



BRIEFING
2025





TECHNICAL DETAILS SUNDAY

	OCEANMAN	HALF OCEANMAN	SPRINT 2k
DATE	MAY 11, 2025	MAY 11, 2025	MAY 11, 2025
DISTANCE	10 Km	5 K m	2 K m
START TIME	8:00 AM	10:30 AM	12:00 AM
TIME LIMIT CUT OFF TIME	3K (1h 30') 6KM (3h)	3K (1h 30')	NO
TIME LIMIT	4h 30 min	2h 30 min	1h 30 min
FEEDING POINTS AT SEA	2 (4-8 km)	1 (3 km)	NO
APPROX. WATER TEMPERATURE	18.5° C	18.5° C	18.5° C

OCEANMAN[®]



HORARIOS SCHEDULE



OCEANMAN®

WE ARE OPEN WATER SWIMMING

**COSTA AZAHAR
SPAIN**





*SATURDAY 10
OF MAY*

**PLACE: TORREÓN BERNAT
FINISH LINE / BENICÀSSIM**



TORREÓN BEACH BENICÀSSIM



SATURDAY 10 OF MAY

PROGRAM SATURDAY KIDS & TEAMS

PROGRAM SATURDAY MORNING

WARDROBE OPENING/DELIVERY OF KITS

TIME: 10:30 AM

Place: Torreón Beach Benicàssim



COMPETITION START

OCEANKIDS (500 Metros)

TIME: 11:30 AM

PLACE: Torreón Beach Benicàssim



OCEANTEAMS (3X500 M.)

TIME: 12:30 AM

PLACE: Torreón Beach Benicàssim



AWARDS CEREMONY

OCEANKIDS, OCEANTEAMS

TIME: 17:30 PM aprox.

PLACE: TORREÓN BEACH BENICÀSSIM





*SATURDAY 10
OF MAY*

**PROGRAM SATURDAY
OCEANMAN-HALF-SPRINT**

REGISTRATION / DELIVERY OF KITS



SCHEDULE: 03 PM- 06 PM

PLACE: Torreón Beach Benicàssim

RACE BRIEFING



OCEANMAN / HALFOCEANMAN /SPRINT
face-to-face



TIME: 6:00 PM

PLACE: Torreón Beach Benicàssim



SUNDAY 11 OF MAY

PROGRAM SUNDAY OCEANMAN-HALF-SPRINT



PROGRAM SUNDAY

WARDROBE OPENING

TIME: 7:00 AM Place: Puerto Deportivo Oropesa

TIME: 9:30 AM Place: Playetes Beach

TIME: 11:00 AM Place: Voramar Beach



COMPETITION START

TIME: OCEANMAN (10K): 8:00 AM

PLACE: RETOR BEACH / Puerto Oropesa del Mar



HALF OCEANMAN (5K): 10:30 AM

PLACE: Playetes Beach Oropesa del Mar

SPRINT (2k): 12:00 AM

PLACE: Voramar Beach Benicàssim



AWARDS CEREMONY

OCEANMAN, HALF OCEANMAN, SPRINT, KIDS

TIME: 14:30 PM aprox.

