

# RACEBOOK

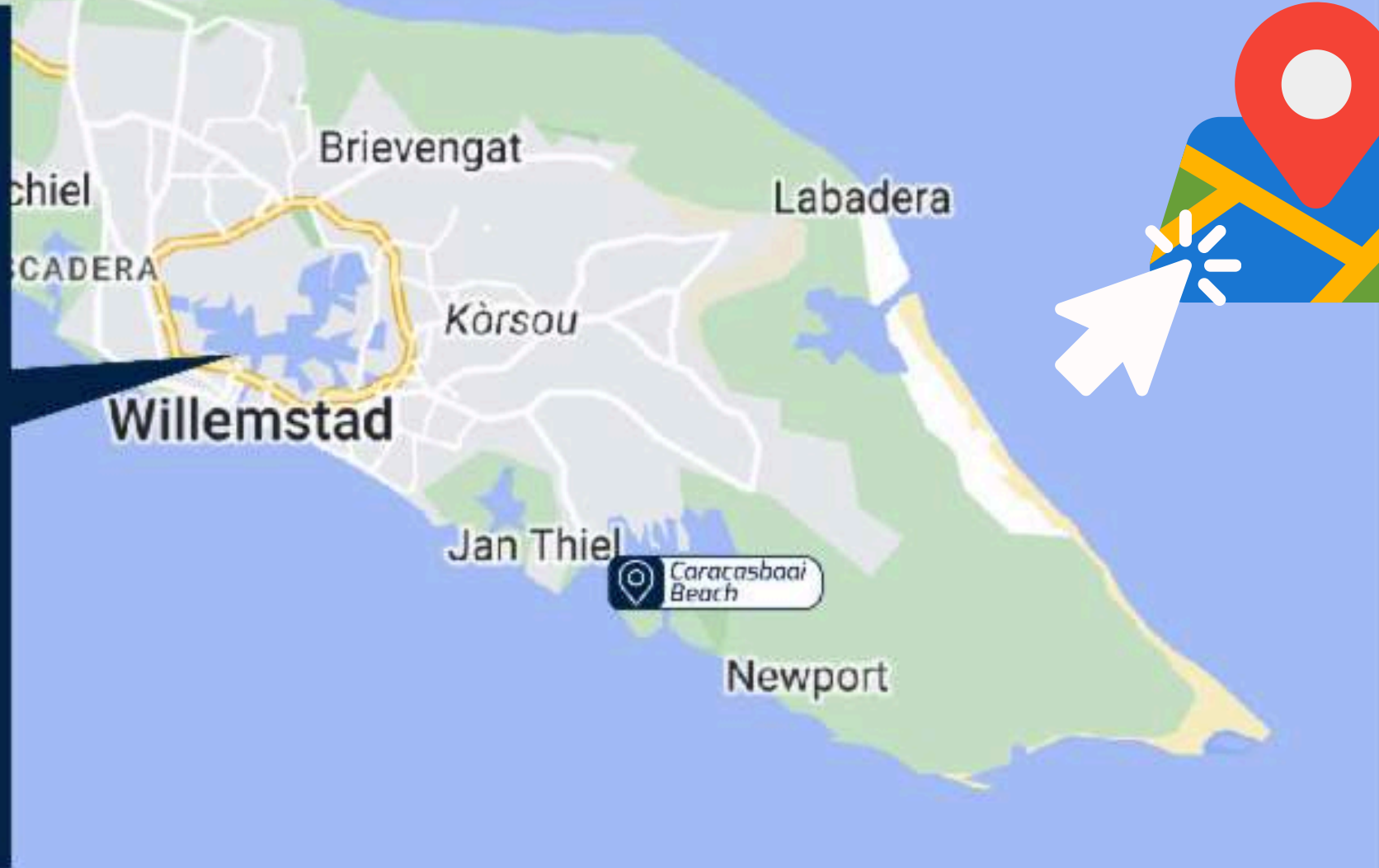
2024



# TECHNICAL DETAILS



	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
DATE	OCT. 06, 2024	OCT. 06, 2024	OCT. 05, 2024	OCT. 05, 2024	OCT. 05, 2024
DISTANCE	10K	5K	2K	500M	3 X 500 M
START TIME	7:30 AM	8:00 AM	7:30 AM	9:00 AM	10:00 AM
CUT-OFF TIME	3K (1h 30min) 6K (3h)	3K (1h 30min)	No	No	No
TIME LIMIT	4h 30 min	2h 30 min	1h 30 min	No	No
AID STATION	3 (2.5K / 5K / 7.5K)	1 (2.5K)	No	No	No
APPROX. WATER TEMPERATURE	24° C	24° C	24° C	24° C	24° C



 **Start / Finish**  
**Inicio / Meta**  
 **Caracasbaai**

 **Bus Shuttle**  
**Transporte Oficial a Caracasbaai**  
 **Parking lot in front of the Renaissance Mall cinemas**  
**Parqueadero frente a los Cinemas del Renaissance Mall**

