital All participants not crossing the designated check point on time will be picked up brought to same safety location. Medical team will check all participants coming to this safety location. Medical team will check assist all participants who need assistance crossing the finish line.



SAFETY RULES

Provided below are hand signals to ensure if you will be needing assistance during your swim.



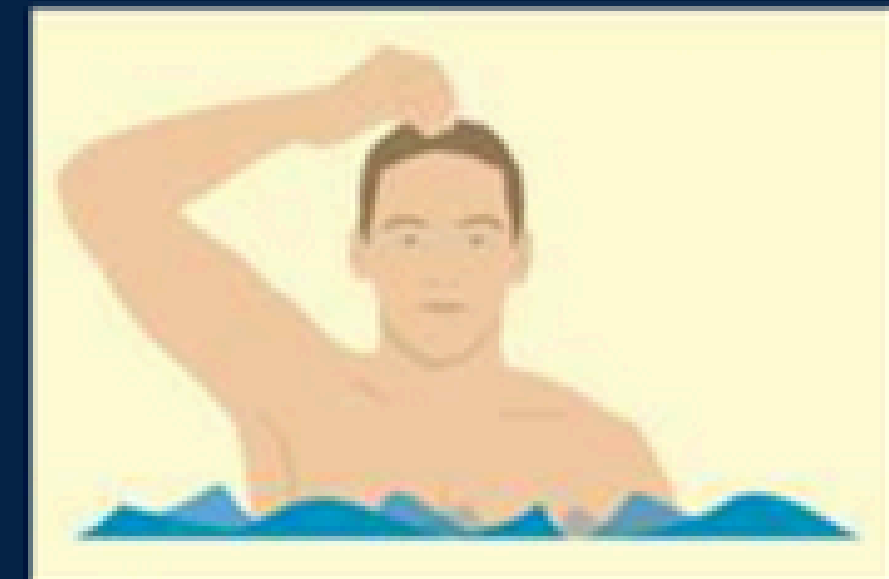
I REQUIRE ATTENTION:

Raise your arm, and you will find someone coming to you



TAKE ME OUT OF THE WATER:

Spin an arm in a circle, and someone will come to take you out.



I'M FINE:

Gently tap your head with a closed fist, to ensure the kayak or boat next to you that you are ok.

