



OCEANMAN[®]

WE ARE OPEN WATER SWIMMING

**WORLD FINAL
CHAMPIONSHIP**

DUBAI

UNITED ARAB EMIRATES

RACEBOOK

EVENT PROGRAM



EVENT PROGRAM

TIME	ACTIVITIES	PLACE
10 Dec 2024 - Tuesday		
8:30 AM	Social Swim with Mykhailo Romanchuk	Kite Beach
4:00 PM	Sunset Run with Maryna Bekh-Romanchuk	Kite Beach
11 Dec 2024 - Wednesday		
8:30 AM	Social Swim with Mykhailo Romanchuk	Kite Beach
9:30 AM	Social Run with Maryna Bekh-Romanchuk	Kite Beach
12 Dec 2024 - Thursday		
8:30 AM	Social Swim with Mykhailo Romanchuk	Kite Beach
10:00 AM - 4:00 PM	Registration & EXPO	Kite Beach
10:30 AM	OCEANMAN Talks	Kite Beach
4:00 PM	OCEANMAN Talks with Mykhailo and Maryna Romanchuk	Kite Beach
5:00 PM	Sunset Run with Maryna Bekh-Romanchuk	Kite Beach
8:00 PM	Welcome Dinner (extra fee)	Dubai Offshore Sailing Club

EVENT PROGRAM

TIME	ACTIVITIES	PLACE
13 Dec 2024 - Friday		
8:30 AM	Social Swim with Mykhailo Romanchuk	Kite Beach
9:00 AM - 3:00 PM	Registration & EXPO	Kite Beach
9:30 AM	Social Run with Maryna Bekh-Romanchuk	Kite Beach
10:30 AM	OCEANMAN Talks	Kite Beach
3:00 PM	Race Briefing	Kite Beach
4:00 PM	Parade	Kite Beach
5:00 PM	Opening Party	Kite Beach

EVENT PROGRAM

TIME	ACTIVITIES	PLACE
14 Dec 2024 - Saturday		
7:00 AM - 3:00 PM	Wardrobe & EXPO	Kite Beach
9:00 AM	SPRINT WFC Male Start	Kite Beach
9:05 AM	SPRINT WFC Female Start	Kite Beach
9:15 AM	SPRINT Open Male Start	Kite Beach
9:20 AM	SPRINT Open Female Start	Kite Beach
11:00 AM	OCEANKIDS U15 WFC Start	Kite Beach
11:05 AM	OCEANKIDS U15 Open Start	Kite Beach
11:10 AM	OCEANKIDS U13 WFC Start	Kite Beach
11:15 AM	OCEANKIDS U13 Open Start	Kite Beach

TIME	ACTIVITIES	PLACE
14 Dec 2024 - Saturday		
11:20 AM	OCEANKIDS U11+U9 WFC Start	Kite Beach
11:25 AM	OCEANKIDS U11+U9 Open Start	Kite Beach
12:30 PM	OCEANTEAMS Start	Kite Beach
4:00 PM	Meet and Greet with Sharon van Rouwendaal	Kite Beach
5:00 PM	Award Ceremony	Kite Beach
5:30 PM	Sunset DJ set	Kite Beach

INSPIRATION CATEGORY WILL START 1 MIN BEFORE MEN IN EVERY DISTANCE



EVENT PROGRAM

TIME	ACTIVITIES	PLACE
15 Dec 2024 - Sunday		
6:00 AM - 3:00 PM	Wardrobe & EXPO	Kite Beach
7:30 AM	HALF OCEANMAN WFC Male Start	Kite Beach
7:35 AM	HALF OCEANMAN WFC Female Start	Kite Beach
7:45 AM	HALF OCEANMAN Open Male Start	Kite Beach
7:50 AM	HALF OCEANMAN Open Female Start	Kite Beach
10:00 AM	OCEANMAN WFC Male Start	Kite Beach
10:05 AM	OCEANMAN WFC Female Start	Kite Beach
10:15 AM	OCEANMAN Open Male Start	Kite Beach
10:20 AM	OCEANMAN Open Female Start	Kite Beach
3:00 PM	Award Ceremony	Kite Beach
9:00 PM	Red Bull Closing Party	TBA