PLACE: TORREÓN BEACH BENICÀSSIM



TRANSFER BUS



ONLY FOR GUEST HOTELS

Hotel Intelier Orange



RESERVA EN ACREDITACIONES

BOOKING IN REGISTRATION



*SUNDAY 11
OF MAY*

TRANSFER
BUS



Alojamiento
Oficial

PLACE: HOTEL TRINIMAR BENICÀSSIM

TIME: 6:30 AM - Destination Puerto Deportivo Oropesa - **Start line 10k**

TIME: 9:00 AM - Destination Urbanizacion Playetas Beach- **Start 5k**

TIME: 10:30AM - Destination Voramar Beach - **Start line 2k**



ONLY FOR GUESTS

BOOKING IN REGISTRATION



*SUNDAY 11
OF MAY*

**PLACE: HOTEL ORANGE
INTELIER BENICÀSSIM**

**TRANSFER
BUS**

TIME: 6:40 AM - Destination Puerto Deportivo Oropesa

Start line OCEANMAN 10k

TIME: 9:10 AM - Destination Urbanizacion Playetas Beach

Start HALF OCEANMAN 5k

TIME: 10:40AM - Destination Voramar Beach -

Start line SPRINT 2k



HOTEL INTELIER ORANGE ****

HORARIOS-SCHEDULES



SUNDAY 11
OF MAY

RETURN BY BUS

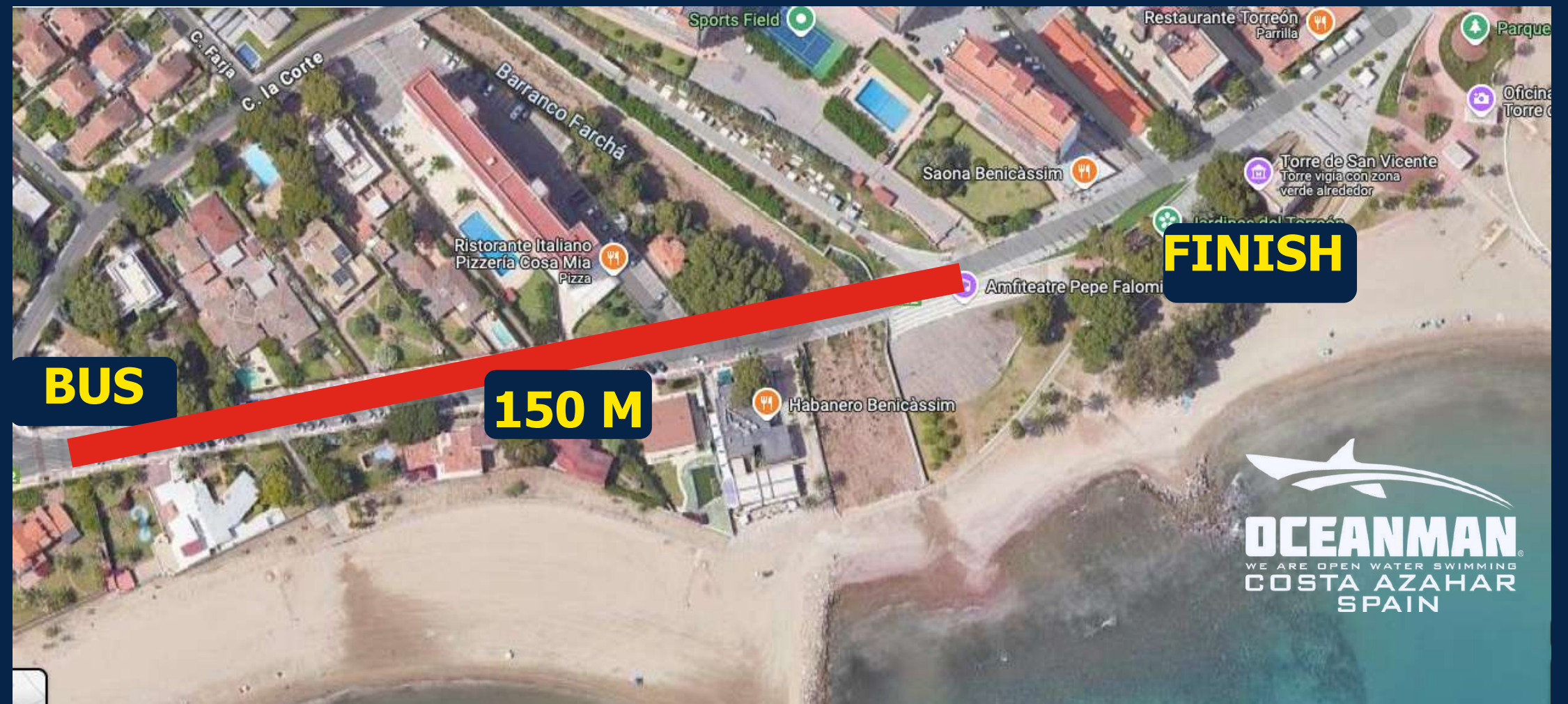
TIME: 3:00 PM - Destino Hotel Orange - Hotel Trinimar