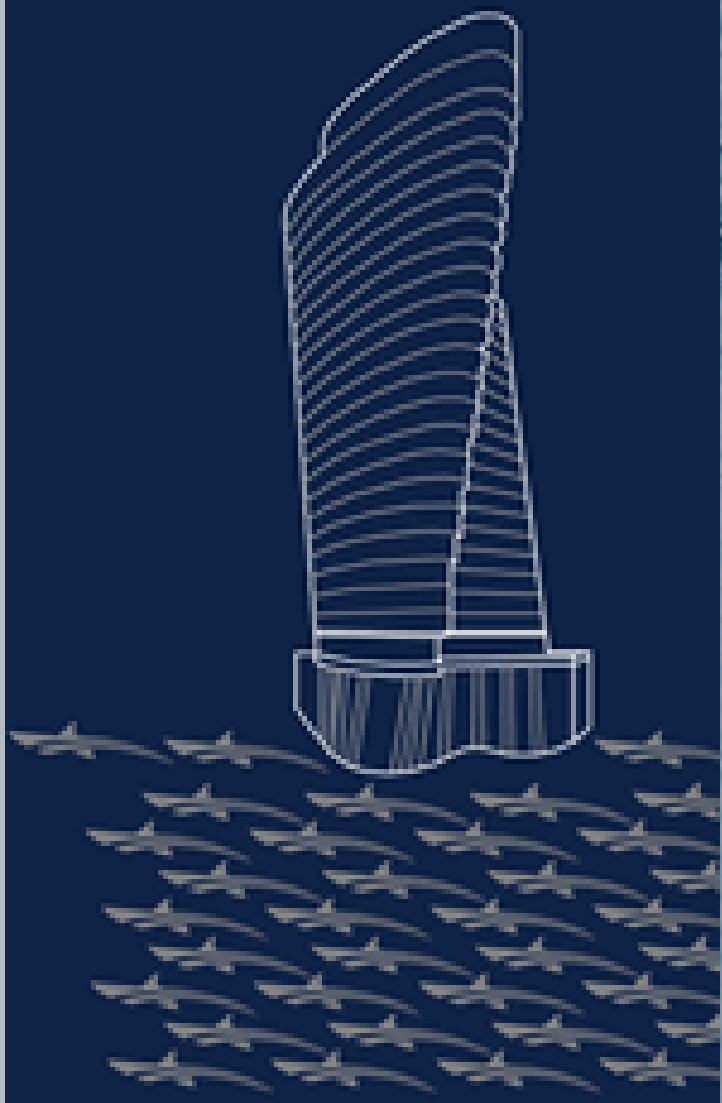
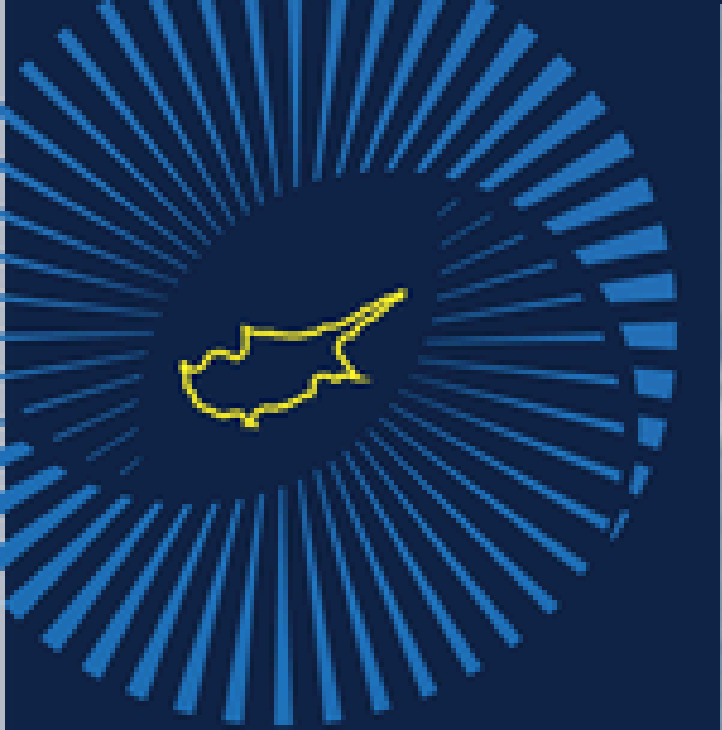
SUSTAINABILITY

The event is designed to respect the environment, ensuring a sustainable race in this protected natural space.

To protect the nature reserve, we will recycle all the supplies at the feeding point stations



