

OCEANMAN®

WE ARE OPEN WATER SWIMMING

**COSTA AZAHAR
SPAIN**

BRIEFING

2026





TECHNICAL DETAILS SUNDAY

	OCEANMAN	HALF OCEANMAN	SPRINT 2k
DATE	MAY 10, 2025	MAY 10, 2025	MAY 10, 2025
DISTANCE	10 Km	5 K m	2 K m
START TIME	8:00 AM	9:00 AM	11:30 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



HORARIOS SCHEDULE



OCEANMAN[®]

WE ARE OPEN WATER SWIMMING

**COSTA AZAHAR
SPAIN**





SUNDAY 10 OF MAY

PROGRAM SUNDAY OCEANMAN-HALF-SPRINT



PROGRAM SUNDAY

WARDROBE OPENING

DELIVERY CHIPS

TIME: 7:00 AM Place: VORAMAR Benicassim



COMPETITION START

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

HALF OCEANMAN (5K): 9:00 AM

COPA ESPAÑA (5K): 9:00 AM

SPRINT (2k): 11:30 AM

PLACE: Voramar Beach Benicàssim



AWARDS CEREMONY

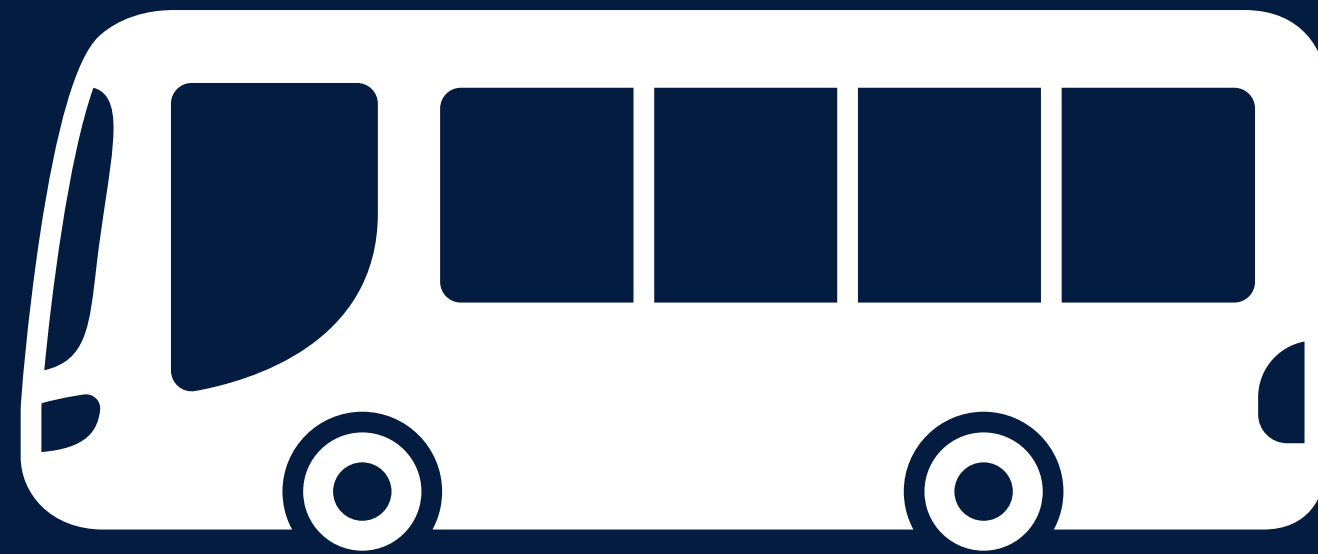
OCEANMAN, HALF OCEANMAN, SPRINT

TIME: **14:00 PM aprox.**

PLACE: TORREÓN BEACH BENICÀSSIM



TRANSFER BUS



FOR ALL THE
SWIMMERS



HORARIOS-SCHEDULES



SUNDAY 10 OF MAY

TRANSFER BUS



BUS STOP

TIME: 6:30 AM - Destino Salida Playa Voramar

Frecuencia cada 25 min  Frequency every 25 minutes

TIME: 6:30 AM - Destination Start line Voramar Beach



PLACE: TORREÓN BERNAT- BENICÀSSIM

ONLY FOR SWIMMERS

SÓLO NADADORES

SUNDAY 10 OF MAY

TODOS LOS NADADORES

TRANSFER BUS

FOR ALL THE SWIMMERS



SALIDAS

LLEGADAS



DEPARTURES	ARRIVALS
TIME: 6:30 AM	TIME: 6:40 AM
TIME: 6:55 AM	TIME: 7:05 AM
TIME: 7:20 AM	TIME: 7:30 AM
TIME: 7:45 AM	TIME: 7:55 AM
TIME: 8:10 AM	TIME: 8:20 AM
TIME: 8:35 AM	TIME: 8:45 AM
TIME: 9:00 AM	TIME: 9:10 AM
TIME: 9:25 AM	TIME: 9:35 AM
TIME: 9:50 AM	TIME: 10:00 AM
TIME: 10:15 AM	TIME: 10:25 AM
TIME: 10:40 AM	TIME: 10:50 AM
TIME: 11:05 AM	TIME: 11:15 AM

