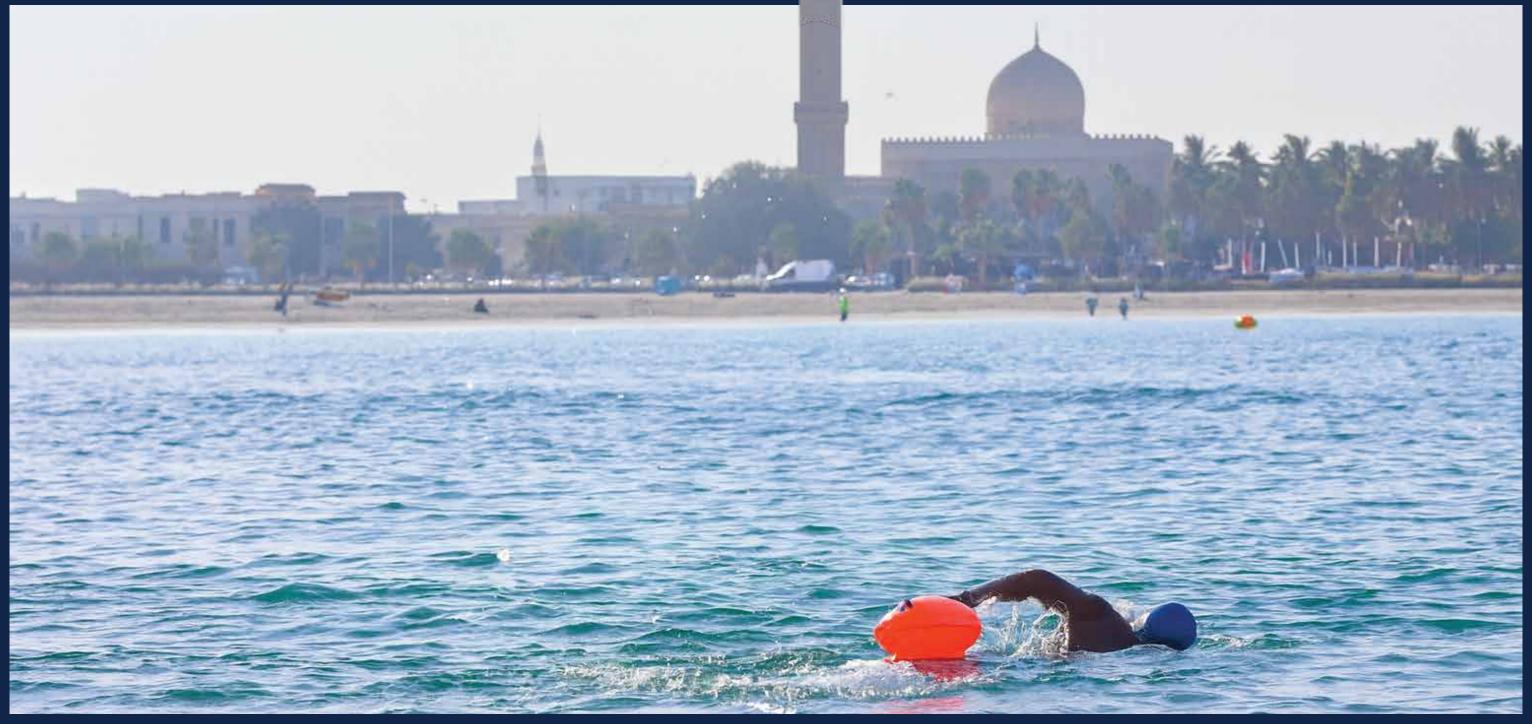
SWIMMER'S GUIDE



DATE SEPTEMBER 5TH-7TH 2025



LOCATION KITE BEACH – DUBAI- UAE

Dear Oceanman Athletes,

Welcome to Dubai and welcome to the Oceanman World Final—the moment where your hard work, discipline, and passion come together on one of the most spectacular stages in the world.

Every one of you has traveled a unique path to stand here today. Early mornings, long swims, cold waters, tough sessions, and the relentless drive to improve have brought you to this starting line. This event is more than a competition—it is a celebration of everything you have overcome, everything you have built, and everything you are capable of achieving.