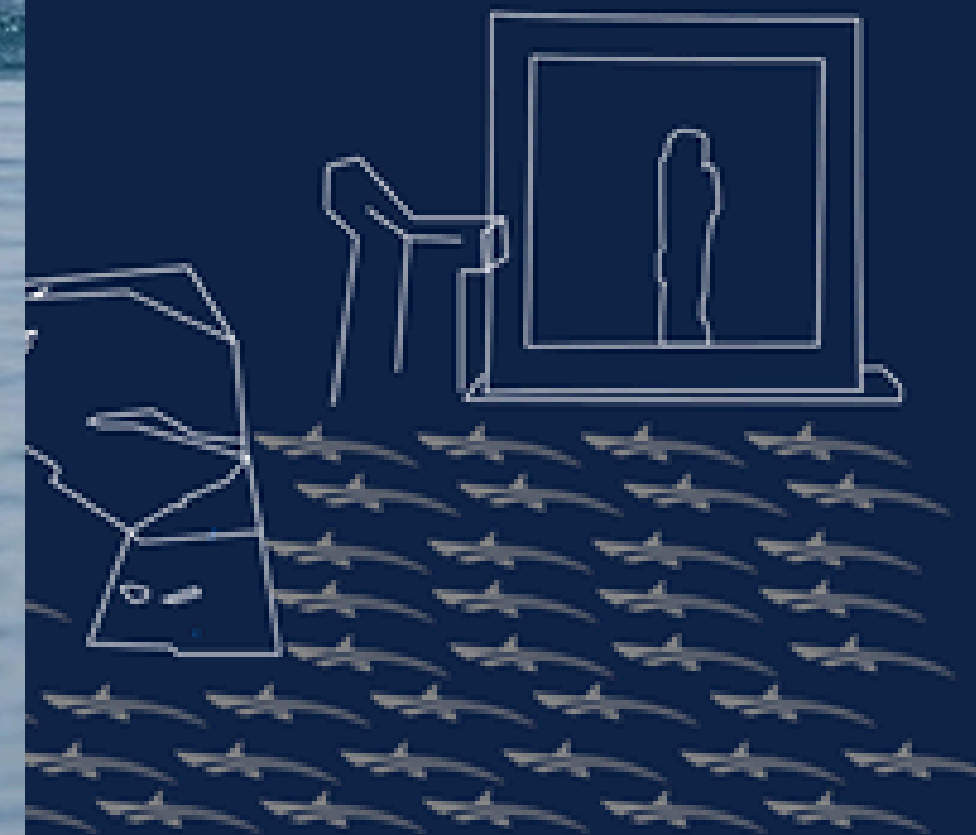
Anyone caught throwing gel wrappers, plastic, or any waste in the water will be immediately disqualified



Approx.

23.8 °C
water temperature

Wetsuit is allowed



TECHNICAL DETAILS

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS	OCEANFINS
Date	Nov 2, 2025	Nov 2, 2025	Nov 1, 2025	Nov 1, 2025	Nov 1, 2025	Nov 1, 2025
Start time	7:30 AM	8:30 AM	7:30 AM	9:15 AM	10:00 AM	11:00 AM
Start area	Ayia Napa Marina	Ayia Napa Marina	Ayia Napa Marina	Ayia Napa Marina	Ayia Napa Marina	Ayia Napa Marina
Finish area	Ayia Napa Marina	Ayia Napa Marina	Ayia Napa Marina	Ayia Napa Marina	Ayia Napa Marina	Ayia Napa Marina
Distance	10 KM	5 KM	2 KM	500 M	3x500 M	2 KM
Cut off time	3 KM(1h 30min), 6 KM (3h)	3 KM (1h 30min)	No	No	No	No
Time limit	4h 30min	2h 30min	1h 30min	No	No	No
Feeding point(s)	2	1	No	No	No	No
Wetsuit	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
Bouy	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

Category & Age

_ 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 bigger than 33%

Category & Age

_ 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 bigger than 33%

Category & Age

_ 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 bigger than 33%

Category & Age

_ OCEANKIDS (MALE, FEMALE) _

U9	Swimmers from 7 to 8 years of age
U11	Swimmers from 9 to 10 years of age
U13	Swimmers from 11 to 12 years of age
U15	Swimmers from 13 to 14 years of age

_ OCEANTEAMS (MALE, FEMALE, MIXED) _

CATEGORY	AGE RANGE
Male / Female / Mixed	Swimmers from 12 years of age

SERVICES



ACCIDENT INSURANCE FOR ALL SWIMMERS.



SAFETY IN WATER.



FINISHER MEDAL FOR ALL DISTANCES.



MEDICAL ASSISTANCE, AMBULANCE AND FIRST AID.



RACE BAG (SWIM CAP, RACE T-SHIRT, SPONSORS GIFTS, TIMING CHIP).



