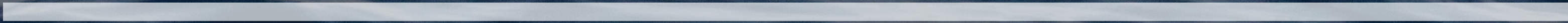




**OCEANMAN**<sup>®</sup>  
WE ARE OPEN WATER SWIMMING  
**CARTAGENA**  
**COLOMBIA**

EDICIÓN BICENTENARIO NAVAL

**RACEBOOK**  
**2023**



# TECHNICAL DETAILS

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
DATE	APRIL 23, 2023	APRIL 23, 2023	APRIL 22, 2023	APRIL 22, 2023	APRIL 22, 2023
DISTANCE	10 K	5 K	2 K	300 M / 600 M	3 X 500 M
START TIME	6:30 AM	7:00 AM	7:15 AM	6:30 AM	8:45 AM
CUT OFF TIME	3 K (1h 30min) 6 K (3h)	3 K (1h 30min)	No	No	No
TIME LIMIT	4 h 30 min	2 h 30 min	1 h 30 min	No	No
FEEDING POINTS AT SEA	3 (2.5 K / 5 K / 7.5 K)	1 (2.5 K)	No	No	No
APPROX. WATER TEMP	24° C	24° C	24° C	24° C	24° C

# LOCATION

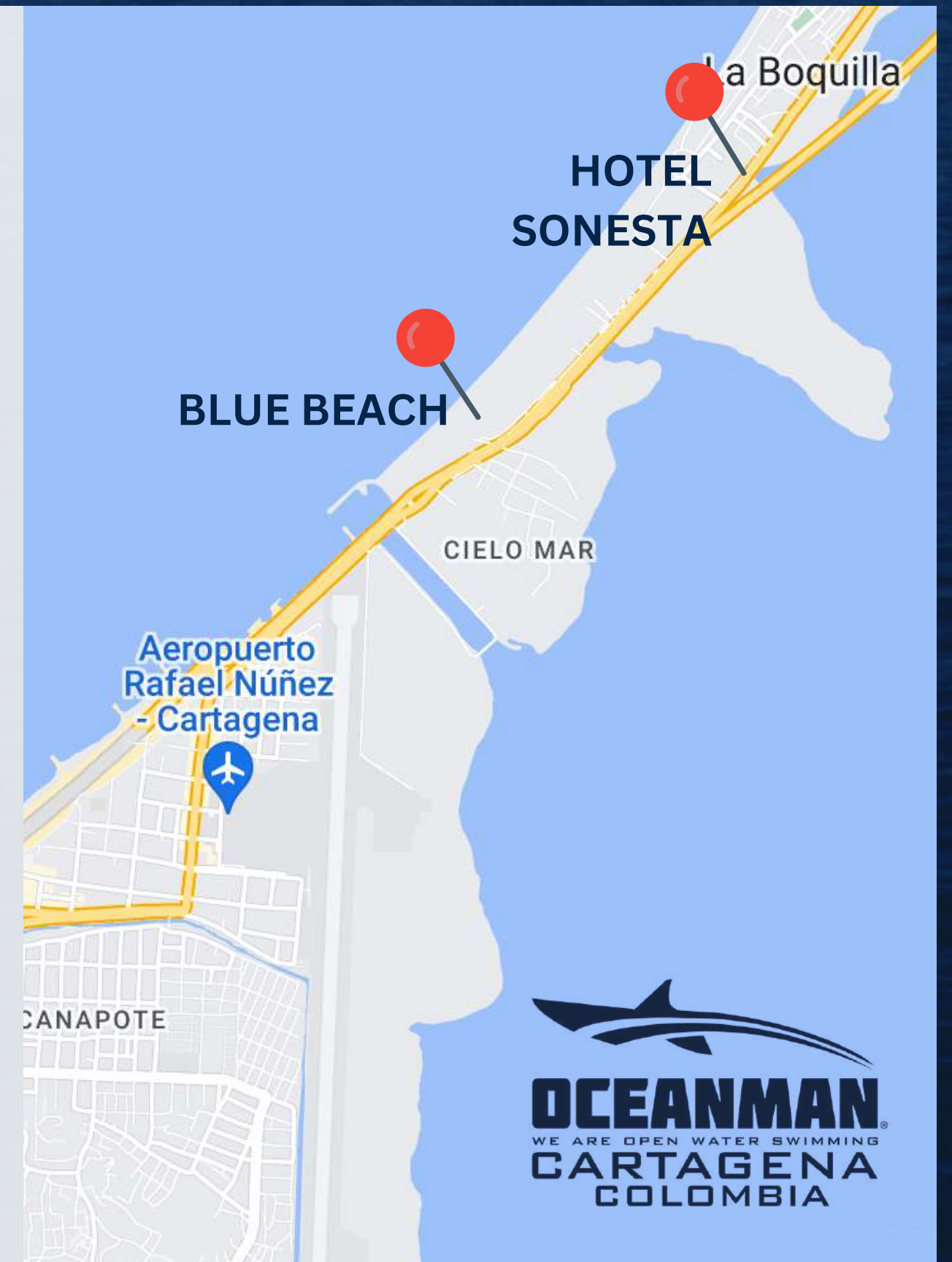
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## PLAYA AZUL, LA BOQUILLA