 **Registration / Kits**  
**Registro / Kits**  
 **Rif Fort (Renaissance Mall)**  
**Rif Fort (Renaissance Mall)**

# APP CLUB XPORTIVA



**DOWNLOAD**

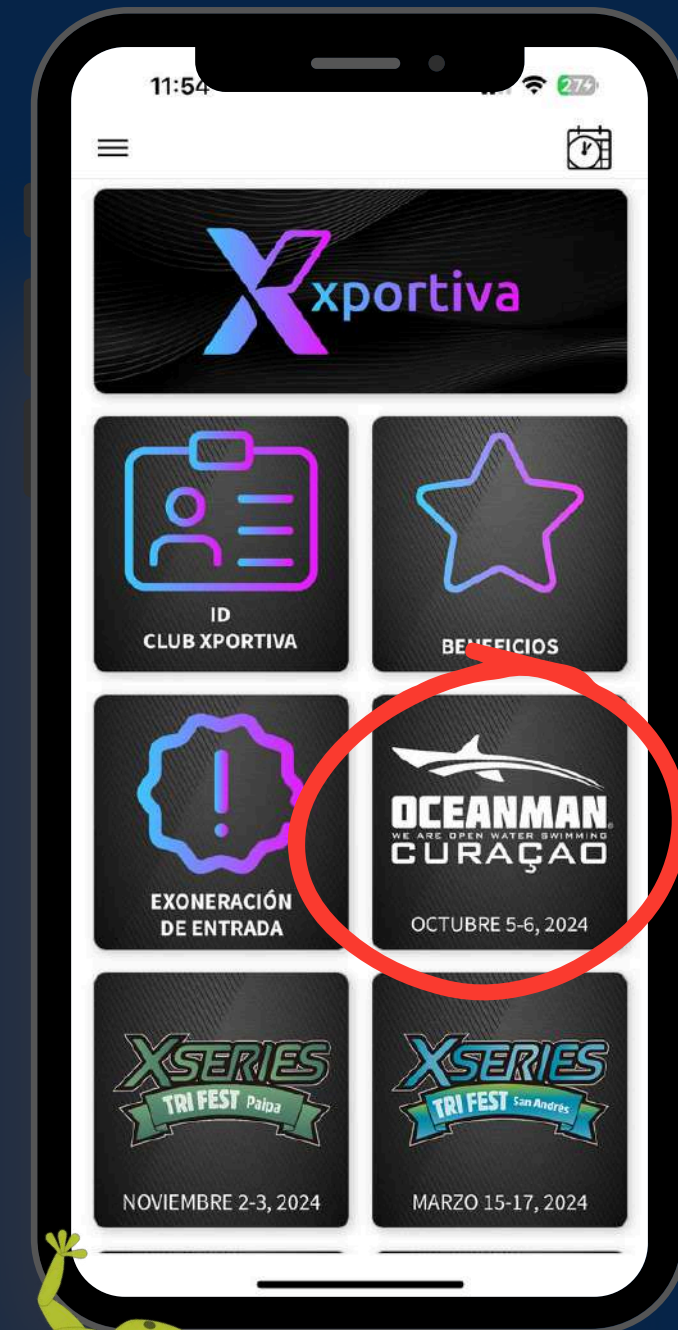
Enter your ID number in both your username and password. Use the ID number you used to register for the race..

**ENTER**

Download the "Club Xportiva" app. Available free of charge on the App Store and Google Play

**INFORMATION**

You will find all the race information on the OCEANMAN Curaçao button.



# REGISTRATION AND KITS DELIVERY

- We will not have last minute registration prior to the competitions.
- Registration is done by presenting the ID.
- The schedules for registration and kit delivery are in the race agenda.

## AUTHORIZATION TO THIRD PARTIES:

At OCEANMAN Curaçao, the delivery of kits to third parties is permitted in case of not being able to attend on the dates and times assigned by the organization.

**If your kit is collected by a third party, they must present:**

- Copy of the participant's ID.
- Third party authorization form [DOWNLOAD IT HERE](#)
- Format of exemption [DOWNLOAD IT HERE](#)

**These formats can also be downloaded at:**

- OCEANMAN Curaçao website: <https://oceanmanswim.com/curacao/>  
in the "Technical Details" section
- "Club Xportiva" App: "OCEANMAN Curaçao" button in the "Registration/Kits" section



# THIRD PARTY PROCESS

-If you are unable to pick up your kit, a third party can do it for you by following the steps we mentioned before.

-Kits will not be delivered at times other than those announced in the agenda.

**If you are registered and cannot participate, you can have a third party pick up your kit within the established hours since the kit will NOT be sent after the event.**



-The forms must be completed and signed by the participant who cannot attend the registration in person and must be presented either printed or digitally at the time of registration.

-If your kit is collected by a third party, you must show up on the morning of the event with your physical ID to claim your timing chip and access bracelet, since the third party will only be given the basic kit during registration.

### **CHIP DELIVERY - THIRD PARTY PROCESS**

SATURDAY 05 OCTOBER 2024- SPRINT 2K-OCEANKIDS-OCEANTEAMS LOCATION:  
Playa Caracasbaai TIME: 6:30 A.M. - 7:00 A.M.

SUNDAY, OCTOBER 6, 2024 - OCEANMAN 10K - HALF OCEANMAN 5K LOCATION:  
Caracasbaai Beach SCHEDULE: 6:30 A.M. - 7:00 A.M.