This year marks a defining moment for Oceanman. Our community is growing faster and stronger than ever before, and I am proud to announce that the 2026 season will include over 40 races across the globe. This expansion is not just the growth of a series—it is the rise of a worldwide movement powered by athletes like you who inspire others to push beyond limits and pursue the extraordinary.

I want to extend a special tribute to our Elite Athletes. Your presence elevates the world final to a higher standard of excellence. You inspire the entire Oceanman family with your commitment, your courage, and your pursuit of greatness. Thank you for setting the bar, for challenging yourselves, and for motivating every swimmer who dreams of reaching your level.

But no matter your category or your goal—today, you are all champions. Champions of resilience. Champions of discipline. Champions of the open water.

As you stand on the shores of Dubai, remember this:

The ocean rewards the brave. The finish line belongs to the relentless. And this race belongs to you.

Swim with heart. Swim with purpose. Swim like an Oceanman.

With pride and belief in each of you,

FERMIN EGIDO ALONSO Oceanman Ceo





2025 Swimmer's Guide

PROGRAM

TUESDAY DECEMBER 2ND

8:00 - 9:00 H

SOCIAL SWIM

KITE BEACH

WITH LEONIE BECK + MIHAILO ROMANCHUCK

WEDNESDAY DECEMBER 3RD

8:00 - 9:00 H

SOCIAL SWIM

KITE BEACH

WITH LEONIE BECK + MIHAILO ROMANCHUCK

THURSDAY DECEMBER 4TH

9:00 - 17:00	OCEANMAN VILLAGE	KITE BEACH
8:00 - 9:00 H	SOCIAL SWIM WITH LEONIE BECK + MIHAILO ROMANCHUCK	KITE BEACH
9:00 - 9.30 H	SOCIAL SWIM KIDS + ACTIVITIES	KITE BEACH
9:00 - 17:00 H	REGISTRATION + BAG DELIVERY	KITE BEACH
15:30 H	ARENA YOUNG TEAM PRESENTATION	KITE BEACH
15:50 H	ARENA GIVE AWAY	KITE BEACH
16:00 - 16:30 H	PRESENTATION ELITE RACE + MEET & GREET	KITE BEACH
19:30 - 20:00 H	WELCOME DINNER	WAFI GOURMET

FRIDAY DECEMBER 5TH

8:00 H	OCEANMAN VILLAGE OPENING	KITE BEACH
9:00 - 17:00 H	REGISTRATION + BAG DELIVERY	KITE BEACH
8:00 - 9:00 H	SOCIAL SWIM WITH LEONIE BECK + MIHAILO ROMANCHUCK	KITE BEACH
9:00 - 9:30 H	SOCIAL SWIM KIDS + ACTIVITIES	KITE BEACH
9:30 - 11:00 H	OCEANMAN ELITE RACE	KITE BEACH
12:00 - 12:30 H	ELITE RACE AWARD CEREMONY	KITE BEACH
15:30 - 16:30 H	RACE BRIEFING (ALL DISTANCES)	KITE BEACH
17:00 - 17:30 H	PARADE	KITE BEACH
18:00 - 19:00 H	OPENING PARTY	KITE BEACH
19:00 H	OCEANMAN VILLAGE CLOSE	KITE BEACH

SATURDAY DECEMBER 6TH

6:30 H	OCEANMAN VILLAGE OPENS	KITE BEACH
7:00 - 17:00 H	REGISTRATION + BAG DELIVERY	KITE BEACH
8:00 H	SPRINT WF MALE START	KITE BEACH
8:05 H	SPRINT WF FEMALE START	KITE BEACH
8:15 H	SPRINT OPEN MALE START	KITE BEACH
8:20 H	SPRINT OPEN FEMALE START	KITE BEACH
10:00 H	OCEANKIDS U15 WF START	KITE BEACH
10:10 H	OCEANKIDS U15 OPEN START	KITE BEACH
10:20 H	OCEANKIDS U13 WF START	KITE BEACH
10:30 H	OCEANKIDS U13 OPEN START	KITE BEACH