Competition venue for OCEANMAN Cartagena 2023.  
Located on the "Vía al Mar" road Cartagena -  
Barranquilla in the Cielo Mar sector, La Boquilla

## SONESTA HOTEL CARTAGENA

It is the official location for the registration and kits  
pick up of OCEANMAN Cartagena 2023.  
Located at Carrera 9 # 35-104 Anillo Vial, Zona Norte  
Cartagena, Colombia, 2 km from the race start.



PLAYA AZUL  
LA BOQUILLA

## PLAYA AZUL, LA BOQUILLA BEACH WITH "BLUEFLAG" CERTIFICATION

Recognition granted by the European Foundation for Environmental Education (FEE), accredits La Boquilla beach as an organized, safe, inclusive and environmentally friendly beach.

The criteria that Cartagena met to obtain the recognition were: Information and Environmental Education, Water Quality, Environmental Management, Security and Services.



**DISTRISSEGURIDAD**  
TECNOLOGÍA, PREVENCIÓN, ARTICULACIÓN

# PLAYA AZUL SERVICES



PARKING



BIKE  
PARKING



ACCESS  
DISABLED



BATHROOMS



SHOWERS



CAFÉ



TOURIST  
INFORMATION



POLICE OF  
TOURISM



RENT  
1 TENT + 2 CHAIRS  
\$20,000 DAILY

# CODE OF CONDUCT



NO PETS



NO DRINKS  
ALCOHOLIC



NO SMOKING



NO CAMPS



NO MUSIC  
AT HIGH VOLUME

# FLAGS



GREEN:

Suitable conditions for entering the sea.

*Allowed entry to swimmers.*



RED:

Entry into the sea is prohibited. big risks for your life or health.

*Swimmers are not allowed to enter.*

***THURSDAY***  
***APRIL 13***

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**BRIEFING**

Virtual

TIME: 6:00 PM

YOUTUBE: OCEANMAN Colombia

FACEBOOK: OCEANMAN Colombia

The briefing will be saved on our channels for future watching.

# FRIDAY

# APRIL 21

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## REGISTRATION

Please reserve your pick up time at the App."Club Xportiva"

TIME: 10 AM - 7 PM

PLACE: Sonesta Hotel (Morros)



## EXPO / OCEANMAN SHOP

Open to the public

TIME: 10 AM - 7 PM

PLACE: Sonesta Hotel (Morros)



## HEINEKEN 0.0 SUNSET HANGOUT

0.0 Beer and chatting

TIME: 6 PM - 7 PM

PLACE: Playa Azul



## BRIEFING

TIME: 7:00 PM

PLACE: Playa Azul



# **SATURDAY**

# **APRIL 22**

---



**LAST MINUTE REGISTRATION**  
SPRINT - OCEANKIDS - OCEANTEAMS  
TIME: OCEANKIDS: 5:30 - 6:00 AM  
SPRINT: 5:30 - 6:30 AM  
OCEANTEAMS: 5:30 - 6:30 AM  
PLACE: Playa Azul, entrada corral de inicio



**WARDROBE**  
TIME: 5:30 AM  
PLACE: Playa Azul



**RACE START**  
TIME: OCEANKIDS: 6:30 AM  
SPRINT (2K): 7:15 AM  
OCEANTEAMS: 8:45 AM  
PLACE: Playa Azul



**AWARDS CEREMONY**  
OCEANKIDS, SPRINT, OCEANTEAMS  
TIME: 10:00 AM  
PLACE: Playa Azul

# ***SATURDAY***

# ***APRIL 22***

---



## **REGISTRATION**

Please reserve your pick up time at the App. "Club Xportiva"

