

RACE BRIEFING



EVENT PROGRAM

FRIDAY 23 MAY

14:00 – 19:00	Registration & EXPO
15:00	Nations Parade
16:00	Press conference
18:00	Special Guest
19:00	Race briefing – All distances
19:30	Sundown / Night Swim

LOCATION

Piazza del Tramonto

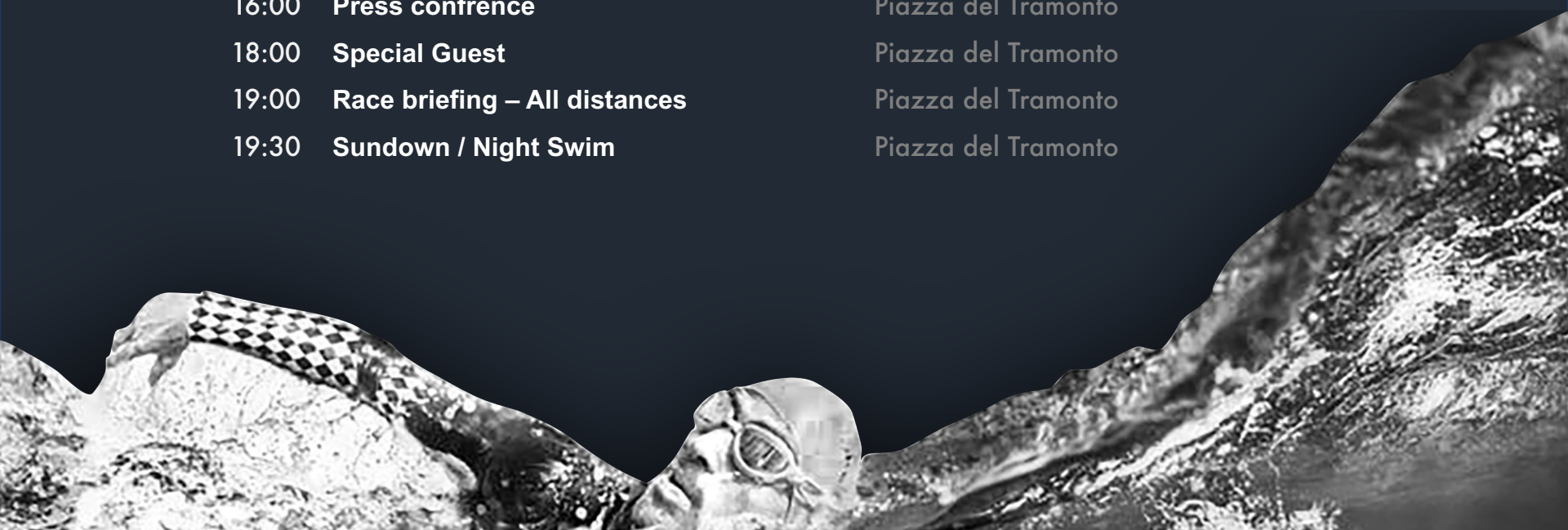
Piazza Nettuno

Piazza del Tramonto

Piazza del Tramonto

Piazza del Tramonto

Piazza del Tramonto



EVENT PROGRAM



SATURDAY 24 MAY – MAIN STAGE AND START AREA

08:30 – 12:00 / 14:00 – 19:00 Registration & EXPO

9:00 – 9:40 Functional Fitness by Renny From Timeout Training

10:00 Start SPRINT

11:45 Start OCEANKIDS

12:30 Start OCEANTEAMS

13:30 Award Ceremony

14:30 – 14:45 Dog Rescue Demonstration by CISMO

15:10 – 15:50 FUNFIT Dance By Belen Carreras

16:00 – 16:10 Dance Show by Underground Street Training

16:30 SwimProve Social Swim

16:10 – 16:50 Afro Explosion by Ramsy from Underground Street Training

17:00 – 17:40 Ritmo Fit Dance (Zumba) by William Estudante

17:45 Bootcamp Race Awards

EVENT PROGRAM

SATURDAY 24 MAY – PIAZZA DEL TRAMONTO

- 10:10 – 10:50 FUNFIT dance by Belen Carreras
- 11:00 – 11:40 Afro Exposion by Ramsy From Underground Street Training
- 12:00 – 12:40 Pilates by Simona from Timeout Training
- 13:30 – 14:15 Award Ceremony
- 16:10 – 16:45 Functional fitness by Renny from Timeout Training

