

Race Day Manual



OCEANMAN

WE ARE OPEN WATER SWIMMING

GOA

INDIA

Race Day Schedule

Date: 24th October, 2025

Time	Activity	Place
10 AM to 6 PM	Registration & Expo	Sunset Lawns, Taj Cidade De Goa
7 PM	Rcae Briefing	Sunset Lawns, Taj Cidade De Goa
8 PM	Welcome Dinner (Extra Fee)	Sunset Lawns, Taj Cidade De Goa

Race Day Schedule

Date: 25th October, 2025

Time	Activity	Place
6 AM	Reporting & Baggage	NIWS (National Institute of Water Sports)
7 AM	Half Oceanman Starts	Caranzalem Beach
11 AM	Oceankids Starts	Caranzalem Beach
12 PM	Oceanteams Starts	Caranzalem Beach
1 PM	Award Ceremonies	Caranzalem Beach

Race Day Schedule

Date: 26th October, 2025

Time	Activity	Place
5:30 AM	Reporting & Baggage	NIWS (National Institute of Water Sports)
6:30 AM	Oceanman Starts	Caranzalem Beach
11 AM	Sprint Starts	Caranzalem Beach
12:30 PM	Award Ceremonies	Caranzalem Beach
1 PM	After Party	Caranzalem Beach

Compulsory Equipments

Body Marking



Your Bib number will be marked on your hand/arm by our volunteers.

Compulsory Equipments

Timing Chip



Your timing chip is essential for recording your race performance. Please wear it on your left ankle throughout the race and return it to our staff at the finish line.

A fine of INR 1,500 will be charged if the chip is lost.

