

RACE BRIEFING





EVENT SCHEDULE

FRIDAY 20th SEPTEMBER 2024

Durban Undersea Club

12.00 – 18:00 Registration & EXPO

18:00 Race Briefing

SATURDAY 21st SEPTEMBER 2024

Ku D ' Ta Pier

06:00 – 16.00 Registration & EXPO

07:00 OCEANMAN Start

07:15 HALF OCEANMAN Start

07:30 SPRINT Start

11:30 OCEANKIDS Start

12:00 OCEANTEAMS Start

12:30 Award Ceremony

Durban Undersea Club

<https://g.co/kgs/xowSbQ3>

Ku D'Ta Pier

<https://g.co/kgs/8ToZS79>



EVENT PROGRAM

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
Start Time	07:00	07:15	07:30	11:30	12:00
Distance	10km	5km	2km	500m	500m x 3
Cutt off Time	3km - 1h30min 6km - 3h	3km - 1h30min	No	No	No
Time Limit	4h30min	2h30min	1h30min	No	No
Feeding Points	3 Feeding Points	1 Feeding Point	No	No	No
Water Temp	20 / 22°	20 / 22°	20 / 22°	20 / 22°	20 / 22°
Wetsuit	Optional	Optional	Optional	Optional	Optional
Safety Buoy	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

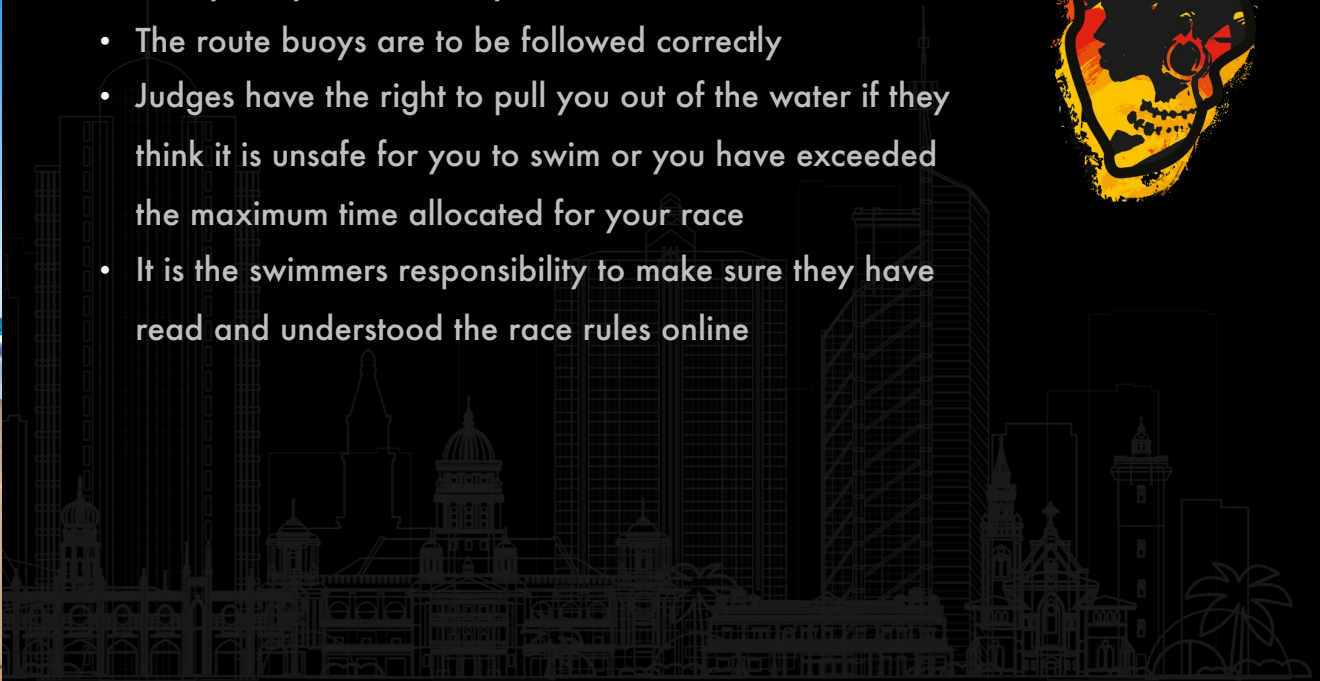
Durban Undersea Club
<https://g.co/kgs/xowSbQ3>