TIME: 4:00 PM - Destination Hotel Orange - Hotel Trinimar

TRANSFER
BUS-HOTELS



BUS STOP



PLACE: TORREÓN BERNAT- BENICÀSSIM

ONLY FOR GUESTS

SÓLO CLIENTES HOTEL



TRANSFER BUS

FOR GUEST HOTELS



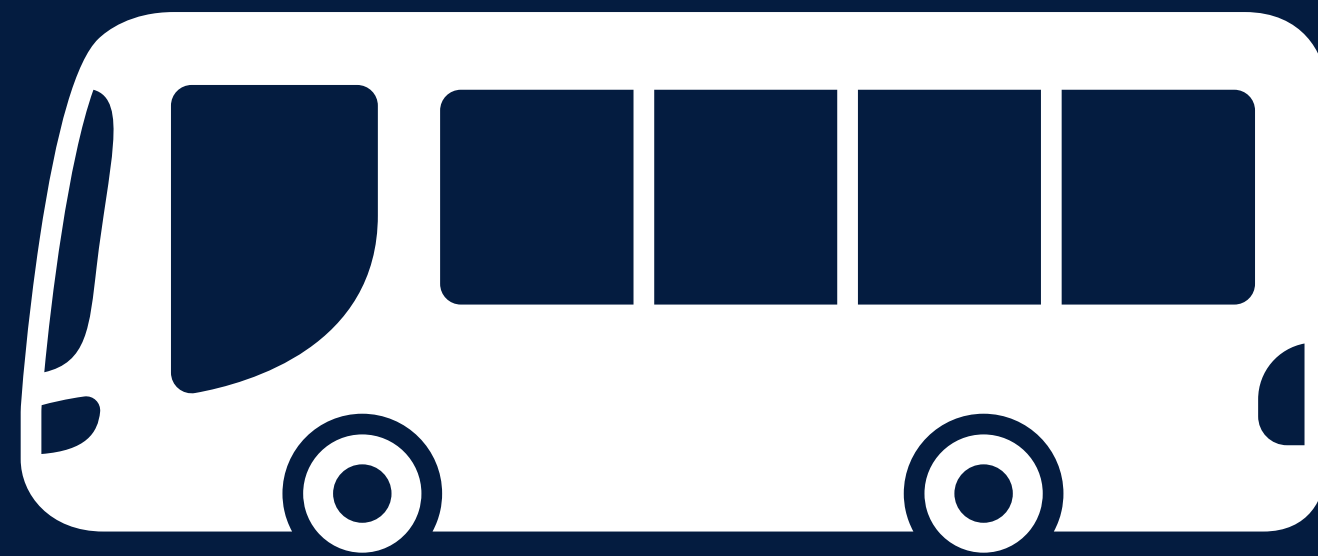
Without reservation
YOU CANNOT GET ON THE BUS