**REMEMBER, THERE IS NO LAST MINUTE REGISTRATION BEFORE THE  
COMPETITIONS**





# SHUTTLE BUSES TO THE RACE VENUE

## FOR PARTICIPANTS AND COMPANIONS



All participants must reserve their place and of their companions BEFORE SEPTEMBER 30TH through the form that will be sent to you by email and that you can also find in the racebook.

**DEPARTURE LOCATION:** Parking lot in front of the Renaissance Mall cinemas.

**DEPARTURE TIME:** 6:00 A.M.

Please arrive half an hour in advance. (Only people who have booked before September 30th using the official form will be accepted).

## TRANSPORT RESERVATION FORM:

[https://docs.google.com/forms/d/e/1FAIpQLSe3PSS0OkcfyxXFdTUzc\\_mxqGdCFY2XJCEaUBFxHeS8zLQ\\_Ew/viewform?pli=1](https://docs.google.com/forms/d/e/1FAIpQLSe3PSS0OkcfyxXFdTUzc_mxqGdCFY2XJCEaUBFxHeS8zLQ_Ew/viewform?pli=1)





## IMPORTANT

- All participants must reserve their place and of their companions BEFORE SEPTEMBER 30th only through the form. Reservations after this date will not be accepted.
- People who do not make a reservation will not be able to be transported in the organization's vehicles and will be responsible for finding their own transportation to the event and back to the city.
- The buses will departure from the parking lot in front of the Renaissance Mall cinemas to Caracasbaai at 6:00 A.M. for both Saturday, October 5 and Sunday, October 6. We recommend arriving half an hour before departure time.
- The buses will return from Caracasbaai to Willemstad once the awards ceremony is over each day.
- Transportation will be provided on the days and times specified in the race schedule and costs will be covered by the event organizers.



# YELLOW FEVER VACCINE



Visitors aged 9 months or older arriving in Curaçao from areas where there is a risk of yellow fever must have a valid yellow fever vaccination certificate.

You can see the list of countries that require the vaccine [HERE](#).

The yellow fever vaccine must be administered at least 10 days before travel.



# AGENDA





# THURSDAY, SEPTEMBER 26



## VIRTUAL BRIEFING

Virtual TIME: 1:30 P.M. GMT-4 (Curaçao Time).

YOUTUBE: OCEANMAN Curaçao

INSTAGRAM: @OCEANMAN\_CURACAO

The briefing will be saved to watch later.



[WATCH ON YOUTUBE](#)

# FRIDAY OCTOBER 4TH



**REGISTRATION / DELIVERY OF KITS**

**HOURS:** 10 A.M. - 6:00 P.M.

**LOCATION:** Rif Fort (Renaissance Mall).

-Registration is done in person by presenting an ID.

-If, for reasons of force majeure, registration is done by a third party, they must present (physically or digitally) a copy of the participant's ID, an authorization form and an exemption form. These documents are sent to participants by email or can be downloaded from the Club Xportiva App or at [www.oceanmanswim.com/curacao/](http://www.oceanmanswim.com/curacao/) and must be completed and signed by the participant.

-If your kit is collected by a third party, you must present yourself at the entrance to the starting corral on the morning of the event with your physical ID to claim your timing chip and access bracelet.



**BRIEFING**

**TIME:** 6:00 P.M.

**LOCATION:** Rif Fort Stage (Renaissance Mall).



# SATURDAY OCTOBER 5TH



## SHUTTLE BUSES TO THE VENUE PARTICIPANTS AND COMPANIONS

**DEPARTURE LOCATION:** Parking lot in front of the Renaissance Mall cinemas.

**DEPARTURE TIME:** 6:00 A.M.

(Please arrive 30 minutes in advance. Only people who have booked before September 30 will be accepted.)



## CHIP DELIVERY (THIRD PARTY PROCESS)

If your kit is collected by a third party, you must show up on the morning of the event with your physical ID to claim your timing chip and access bracelet.

**LOCATION:** Caracasbaai Beach  
**HORARIO:** 6:30 A.M. - 7:00 A.M.



## OPENING OF WARDROBE AND START CORRALS

**TIME:** 6:30 A.M.

**LOCATION:** Caracasbaai Beach



# SATURDAY OCTOBER 5TH



## START OF COMPETITION

LOCATION: Caracasbaai Beach

TIME: SPRINT (2K): 7:30 A.M.

OCEANKIDS: 9:00 A.M.

OCEANTEAMS: 10:00 A.M.



## AWARDS CEREMONY

SPRINT, OCEANTEAMS Y OCEANKIDS.

TIME: 11:00 A.M.

LOCATION: Caracasbaai Beach



## SHUTTLE BUSES BACK TO THE CITY PARTICIPANTS AND COMPANIONS

Service available only for those who made the reservation before September 30th.

TIME: 11:30 A.M.

LOCATION: Caracasbaai Beach



# SATURDAY OCTOBER 5TH



REGISTRATION / DELIVERY OF KITS

HOURS: 2:00 P.M. - 6:00 P.M.

LOCATION: Rif Fort (Renaissance Mall)

-Registration is done in person by presenting an ID.

-If, for reasons of force majeure, registration is done by a third party, they must present (physically or digitally) a copy of the participant's ID, an authorization form and an exemption form. These documents are sent to participants by email or can be downloaded from the Club Xportiva App or at [www.oceanmanswim.com/curacao/](http://www.oceanmanswim.com/curacao/) and must be completed and signed by the participant.