INSPIRATION CATEGORY WILL START 1 MIN BEFORE MEN IN EVERY DISTANCE

REGISTRATION PROCESS



The registration office will be situated in OCEANMAN Village at Kite Beach:

Thursday, December 12

10:00 – 16:00

Friday, December 13

9:00 – 15:00

Saturday, December 14

7:00 - 8:00 (SPRINT, OCEANKIDS, OCEANTEAMS)

8:00 - 14:00 (OCEANMAN, HALF OCEANMAN)

REGISTRATION PROCESS

For the registration process you must present one of the following documents:

- Passport
- National ID Document
- Only the swimmer can collect their race pack. It cannot be picked up by another person under any circumstances.
- During registration, all participants, including minors, will be required to sign a liability waiver.
- Upon checking in, our staff will provide you with a wristband which must be worn to access the race.
- If you purchased any items during the online registration, please pick them up at OCEANMAN Shop.
- If you purchased the VIP access, you may go directly to the VIP registration tent.
- For the Family access, please ensure you pick it up during the registration process.

BAG DEPOSIT AREA

We will have a bag deposit area open before the start of each race, allowing you to change into your swim gear and store your clothes in a bag.

You will receive a bag tag where you can write your name to help identify your bag after the race.

Please try to keep all your belongings in one bag. Thank you!





PARADE

The traditional **OCEANMAN** gathering is a unique event where swimmers from 90 different countries march together.

Don't miss this opportunity!

- Meeting point for the parade is located 1.2 km from OCEANMAN Village
- Time: Friday at 5:00 PM, **please arrive 15 mins earlier**
- Meeting point: **City Beach Dubai** <https://maps.app.goo.gl/gkxuQsDhgMyyNEHH6>



VENUE MAP

TECHNICAL DETAILS



TECHNICAL DETAILS

SPRINT	OCEANKIDS	OCEANTEAMS
14 Dec 2024	14 Dec 2024	14 Dec 2024
9:00 AM	11:00 AM	12:30 PM
Kite Beach	Kite Beach	Kite Beach
2 KM	500 M	3 x 500 M
Time Limit: 1h 30min	Time Limit: No	Time Limit: No
Wetsuit: Not allowed	Wetsuit: Not allowed	Wetsuit: Not allowed
Safety buoy: Mandatory	Safety buoy: Mandatory	Safety buoy: Mandatory

TECHNICAL DETAILS

OCEANMAN	HALF OCEANMAN
15 Dec 2024	15 Dec 2024
10:00 AM	7:30 AM
Kite Beach	Kite Beach
10 KM	5 KM
Cut off time: 3 KM (1h 30min), 6 KM (3h)	Cut off time: 3 KM (1h 30min)
Time Limit: 4h 30min	Time Limit: 2h 30min
Feeding points: 3	Feeding points: 1
Wetsuit: Not allowed	Wetsuit: Not allowed
Safety buoy: Mandatory	Safety buoy: Mandatory

SWIMMING EQUIPMENT



PROHIBITED EQUIPMENT

- All types of music headphones.
- Neoprene wetsuits and shorts are strictly prohibited.
- Different from the official one or 2 swimming caps.
- Snorkels, fins, gloves, paddles, pull buoys

MANDATORY EQUIPMENT

- All swimmers are required to have a personal inflatable safety buoy.
- The organization does not provide personal safety buoys; you need to bring your own or purchase one at **OCEANMAN Shop**.
- Each swimmer must wear only one swim cap of the right colour, provided by the organization.
- The safety buoy must be inflatable and have a rope length between 20 to 60 cm. It cannot be directly connected to the belt.
- You must place a vertical tattoo on each shoulder.
- You must place a horizontal tattoo on your safety buoy.
- Race wristband(s) provided by organization.
- Swimming goggles.
- Swimsuit or swim skin.
- Timing chip

