



OCEANMAN®

WE ARE OPEN WATER SWIMMING

DUBAI

UNITED ARAB EMIRATES

RACE BOOK

TABLE OF CONTENT

Event Schedule

The Swimmer's Kits

Provided Services on Ground

Swim Routes

Awards

Timing Chips Instructions

EVENT'S SCHEDULE

SATURDAY 11TH OF NOVEMBER

TIME	ACTIVITIES
12:00 pm – 6:00 pm	Race kit pickup

SUNDAY 12TH OF NOVEMBER

8:00 am	OCEANMAN
8:30 am	HALF OCEANMAN
1:00 pm	SPRINT
2:30 pm	OCEANKIDS
3:15 pm	OCEANTEAMS
4:00 pm	Awards Ceremony

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAM
DATE	12.11.2023	12.11.2023	12.11.2023	12.11.2023	12.11.2023
START TIME	8.00am	8.30am	1.00pm	2.30pm	3.15pm
START AREA	Sunset Beach, Jumeirah 3	Sunset Beach, Jumeirah 3	Sunset Beach, Jumeirah 3	Sunset Beach, Jumeirah 3	Sunset Beach, Jumeirah 3
FINISH AREA	Sunset Beach, Jumeirah 3	Sunset Beach, Jumeirah 3	Sunset Beach, Jumeirah 3	Sunset Beach, Jumeirah 3	Sunset Beach, Jumeirah 3
DISTANCE	10km	5km	1.5km	500m	3x500m
CUT OFF TIME	3km (1h 30min) 6km (3h)	3km (1h 30min)	NO	NO	NO
FEEDING POINT AT SEA	2	1	NO	NO	NO
APPROX. ATMOSPHERE TEMP.	28 degrees	28 degrees	28 degrees	28 degrees	28 degrees
WETSUIT	Not Allowed	Not Allowed	Not Allowed	Not Allowed	Not Allowed
BUOY	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