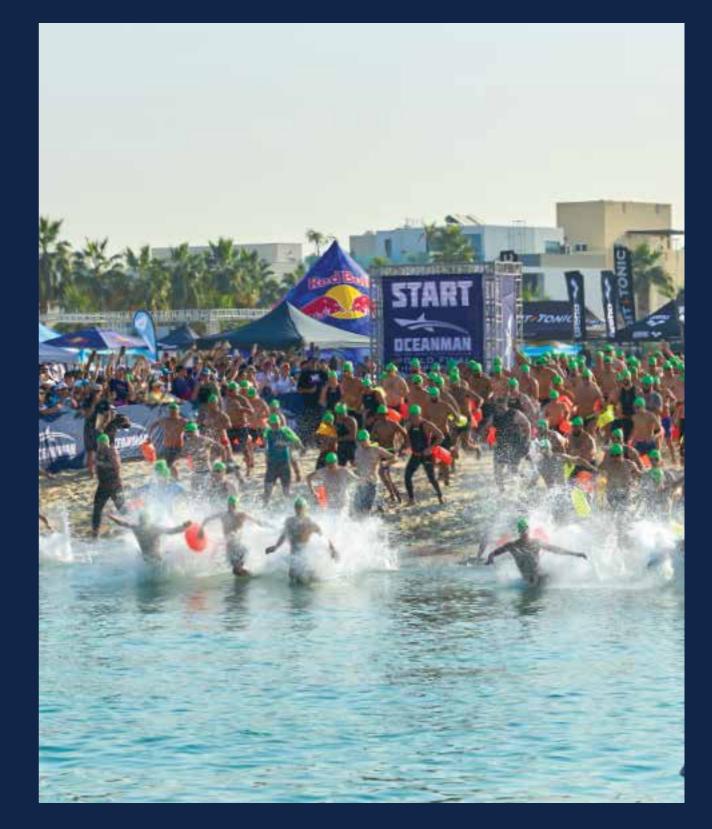
PROGRAM

SATURDAY DECEMBER 6TH

10:40 H	OCEANKIDS U11+ U9 WF START	KITE BEACH
10:50 H	OCEANKIDS U11+ U9 OPEN START	KITE BEACH
11:30 H	OCEANTEAMS START	KITE BEACH
13:30 H	PEOPLE OF DETERMINATION SWIM	KITE BEACH
15:00 - 16:00 H	MEET THE OLYMPICS LEONIE BECK + MIHAILO ROMANCHUCK	KITE BEACH
16:00 - 16:30 H	AWARD CEREMONY	KITE BEACH
18:00 H	OCEANMAN VILLAGE CLOSE	KITE BEACH

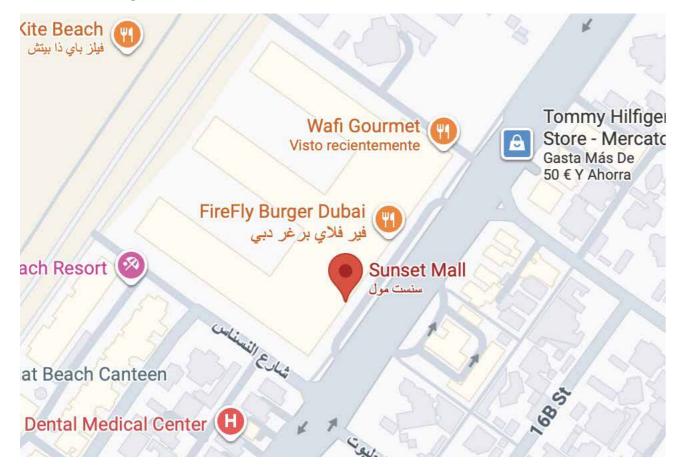
SUNDAY DECEMBER 7TH

6:00 H	OCEANMAN VILLAGE OPENS	KITE BEACH
7:00 H	OCEANMAN WF MALE START	KITE BEACH
7:05 H	OCEANMAN WF FEMALE START	KITE BEACH
7:15 H	OCEANMAN OPEN MALE START	KITE BEACH
7:20 H	OCEANMAN OPEN FEMALE START	KITE BEACH
10:00 H	HALF OCEANMAN WF MALE START	KITE BEACH
10:05 H	HALF OCEANMAN WF FEMALE START	KITE BEACH
10:15 H	HALF OCEANMAN OPEN MALE START	KITE BEACH
10:20 H	HALF OCEANMAN OPEN FEMALE START	KITE BEACH
14:00 H	AWARD CEREMONY	KITE BEACH
21:00 H	RED BULL AFTER PARTY	BARASTI BEACH