MANDATORY EQUIPMENT





SWIMMING GOGGLES

SWIMMING CAP

TATTOO NUMBERS

TIMING CHIP

SWIMSUIT

INFLATABLE SAFETY BUOY
(with a rope 20+ cm)

BUOY TATTOO NUMBER

TIMING CHIPS

Chip :

- The chip must be worn on the left or right ankle.
- Is mandatory to return the chip after the race, even if you do not participate, you must return the chip.
- Failure to return the chip will result in a fine of 85 euros.
- There is an intermediate timing arch located in the water at the 2.5 km mark. It is mandatory to pass through this arch, but you do not need to touch it.
- For swimmers competing in 2-3 different races, it is crucial not to mix the timing chips, they are unique per each distance. If you accidentally do so, please visit our timing tent before your race to ensure you are wearing the correct chip.
- Each team will have 1 timing chip, which must be passed from one swimmer to another at OCEANTEAMS start area.
- No chip means no official time which will lead to disqualification and a penalty.

SWIMMING CAPS

OCEANMAN WFC MALE



RIGHT

LEFT

OCEANMAN WFC FEMALE



RIGHT

LEFT

OCEANMAN OPEN MALE



RIGHT

LEFT

OCEANMAN OPEN FEMALE



RIGHT

LEFT

HALF OCEANMAN WFC MALE



RIGHT

LEFT

HALF OCEANMAN WFC FEMALE



RIGHT

LEFT

HALF OCEANMAN OPEN MALE



RIGHT

LEFT

HALF OCEANMAN OPEN FEMALE



RIGHT

LEFT

SWIMMING CAPS

SPRINT WFC MALE



RIGHT

LEFT

SPRINT WFC FEMALE



RIGHT

LEFT

SPRINT OPEN MALE



RIGHT

LEFT

SPRINT OPEN FEMALE



RIGHT

LEFT

OCEANKIDS WFC MALE/FEMALE



RIGHT

LEFT

OCEANKIDS OPEN MALE/FEMALE



RIGHT

LEFT

OCEANTEAMS OPEN



RIGHT

LEFT

ROUTES

The routes will be marked with buoys, with a distance of 240 meters between them.

Each route will have a safety system consisting of:

- 1 kayak or SUP every 240 meters.
- 1 control and safety boat or jetski every 500 meters.
- 1 lifeguard on each boat or jetski, some of the kayakers are lifeguards as well



