

RACE BOOK



OCEANMAN[®]

WE ARE OPEN WATER SWIMMING

A S I A N
CHAMPIONSHIP
BALI · INDONESIA

INTERCONTINENTAL BALI RESORT

7 – 9 July 2023



OCEANMAN
WE ARE OPEN WATER SWIMMING

CONTENT

1. WELCOME NOTE
2. VENUE
3. SCHEDULES
4. TECHNICAL DETAILS
5. EQUIPMENT
6. SAFETY MAPS
7. PROCEDURES AT THE END OF THE COMPETITION
8. WEATHER & TIDE FORECAST
9. OCEANMAN FINAL QUALIFYING
10. AWARDS & PRIZES
11. OTHERS
12. MORE INFO & SPONSORS



WELCOME NOTE

Dear Oceanman Family,

I am delighted to welcome all participant of OCEANMAN Asian Championship Bali Indonesia in Intercontinental Resort Jimbaran Bali. Participants from more than 30 countries are coming to Bali this year to join our race and they are "ready to conquer the ocean paradise". It is my great honor to host this year's OCEANMAN and be a part of the OCEANMAN family.

I would like to take this opportunity to thank all participants, Ministry of Tourism and Creative Economy, Bali Government and all sponsors for supporting us and making this event possible.

I would also like to extend my deep appreciation to all the OCEANMAN team who have dedicated their time, enthusiasm, and power towards this event.

I hope this event will run smoothly and safe and hopefully can be enjoyed by all communities who loves open water swimming.

Lastly, may I also wish all our participants a good luck and I once again would like to thank you all from the bottom of my heart. Let's conquer our Ocean in Bali and have a great journey exploring our beautiful island of Bali.

Thank you very much.

Albert Sutanto
OCEANMAN INDONESIA

VENUE



INTERCONTINENTAL.
BALI RESORT



Jl. Raya Uluwatu No.45, Jimbaran, Bali, Kabupaten Badung, Bali 80361

<https://goo.gl/maps/Ud56iEXhZpM98iN9A>

SCHEDULE

Friday 7, July 2023

- 03.00 pm – 05.00 pm Course open for training
- 02.30 pm – 05.00 pm Race Pack Collection
Bazaar / Race expo
- 04.00 pm – 06.00 pm Sunset Festival
- 06.00 pm – 06.20 pm Race Briefing

We advise you to collect your race pack at least the day before your race

SCHEDULE

Saturday, 8 July 2023

- 05.30 am Arena & Deposit Open
Wardrobe Open
- 06.00 am – 06.00 pm Race Pack Collection
Bazaar / Race expo
- 06.30am – 06.45 am Stretching / warm up
- 07.30 am OCEANMAN 10Km Start
- 08.00 am HALF OCEANMAN 5Km Start
- 02.30 pm SPRINT 2Km Start
- 06.00 pm – 08.30 pm Welcome Dinner
Awarding Ceremony

We advise you to collect your race pack at least the day before your race

SCHEDULE

Sunday, 9 July 2023

- 06.30 am Arena & Deposit Open
 Wardrobe Open
 Bazaar / Race expo
- 07.00 am Race Briefing
- 07.15 am – 07.30 am Stretching
- 08.00 am OCEANKIDS 1km Start
- 09.00 am OCEANTEAMS 3X500m Start
- 11.00 am – end Awarding Ceremony

TECHNICAL DETAILS

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
Date	8-Jul-2023	8-Jul-2023	8-Jul-2023	9-Jul-2023	9-Jul-2023
Start time	7:30 AM	8:00 AM	2:30 PM	8:00 PM	9:00 AM
Start area	Pantai Muaya, Jimbaran	Pantai Muaya, Jimbaran	Pantai Muaya, Jimbaran	Pantai Muaya, Jimbaran	Pantai Muaya, Jimbaran
Finish area	Pantai Muaya, Jimbaran	Pantai Muaya, Jimbaran	Pantai Muaya, Jimbaran	Pantai Muaya, Jimbaran	Pantai Muaya, Jimbaran
Distance	10 KM	5 KM	2 KM	1 KM	3 X 500 M
Cut off time	3 KM (1h 30min), 6 KM (3h)	3 KM (1h 30min)	NO	NO	NO
Time limit	4h 30min	2h 30min	1h 30min	NO	NO
Feeding point(s)	2 (3.2 KM, 6.4 KM)	1 (3.2 KM)	NO	NO	NO
Approx. atmosphere/ water temp.	30/25°C	30/25°C	32/25°C	30/25°C	30/25°C
Wetsuit	No	No	No	No	No
Safety buoy	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