Ku D'Ta Pier
<https://g.co/kgs/8ToZS79>



RACE RULES & REGULATIONS

- Safety buoy is mandatory
- The route buoys are to be followed correctly
- Judges have the right to pull you out of the water if they think it is unsafe for you to swim or you have exceeded the maximum time allocated for your race
- It is the swimmers responsibility to make sure they have read and understood the race rules online





OBLIGATORY EQUIPMENT

Everyone swimming all distances will have to have the following:

- Swimming cap
- Swimming goggles
- Safety buoy (Minimum 20 cm of rope between the body and the buoy)
- Race chip

Forbidden equipment:

- Headphones
- Two swimming caps
- Pull buoys, snorkels, fins, gloves, paddles, etc.





SERVICES PROVIDED

- Race bag
- Finisher medal
- Trophy / medal awards
- Safety plan in water
- Medical assistant team, ambulance and first aid on standby
- Hydration / nutrition points on the beach as well as in the water



RACE CAPS



OCEANMAN
10KM



HALF OCEANMAN
5KM



SPRINT
2KM



OCEANTEAMS
500M



OCEANKIDS
500M



OCEANMAN 10 KM - 4 LAPS

DURBAN 20th - 21st Sept



OCEANMAN
10KM

**START
FINISH**





HALF OCEANMAN 5 KM - 2 LAPS

DURBAN 20th - 21st Sept



HALF OCEANMAN
5KM

**START
FINISH**



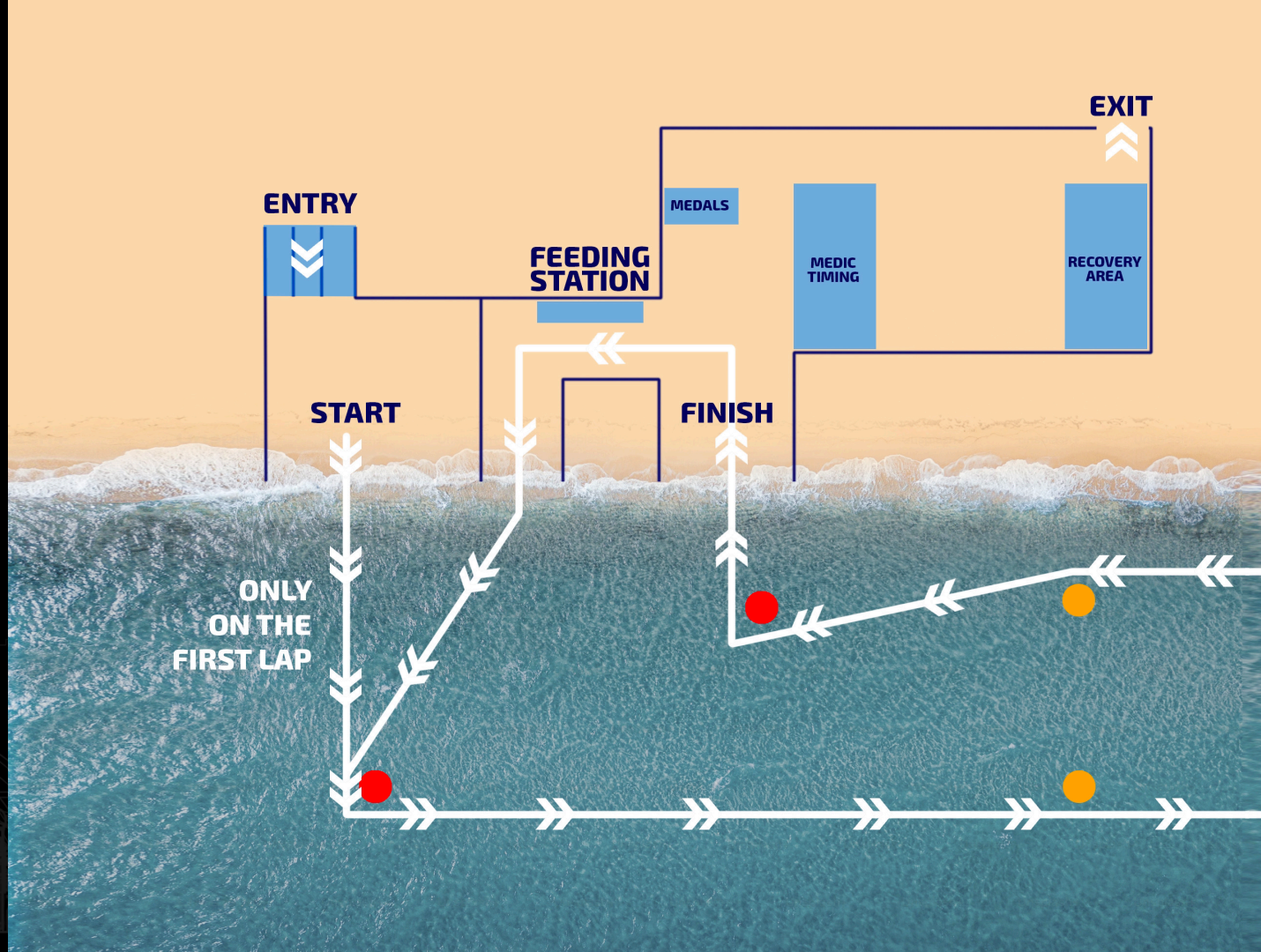
FEEDING POINTS

OCEANMAN 10KM

3 feeding points

HALF OCEANMAN

1 feeding point



OCEANMAN.
WE ARE OPEN WATER SWIMMING
SOUTH AFRICA

SPRINT 2 KM - 1 LAP

DURBAN 20th - 21st Sept



SPRINT
2KM

**START
FINISH**





OCEANTEAMS 3 X 500 M

DURBAN 20th - 21st Sept



OCEANTEAMS
500M

START
FINISH





OCEANMAN
WE ARE OPEN WATER SWIMMING
SOUTH AFRICA

OCEANKIDS 500 M - 1 LAP

DURBAN 20th - 21st Sept



OCEANMAN
WE ARE OPEN WATER SWIMMING
DURBAN
SOUTH AFRICA
arena

OCEANKIDS
500M

**START
FINISH**





OCEANMAN DURBAN, SOUTH AFRICA

START / FINISH / EXPO AREA - Ku D ' Ta Pier

Distance from - RACE BRIEFING
To START / FINISH / EXPO AREA is 500m

OCEANMAN DURBAN, SOUTH AFRICA