OFFICIAL STORE

We are excited to announce the opening of our **official OCEANMAN Store** at **Sunset Mall** in Dubai, created especially for our World Final event. This new space brings the spirit of open water swimming to one of the city's most vibrant locations, offering athletes, supporters, and visitors a place to connect with the OCEANMAN experience. At the store, you will find our full range of official merchandise, including event apparel, collectibles, and lifestyle items designed for swimmers and fans alike. We will also offer a wide selection of high-quality swimming accessories to help participants prepare for race day with confidence. Whether you're competing, supporting, or simply exploring, the OCEANMAN Store is the perfect destination to immerse yourself in the energy of our World Final in Dubai.





WELCOME DINNER

The official OCEANMAN Welcome Dinner will be hosted at Wadi Gourmet in Sunset Mall, Dubai at 19:30h. To access this event the entrance must be purchased before Tuesday in our online platform. This special evening marks the beginning of our World Final celebration and brings together the global OCEANMAN community in a warm, relaxed atmosphere. Surrounded by the unique flavors and elegant setting of Wadi Gourmet, participants will enjoy a memorable dining experience that reflects the spirit of Dubai's hospitality. Whether you're joining us for the first time or returning as part of the OCEANMAN family, this gathering sets the tone for an unforgettable weekend at the World Final.





CLOSING PARTY

The OCEANMAN Closing Party, hosted at 21:00H at Barasti Beach Club in Dubai, in partnership with Red Bull, will bring our World Final weekend to an exciting and unforgettable finish. Set against the stunning beachfront atmosphere, this celebration invites athletes, teams, and supporters to relax, unwind, and enjoy the vibrant energy of Dubai's coastal nightlife. Every guest will receive one complimentary drink to get the evening started. For those looking to elevate the experience, an optional paid upgrade will be available, offering three hours of free-flowing drinks along with a selection of tasty snacks. It's the perfect opportunity to celebrate achievements, share race stories, and connect with the global OCEANMAN community. Join us to close the World Final in true style, surrounded by great music and great company.





REGISTRATION

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

Thursday, December 4th — 09:00 - 17:00 H

Friday, December 5th — 09:00 - 17:00 H

Saturday, December 6th

07:00 - 07:45 H (SPRINT, OCEANKIDS, OCEANTEAMS)

08:00 - 17:00 H (OCEAN-MAN, HALF OCEANMAN)

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.