RACES & KIT PICK UP LOCATION



SERVICES AND ONGROUND MAP

Timing system

Post Race Feeding Area

Water Safety

Water Feeding Points

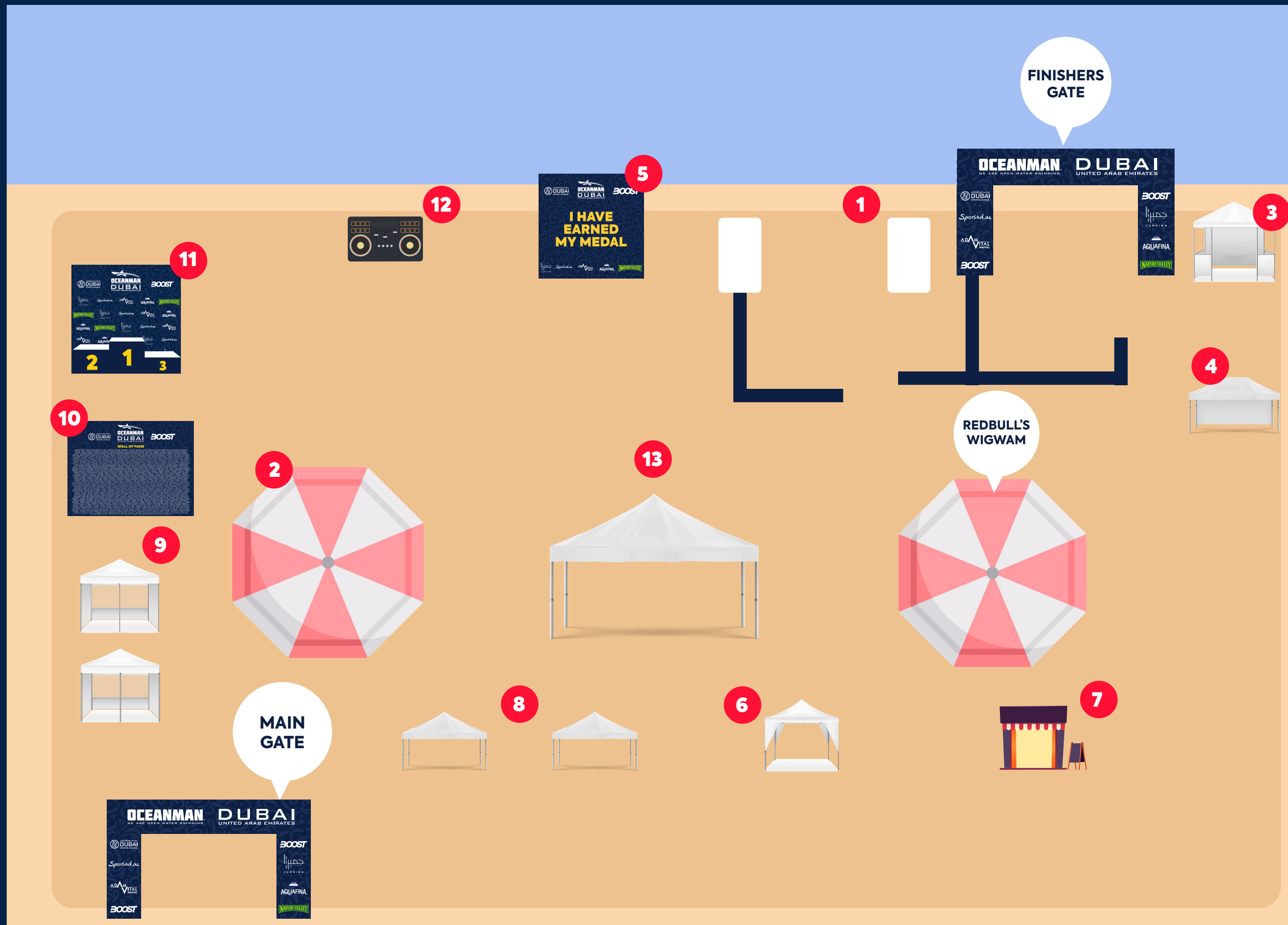
Physiotherapy & Recovery Area

Bags Check

Food and Beverages Area

Ambulance and Medical Point

ONGROUND MAP



AREAS

1. Start Gate/ Starting Area
2. Swimmer's Area
3. Timing System
4. Post feeding Area
5. Finishers Backdrop
6. Physiotherapy Area
7. Food and Beverages
8. Nature Valley, Sported
9. Merchandise and Bags Check Area
10. Wall of Fame
11. Podium
12. DJ Area
13. Nature Valley Activation Area

WHATS IN YOUR KIT?



Kit



Timing chip



Race tattoo



Swimming cap



Official T-Shirt

To receive your kit you must submit a copy of your ID
Please note you must bring a printed copy
Please ensure to sign the waiver

WEATHER FORCAST

SUNDAY 12TH OF NOVEMBER

28°C

WATER TEMPERTURE

WETSUIT IS NOT ALLOWED

RACE RULES

The Start of all races will be a "Gun Start"

The Wet Suit is allowed if the water temperature is less than 24 Degree Celsuis

The Race route is indicated by the big buoys that are placed every 250 m (Figure 1)

All Swimmers have to swim out side the route which means that the Route buoys will be on the left.

Waist buoy is a must during the race (Figure 2)

Race tattoo is a must during the race (Figure 3)

Timing Chip is a must during the race (Figure 4)



(Figure 1)



(Figure 2)



(Figure 3)



(Figure 4)

RACE RULES

The following equipment is mandatory in order to participate in a race:



Swim Cap



Goggles



Race Tattoo



Personal Buoy



Swimsuit
(Neoprene wet-suits and shorts
ARE NOT ALLOWED)