BOOTCAMP OBSTACLE RACES THROUGHOUT SATURDAY AND SUNDAY
WITH GADGETS AND PRIZES BY SIMONA - TIMEOUT TRAINING



EVENT PROGRAM



SUNDAY 25 MAY – MAIN STAGE AND START AREA

- 08:30 – 13:00** **Registration & EXPO**
- 9:00 – 9:40 Functional Fitness by Renny From Timeout Training
- 10:00 **Start OCEANMAN**
- 11:30 **Start HALF OCEANMAN**
- 15:00 – 15:45** **Award Ceremony**
- 16:00 – 16:40 Fun Fit Dance By Belen Carreras
- 16:45 – 17:00 Dance Show by Underground Street Training
- 17:00 - 17:40 Ritmo Fit Dance (Zumba) by William Estudante
- 17:45 Bootcamp Race Awards

EVENT PROGRAM

SUNDAY 25 MAY – PIAZZA DEL TRAMONTO

- 10:10 – 10:50 FUNFIT dance by Belen Carreras
- 11:10 – 11:50 Afro Exposion by Ramsy From Underground Street Training
- 12:10 – 12:50 Pilates by Simona from Timeout Training
- 13:10 – 13:50 Tacfit by Gabriel from Timeout Training
- 14:10 – 14:50 Functional fitness by Renny from Timeout Training
- 15:00 – 15:45 Award Ceremony
- 16:00 – 16:40 Pilates by Simona from Timeout Training

BOOTCAMP OBSTACLE RACES THROUGHOUT SATURDAY AND SUNDAY
WITH GADGETS AND PRIZES BY SIMONA - TIMEOUT TRAINING



NATIONS PARADE

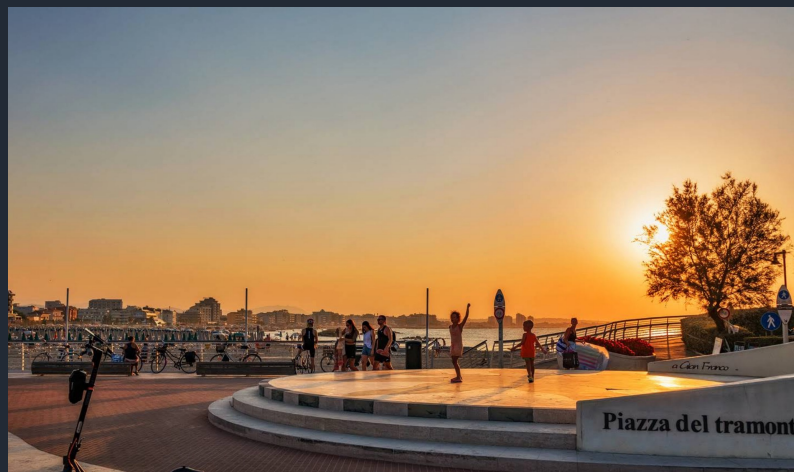
This year, we will have over 48 nations represented at the OCEANMAN Cattolica event. As a result, we will be hosting our first Nations Parade, which will be a short walk of approximately 800m along the Cattolica boardwalk. Please make sure you don't miss this spectacular event, where you'll have the opportunity to walk and proudly wave your country's flag in the streets of Cattolica. We will all meet at **15:00** at **Piazza Nettuno** in Cattolica. **Be sure to bring your country's flag and show it off with pride!**



Piazza Nettuno

<https://maps.app.goo.gl/PfoyXBBab6xn7Z938>

EVENT PROGRAM



EVENT LOCATION
Piazza del Tramonto

<https://maps.app.goo.gl/HMN4gdeBzCktnBS48>



NATIONS PARADE
Piazza Nettuno

<https://maps.app.goo.gl/PfoyXBBab6xn7Z938>

SWIMPROVE SOCIAL SWIM

Reconnaissance of the 10km/5km course, water and temperature testing, and equipment check with the Swimprove team. The SwimProve coach will be available to offer technical and tactical advice in preparation for the race.