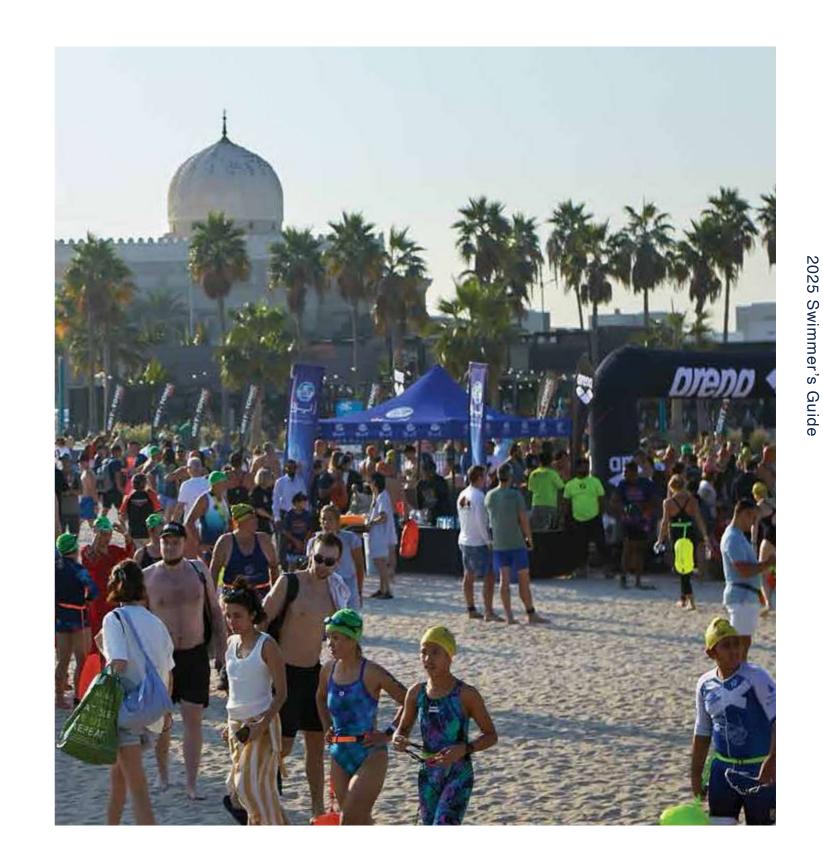
BAG DEPOSIT

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.

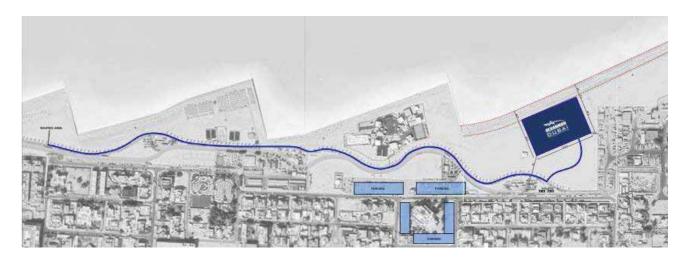
Please try to keep all your belongings in one bag. Thank you!





PARADE





The traditional OCEANMAN gathering is a unique event where swimmers from 90 different countries march together. Don't miss this opportunity!

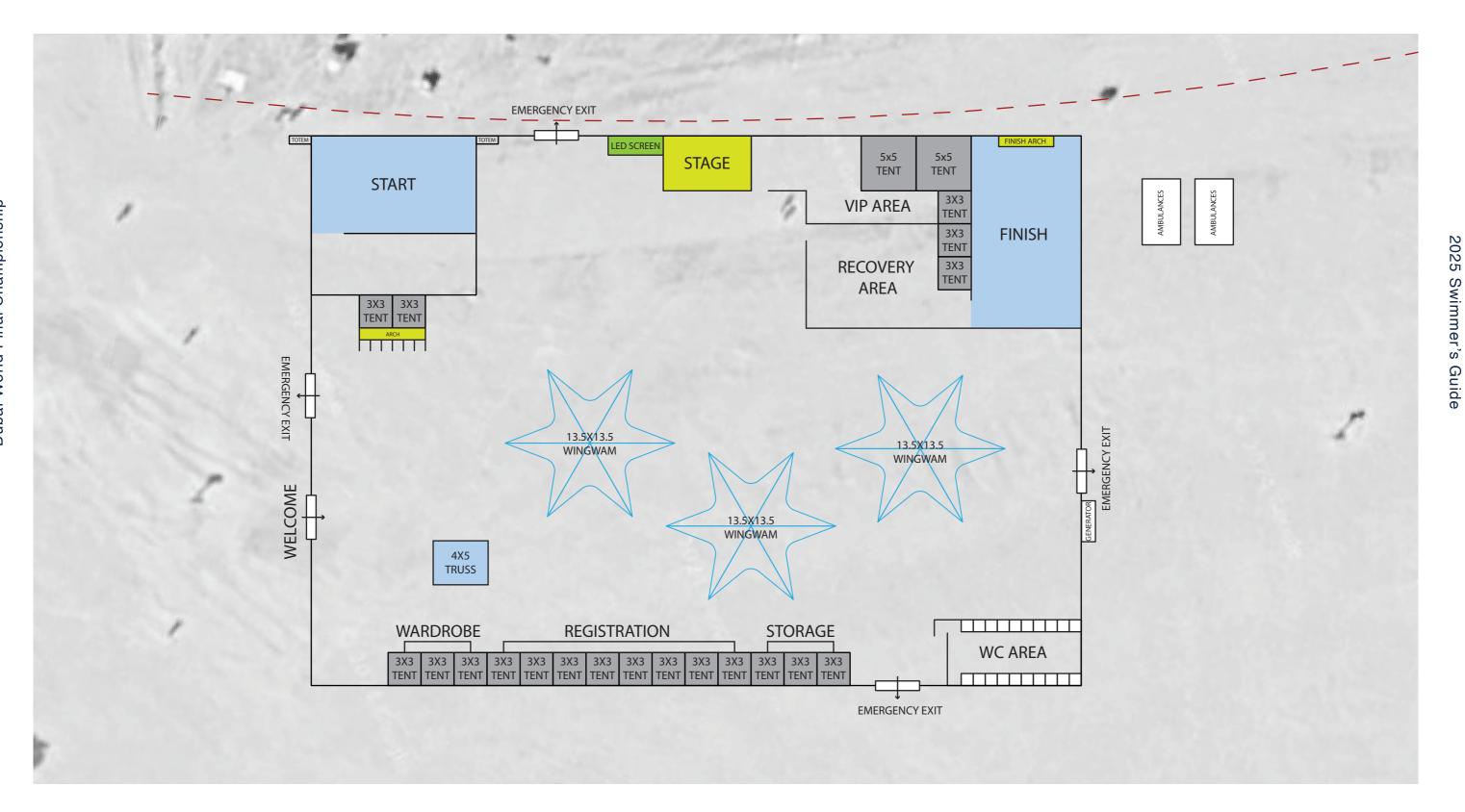
Meeting point for the parade is located 1.2 km from OCEANMAN Village