SET YOUR GEAR

Swimming CAP

Swim Goggles

Tattoo Number

Tattoo number shall be use on front side of upper or lower arm

Swimwear

Wet Suits are Not Allowed

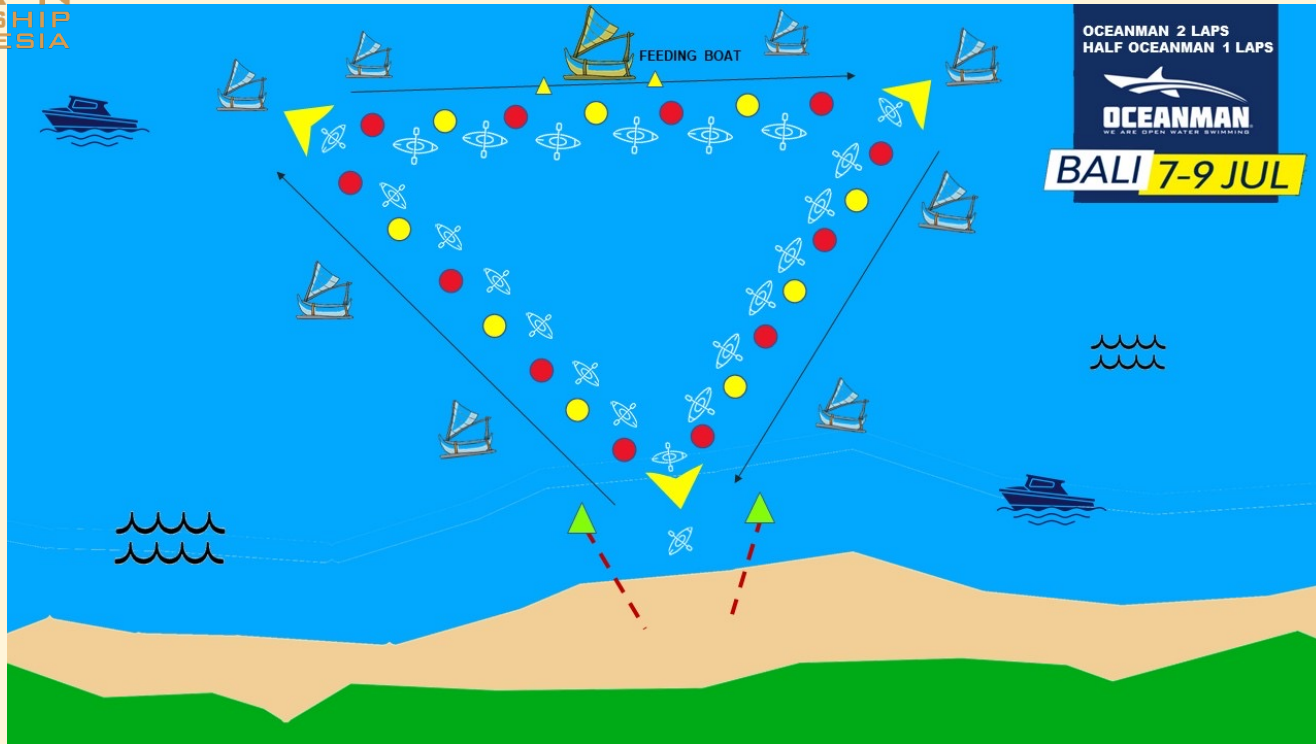
Security Buoy/
Mandatory All Race

Strap length 20 – 60 cm

Chip / Crono



10K & 5 K SAFETY MAP



BOAT

- 3 Referee
- 3 Rescue

JUKUNG

- 1 Feeding
- 8 Outfield

KAYAK

- 4 Sweeper
- 6 Turn Guide
- 30 Patrol

For safety reasons, always swim between the marking buoy on your right shoulder and the Jukung boat on your left shoulder