TIME: 10 AM - 7 PM

PLACE: Sonesta Hotel (Morros)



## **EXPO / OCEANMAN SHOP**

Open to the public

TIME: 10 AM - 7 PM

PLACE: Sonesta Hotel (Morros)

# ***SUNDAY***

# ***APRIL 23***

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## **LAST MINUTE REGISTRATION**

OCEANMAN, HALF OCEANMAN

TIME: OCEANMAN: 5:30 - 6:00 AM

HALF OCEANMAN: 5:30 - 6:15 AM

PLACE: Playa Azul, entrada corral de inicio



## **WARDROBE**

TIME: 5:30 AM

PLACE: Playa Azul



## **RACE START**

TIME: Oceanman: 6:30 AM

Half Oceanman: 7:00 AM

PLACE: Playa Azul

***SUNDAY***  
***APRIL 23***

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**OCEANMAN SHOP**

TIME: 7 AM - 12:30 PM

PLACE: Playa Azul



**AWARDS CEREMONY**

OCEANMAN, HALF OCEANMAN

TIME: 12:00 PM

PLACE: Playa Azul



CARTAGENA 22-23 APR

OCEANMAN 10 KM · 2 LAPS

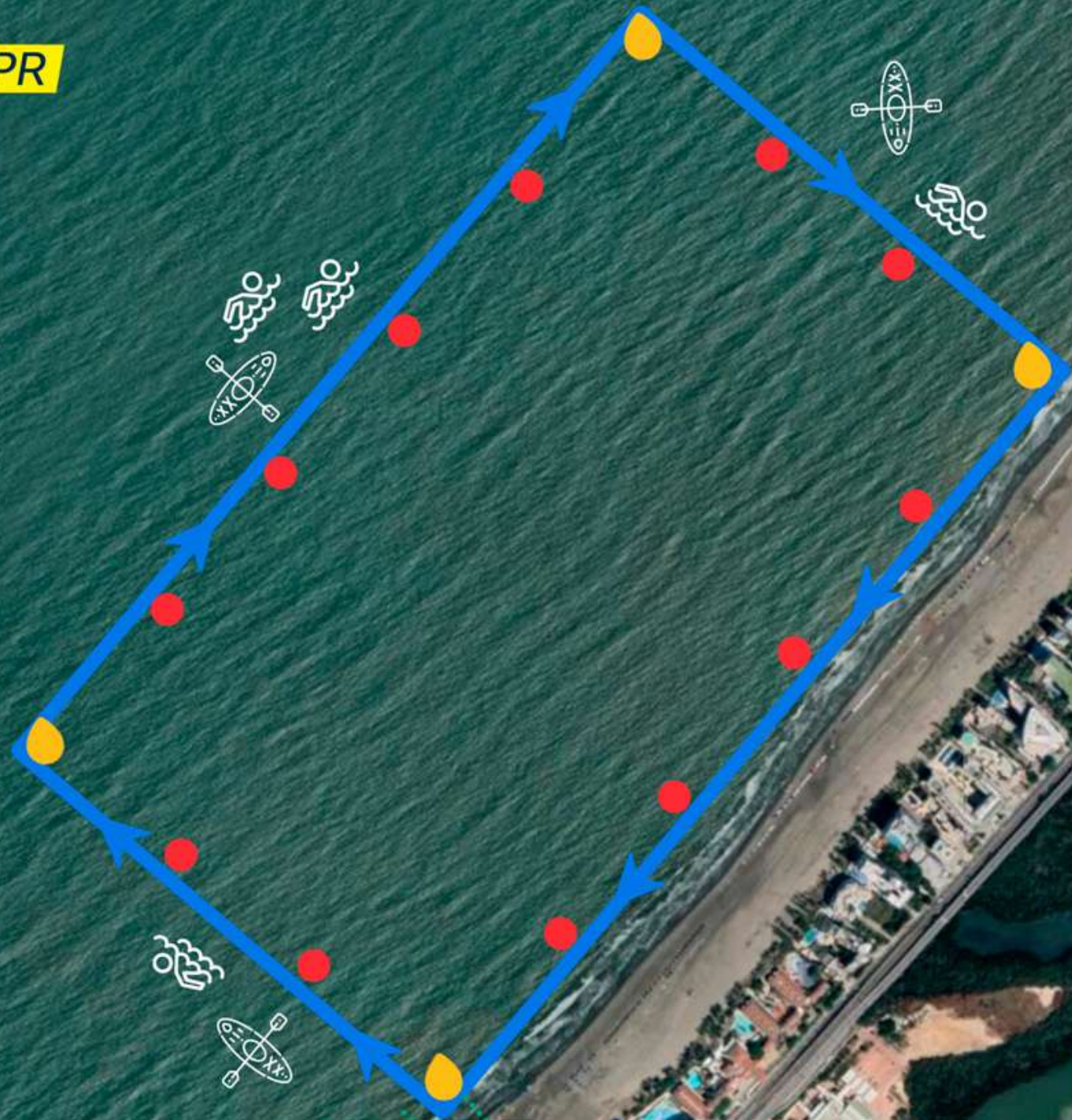


SEASON 2023  
SWIM THE WORLD



CARTAGENA 22-23 APR

HALF OCEANMAN 5 KM · 1 LAP



START  
FINISH

SEASON 2023  
SWIM THE WORLD



CARTAGENA 22-23 APR

SPRINT 2 KM · 1 LAP



START  
FINISH

SEASON 2023  
SWIM THE WORLD



CARTAGENA 22-23 APR

OCEANKIDS 600M · 2 LAPS



START  
FINISH

SEASON 2023  
SWIM THE WORLD





CARTAGENA 22-23 APR

OCEANKIDS 300M · 1 LAP



START  
FINISH

SEASON 2023  
SWIM THE WORLD



CARTAGENA 22-23 APR

OCEANTEAMS 3 X 500 M



START  
FINISH

SEASON 2023  
SWIM THE WORLD

# FEEDING POINTS AT SEA



● OCEANMAN

● HALF OCEANMAN

Feeding Point #1: Km 2.5



Feeding Point #2: Km 5



Feeding Point #3: Km 7.5



Feeding Point #4: Km 10



PEDIALYTE 30 / 45.

[VER VIDEO](#)

GOING GELS

WATER

# CUT OFF TIMES



OCEANMAN (10 KM)  
KM 3: 1 hour 30 minutes  
KM 6: 3 hours  
META: 4 hours 30 minutes

HALF OCEANMAN (5 KM)  