Time: Friday 05 December at 16:00, please arrive 15 mins earlier

Meeting point: City Beach Dubai



EWENT MAP



SCHEDULE

OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
DECEMBER 7TH 2025	DECEMBER 7TH 2025	DECEMBER 6TH 2025	DECEMBER 6TH 2025	DECEMBER 6TH 2025
07:00 H	10:00 H	08:00 H	10:00 H	11:30 H
KITE BEACH	KITE BEACH	KITE BEACH	KITE BEACH	KITE BEACH
10KM	5KM	2KM	500M	3 X 500M
CUTOFF TIME: 3KM (1H30MIN) 6KM (3H)	CUTOFF TIME: 3KM (1H30MIN)			
TIME LIMIT: 4H 30MIN	TIME LIMIT: 2H 30MIN	TIME LIMIT: 1H 30MIN	TIME LIMIT: NO	TIME LIMIT: NO
WETSUIT NOT ALLOWED	WETSUIT NOT ALLOWED	WETSUIT NOT ALLOWED	WETSUIT NOT ALLOWED	WETSUIT NOT ALLOWED
SAFETY BUOY MANDATORY	SAFETY BUOY MANDATORY	SAFETY BUOY MANDATORY	SAFETY BUOY MANDATORY	SAFETY BUOY MANDATORY

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

EQUIPMENT



MANDATORY EQUIPMENT

- All swimmers are required to have a personal inflatable safety buoy.
- The personal buoys must be orange yelow or green, no black buoys allowed.
- 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.

2025 Swimmer's Guide

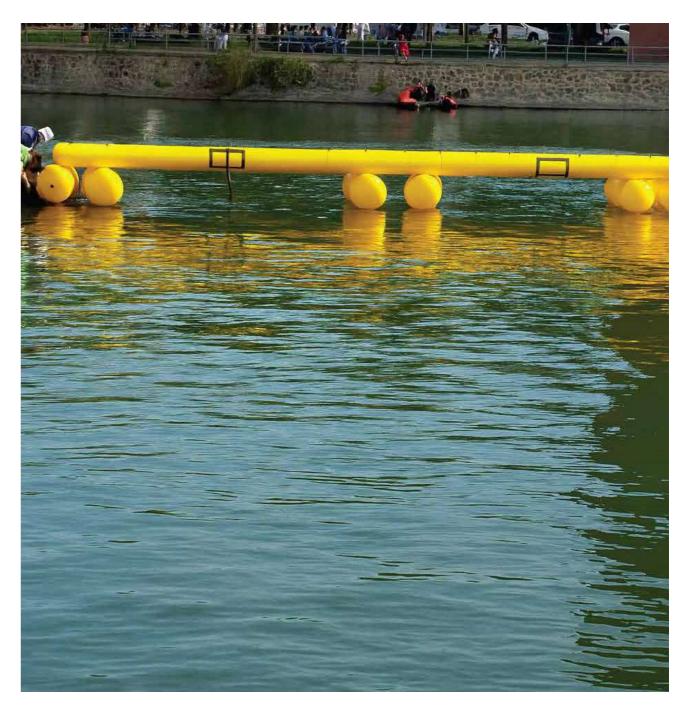
- The safety buoys must be inflatable. It has to be visible and used during all the entire competition. The minimum size deflated is 41cmX31cm and inflated 30cm height. The distance of the rope between the belt and safety buoy must be from 20 cm to 60 cm. It cannot be directly connected to the belt. Crossing the finish line without a personal safety buoy may result in disqualification.
- 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