SPRINT 2K - 1 LAP

DUBAI - 12th - 15th DEC



SEASON 2024
SWIM THE WORLD



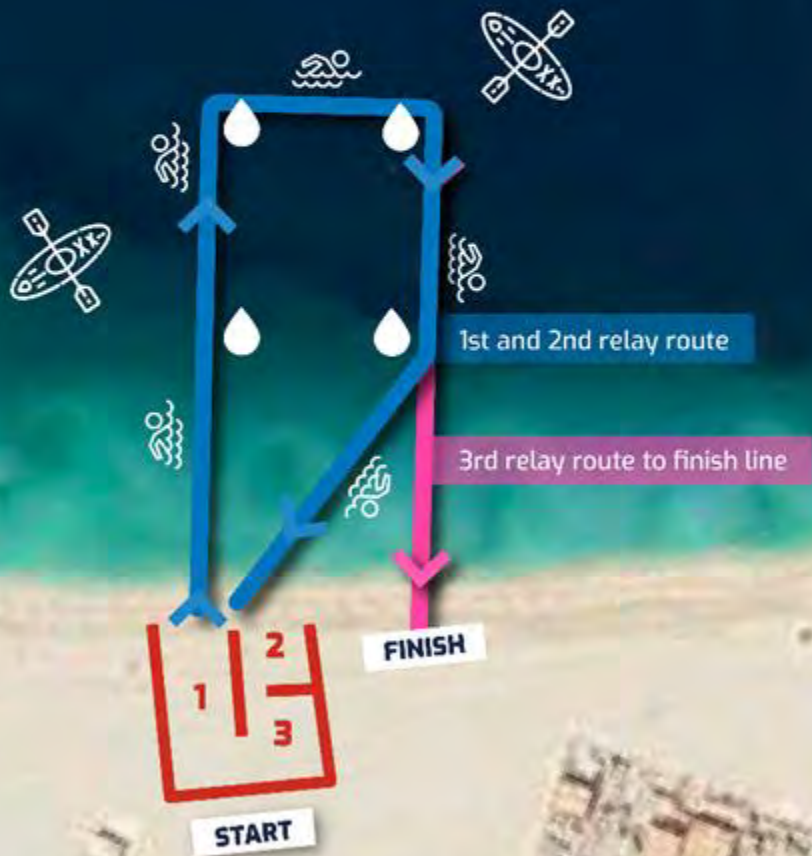
START

FINISH



START

FINISH



HALF OCEANMAN 5 KM - 1 LAP

DUBAI - 12th - 15th DEC





START LINE PROCEDURE



All swimmers must follow these procedures for the start:

1. Check the schedule for your start time based on distance and category.
2. Remember, there are separate starts for men and women, as well as for the World Final Championship and the Open Event.
3. Warm up outside the competition area and arrive at the entrance at least 30 minutes before your start.
4. At the entrance, your swimming gear and tattoo numbers on your bracelets, shoulders, and safety buoys will be checked.
5. If you wear prohibited swimming gear or lack the required swimming attire, you will not be permitted to start the race.
6. Enter the waiting zone before reaching the start line.
7. The start judge will signal 1 minute before the start and countdown from 10 to 1.
8. A kayak will accompany the leader of each distance, but it will not guide the swimmer. Swimmers are responsible for knowing the route.

FEEDING POINTS

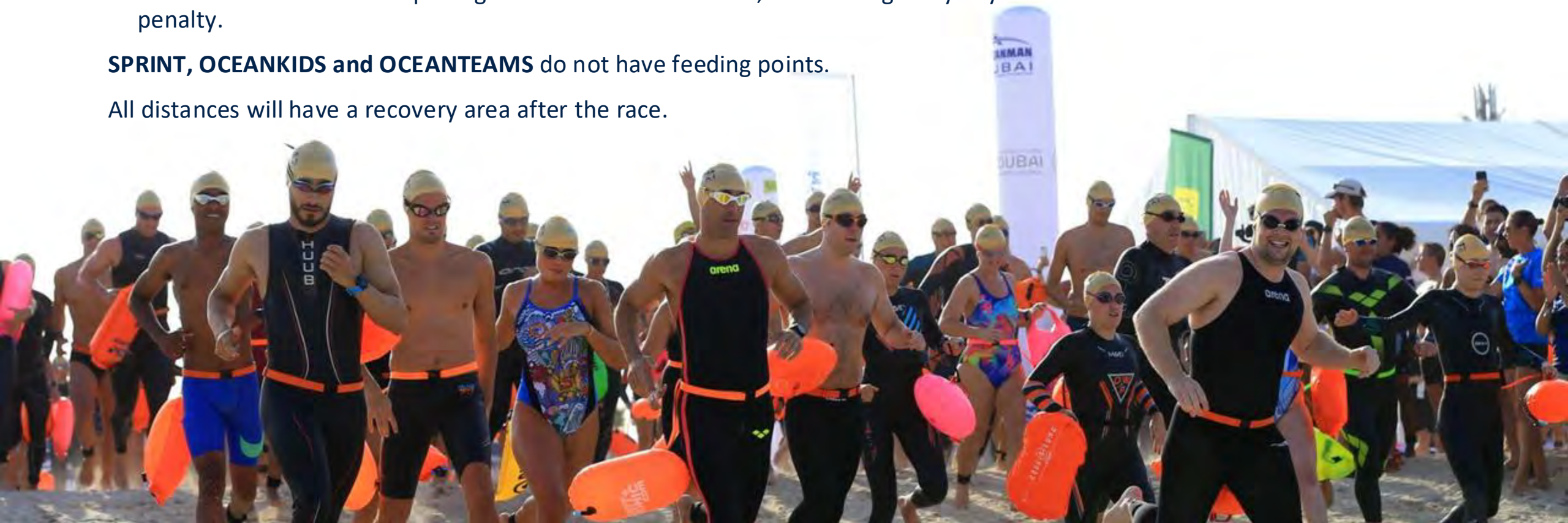
OCEANMAN distance (10 km): there will be 3 feeding stations, located at km 2.5, km 5, and km 7.5.