-If your kit is collected by a third party, you must present yourself at the entrance to the starting corral on the morning of the event with your physical ID to claim your timing chip and access bracelet.





# SUNDAY, OCTOBER 6



## SHUTTLE BUSES TO THE VENUE PARTICIPANTS AND COMPANIONS

**LOCATION:** Parking lot in front of the Renaissance Mall cinemas.

**DEPARTURE TIME:** 6:00 A.M.

(Please arrive 30 minutes in advance. Only people who have booked before September 30 will be accepted.)



## CHIP DELIVERY (THIRD PARTY PROCESS)

If your kit is collected by a third party, you must show up on the morning of the event with your physical ID to claim your timing chip and access bracelet.

**LOCATION:** Caracasbaai Beach

**HORARIO:** 6:30 A.M. - 7:00 A.M.



## OPENING OF WARDROBE AND START CORRALS

**TIME:** 6:30 A.M.

**LOCATION:** Caracasbaai Beach



# SUNDAY, OCTOBER 6



## START OF COMPETITION

LOCATION: Caracasbaai Beach

TIME: OCEANMAN: 7:30 A.M.

HALF OCEANMAN: 8:00 A.M.



## AWARDS CEREMONY

OCEANMAN, HALF OCEANMAN

TIME: 12:00 P.M.

LOCATION: Caracasbaai Beach.



## SHUTTLE BUSES BACK TO THE CITY

PARTICIPANTS AND COMPANIONS

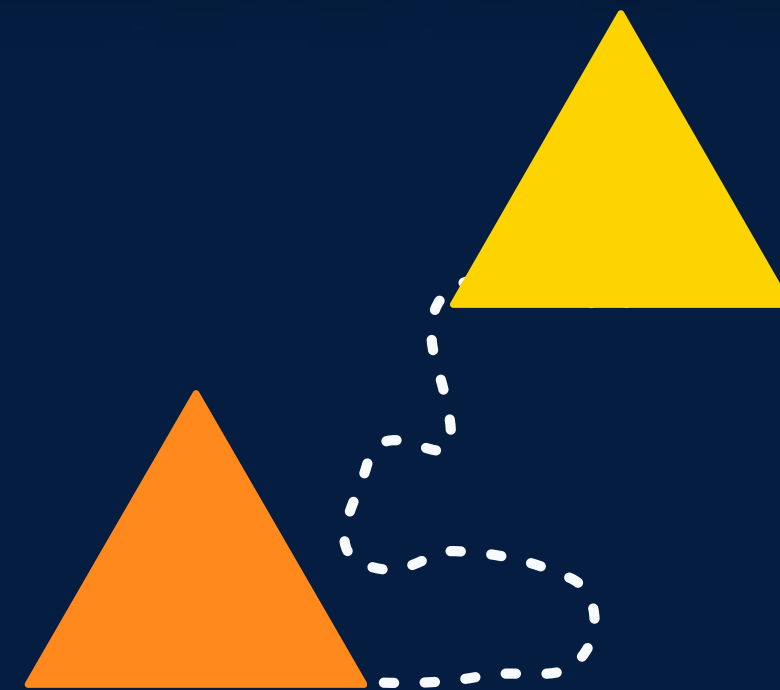
Service available only for those who made the reservation before September 30th.

TIME: 12:45 P.M.

LOCATION: Caracasbaai Beach.