Compulsory Equipments

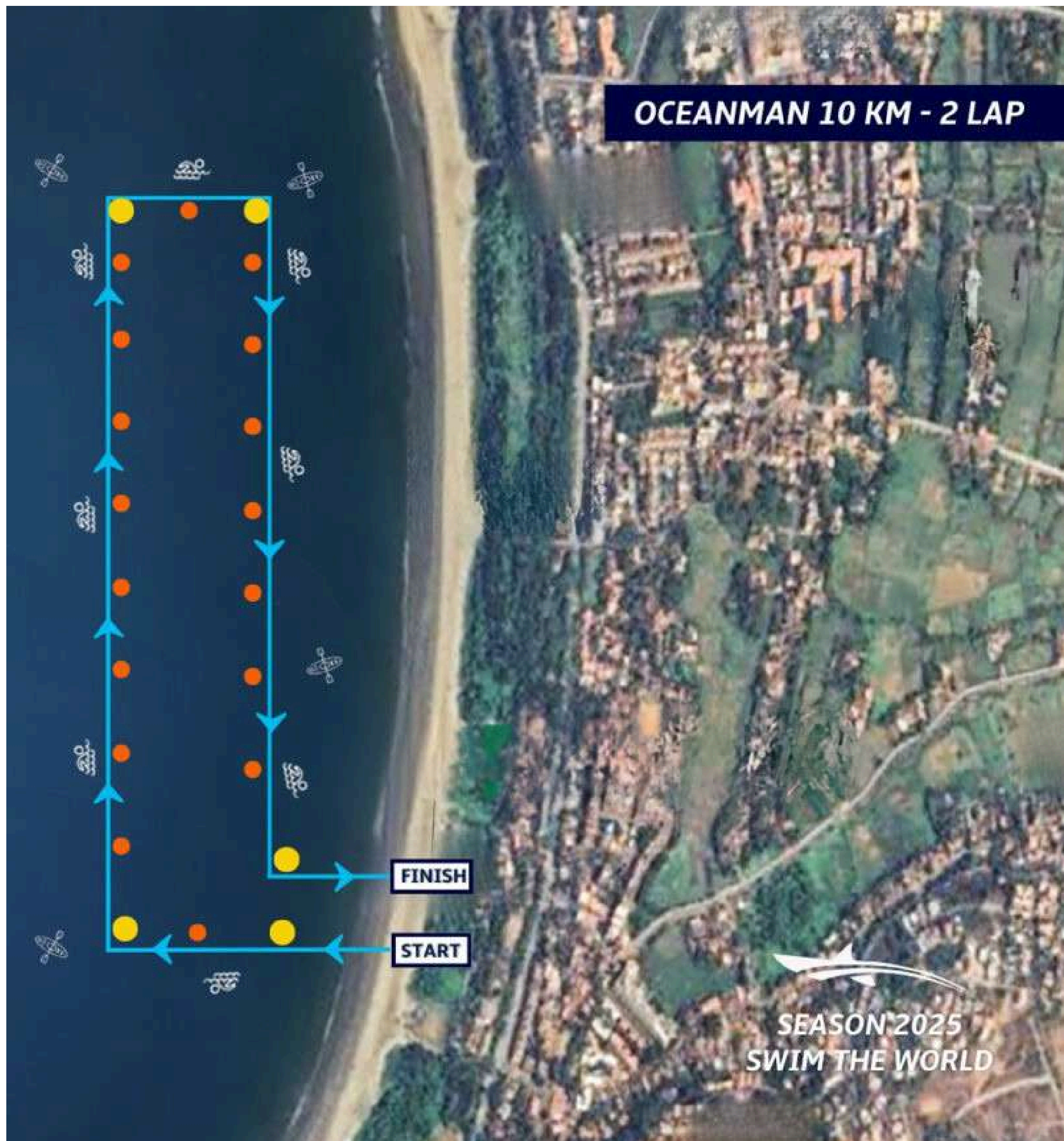
Tow Float



All participants must wear a tow float while swimming. Entry into the water is not permitted without it. Each participant must bring their own Tow Float.

Route Maps

Oceanman 5 KM- 2 lap



Route Maps

Half Oceanman 5 KM- 1 lap



Route Maps

Sprint 2KM- 1 lap



Route Maps

Oceanteams 500 MTS- 1 lap



Route Maps

Oceankids 500 MTS- 1 lap



Categories

Oceanman (Male & Female)

Categories	Age Range
Overall	Top 3 Swimmers
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%

Categories

Half Oceanman (Male & Female)

Categories	Age Range
Overall	Top 3 Swimmers
Junior	Swimmers from 14 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%

Categories

Sprint (Male & Female)

Categories	Age Range
Overall	Top 3 Swimmers
Junior	Swimmers from 10 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%



Categories

Oceankids (Male & Female)

Categories	Age Range
U9	Swimmers from 7 to 8 years of age
U11	Swimmers from 9 to 10 years of age
U13	Swimmers from 11 to 12 years of age
U15	Swimmers from 13 to 14 years of age

World Championship Qualifier

Oceanman (Male & Female)

Categories	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	3

World Championship Qualifier

Half Oceanman (Male & Female)

Categories	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	3

World Championship Qualifier

Sprint (Male & Female)

Categories	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	3



World Championship Qualifier

Oceankids (Male & Female)

Categories	Slots
U9	10
U11	10
U13	10
U15	10

In-water Setup Equipments

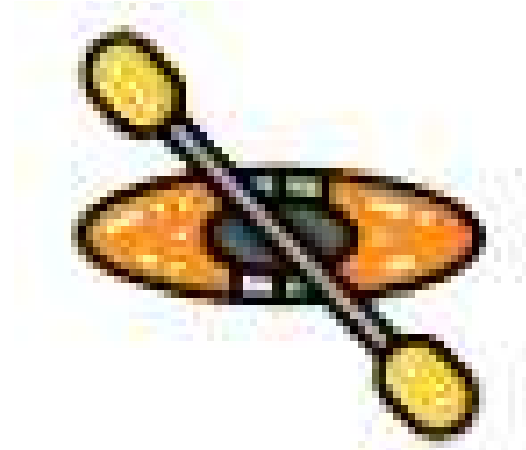


**Directive Red buoys
for sighting on course**

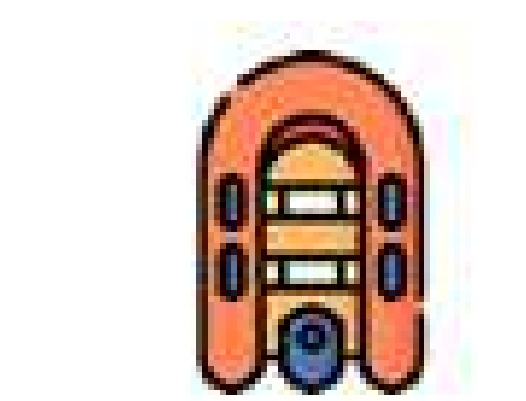


**Yellow buoys for
turning on course**

Vehicles and Rescue Staff



Life guard kayaks responsible for taking care of athletes. Tell the direction to athletes. Ready to send the notification immediately If there is an emergency Or have asked for help from athletes.



Dinghy boats to carry drinking water at the point. And if there is an emergency, injured athletes will be transported to the coast for first aid. No movement Until the athlete passes or ends the competition.



Rescue Jet ski to serve to order the gate and help athletes all the time. With fast movement Which will coordinate with kayaks and service boats



Swiper Kayak to serving to lose the kayak to lead swimmers and wind up the last swimmer, and also to separate the distances of swimmers.