This is free for anyone who would like to attend.

Saturday 16:30 - SwimProve Social Swim Piazza del Tramonto



RACE INFORMATION

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
Distance	10km	5km	2km	500m	500m x 3
Cut off times	3km - 1h30min 6km - 3h	3km - 1h30min	No	No	No
Maximum time limit	4h30min	2h30min	1h30min	No	No
Refreshment points	2.5km / 5km	2.5km	No	No	No
Water temperature	19.2°	19.2°	19°	19°	19°
Wetsuit	Optional	Optional	Optional	Optional	Optional
Safety buoy	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

RULES AND REGULATIONS

The safety buoy is mandatory.

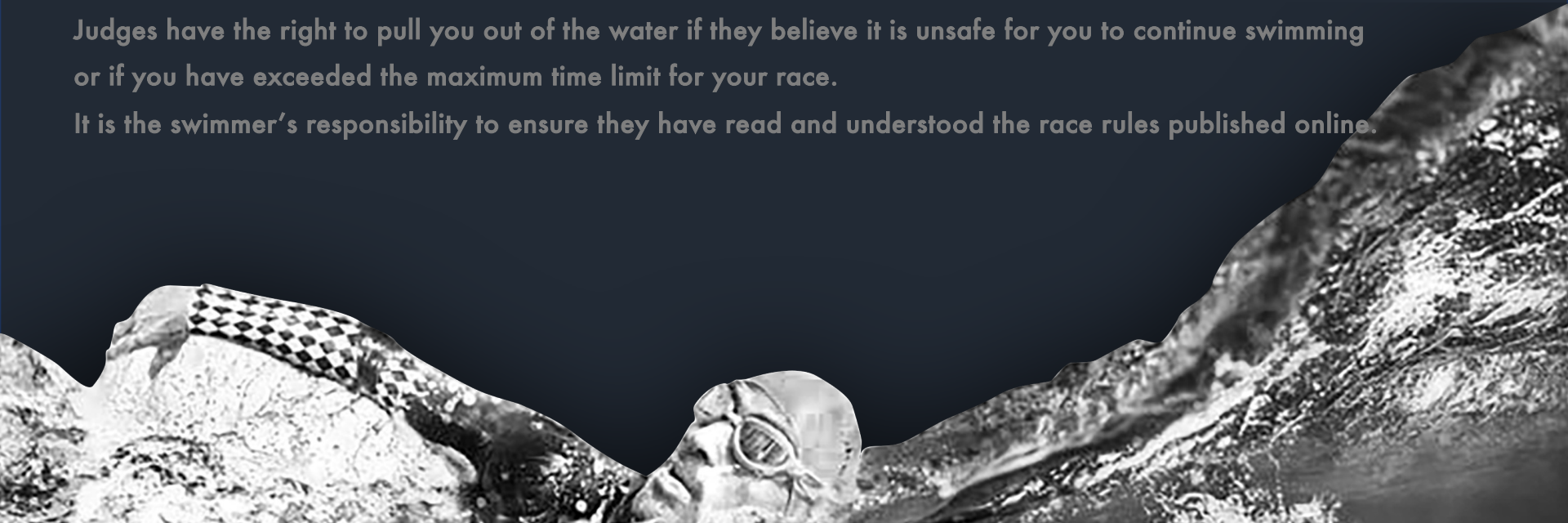
The race chip must be worn on one of the ankles.

The race chip must be returned immediately after the race, or a €50 fine will be issued.

The course buoys must be followed correctly.

Judges have the right to pull you out of the water if they believe it is unsafe for you to continue swimming or if you have exceeded the maximum time limit for your race.

It is the swimmer's responsibility to ensure they have read and understood the race rules published online.