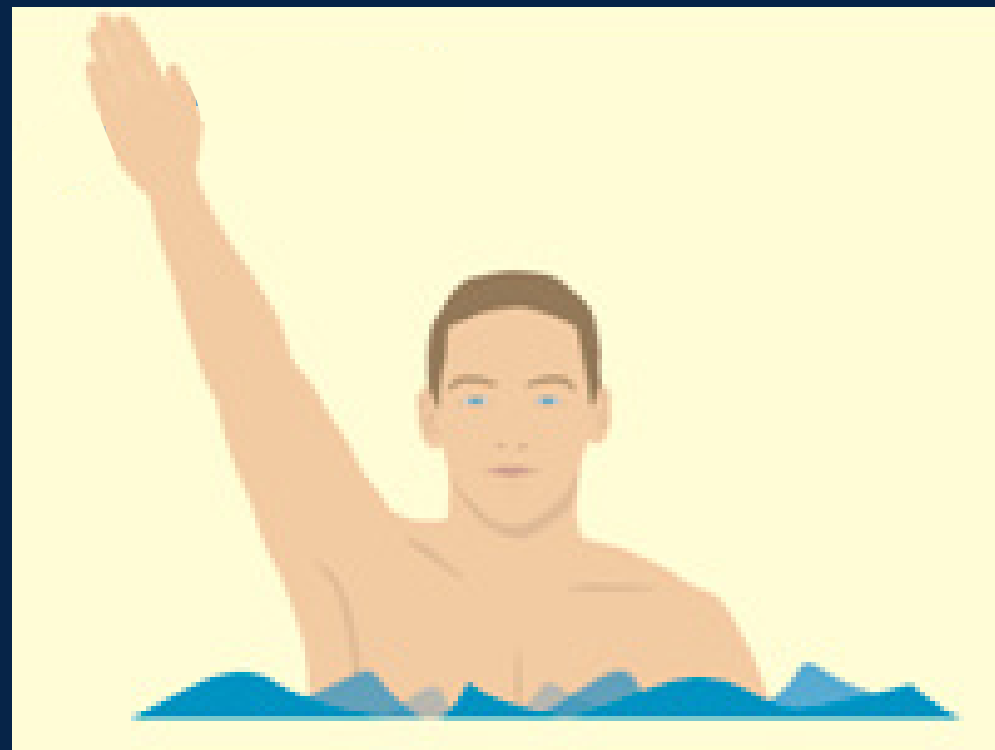
SAFETY RULES

SAFETY FIRST

This year, we have made some changes to the swimming routes to ensure the safety of all participants. The new routes are closer to the shoreline, and we will have 8 boats stationed around the routes and 12 kayaks swimming alongside the swimmers. This will allow us to provide more immediate assistance if needed.