# ROUTES



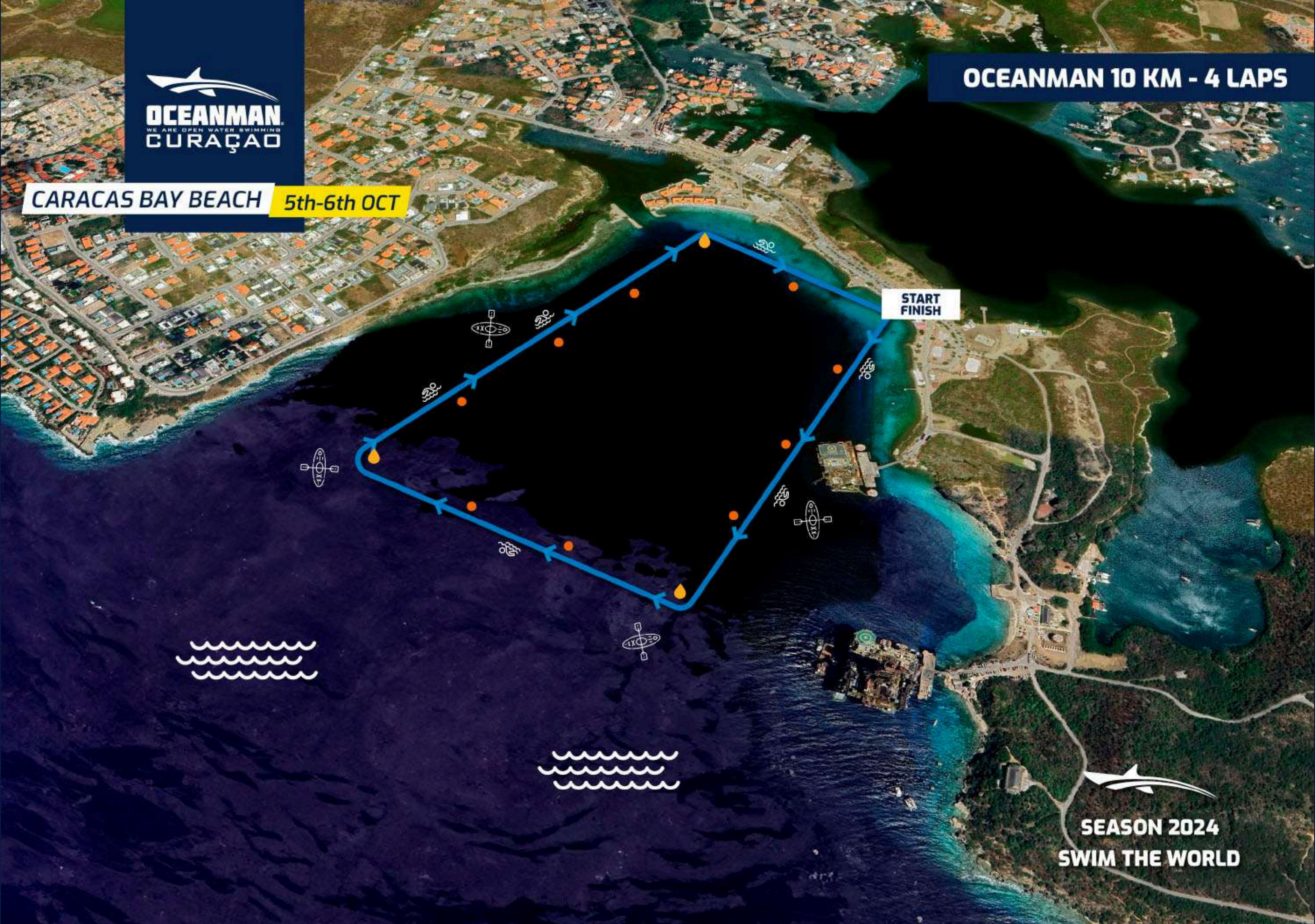


# OCEANMAN 10 KM - 4 LAPS

CARACAS BAY BEACH 5th-6th OCT

START FINISH

SEASON 2024  
SWIM THE WORLD



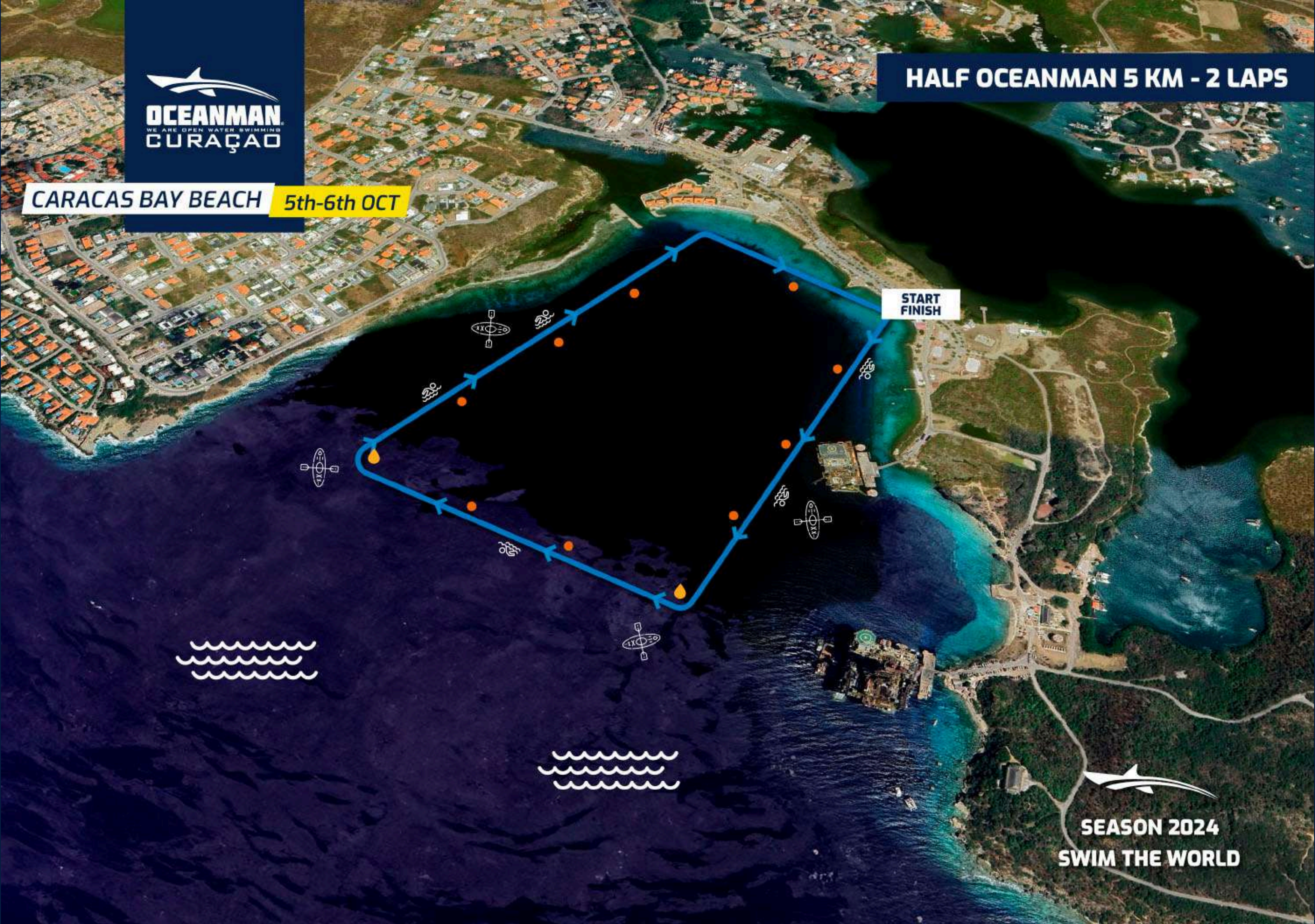


**HALF OCEANMAN 5 KM - 2 LAPS**

**CARACAS BAY BEACH 5th-6th OCT**

**START FINISH**

**SEASON 2024  
SWIM THE WORLD**





CARACAS BAY BEACH 5th-6th OCT

SPRINT 2 KM - 1 LAP

START FINISH



SEASON 2024  
SWIM THE WORLD



**OCEANKIDS 500 M - 1 LAP**

**CARACAS BAY BEACH** 5th-6th OCT



**START  
FINISH**

  
**SEASON 2024  
SWIM THE WORLD**





OCEANTEAMS 3 X 500 M

CARACAS BAY BEACH 5th-6th OCT



START FINISH

SEASON 2024  
SWIM THE WORLD







# AID STATIONS

- HALF OCEANMAN
- OCEANMAN

AID STATION #1: Km 2.5 ● ●

AID STATION #2: Km 5 ● ●

AID STATION #3: Km 7.5 ●

AID STATION #4: Km 10 ●