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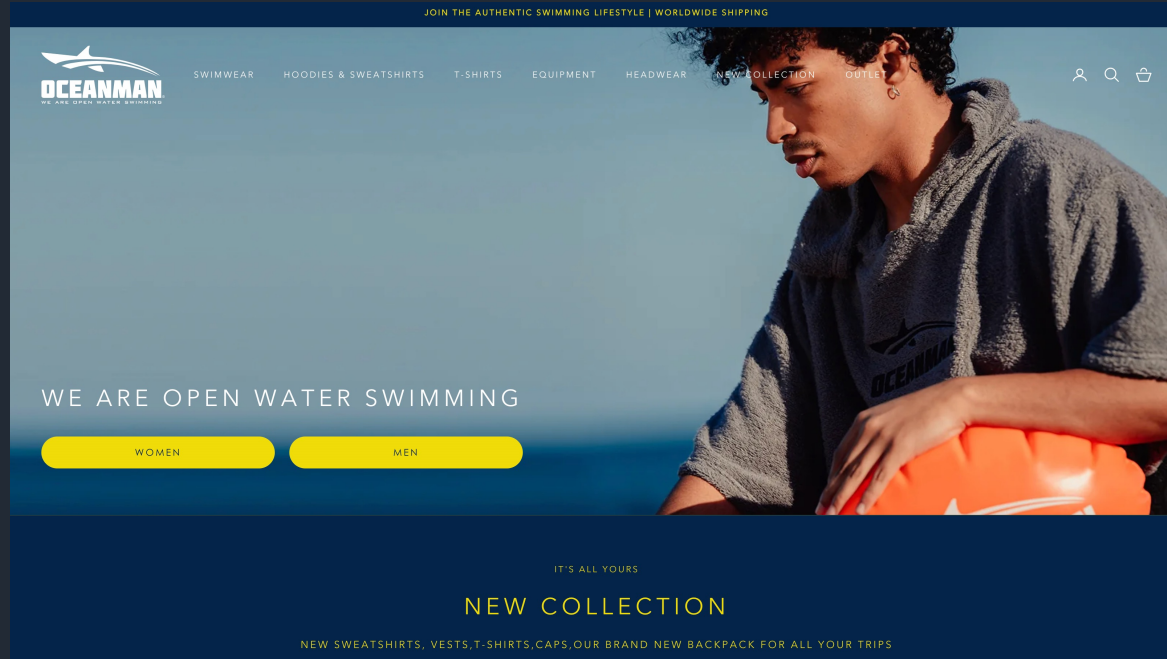
www.timeout.training

Email: info@timeout.training

WEBSITE PURCHASES

Please note that all items purchased through the website must be collected during race bag distribution.

OCEANMAN will not be shipping any items by post.



OCEANMAN SHOP

Come to the OCEANMAN shop, located right in the heart of the Athletes' Area, and discover all the latest and greatest OCEANMAN gear! From stylish apparel to high-performance accessories, we've got everything you need to show your passion for open water swimming. Whether you're racing, supporting, or simply love the sport – there's something for everyone. Don't miss out – come take a look and gear up like a true OCEANMAN!





CATTOLICA 23th - 25th MAY

SPRINT 2 KM - 1 LAP

START
FINISH





CATTOLICA 23th - 25th MAY

OCEANTEAMS 3 X 500 M

START
FINISH

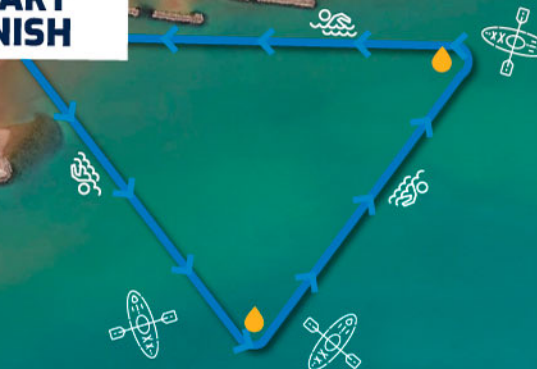




CATTOLICA 23th - 25th MAY

OCEANKIDS 500 M - 1 LAP

START
FINISH





CATTOLICA 23th - 25th MAY

OCEANMAN 10 KM - 2 LAPS

**START
FINISH**





CATTOLICA 23th - 25th MAY

HALF OCEANMAN 5 KM - 1 LAP

**START
FINISH**

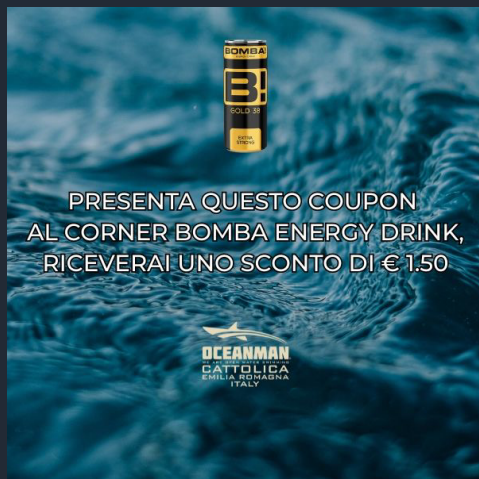


OFFICAL ENERGY DRINK PARTNER

Don't forget to collect your BOMBA! Energy drink coupon – your moment of power starts here.