**HORARIOS
APROXIMADOS**



**APPROXIMATE
SCHEDULE**



*SUNDAY 10
OF MAY*

SHOWERS
DUCHAS



**TODOS LOS NADADORES
FOR ALL THE SWIMMERS**



**PLACE: POLIDEPORTIVO
MUNICIPAL BENICÀSSIM**



WELCOME PACK

OCEANMAN
WE ARE OPEN WATER SWIMMING

BIB NUMBER
0155

Name & Surname	TONI GARCIA
Race	HALF OCEANMAN 5K
Start Line	SUNDAY 9:00
Country	Argentina
Gender	Hombre
T-shirt size	MEDIUM
Category	Master 20-29

Wristband, swim cap, tattoo, timing chip and your safety buoy will be mandatory to enter the Start Line

Wristband Swim cap Tattoo Timing chip

Safety buoy Results Comunitat Valenciana
COMUNITAT DE L'ESPORT



oceanmanswim.com



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**COSTA AZAHAR
SPAIN**

KIT

DRY BAG 20L



SWIMMING CAP



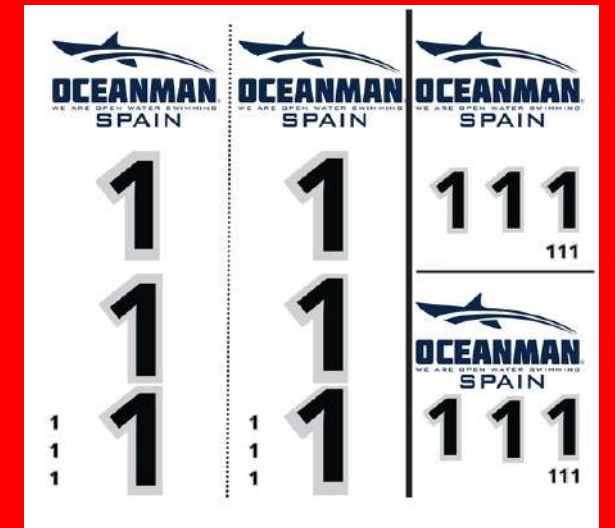
T-SHIRT



TIMING CHIP



BRACELET/PULSERA



TATTOO

OCEANMAN
FULL- HALF- SPRINT-KIDS-FINS



SWIM CUP COLOURS



OCEANMAN



SPRINT



HALF OCEANMAN



COPA ESPAÑA





ROUTES



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COSTA AZAHAR
SPAIN

OCEANMAN 10Km START 8:00









BENICASSIM

9th - 10th May 2026

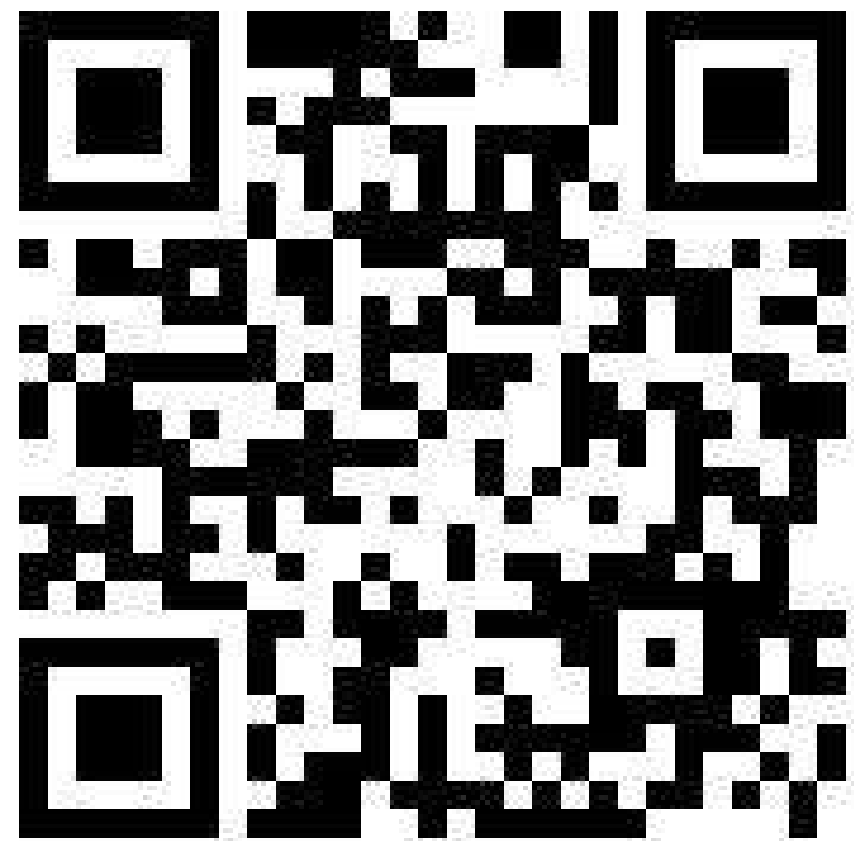


TOTAL 29 BOYAS

-  18 BOYAS
-  2 BOYAS
-  2 BOYAS
-  2 BOYAS
-  3 BOYAS
-  2 BOYAS

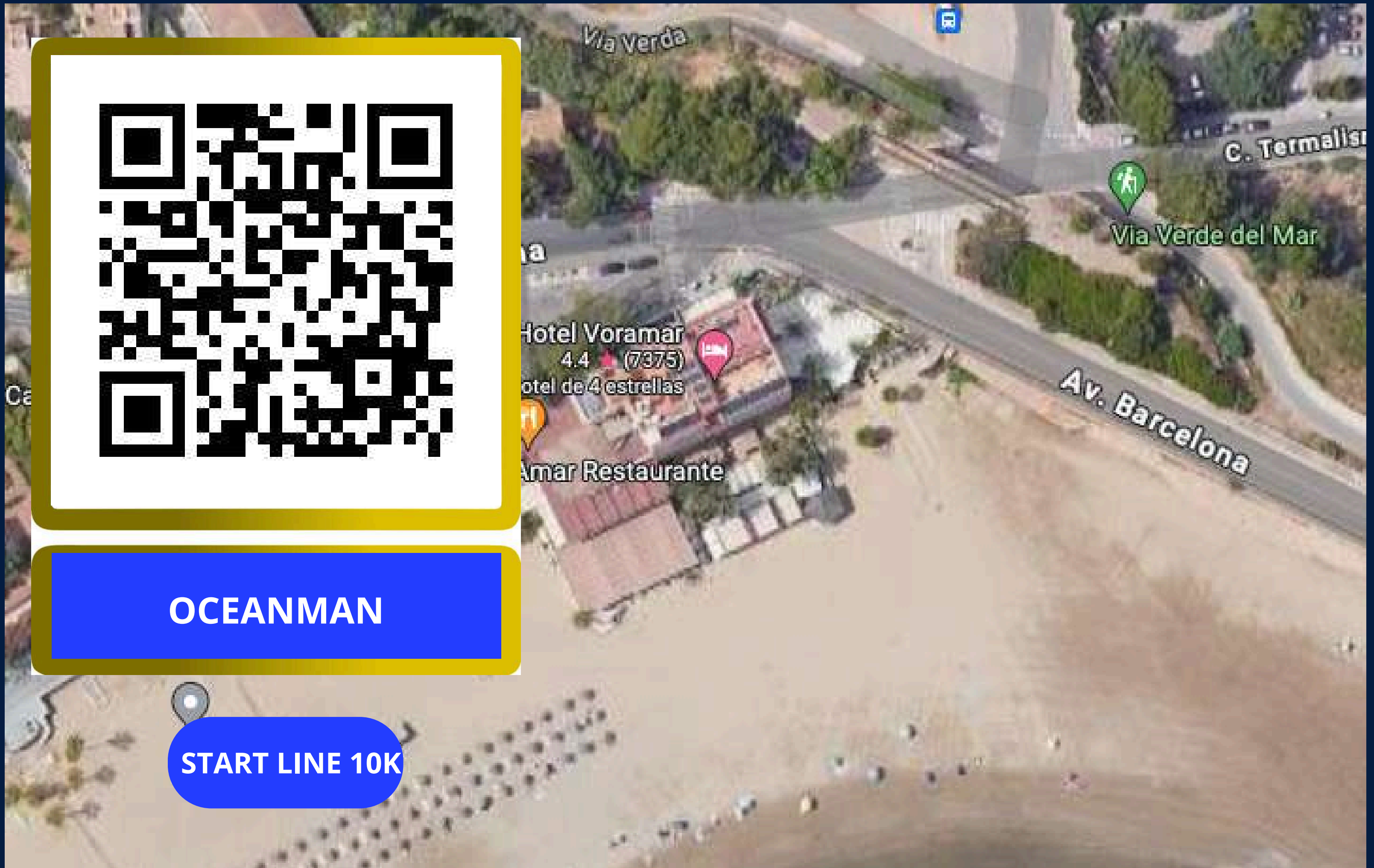
· **IMPORTANTE** ·
 Siempre hay que dejar las boyas **Amarillas, Naranjas, Verdes y rojas** a tu derecha
 Siempre hay que dejar las boyas blancas y la **Rosa 1** a tu izquierda