FEEDING POINT

FEEDING BOAT POINT for OCEANMAN and
HALF OCEANMAN on :

2,5km : OCEANMAN & HALF OCEANMAN

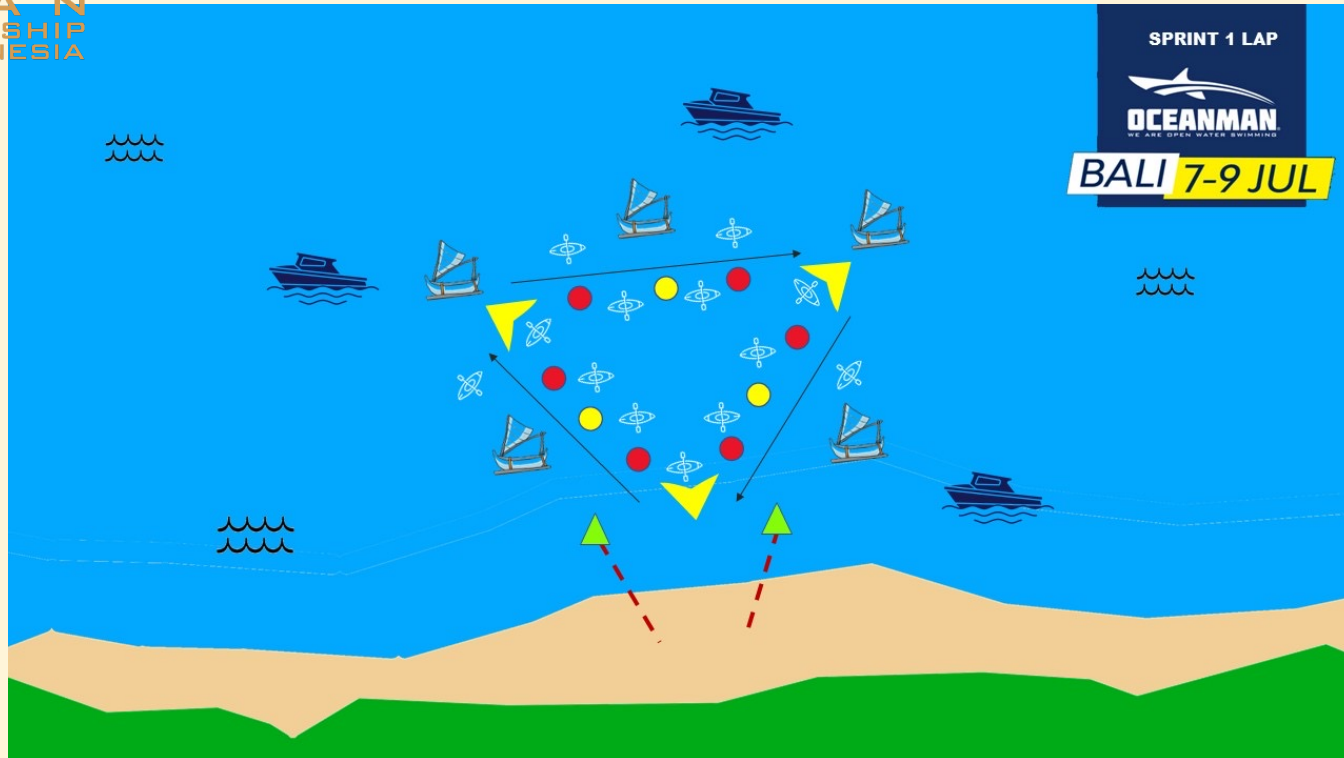
7,5 km : OCEANMAN

At **FEEDING BOAT**, we provide various nutrition for recovery
such as:

1. MINERAL WATER
2. ISOTONIK by ISOPlus
3. FRESH FRUIT



2K SAFETY MAP



BOAT

- 3 Referee
- 3 Rescue

JUKUNG

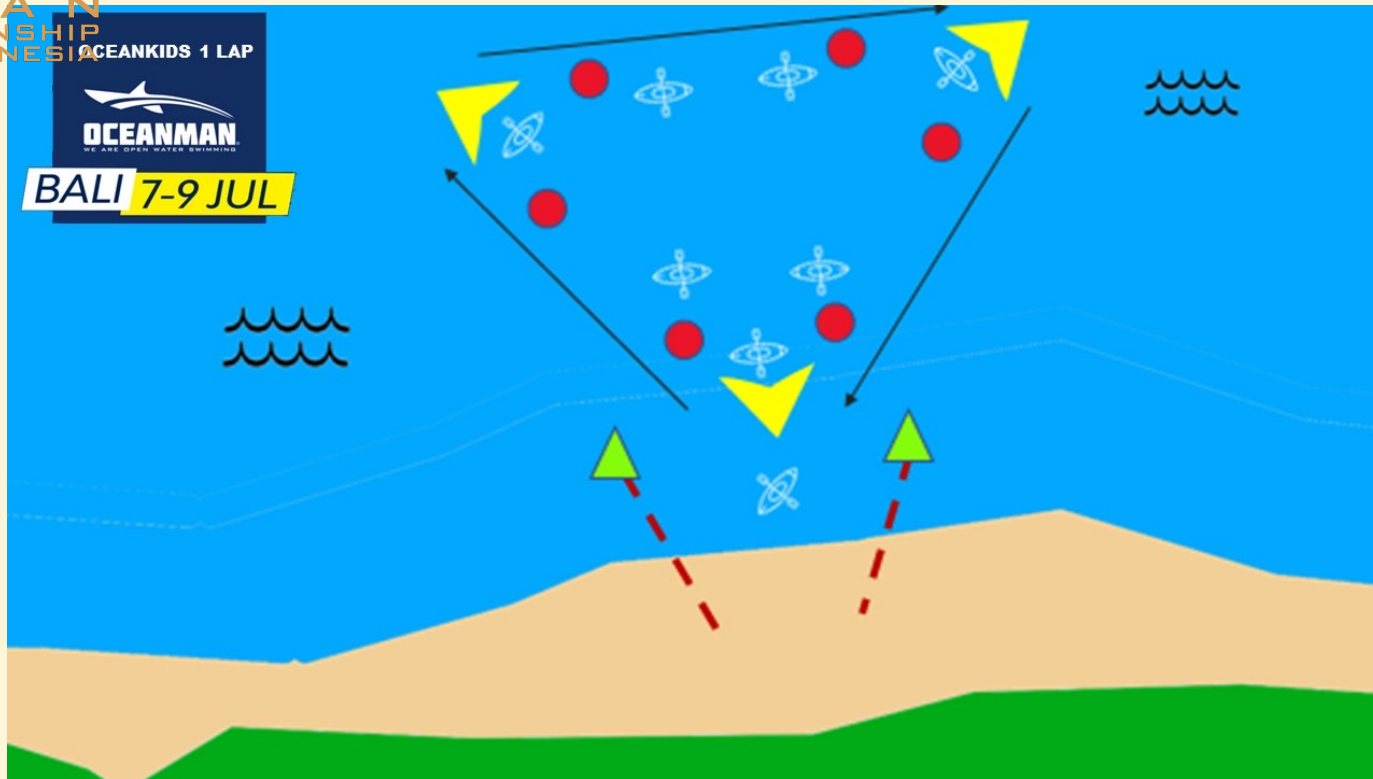
- 5 Outfield

KAYAK

- 4 Sweeper
- 6 Turn Guide
- 30 Patrol

For safety reasons, always swim between the marking buoy on your right shoulder and the Jukung boat on your left shoulder