Fuel your body, ignite your spirit, and dive into your swim with unstoppable energy.
This is more than a drink – it's the spark behind your success.

Grab it. Drink it. Own the water.



TIMING CHIP

Inside each race bag, you will find your electronic timing chip.

Wear the timing chip on either your right or left ankle.

If you are wearing a wetsuit, you can place the chip over the wetsuit.

NO CHIP = NO RESULT = DNF



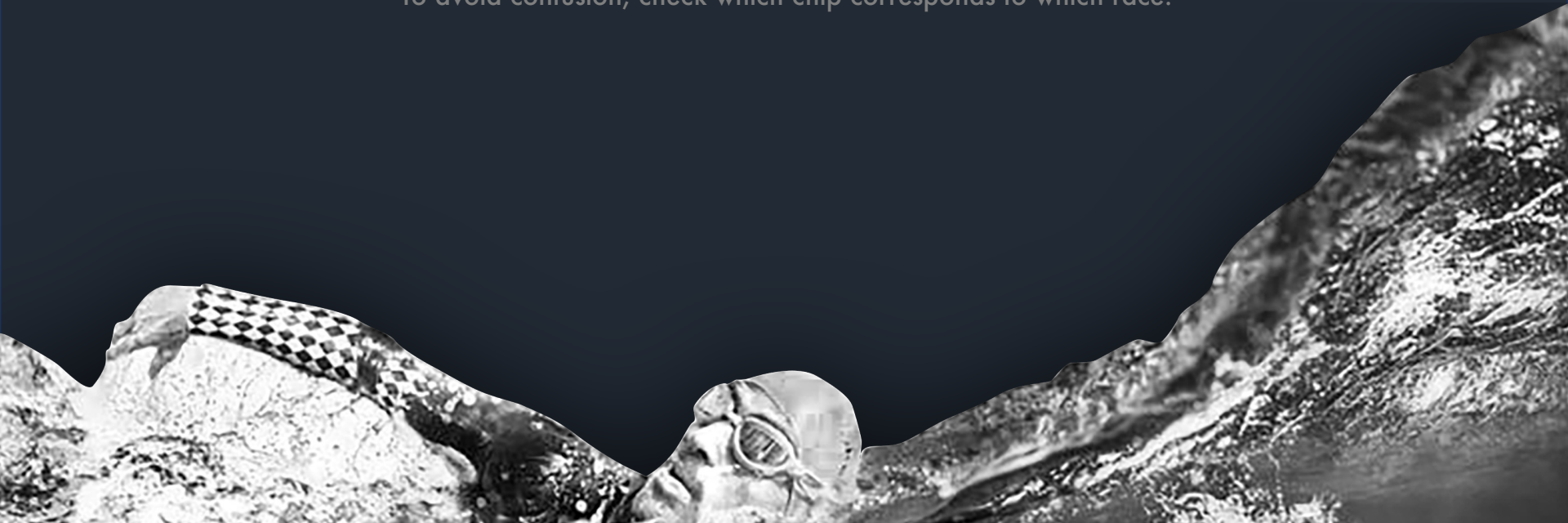
DIFFERENT DISTANCES

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 for each race.

To avoid confusion, check which chip corresponds to which race.



OFFICIAL TIMEKEEPER

Every second counts at OCEANMAN Cattolica, and thanks to our **Official Timekeeper**, your performance will be tracked with precision, passion, and professionalism. From start to finish, they ensure accurate results and flawless timing — because every swimmer deserves to shine.

Let the clock tell your story!



On the day of your race, you will be able to check out your live results by scanning this QR code.