To make the reservation effective you must pay 2 € in accreditations





TRANSFER BUS



FOR ALL THE
SWIMMERS

**RESERVA EN ACREDITACIONES
BOOKING IN REGISTRATION**




OCEANMAN
WE ARE OPEN WATER SWIMMING
**COSTA AZAHAR
SPAIN**



*SUNDAY 11
OF MAY*

HORARIOS-SCHEDULES

TIME: 6:50 AM - Destino Puerto D. Oropesa - Salida-Start 10k

TIME 1: 8:20 AM - Destino Playa Urbanización Playetas- Salida 5k

TIME 2: 9:20 AM - Destination Playetas Beach- Start line 5k

TIME 1: 10:00 AM - Destino Playa Voramar - Salida 2k

TIME 2: 10:50 AM - Destination Voramar Beach- Start line 2k

**PLACE: POLIDEPORTIVO
MUNICIPAL BENICÀSSIM**

**FOR ALL THE SWIMMERS
TODOS LOS NADADORES**

**BOOKING IN REGISTRATION
RESERVA EN ACREDITACIONES**





BUS STOP

**POLIDEPORTIVO
BENICASIM**





*SUNDAY 11
OF MAY*

**TRANSFER
BUS**

RESERVA EN ACREDITACIONES

BOOKING IN REGISTRATION



**TODOS LOS NADADORES
FOR ALL THE SWIMMERS**



**PLACE: POLIDEPORTIVO
MUNICIPAL BENICÀSSIM**

TRANSFER BUS FOR ALL SWIMMERS



Without reservation
YOU CANNOT GET ON THE BUS

To make the reservation effective you must pay 2 € in accreditations





SWIM CUP COLOURS



OCEANMAN



HALF OCEANMAN



SPRINT



OCEANKIDS



COPA ESPAÑA



OCEANTEAMS

ROUTES





COSTA AZAHAR 10th-11th MAY

OCEANMAN 10 KM- 1LAP

FINISH

START



**SEASON 2025
SWIM THE WORLD**



2 AVITUALLAMIENTOS

4 KM

8 KM

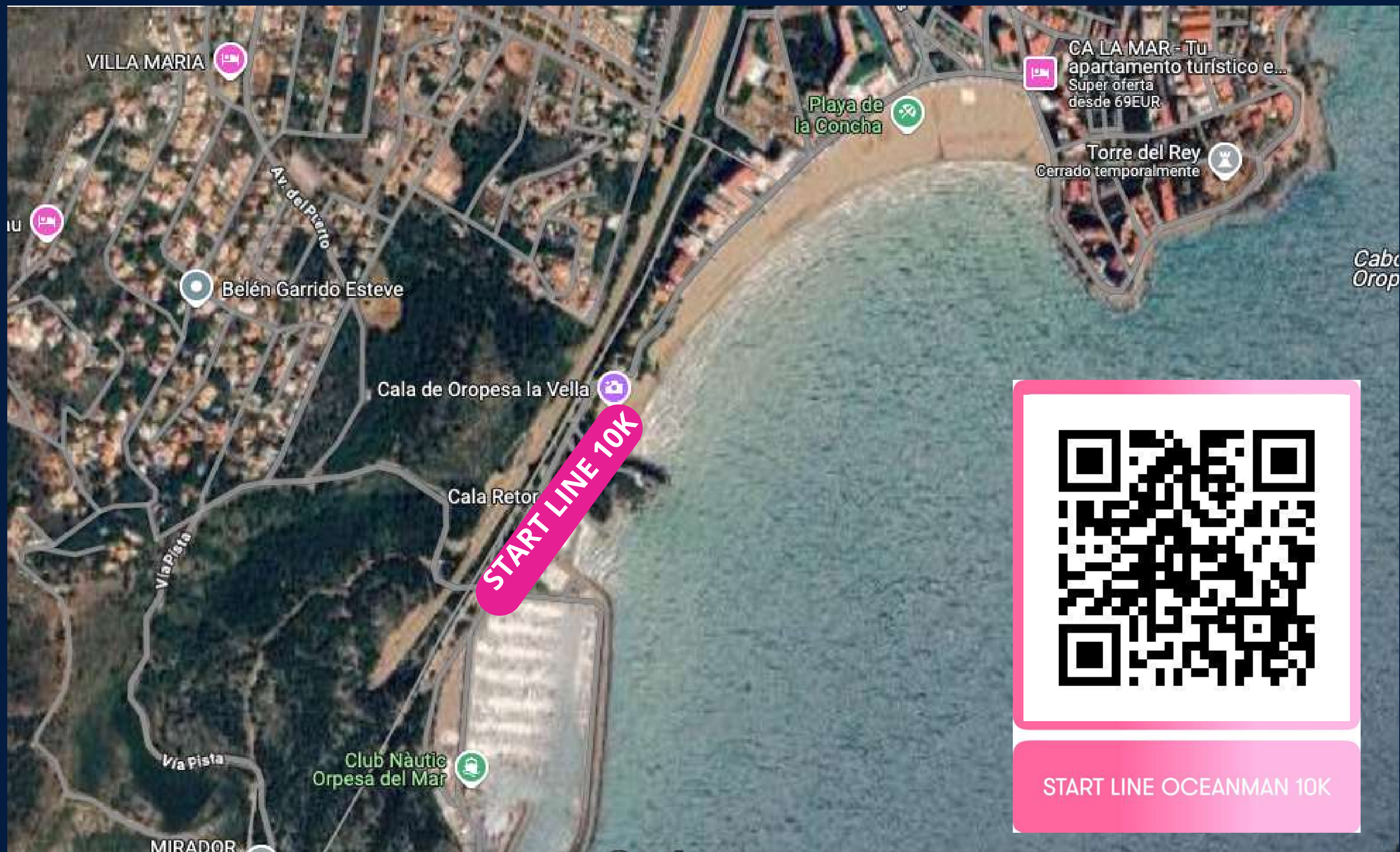
Salida: CALA RETOR (Oropesa)
Meta: Playa del Torreón (Benicasim)



28 BOYAS

· IMPORTANTE ·

Siempre hay que dejar las boyas **Amarillas Rojas** a tu derecha
Siempre hay que dejar las boyas Blancas a tu izquierda



START LINE OCEANMAN 10K



HALF OCEANMAN



TOUR 500



Salida: Playa de Playetes (Oropesa)
Meta: Playa del Torreón (Benicasim)