1K SAFETY MAP



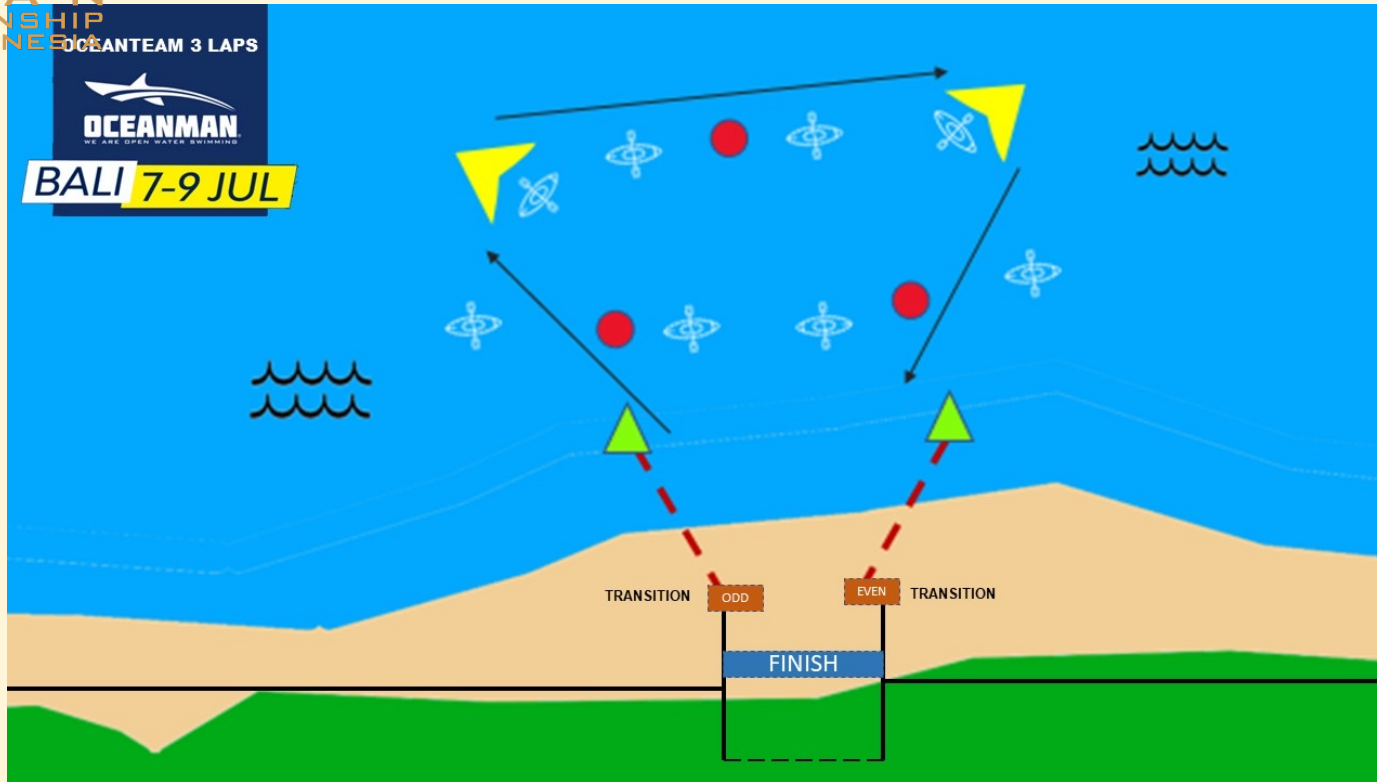
BOAT

- 2 Referee
- 2 Rescue

KAYAK

- 2 Sweeper
- 6 Turn Guide
- 12 Patrol

RELAY SAFETY MAP



BOAT

- 2 Referee
- 2 Rescue

KAYAK

- 2 Sweeper
- 6 Turn Guide
- 12 Patrol

FINISH PROCEDURES

- Finish your race with happy feeling
- Style with your best celebration pose
- Give back your race chip to volunteers.
- **Get your medal**
- Go to the recovering area, make your body relax




WEATHERS FORECAST


7 JUL 2023

 31° Hi	RealFeel® Sun 34°		
	RealFeel Shade® 32°		
Plenty of sunshine			
Max UV Index	7 High	Probability of Thunderstorms	0%
Wind	SE 15 km/h	Precipitation	0.0 mm
Wind Gusts	20 km/h	Cloud Cover	3%
Probability of Precipitation	3%		

8 JUL 2023

 30° Hi	RealFeel® Sun 31°		
	RealFeel Shade® 30°		
Intervals of clouds and sunshine with a shower in spots			
Max UV Index	2 Low	Precipitation	0.5 mm
Wind	SSE 22 km/h	Rain	0.5 mm
Wind Gusts	26 km/h	Hours of Precipitation	1
Probability of Precipitation	40%	Hours of Rain	1
Probability of Thunderstorms	8%	Cloud Cover	72%