CERTIFICATES

Don't forget to download your **NextRace** Certificate once the race is finished and your time has been confirmed.



OCEANMAN CATTOLICA WHATS APP GROUP

Stay connected all weekend long!

Don't miss a single update – from last-minute schedule changes to must-know info. We'll also share tips on what to see, do, and experience in and around Cattolica.

Your ultimate OCEANMAN weekend starts here – stay informed, stay inspired! Just whatsapp us your number and tell us you want to be added.
Mark +39 393 611 5675



EVENT T-SHIRT



DRAW STRING BAG



FINISHER MEDAL



TROPHY



PODIUM MEDAL



ATHLETES KIT

Each swimmer will receive a race t-shirt and bag, and those who cross the finish line will earn a finisher medal.

If you place in the top three of your age group, you will receive a podium medal. Additionally, if you finish in the top three for your distance, you will be awarded a trophy.

AWARD CEREMONY

We will hold the Oceanman Cattolica award ceremonies on both Saturday and Sunday, where we'll celebrate the champions of the sea by awarding the following categories:

Get ready for unforgettable moments, thunderous applause, and the honour of standing on the podium — this is your time to shine!

SATURDAY 24th May

OCEANKIDS 500M	Category	Male 1st / 2nd / 3rd
	U9	Male & Female 1st / 2nd / 3rd
	U12	Male & Female 1st / 2nd / 3rd
	U15	Male & Female 1st / 2nd / 3rd

OCEANTEAMS 500M	Category	1st / 2nd / 3rd
	Male	
	Female	
	Mixed	

SPRINT 2KM	Category	
	INSPIRATION	Male & Female 1st / 2nd / 3rd
	JUNIOR	Male & Female 1st / 2nd / 3rd
	MASTER 20-29	Male & Female 1st / 2nd / 3rd
	MASTER 30-39	Male & Female 1st / 2nd / 3rd
	MASTER 40-49	Male & Female 1st / 2nd / 3rd
	MASTER 50-59	Male & Female 1st / 2nd / 3rd
	MASTER 60-69	Male & Female 1st / 2nd / 3rd
	MASTER +70	Male & Female 1st / 2nd / 3rd
	OVERALL WINNER	Male & Female 1st / 2nd / 3rd

SUNDAY 25th May

HALF OCEANMAN 5KM	Category	
	INSPIRATION	Male & Female 1st / 2nd / 3rd
	JUNIOR	Male & Female 1st / 2nd / 3rd
	MASTER 20-29	Male & Female 1st / 2nd / 3rd
	MASTER 30-39	Male & Female 1st / 2nd / 3rd
	MASTER 40-49	Male & Female 1st / 2nd / 3rd
	MASTER 50-59	Male & Female 1st / 2nd / 3rd
	MASTER 60-69	Male & Female 1st / 2nd / 3rd
	MASTER +70	Male & Female 1st / 2nd / 3rd
	OVERALL WINNER	Male & Female 1st / 2nd / 3rd

OCEANMAN 10KM	Category	
	INSPIRATION	Male & Female 1st / 2nd / 3rd
	JUNIOR	Male & Female 1st / 2nd / 3rd
	MASTER 20-29	Male & Female 1st / 2nd / 3rd
	MASTER 30-39	Male & Female 1st / 2nd / 3rd
	MASTER 40-49	Male & Female 1st / 2nd / 3rd
	MASTER 50-59	Male & Female 1st / 2nd / 3rd
	MASTER 60-69	Male & Female 1st / 2nd / 3rd
	MASTER +70	Male & Female 1st / 2nd / 3rd
	OVERALL WINNER	Male & Female 1st / 2nd / 3rd

BAG DEPOSIT

We will have a bag drop area at the start of each race, so you can change into your swimsuit, put all your clothes in your bag, and we will have your clothes ready for you when you reach the finish line. Please try to keep all your personal belongings in just one bag. Thank you.