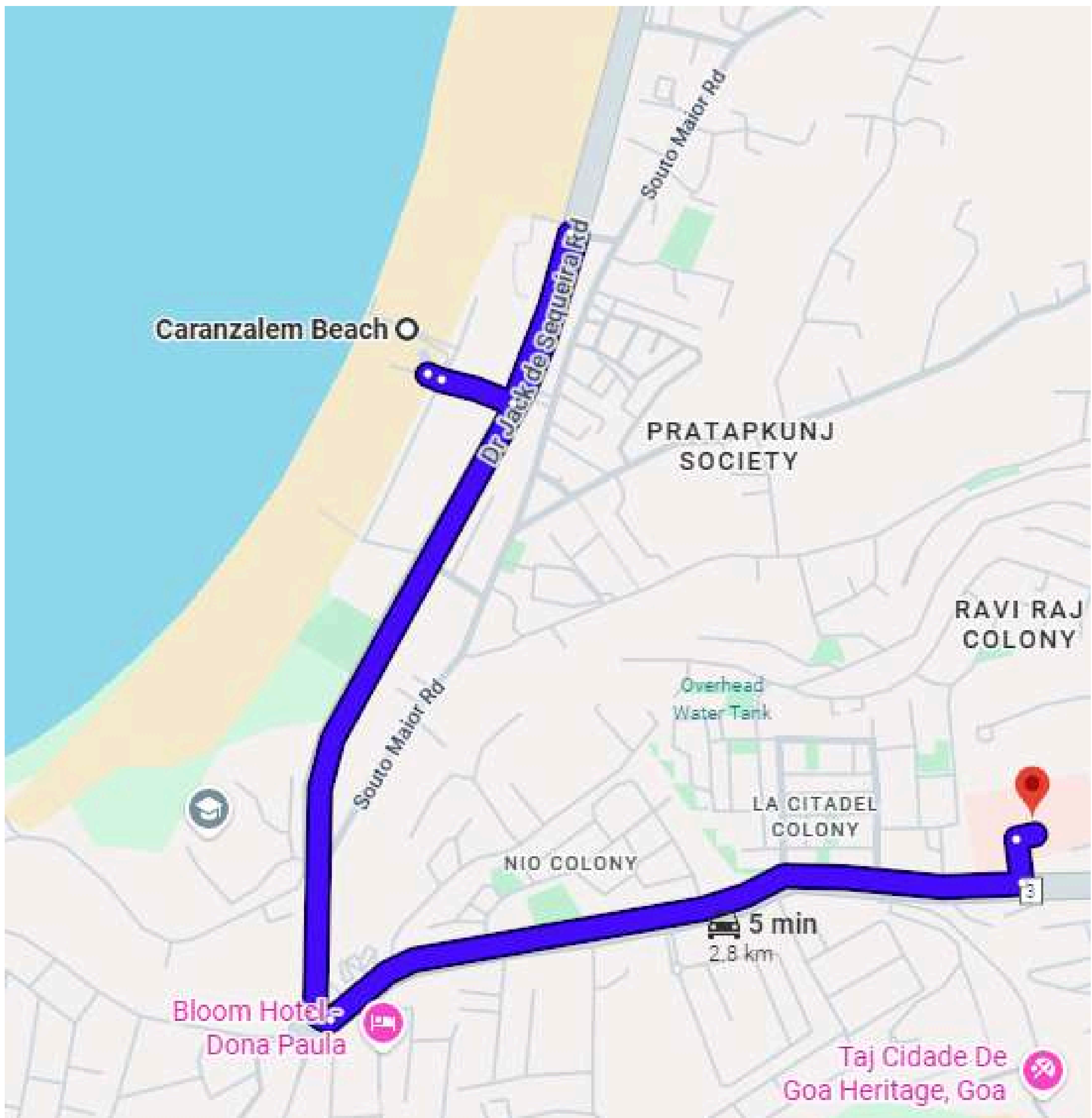


Advance Ambulance = 1 unit. will have 3 staff to assess the symptoms along with first aid. If there is a life threatening emergency Let the first aid unit be taken to the hospital. Immediate proximity



Basic Ambulance responsible for helping first aid and continuing work with the team to move the injured to the hospital. Nearby in case of RED Sign.

In case of Emergencies



In an emergency, participants can be sent to **Manipal Hospital** which is 2.8 km from the race area., taking around 5 minutes to reach.

The procedure for transporting an injured participant to the hospital has been standardized into 2 steps to ensure safety during the competition.

This process is managed by our security team in coordination with the rescue and medical personnel.



Take swimmer to the nearest first aid station



Transfer of the patient according to the doctor's diagnosis

In case of any query please reach out to india@oceanmanswim.com