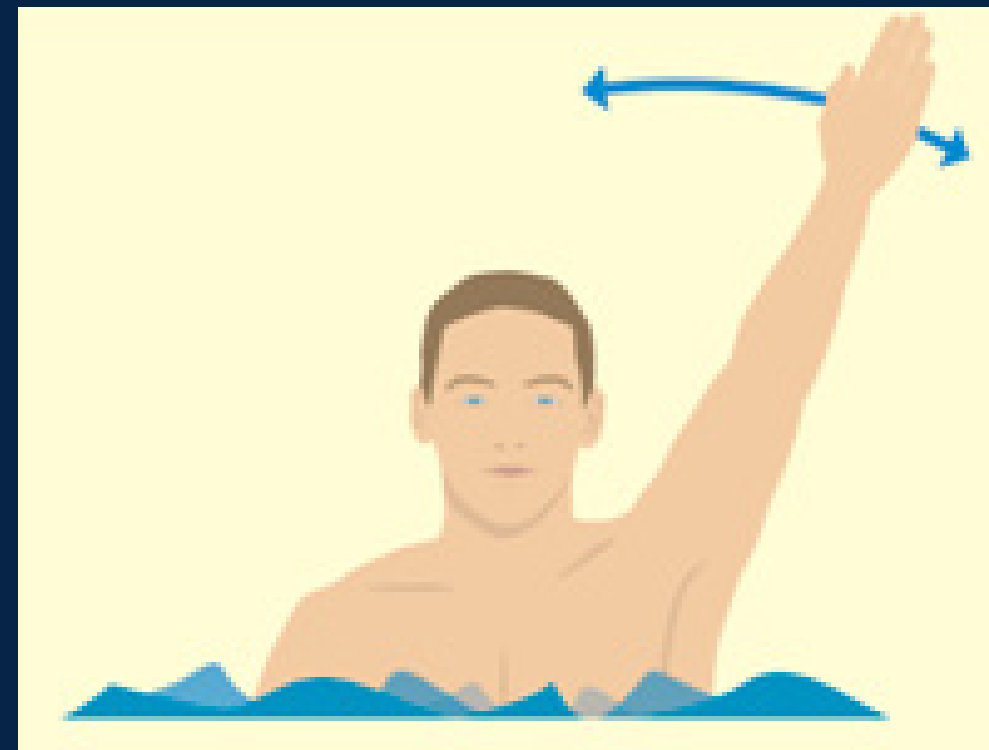
SAFETY RULES

Provided below are hand signals to ensure if you will be needing assistance during your swim.



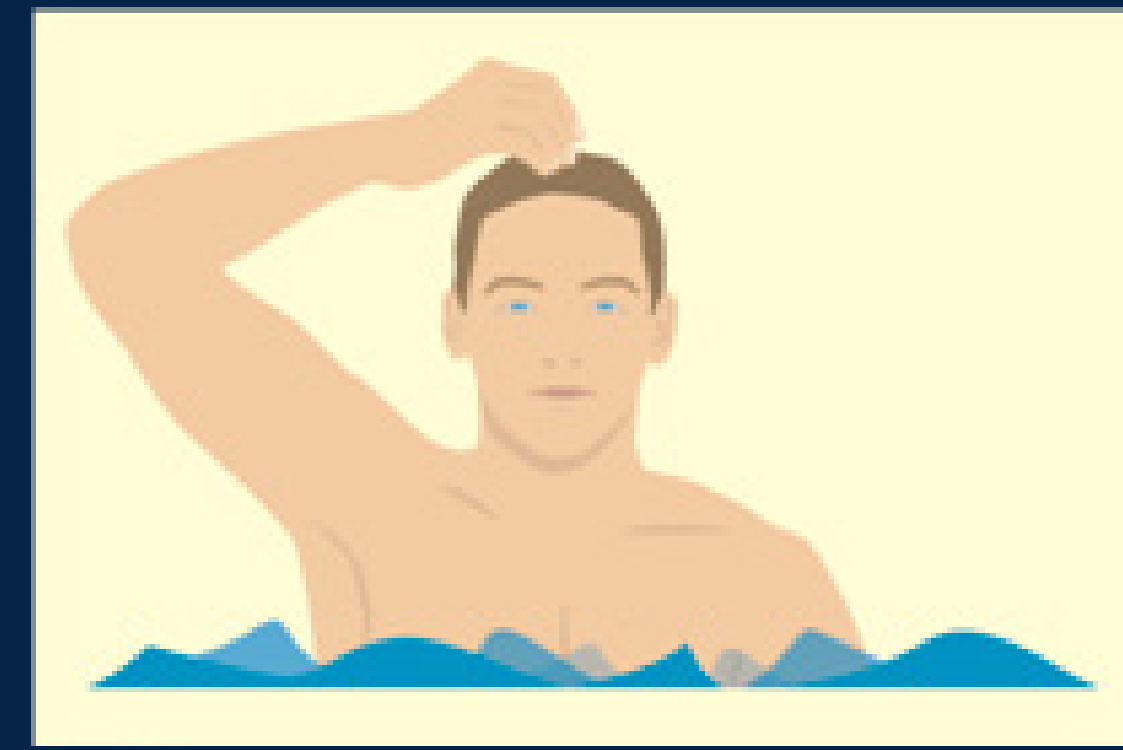
I REQUIRE ATTENTION:

Raise your arm, and you will find someone coming to you



TAKE ME OUT OF THE WATER:

Spin an arm in a circle, and someone will come to take you out.