OCEANMAN

START LINE 10K



HALF OCEANMAN 5Km START 9:00



BENICASSIM 9th - 10th May 2026



AVT 1 Km 3



HALF OCEANMAN



COPA ESPAÑA

TOTAL 17 BOYAS



8 BOYAS



2 BOYAS



3 BOYAS



2 BOYAS



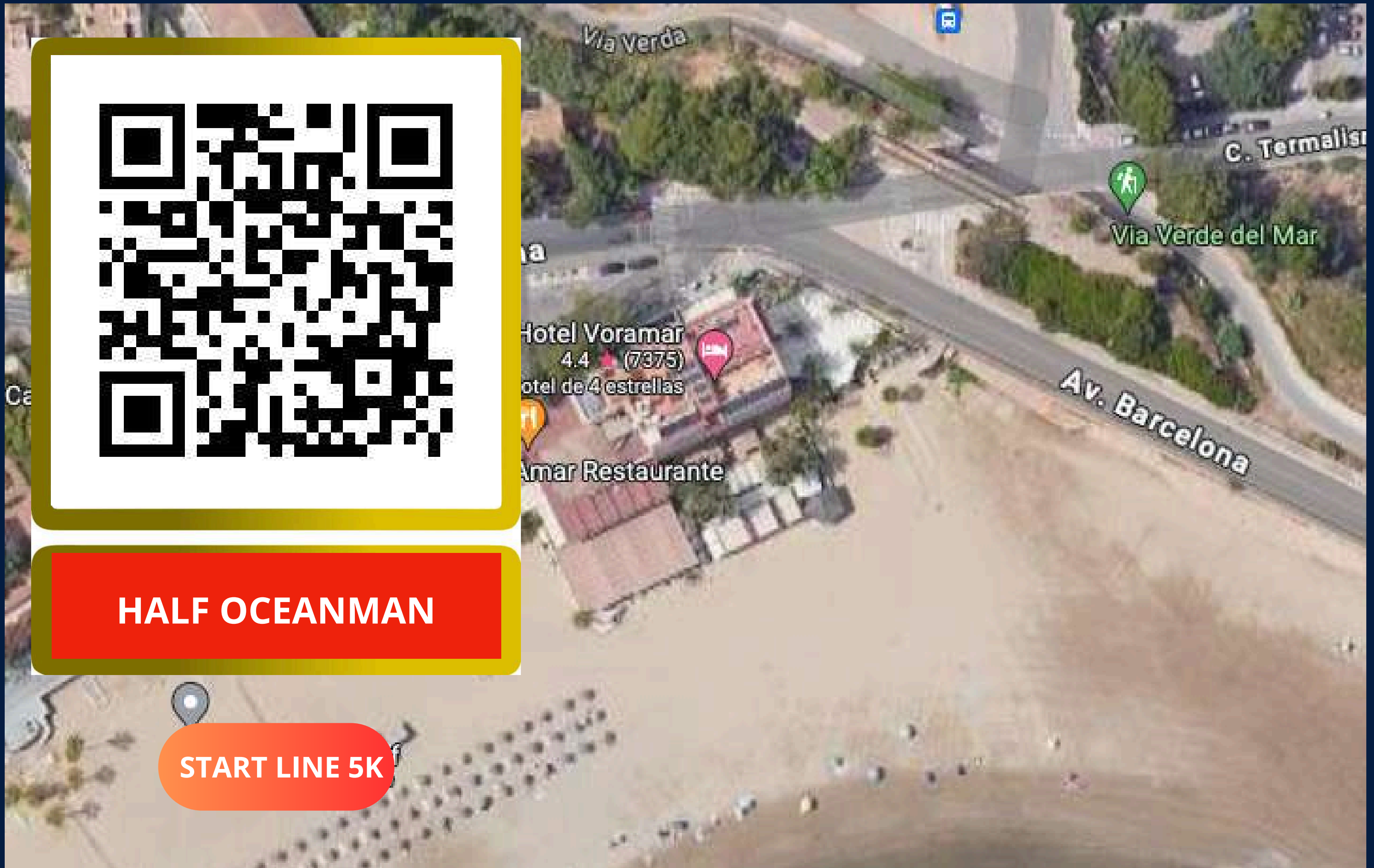
2 BOYAS

· IMPORTANTE ·
Siempre hay que dejar las boyas **Amarillas**, **Naranjas** y **rojas** a tu derecha
Siempre hay que dejar las boyas blancas y la **Rosa 1** a tu izquierda