ISOTONIC DRINK



GOING GELS



WATER





# CUT-OFF TIMES

## OCEANMAN (10 KM)

KM 3: 1 hour 30 minutes KM 6: 3 hours  
**FINISH LINE:** 4 hours 30 minutes

## HALF OCEANMAN (5 KM)

KM 3: 1 hour 30 minutes **FINISH LINE:** 2 hours 30 minutes

## SPRINT / OCEAN TEAMS

**FINISH LINE:** 1 hour 30 minutes



# MANDATORY EQUIPMENT

**SWIMMING GOGGLES**

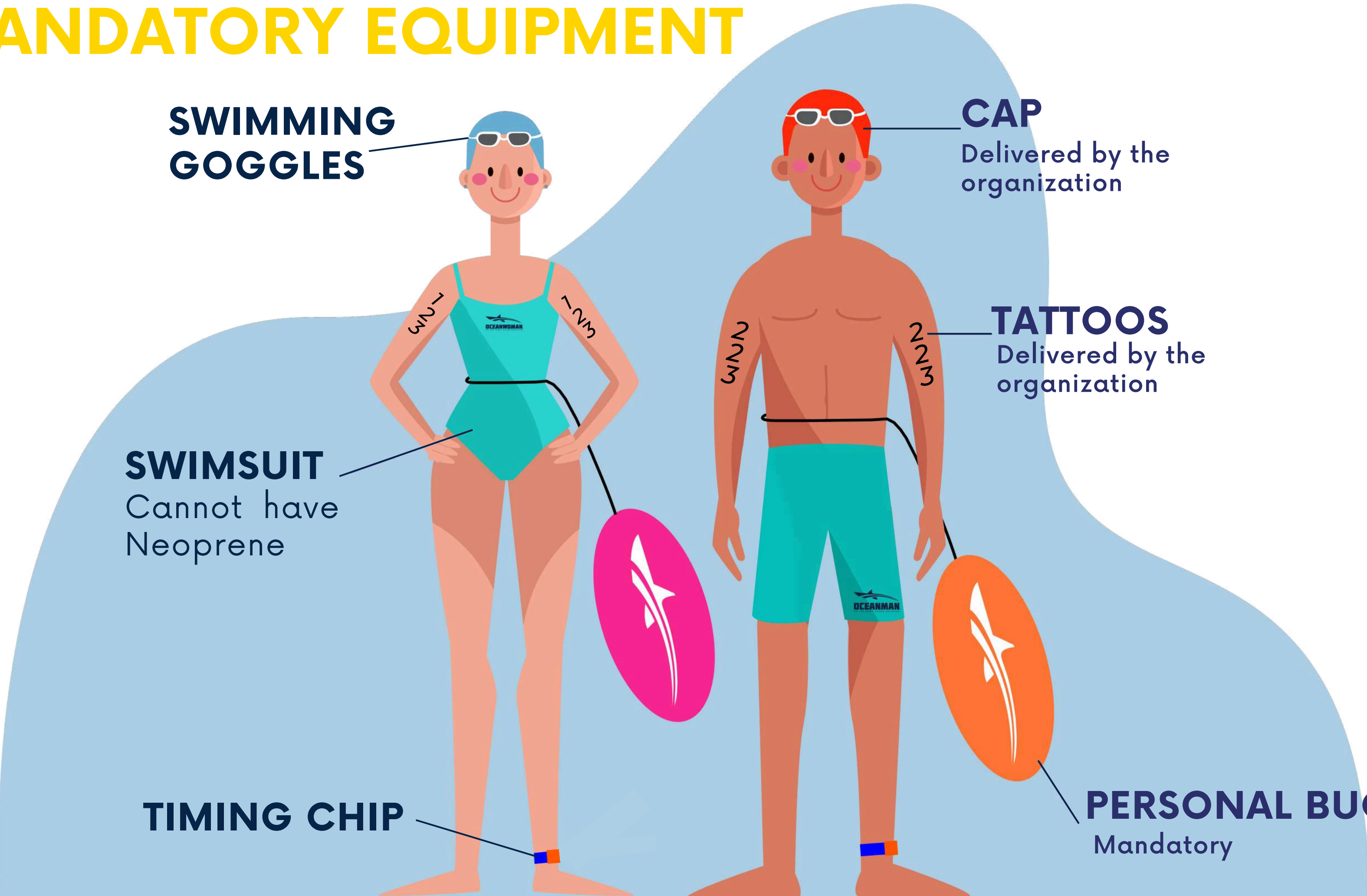
**CAP**  
Delivered by the organization

**TATTOOS**  
Delivered by the organization

**SWIMSUIT**  
Cannot have Neoprene

**PERSONAL BUOY**  
Mandatory

**TIMING CHIP**





# AWARDS CEREMONY



## OCEANMAN/HALF OCEANMAN/SPRINT

- TROPHY for the first 3 places in the general classification, men and women.
- MEDAL for the first three places in each category, men and women.