EQUIPMENT



TIMING CHIPS

- 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.
- 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.
- CHIPS WILL BE DELIVERED IN THE DAY OF YOUR COMPETITION 1 hour before the your start, please come with enought time.



There is an intermediate timing arch located in the water at the 5 km mark. It is mandatory to pass through this arch, but you do not need to touch it.

SWIMMING CAPS

OCEANMAN WFC MALE





OCEANMAN WFC FEMALE





OCEANMAN OPEN MALE





OCEANMAN OPEN FEMALE





HALF OCEANMAN WFC MALE





HALF OCEANMAN WFC FEMALE





HALF OCEANMAN OPEN MALE





HALF OCEANMAN OPEN FEMALE





SPRINT WFC MALE



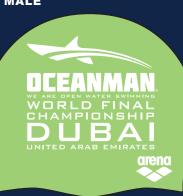






SPRINT OPEN MALE





SPRINT OPEN FEMALE





OCEANKIDS WFC MALE/FEMALE





OCEANKIDS OPEN MALE/FEMALE





2025 Swimmer's Guide

OCEANTEAMS OPEN





ELITE





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







2025 Swimmer's Guide



2025 Swimmer's Guide



START 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.



The OCEANMAN ELITE is a unique competition aimed at show-casing the finest in open water swimming within a professional and media-rich setting. This event is open to high-performance swimmers from around the globe who are ready to meet the qualifying standards. If you are an experienced athlete seeking a distinctive and high-energy race format, along with the opportunity to compete alongside elite competitors, this is your chance to apply and demonstrate your skills on an international stage.

By registering or applying for participation, athletes agree to abide by all the rules and terms outlined in this guide.





Distance: Approx. 7.5 km (6 open water loops of ~1.25 km each)

Start: Beach run-in start zone

Finish: Final beach sprint to the finish arch

Lap System:

- Each lap ends with a mandatory 50m beach run-out
- Athletes must exit and re-enter the water every lap
- Feeding platform and official timing checkpoint after each loop
- Athletes who are lapped by the leader are immediately eliminated



PARTICIPANTS

WOMEN

Barbara Pozzobon Italy Giulia Gabbrielleschi Italy Clemence Victoire Appoline Coccordano France Bettina Fábián Hungary Angélica Maria Ribeiro André Portugal Georgia Makri Greece Italy Rachel Bruni Caroline Laure Jouisse France Rebecca Wilke Mann **USA USA** Brooke Sara Barbara Travis Queeni Victoriya Gandam India Silvia Canazza Italy

MEN

Logan Christophe Albert Michel Fontaine Axel Raphaël Reymond Andrea Filadelli Domenico Acerenza Logan Vanhuys Giuseppe Ilario Dario Verani Marcel Schouten Jean-Marie René Alain Joseph Pacôme **Bailey Armstrong Bricout Pacome** Reymond Axem Biswanath Adhikari Miguel Bou Bernabéu Marwan Atef Juan Sebastian Osorio Velasquez Malan Rodrigo Yoann Ramplou el Goupil

France France Italy Italy Belgium Italy Italy Netherlands France Australia France France India Spain Egypt Colombia Sri Lanka France



ARNING SIGNS



- I NEED ATTENTION RAISE YOUR ARM
- **EMERGENCY** ROTATE ONE ARM ABOVE HEAD IN A CIRCLE
- I'M FINE TOUCH THE HEAD WITH FIST OR SHOW THE OK SIGN

2025 Swimmer's Guide

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.