9 JUL 2023

 30° Hi	RealFeel® Sun 31°		
	RealFeel Shade® 29°		
Sunshine and patchy clouds			
Max UV Index	7 High	Probability of Thunderstorms	0%
Wind	SSE 24 km/h	Precipitation	0.0 mm
Wind Gusts	28 km/h	Cloud Cover	25%
Probability of Precipitation	3%		

TIDE FORECAST

8 JUL 2023

7 am	8 am	9 am	10 am	11 am	12 am
0.6m	0.8m	1.1m	1.5m	1.9m	2.3m
1 pm	2 pm	3 pm	4 pm	5 pm	6pm
2.4m	2.3m	1.9m	1.4m	0.9m	0.4m

9 JUL 2023

7 am	8 am	9 am	10 am	11 am	12 am
0.7m	0.7m	0.8m	1.1m	1.5m	1.9m



OCEANMAN FINAL QUALIFYING



**QUALIFIED COIN
SLOTS will be given
out at WELCOME
DINNER on Saturday,
8 July 2023, 6 PM**

CATEGORY	OCEANMAN	HALF OCEANMAN	SPRINT
JUNIOR	15 SLOT	15 SLOT	15 SLOT
MASTER 20-29	15 SLOT	15 SLOT	15 SLOT
MASTER 30-39	15 SLOT	15 SLOT	15 SLOT
MASTER 40-49	15 SLOT	15 SLOT	15 SLOT
MASTER 50-59	15 SLOT	15 SLOT	15 SLOT
MASTER 60-69	15 SLOT	15 SLOT	15 SLOT
MASTER 70+	15 SLOT	15 SLOT	15 SLOT
INSPIRATIONAL	5 SLOT	5 SLOT	5 SLOT



PHUKET

THAILAND . 30TH NOV – 3RD DEC 2023

**OCEANMAN
World Final
2023
Announcement**

<https://youtu.be/cXl4XW9ms40>



AWARDS & PRIZES

- MEDAL – for ALL FINISHER
- TROPHIES for OVERALL 1st, 2nd and 3rd PODIUM for each category
- ACRYLIC TROPHIES for 1st, 2nd and 3rd podium for each category
- Prize Money
 - **OVERALL OCEANMAN**
 - MAN 1ST place – IDR 5.500.000
 - WOMAN 1ST place – IDR 5.500.000
 - MAN 2ND place – IDR 4.500.000
 - WOMAN 2ND place – IDR 4.500.000
 - MAN 3RD place – IDR 3.500.000
 - WOMAN 3RD place – IDR 3.500.000

▪ **OVERALL HALF OCEANMAN**

- MAN 1ST PLACE – IDR 4.500.000
- WOMAN 1ST PLACE – IDR 4.500.000
- MAN 2ND PLACE – IDR 3.500.000
- WOMAN 2ND PLACE – IDR 3.500.000
- MAN 3RD PLACE – IDR 2.500.000
- WOMAN 3RD PLACE – IDR 2.500.000

▪ **OVERALL SPRINT**

- MAN 1ST PLACE – IDR 3.500.000
- WOMAN 1ST PLACE – IDR 3.500.000
- MAN 2ND PLACE – IDR 3.000.000
- WOMAN 2ND PLACE – IDR 3.000.000
- MAN 3RD PLACE – IDR 2.000.000
- WOMAN 3RD PLACE – IDR 2.000.000

Others

ANNOUNCEMENT OF PHOTO / VIDEO RECORDING AREA (audio visual)

You are entering the venue of **OCEANMAN ASIAN CHAMPIONSHIP BALI INDONESIA 2023** where Photography and Filming are being taken for event purposes. By entering the venue you give approval to Avatara Lintas Media and Millennium Aquatics as the **Organizer** to use images and/or videos recorded for promotional, publication, marketing and anything deemed necessary by the **Organizer**

OBJECTION & COMPLAINT MECHANISM

1. Objection and/or complaint can be done in writing 30 minutes after the results are announced.
2. Fill out the complaint form available at the information desk
3. To submit an objection and/ or complaint, one have to pay Rp 1.000.000. If the protest accepted, the money will be returned
4. Only participants who are registered as participant in the Oceanman event have the right to submit objections or complaints