- FINISHER MEDAL to all participants who complete the test.

## OCEANKIDS

- MEDAL for the first three places in each category (U9-U11-U13-U15) boys and girls.
- FINISHER MEDAL to all participants who complete the test

## OCEANTEAMS

- MEDAL to the first three teams in each category (men, women and mixed).
- FINISHER MEDAL to all participants who complete the test

# WORLD CHAMPIONSHIP CLASSIFICATION



OCEANMAN Curaçao 2024 is a qualifying event for the 2024 World Championship (DUBAI)

## DISTANCES:

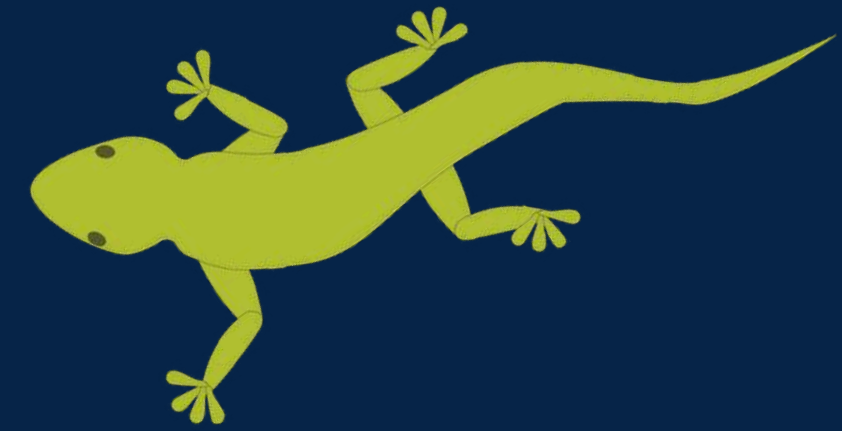
OCEANMAN, HALF OCEANMAN, SPRINT, OCEANKIDS.  
(Must participate in the distance for which the participant qualified).

-The top 10 in each category in OCEANMAN, HALF OCEANMAN, SPRINT and OCEANKIDS distances are qualified.

-The top 3 in the Inspiration category qualify.