START
10:30

AVITUALLAMIENTO

17 BOYAS

· IMPORTANTE ·

Siempre hay que dejar las boyas **Amarillas-NARANJA** a tu derecha
Siempre hay que dejar las boyas Blancas a tu izquierda y la BLANCA DE SALIDA



b deportivo playetas

Calle Urb. Las Playetas de Bellver



Capilla de les Platgetes

STAR LINE 5K



Platja de Bellver

Calle Urb. Las Pla



START HALF OCEANMAN 5K



SALIDA 5K

Playa Playetas (Oropesa)



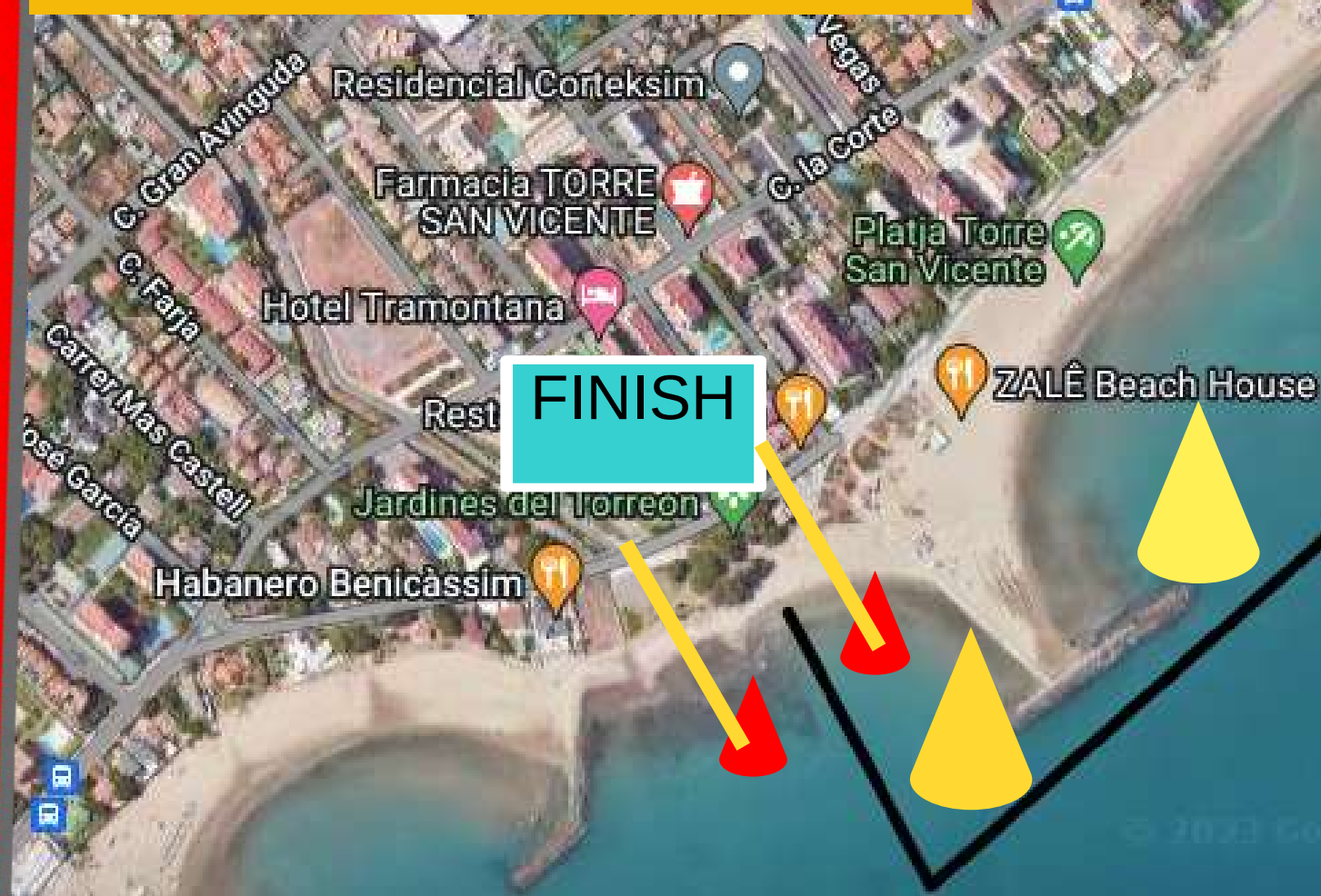


SPRINT 2K

Salida: Playa Voramar (Benicasim)
Meta: Playa del Torreón (Benicasim)