KM 3: 1 hour 30 minutes  
META: 2 hours 30 minutes

SPRINT / OCEAN TEAMS  
META: 1 hour 30 minutes



# MANDATORY EQUIPMENT

**SWIMMING CAP**  
Given by the organization

**SWIMMING GOGGLES**

**TATOOS**  
Given by the organization

**PERSONAL BUOY**  
it is MANDATORY

**SWIMMING SUIT**  
No neoprene allowed

**TIMING CHIP**  
Given by the organization



# VENUE AWARDS



## OCEANMAN / HALF OCEANMAN / SPRINT

TROPHIE to the top 3 overall male and female.

MEDAL to the top 3 in each category male and female.

FINISHER MEDAL to all competitors who complete the race.

## OCEANTEAMS

MEDAL to the top 3 Teams

FINISHER MEDAL to all competitors who complete the race.

## OCEANKIDS

MEDAL to the top 3 in each category boys and girls. (U9-U12-U15)

FINISHER MEDAL to all competitors who complete the race.

# CLASSIFICATION WORLD FINAL

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OCEANMAN Cartagena 2023 is a qualifying event for the World Final in Phuket, Thailand from November 30 to December 3, 2023.

DISTANCES: OCEANMAN - HALF OCEANMAN - SPRINT.  
(swimmers will be qualified only for the distance they participated and completed).

The top 10 swimmers in every age group and top 3 of the INSPIRATION category in distances OCEANMAN, HALF OCEANMAN and SPRINT get a qualification slot..





# ***OCEANMAN RULES***

Open the [link](#) or look at the official OCEANMAN Cartagena web page, for the actual rules for OCEANMAN events.





# WEATHER FORECAST



22

24° ————— 31°



23

25° ————— 31°



**OCEANMAN**<sup>®</sup>

WE ARE OPEN WATER SWIMMING

**CARTAGENA**  
**COLOMBIA**

**iSEE YOU**  
**AT THE OCEAN!**

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CARTAGENA, APRIL 22 AND 23, 2023