# OCEANMAN RULES

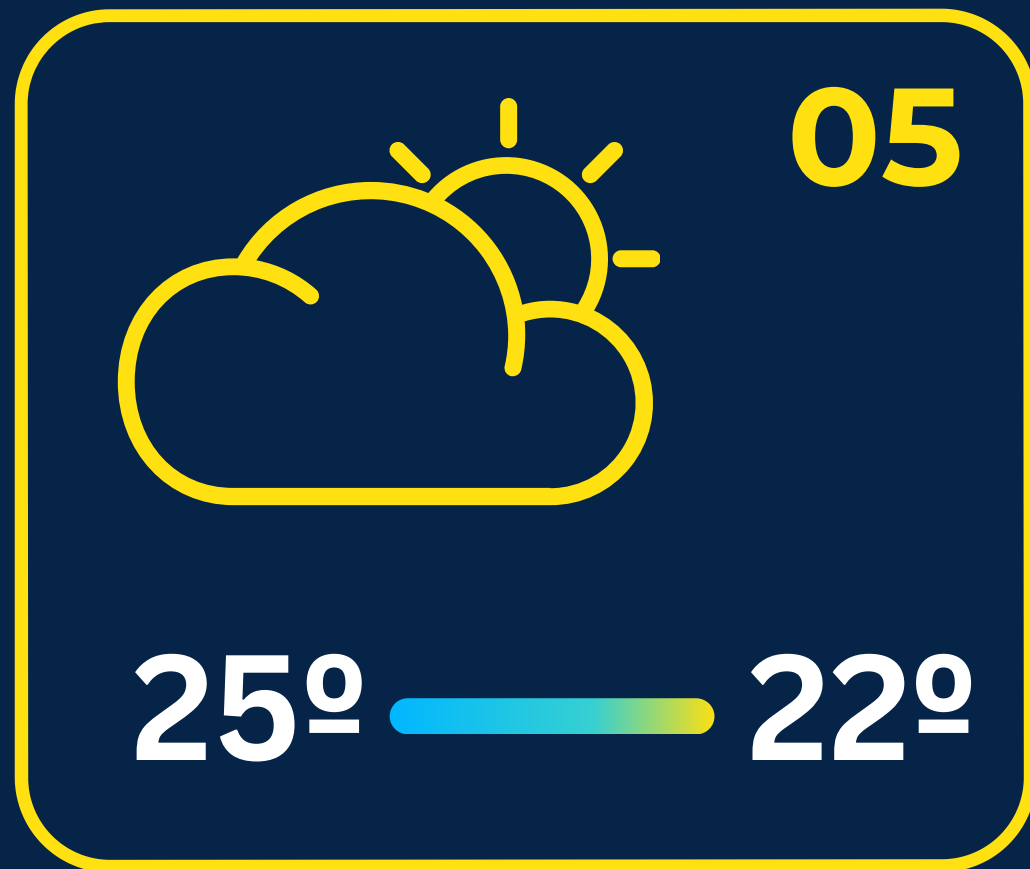
Open the link and check the updated OCEANMAN rules or find it on the official OCEANMAN Curaçao website.



[SEE OCEANMAN REGULATIONS](#)



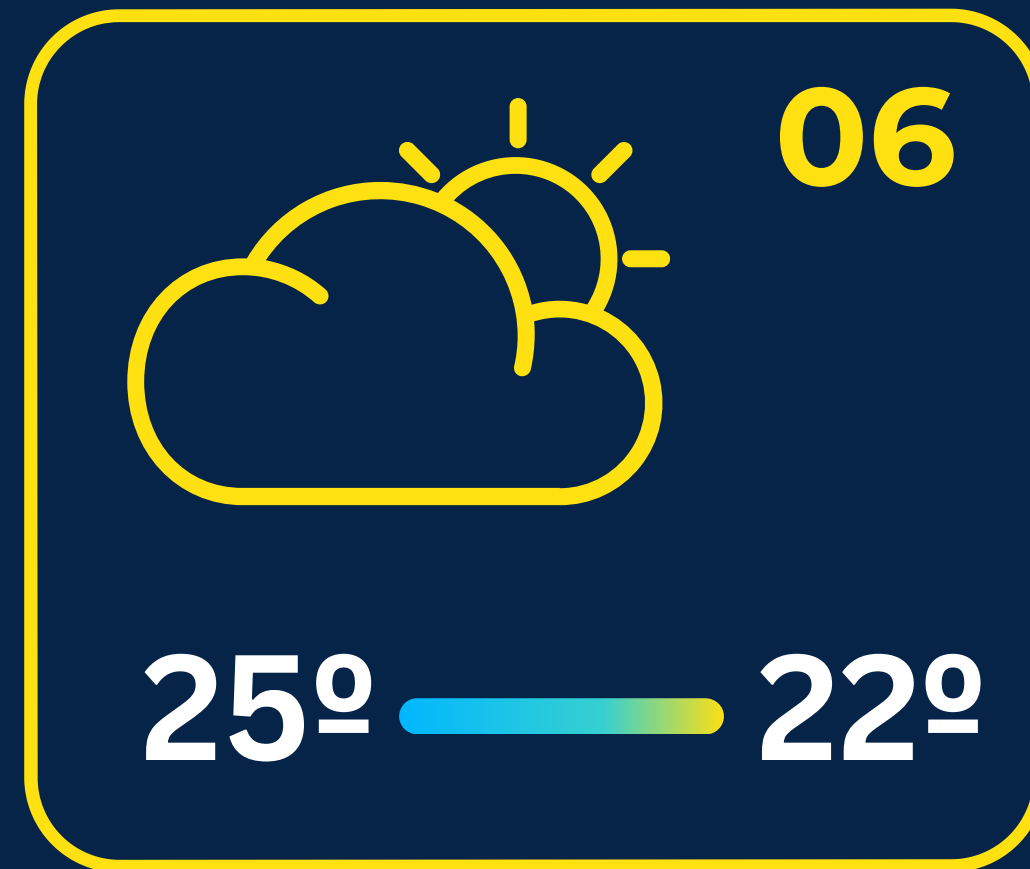
# WEATHER FORECAST



05

25° ————— 22°

This forecast card for 05 shows a yellow outline of a sun partially obscured by a cloud. The temperature range is indicated by a horizontal bar with a color gradient from blue to green, flanked by the values 25° and 22°.



06

25° ————— 22°

This forecast card for 06 shows a yellow outline of a sun partially obscured by a cloud. The temperature range is indicated by a horizontal bar with a color gradient from blue to green, flanked by the values 25° and 22°.



**OCEANMAN**  
WE ARE OPEN WATER SWIMMING  
**CURAÇAO**

**05 AND 06 OCTOBER, 2023**



**SEE YOU IN THE OCEAN!**