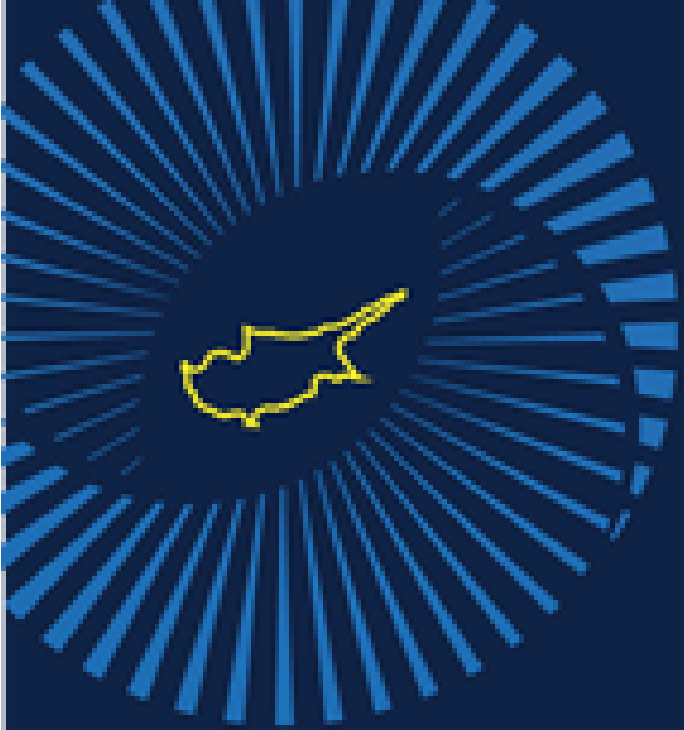
TROPHY/MEDAL FOR WINNERS (1ST, 2ND & 3RD PLACE FOR OVERALL AND CATEGORIES).



MERCHANDISING SHOP IN THE VENUE.



HYDRATION AND FEEDING POINTS IN WATER AND ON GROUND.



Awards Ceremony



Saturday 1st November 12:30

SPRINT Overall

SPRINT Age Categories

OCEANKIDS

OCEANTEAMS

OCEANFINS

Sunday 2nd November 12:30

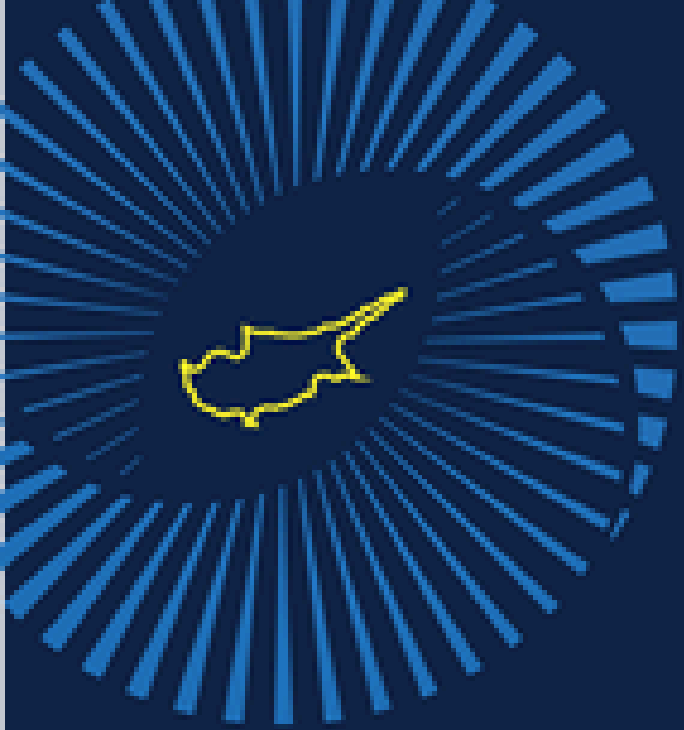
OCEANMAN Overall

OCEANMAN Age Categories

HALF OCEANMAN Overall

HALF OCEANMAN Age Categories





**All OCEANMAN Cyprus Team
Wish to Everyone to Enjoy the Race
[#WeAreOpenWaterSwimming](#)**