HALF OCEANMAN

START LINE 5K



SPRINT 2Km START 11:30



BENICASSIM 9th - 10th May 2026

Plaza del Tirenol

BOYA 1 GIRO



AVT 1 Km 3

BOYA 23

BOYA 25

BOYA 24

BOYA 27

BOYA 26



TOTAL 7 BOYAS

BOYA 28 FINAL

· IMPORTANTE ·

Siempre hay que dejar las boyas **Amarillas** a tu derecha
Siempre hay que dejar la boya 1 **Rosa** a tu izquierda



5 BOYAS

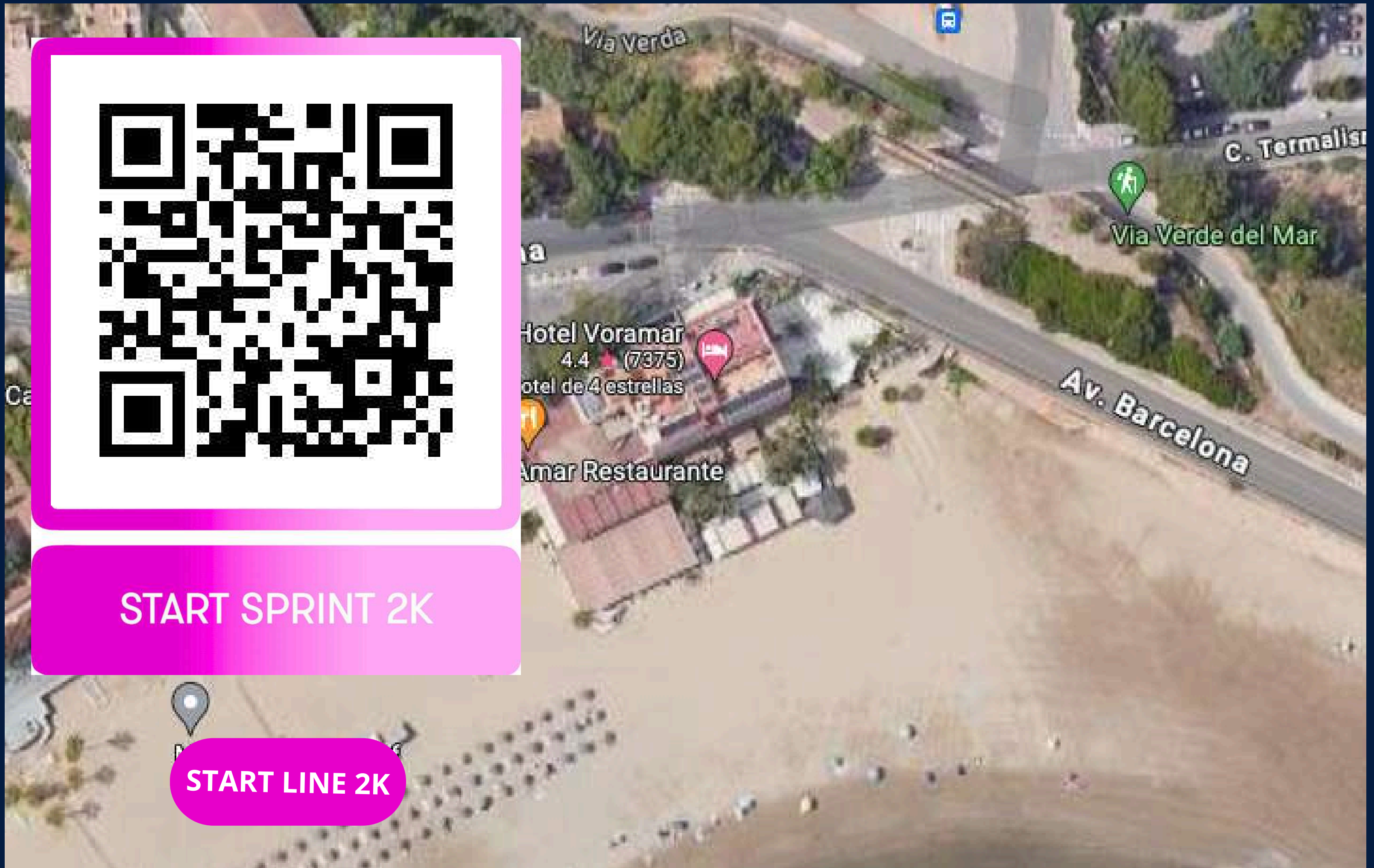


2 BOYA



START SPRINT 2K

START LINE 2K



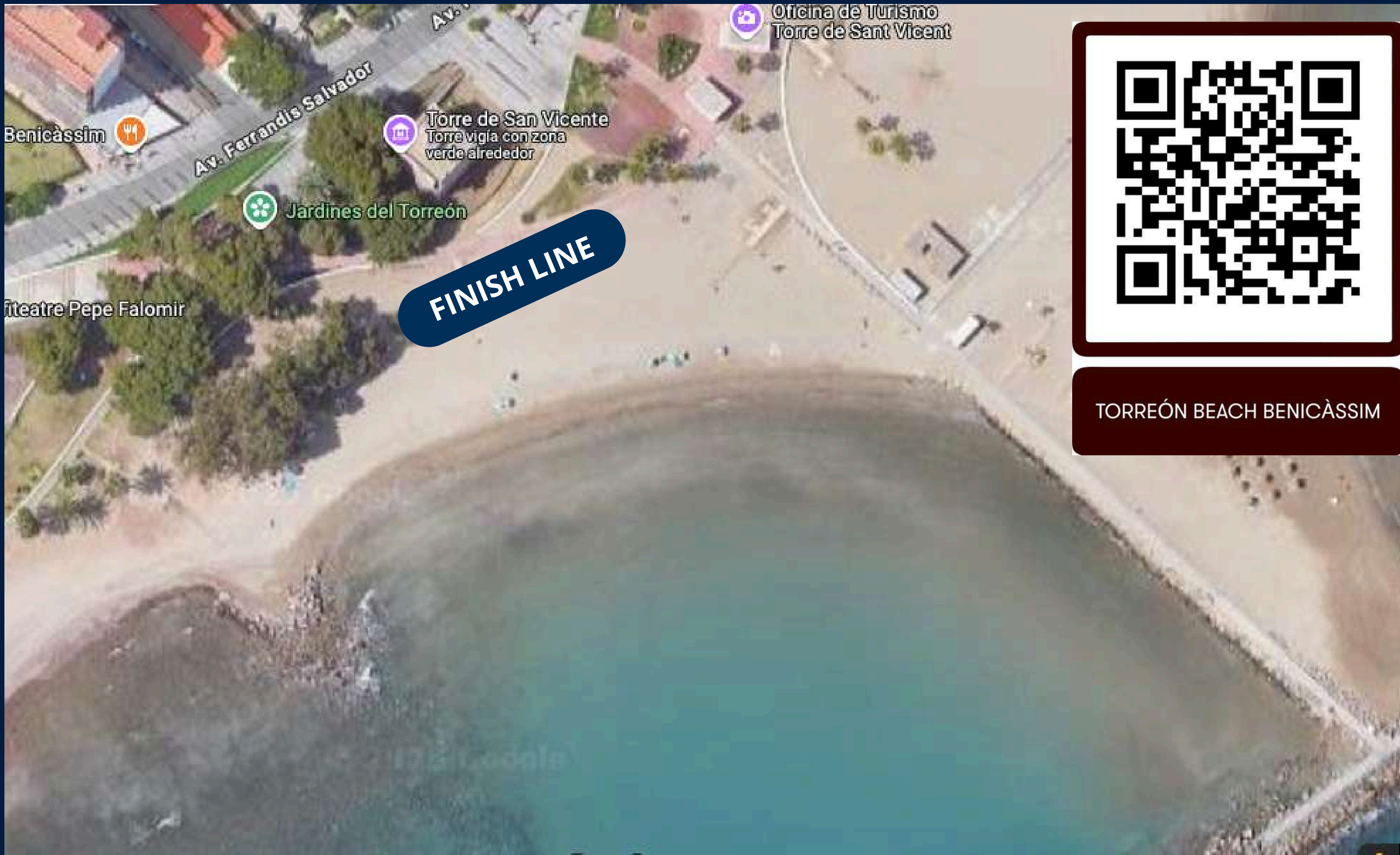


SUNDAY 9
OF MAY

PLACE: TORREÓN BERNAT
FINISH LINE / BENICÀSSIM



TORREÓN BEACH BENICÀSSIM



TORREÓN BEACH BENICÀSSIM



FEEDING POINTS AT SEA

● OCEANMAN

● HALF OCEANMAN

Feeding Point #1: Km 4/3 ● ●

Feeding Point #2: Km 8 ●



BANANA & ENERGY GEL



ISOTONIC GOLD DRINK



WATER



CUT OFF TIMES

OCEANMAN (10KM)

KM 4: 1 hour 45 minutes

KM 8: 3 hours 30 minutes

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



OCEANMAN RULES

Open the [link](#) and review the OCEANMAN updated regulations or find it on the official website of OCEANMAN COSTA AZAHAR SPAIN