HALF OCEANMAN distance (5 km): there will be 1 feeding station at km 2.5.

- The feeding points will provide water, isotonic drinks, and GU Energy Gels.
- You are allowed to touch the boat at the feeding stations.
- Please ensure that all the packages are left inside the boat, as throwing away any trash in the water will result in a penalty.

SPRINT, OCEANKIDS and OCEANTEAMS do not have feeding points.

All distances will have a recovery area after the race.



SOS SIGNS IN THE WATER



- **I need attention:** raise your arm
- **Emergency / Take me out of the water:** Rotate one arm in a circle above the head
- **I'm fine:** touch the head with a closed fist or show the OK gesture

RULES AND REGULATIONS

Swimmers are responsible for acknowledging and following OCEANMAN rules accepted during online registration. You may always check them on our [WEBSITE](#)

Penalty for Skipping Marking Buoys

There will be penalties for failing to pass any of the designated marking buoys during the race.

Reasons for Disqualification

Any participant may be disqualified for the following reasons:

- Engaging in unsportsmanlike or disrespectful behavior towards anyone, including swimmers, referees, or race staff. This includes, but is not limited to, actions such as kicking, grabbing, dragging, punching, yelling, or using insulting language.
- Skipping two or more marking buoys.
- Skipping one marking buoy and not following the instructions given by referees.
- Crossing the finish line without having passed a needed buoy.
- Crossing the finish line without safety buoy, swim cap, swim goggles, timing chip.
- Individual support inside the race from friends, relatives, coaches etc.
- Failing to adhere to any aspect of OCEANMAN rules & regulations, as well as instructions from the race organization and referees

Please follow OCEANMAN rules to ensure a fair and respectful competition.

RULES AND REGULATIONS

The preliminary results will be automatically published online and communicated via email and social media.

COMPLAINTS

You can submit complaints from the moment your results are published online until 30 minutes after the competition finishes. Here's how to proceed:

1. Go to the registration area.
2. Fill out a document explaining your complaint.

The competition committee, which consists of the Chief Referee, Event Manager, Race Director, and Competition Manager, will have 15 minutes to evaluate the complaint. If your complaint is resolved positively, the updated results will be published before the award ceremony and will be considered final. Please note that complaints cannot be filed 30 minutes after the race has concluded.

AWARDS AND QUALIFICATION



OCEANMAN, HALF OCEANMAN, SPRINT

TROPHY for the first 3 places overall, men and women.

MEDAL for the first three places in each category, men and women.

FINISHER MEDAL to all participants who complete the race

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 race

OCEANTEAMS

MEDAL for the first three teams in each category (male, female and mixed teams).

FINISHER MEDAL to all participants who complete the race

AWARDS AND QUALIFICATION

OCEANMAN WORLD FINAL CHAMPIONSHIP 2025 QUALIFICATION

Participants of **OCEANMAN Dubai 2024 OPEN EVENT** will be qualifying for **OCEANMAN World Final Championship 2025** (location and date will be announced soon)

- **OCEANMAN, HALF OCEANMAN, SPRINT and OCEANKIDS** distances
- **TOP 10** of each age group will receive a qualification slot (the right to participate).
- **TOP 10** in the Inspiration category will receive a qualification slot (the right to participate).
- You can only register for the distance in which you have qualified.

SERVICES

- VIP ACCESS
- COMPANIONS ACCESS

FEEDING STATIONS IN WATER:

- 3 FOR OCEANMAN
- 1 FOR HALF OCEANMAN
- POST-RACE RECOVERY AREA



WEATHER FORECAST



AIR TEMPERATURE

28°C



WATER TEMPERATURE

26°C



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WORLD FINAL
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See you in the open water!

#IAMOCEANMAN