JTB STORE

JUST FOR COOL PEOPLE

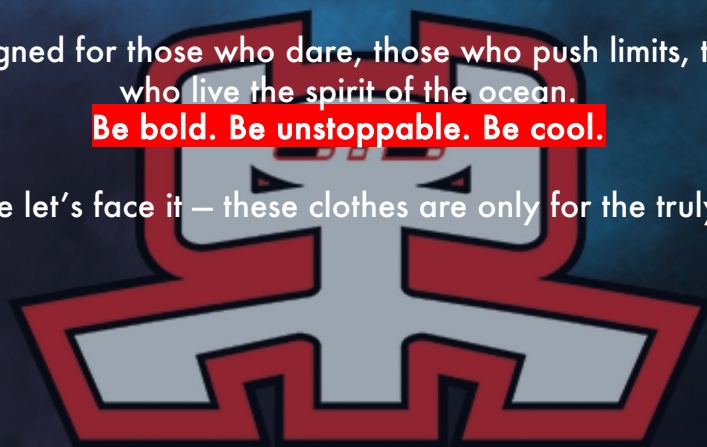
Store

Search products...

Make sure to visit the **JTBSTORE.COM** stand at this year's **OCEANMAN Cattolica** and grab some truly epic gear. This isn't just clothing — it's a statement.

Designed for those who dare, those who push limits, those who live the spirit of the ocean.
Be bold. Be unstoppable. Be cool.

Because let's face it — these clothes are only for the truly cool.



WEATHER 24 / 25 MAY

SATURDAY 24 MAY

19°

WATER TEMPERATURE

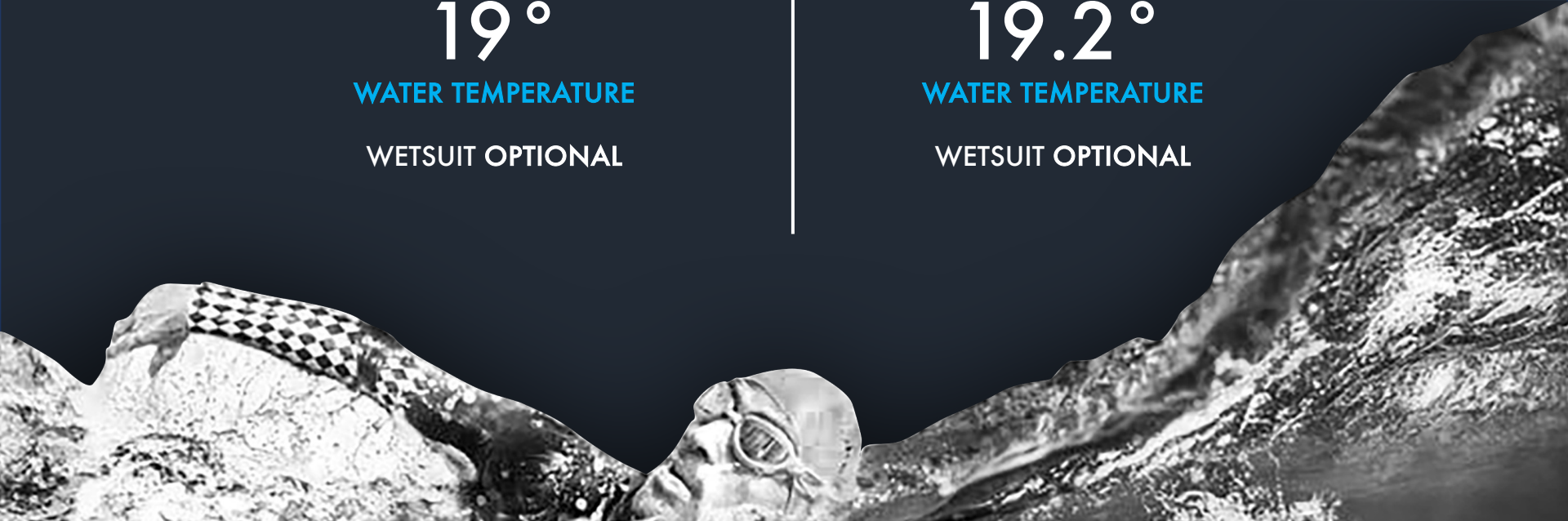
WETSUIT OPTIONAL

SUNDAY 25 MAY

19.2°

WATER TEMPERATURE

WETSUIT OPTIONAL





MANDATORY EQUIPMENT

All participants must have the following:

- Swim cap
- Swim goggles
- Timing chip
- Safety buoy

BRIEFING DI GARA