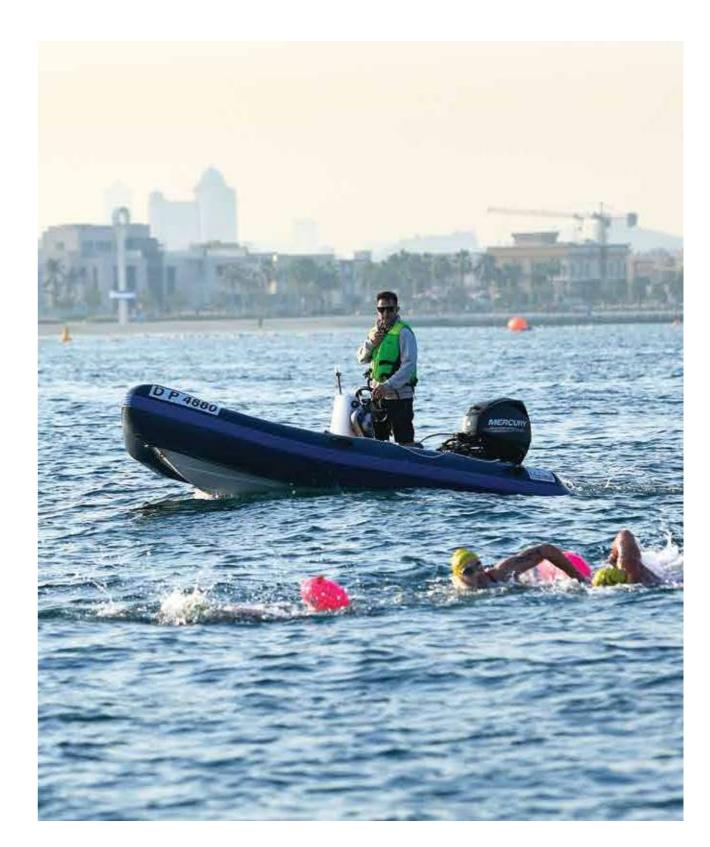
Reasons for Disqualification

RULES & REGULATIONS

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 & 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.

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



QUALIFICATION

OCEANMAN WORLD FINAL CHAMPIONSHIP 2026 QUALIFICATION

Participants of OCEANMAN Dubai 2025 OPEN EVENT will be qualifying for OCEANMAN World Final Championship 2026 (location and date will be announced soon)

OCEANMAN, HALF OCEANMAN, SPRINT and OCEANKIDS

TOP 10 of each age group will receive a qualification slot (the right to participate).

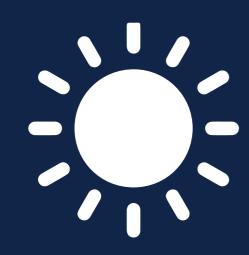
TOP 10 in the Inspiration category will receive a qualification slot (the right to participate).

You can only register for the distance in which you have qualified.





SATURDAY FOREGAST



AIR TEMPERATURE

08:00H - 21°C 12:00H - 25°C



WIND DIRECTION

08:00H - SW 12:00H - W



WATER TEMPERATURE

26°C



WIND SPEED

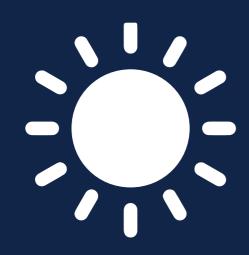
08:00H - 9,8 KM/H 12:00H - 12 KM/H



WAVE HIGH

08:00H - 0,1M 12:00H - 0,3M

SUNDAY FOREGAST



AIR TEMPERATURE

08:00H - 21°C 12:00H - 24°C



WIND DIRECTION

08:00H - W 12:00H - W



WATER TEMPERATURE

26°C



WIND SPEED

08:00H - 12 KM/H 12:00H - 27 KM/H



WAVE HIGH

08:00H - 0,4M 12:00H - 0,9M

FOR THE COMPLETE LIST OF RULES AND REGULATIONS FOLLOW THISLINK

HTTPS://OCEANMANSWIM.COM/DUBAI-UAE/WP-CONTENT/UPLOADS/SITES/76/2025/11/OCEANMAN_RULES_EN_2025_FINAL.PDF