START

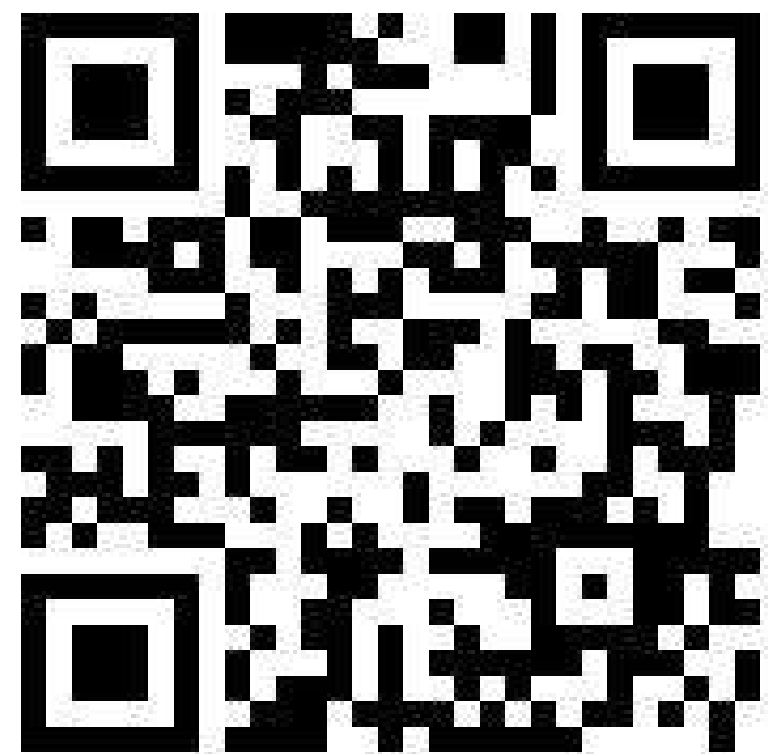
12:00



FINISH

6 BOYAS

· IMPORTANTE ·
Siempre hay que dejar las boyas
Amarillas a tu derecha



START SPRINT 2K



Mediterranean Surf
Cerrado temporalmente

Hotel Voramar
4.4 (7375)
Hotel de 4 estrellas

Amar Restaurante

STAR LINE 2K



*SUNDAY 11
OF MAY*

**PLACE: TORREÓN BERNAT
FINISH LINE / BENICÀSSIM**



TORREÓN BEACH BENICÀSSIM



FEEDING POINTS AT SEA

● OCEANMAN

● HALF OCEANMAN

Feeding Point #1: Km 4/3 ● ●

Feeding Point #2: Km 8 ●



ISOTONIC GOLD DRINK



ENERGY GEL



WATER





CUT OFF TIMES

OCEANMAN (10KM)

KM 3: 1 hour 30 minutes

KM 6: 3 hours

FINISH LINE: 4 hours 30 minutes

HALF OCEANMAN (5KM)

KM 3: 1 hour 30 minutes

FINISH LINE: 2 hours 30 minutes

SPRINT (2KM)

FINISH LINE: 1 hour 30 minutes



EQUIPAMIENTO EQUIPMENT



MANDATORY EQUIPMENT



SWIMMING CAP
Given by the organization

SWIMMING GOGGLES

PERSONAL BUOY
It is MANDATORY use
Rope from 20 to 60 cm

NEOPRENE
It is ALLOWED use

TIMING CHIP
Given by the organization

arena



BRACELET/PULSERA



SECURITY SEGURIDAD




OCEANMAN[®]
WE ARE OPEN WATER SWIMMING
COSTA AZAHAR
SPAIN



SEGURIDAD -SECURITY



- 20 KAYAKISTAS - KAYAKER
- 5 PADEL SURF
- 15 SOCORRISTAS- LIFEGUARD
- 10 EMBARCACIONES MOTOR ORGANIZACIÓN - BOAT
- 1 EMBARCACIÓN BOMBEROS - FIREMAN BOAT
- 1 EMBARCACIÓN GUARDIA CIVIL - POLICE BOAT
- 3 MOTOS AGUA ORGANIZACIÓN - JET SKY
- 2 AMBULANCIAS MEDICALIZADAS - AMBULANCE
- 2 MÉDICOS Y 2 ATS - DOCTOR
- 3 COORDINADORES EN AGUA - STAFF
- 32 BOYAS BALIZAMIENTO- BUOY
- 2 PUESTOS DE AVITUALLAMIENTO EN AGUA - FEDDING POINT





PREMIOS -TROPHY



AWARDS



AWARDS CEREMONY

OCEANMAN / HALF OCEANMAN / SPRINT

TROPHY for the first 3 places overall men and women.