I'M FINE:

Gently tap your head with a closed fist, to ensure the kayak or boat next to you that you are ok.

RACE SWIMMING ROUTES

OCEANKIDS

OCEANTEAMS

Swimming Route
Distances 1 Lap =
500 m

Race 500 m = 1 Lap



SPRINT

Swimming Route
Distances 1 Lap =
1.5 Km

Race 1.5 km = 1 Lap



HALF OCEANMAN

Swimming Route
Distances 1 Lap = 5 Km

Half Oceanman Race
(5 km) = 1 Lap



OCEANMAN

Swimming Route
Distances 1 Lap = 5 Km

Oceanman Race
(10 km) = 2 Lap



RACE DISQUALIFICATION RULES

Missing any of the Buoys

Not listening to the judges instructions

Hitting any swimmer during the race

Missing the Waist Buoy or the timing chip

RACE AWARDS

The awards will be given as follows:

Overall Winners | Medal & Trophy

Age Group Winners | Medal

Finishers | Finishers Medal

THE AWARD CEREMONY WILL BE AT 5PM

Awards will be given out in the following order:

OCEANMAN

HALF-OCEANMAN

SPRINT

OCEANTEAMS

OCEANKIDS



RACE AWARDS

The awards will be give to every male and female in the races listed below in the following categories:

OCEANMAN

HALF-OCEANMAN

SPRINT

CATEGORY

AGE RANGE

Overall

All Ages

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%

PLEASE NOTE:

- Top 3 overall, male and female will be awarded with trophies.

- Top 3 in age group (categories), male and female will be awarded with medals.

- All competitors who complete the race will be awarded a finisher medal.

RACE AWARDS

The awards will be give to every male and female in the races listed below in the following categories:

OCEANKIDS

CATEGORY

AGE RANGE

Overall

All Ages

U9

Swimmers from 7 to 8 years of age

U12

Swimmers from 9 to 11 years of age

U15

Swimmers from 12 to 14 years of age

PLEASE NOTE:

- Top 3 in age group (categories), male and female will be awarded with medals.
- All competitors who complete the race will be awarded a finisher medal.

RACE AWARDS

The awards will be give to every male and female in the races listed below in the following categories:

OCEANTEAMS

CATEGORY

AGE RANGE

Overall

All Ages

Male, Female, Mixed

Swimmers from 12 years of age

PLEASE NOTE:

- All competitors who complete the race will be awarded a finisher medal.

RACE AWARDS

WORLD FINAL SLOTS

The OCEANMAN World Final will be held in Phuket, Thailand this year!

The following race are the **ONLY** ones that will be eligible to qualify for a world final slot.

OCEANMAN

HALF-OCEANMAN

SPRINT

CATEGORY

SLOTS

Junior	10
Master 20 –29	10
Master 30 –39	10
Master 40 –49	10
Master 50 –59	10
Master 60 –69	10
Master 70+	10
Inspiration	5





ELECTRONIC TIMING

INSTRUCTIONS

Inside each race bag you will find your electronic timing chip

Wear the timing chip on your left or right ankle

NO TIMING CHIP = NO RESULTS = DQ



INSTRUCTIONS RELAY TEAMS

One timing chip per team

Wear the timing chip on your left or right ankle

Hand over the timing chip to the next swimmer
at the relay station

NO TIMING CHIP = NO RESULTS = DQ



INSTRUCTIONS MULTI RACERS

Some athletes have registered for multiple distances

For each race you receive a unique timing chip

Make sure to wear the correct timing chip at each race

To avoid confusion check which chip corresponds to
which race

WRONG / NO TIMING CHIP = NO RESULTS = DQ

INSTRUCTIONS RETURNING PROCESS

At the finishline there will be volunteers recollecting all the timing chips

If you forgot to give it back at the finishline, you can return the chip to one of the race organizers till Saturday (20:00pm)

**LOSING / NON-RETURN OF TIMING CHIP
= A FINE**

+ EXCLUSION FROM FINAL RESULTS



SEE YOU SOON