EQUIPAMIENTO EQUIPMENT



OCEANMAN[®]

WE ARE OPEN WATER SWIMMING
COSTA AZAHAR
SPAIN

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



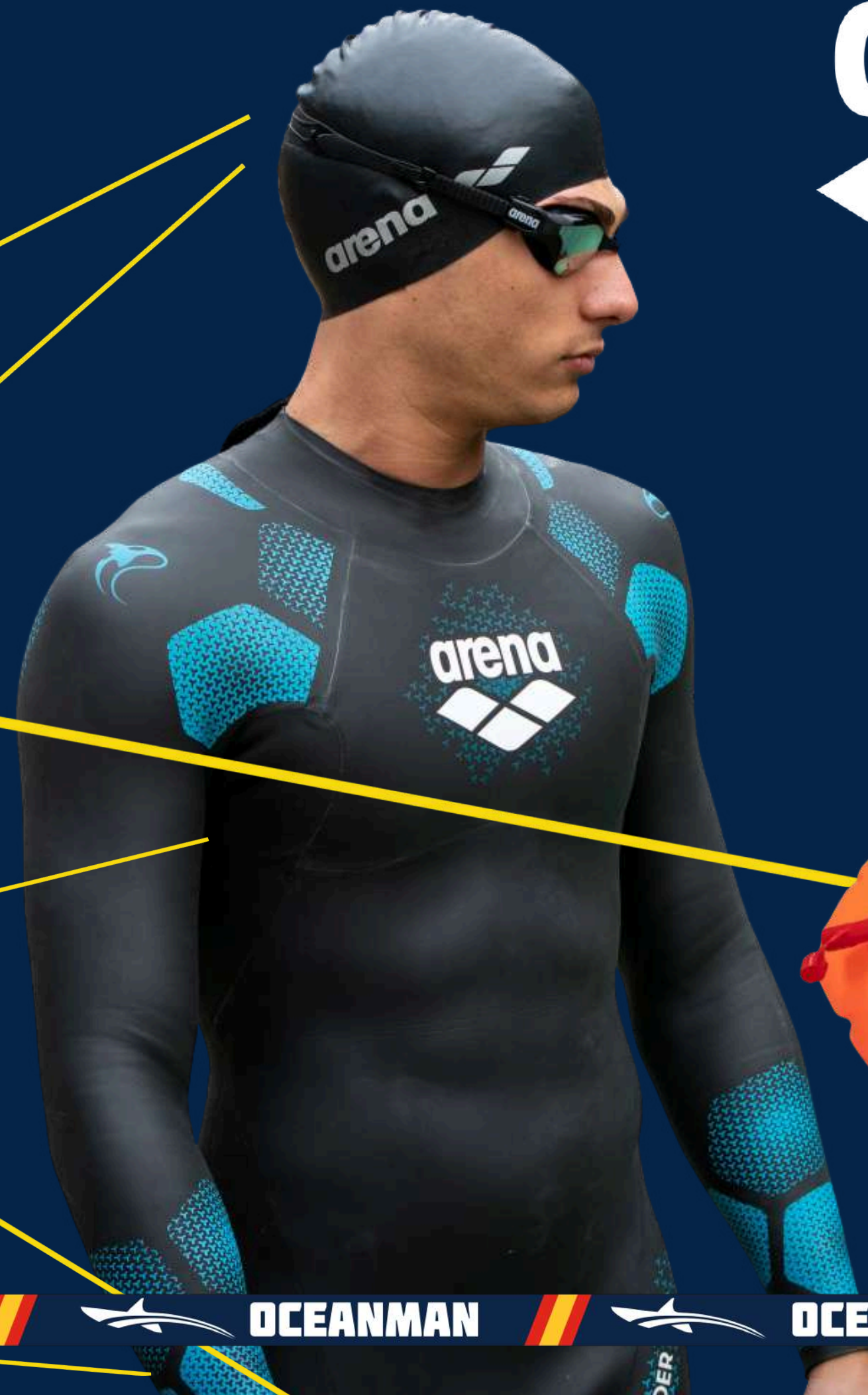
BRACELET/PULSERA



OCEANMAN



OCEANMAN



SECURITY SEGURIDAD



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SEGURIDAD -SECURITY



- 35 KAYAKISTAS - KAYAKER
- 15 SOCORRISTAS- LIFEGUARD
- 9 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
- 29 BOYAS BALIZAMIENTO- BUOY
- 2 PUESTOS DE AVITUALLAMIENTO EN AGUA - FEDDING POINT





PREMIOS -TROPHY



OCEANMAN[®]
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COSTA AZAHAR
SPAIN