AWARD MEDAL to the first three places in each category men and women.

FINISHER MEDAL to all participants who complete the test



TIME: 14:30 PM

PLACE: Torreon Beach Benicàssim



AWARDS

WORLD FINAL CHAMPIONSHIP QUALIFYING SLOTS

During all season OCEANMAN events competitors will be qualifying for OCEANMAN World Final Championship in OCEANMAN, HALF OCEANMAN & SPRINT distances. The swimmers will be qualified only for the distance they participated and completed.

OCEANMAN Races

TOP 10 swimmers in every age group and TOP 3 in Inspiration category will get a qualification slot for OCEANMAN World Final in OCEANMAN, HALF OCEANMAN, SPRINT distances.

OCEANMAN Continental Championships

OCEANMAN Continental Championships will take place in different location every year. These events are open to all swimmers who want to participate without prior qualification. TOP 15 swimmers in every age group and TOP 5 in Inspiration category will get a qualification slot for OCEANMAN World Final in OCEANMAN, HALF OCEANMAN, SPRINT distances. Participation in OCEANMAN World Final Championship will be open to swimmers without previous qualifying at OPEN EVENT. These swimmers will follow the same course in OCEANMAN, HALF OCEANMAN and SPRINT distances, but will not be eligible for the prizes.



AWARDS

OCEANMAN (MALE, FEMALE)

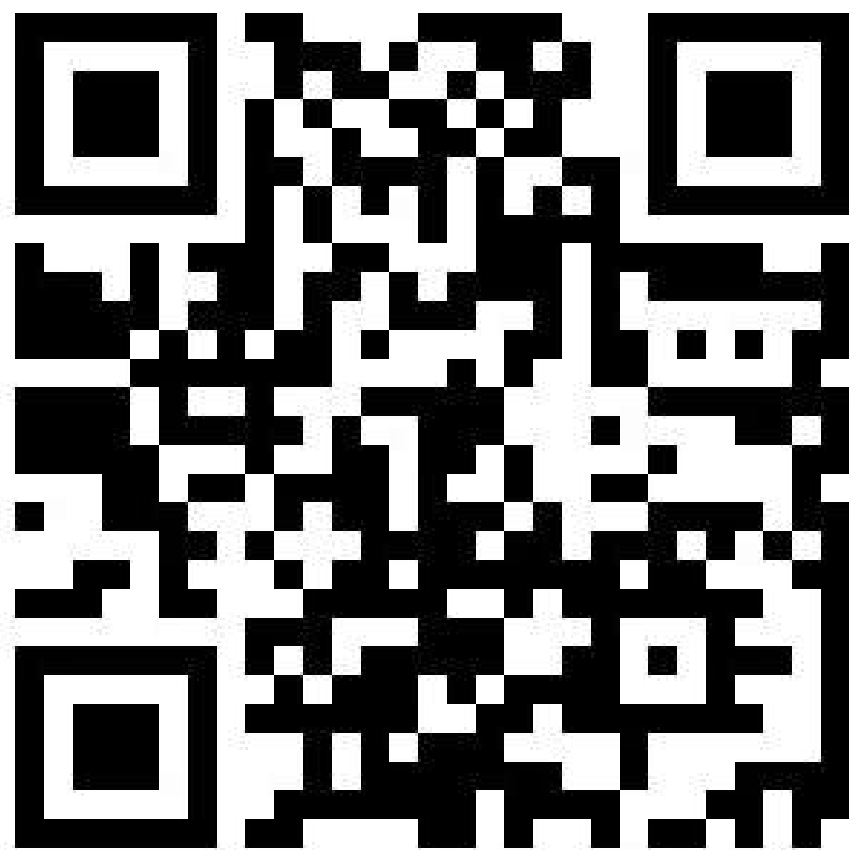
Category	Races	Continental Championships
Junior	10 Slots	15 Slots
Master 20 - 29	10 Slots	15 Slots
Master 30 - 39	10 Slots	15 Slots
Master 40 - 49	10 Slots	15 Slots
Master 50 - 59	10 Slots	15 Slots
Master 60 - 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots

HALF OCEANMAN (MALE, FEMALE)

Category	Races	Continental Championships
Junior	10 Slots	15 Slots
Master 20 - 29	10 Slots	15 Slots
Master 30 - 39	10 Slots	15 Slots
Master 40 - 49	10 Slots	15 Slots
Master 50 - 59	10 Slots	15 Slots
Master 60 - 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots

SPRINT (MALE, FEMALE)

Category	Races	Continental Championships
Junior	10 Slots	15 Slots
Master 20 - 29	10 Slots	15 Slots
Master 30 - 39	10 Slots	15 Slots
Master 40 - 49	10 Slots	15 Slots
Master 50 - 59	10 Slots	15 Slots
Master 60 - 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots



RESULTADOS LIVE



<https://oceanmanswim.com/resultados-live/>

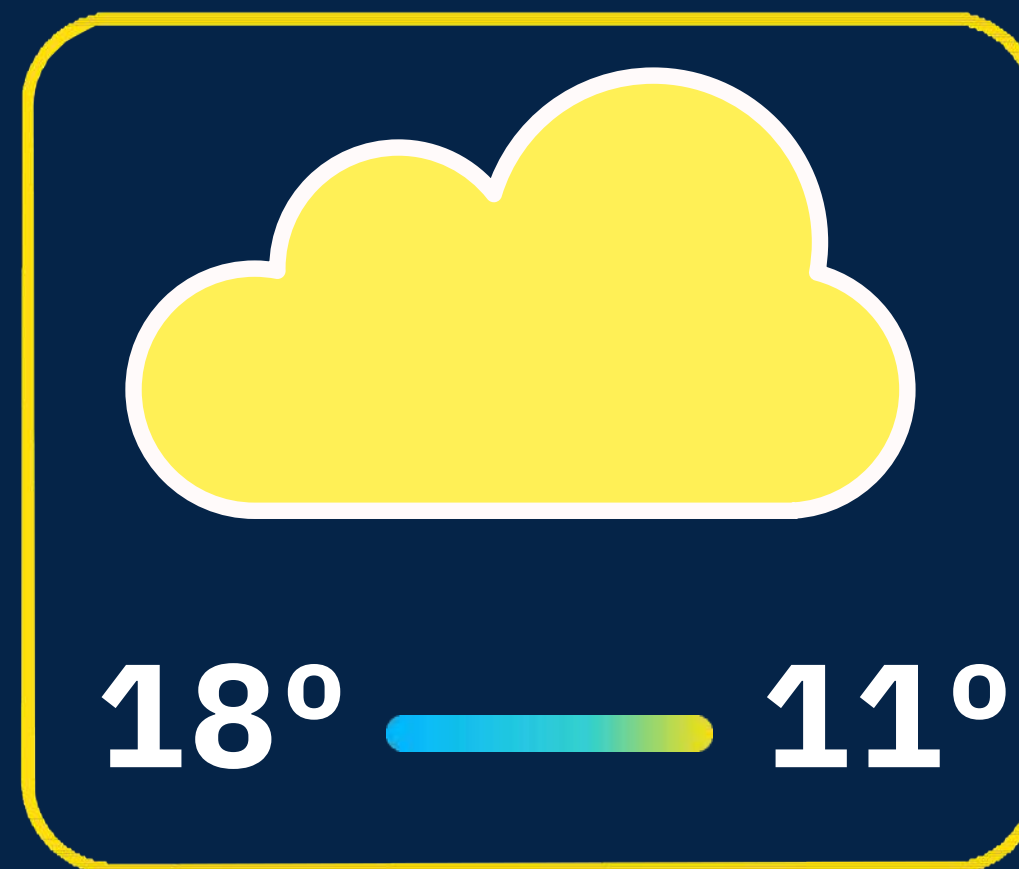


WEATHER FORECAST

WATER
TEMPERATURE
TEMPERATURA
AGUA 18,5°



Domingo- Sunday



NEOPRENO OPCIONAL
WETSUIT ALLOWED



**iSEE YOU
AT THE SEA!**

BENICÀSSIM-OROPESA DEL MAR, CATELLÓN
SPAIN- MAY 10 – 11, 2025



OCEANMAN®

WE ARE OPEN WATER SWIMMING