RACE BRIEFING - Durban Undersea Club

Beach Club

Ushaka Beach

Ku D ' Ta Pier

Ushaka Village Walk

Durban Beach Club

Durban Point Promenade

Durban Ski Boat Club

The Point Water Sports Club

Beach Durban Boat Cruises

Zulumoon Gondolas Boat Rides

Point Waterfront Canals

Hammerhead Sharkrearing area

Timeball Blvd

Seine Rd

Camperdown Rd

The Quays on Timeball

Canal Quay Road



MULTIPLE RACERS

- Some athletes have registered for multiple distances.
- For each race you will receive a unique timing chip.
- Make sure to wear the correct timing chip at each race.



SWIMMERS KIT

Podium Medal / Finisher Medal



Event t-shirt



Event bag



AWARDS CEREMONY

The awards will be given out as follows:

- Everyone crossing the finish line | **Finisher Medals**
- Age Group Winners 1st, 2nd, 3rd | **Podium Medals**
- Overall 1st, 2nd, 3rd | **Trophies**



Podium Medal / Finisher Medal



Trophy



OCEANMAN WORLD FINAL CHAMPIONSHIP 2024 - DUBAI

Remember, you can qualify for the OCEANMAN World Final in Dubai this year by competing in OCEANMAN Durban, South Africa. Stay for our award ceremony to find out.



12th - 15th

December 2024



SWIMMER SAFETY

If you haven't booked your accommodation yet, no worries! Our hotel partner, Southern Sun, has you covered. They've put together a list of great hotel options to ensure your stay is as comfortable as possible.

The Edward

<https://www.southernsun.com/the-edward>

Elangeni & Maharani

<https://www.southernsun.com/southern-sun-elangeni-maharani>

Garden Court

<https://www.southernsun.com/garden-court-marine-parade>



SWIMMER SAFETY

Your safety is our top priority. We are committed to ensuring you stay safe while swimming at this year's event. However, we cannot guarantee your safety after dark. Please avoid walking alone at night, especially in poorly lit or less populated areas. Stick to well-lit, crowded places, and always stay alert.



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