MORE INFORMATION



Oceanman Rules

<https://bit.ly/rulesoceanman2023>



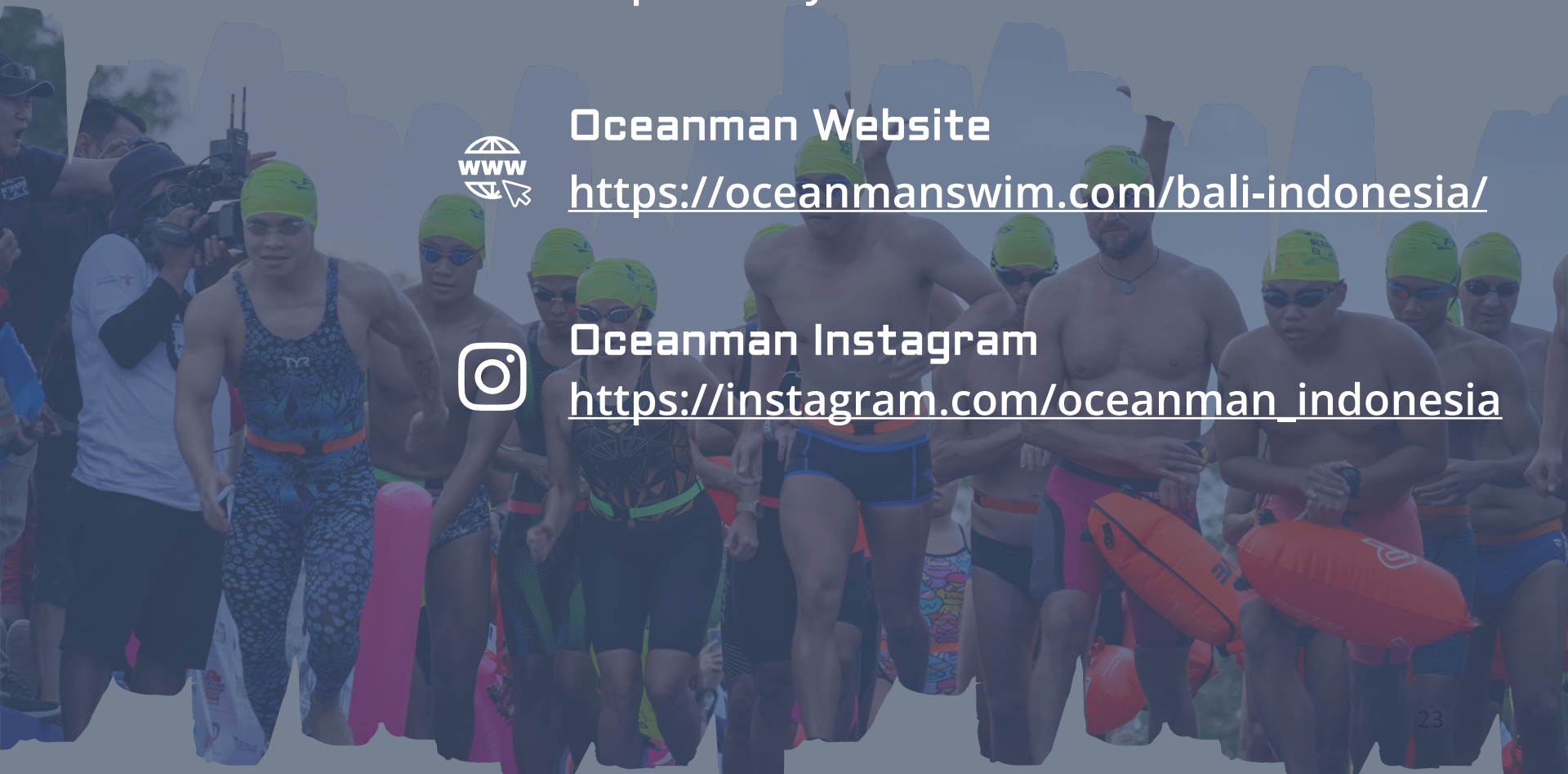
Oceanman Website

<https://oceanmanswim.com/bali-indonesia/>



Oceanman Instagram

https://instagram.com/oceanman_indonesia



OUR SPONSORS



OFFICIAL HOTEL :



OFFICIAL FRUIT PARTNER :



OFFICIAL TICKETING :



MEDIA PARTNER :



POWERED BY :