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: 14:00 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	Slots
Junior	10 Slots
Master 20-29	10 Slots
Master 30-39	10 Slots
Master 40-49	10 Slots
Master 50-59	10 Slots
Master 60-69	10 Slots
Master+70	10 Slots
Inspiration	3 Slots

SPRINT (MALE, FEMALE)

CATEGORY	Slots
Junior	10 Slots
Master 20-29	10 Slots
Master 30-39	10 Slots
Master 40-49	10 Slots
Master 50-59	10 Slots
Master 60-69	10 Slots
Master+70	10 Slots
Inspiration	3 Slots

HALF OCEANMAN (MALE, FEMALE)

CATEGORY	Slots
Junior	10 Slots
Master 20-29	10 Slots
Master 30-39	10 Slots
Master 40-49	10 Slots
Master 50-59	10 Slots
Master 60-69	10 Slots
Master+70	10 Slots
Inspiration	3 Slots

OCEANMAN reserves the right to invite ambassadors to World Final Championship without prior qualifying.

SLOT WINNER






OCEANMAN[®]
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COSTA AZAHAR
SPAIN

SLOT WINNER



**Consigue tu Slot Winner, la moneda que te abre la puerta a la Gran Final 2026 del Oceanman.
Asegurá tu lugar entre los mejores del mundo. **



AWARDS

3.4 OCEANKIDS (MALE, FEMALE)

CATEGORY	AGE RANGE
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

3.5 OCEANTEAMS (MALE, FEMALE, MIXED)

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

3.6 OCEANFINS (MALE, FEMALE)

CATEGORY	AGE RANGE
Male	Overall
Female	Overall



AWARDS

3.1 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%

3.2 HALF OCEANMAN (MALE, FEMALE)

CATEGORY	AGE RANGE
Overall	Top 3 swimmers
Junior	Swimmers from 15 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%



3.3 SPRINT (MALE, FEMALE)

CATEGORY	AGE RANGE
Overall	Top 3 swimmers
Junior 1	Swimmers from 10 to 14 years of age
Junior 2	Swimmers from 15 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 - 79	Swimmers from 70 to 79 years of age
Master 80+	Swimmers from 80 years of age
Inspirational A	Arm Amputee – Athletes with partial or full arm amputation.
Inspirational L	Leg Amputee – Athletes with partial or full leg amputation or papalized.
Inspirational B	Blind / Visually Impaired – Athletes with full or partial vision loss.
Inspirational I	Intellectual & Developmental Challenges – Athletes with cognitive or developmental



RESULTADOS



https://results.oceanmanswim.com/eventos/5/clasificacion?distancia_id=26



WEATHER FORECAST

WATER

TEMPERATURE

TEMPERATURA

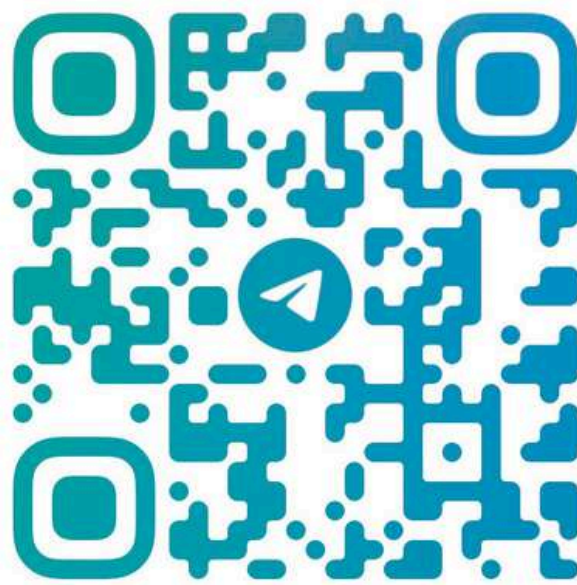
AGUA 18.5°



Domingo- Sunday



NEOPRENO PERMITIDO
WETSUIT ALLOWED



@OCEANMANCOSTAA
ZAHAR

CANAL TELEGRAM INFO



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

<https://t.me/oceanmancostaazahar>



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**COSTA AZAHAR
SPAIN**

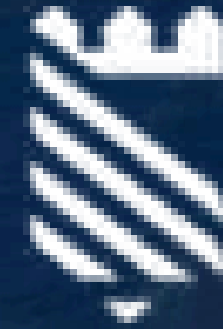
**iSEE YOU
AT THE SEA!**

BENICÀSSIM, CATELLÓN
SPAIN- MAY 9 – 10 2026



OCEANMAN®

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Diputació de Castelló



Comunitat Valenciana
COMUNITAT DE L'ESPORT



Escoles de la mar de la Generalitat



GENERALITAT VALENCIANA
Vicepresidència Primera i
Conselleria de Cultura i Esport

