



OCEANMAN[®]
WE ARE OPEN WATER SWIMMING
GUATAPE
COLOMBIA



RACEBOOK
2024

TECHNICAL DETAILS

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
DATE	28/04/24	28/04/24	27/04/24	27/04/24	27/04/24
DISTANCE	10 K	5 K	2 K	300 M / 600 M	3 X 500 M
START TIME	7:00 AM	7:30 AM	8:30 AM	7:30 AM	10:00 AM
START	COMFAMA	COMFAMA	COMFAMA	COMFAMA	COMFAMA
FINISH	COMFAMA	COMFAMA	COMFAMA	COMFAMA	COMFAMA
AID STATION	3 (2.5k, 5k, 7.5k)	1 (2.5 K)	No	No	No
PERSONAL BUOY	MANDATORY	MANDATORY	MANDATORY	MANDATORY	MANDATORY

TECHNICAL DETAILS

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
NEUTRALIZED SECTION	NO	NO	NO	NO	NO
CUT-OFF TIMES	3K(1h-30m) 6K (3h)	3K(1h-30m)	NO	NO	NO
TIME LIMIT	4h 30m	2h 30m	1h 30m	NO	NO
AMBIENT TEMPERATURE APORX.	31/15°C	31/15°C	31/15°C	31/15°C	31/15°C
WATER TEMPERATURE APPROX.	20°C	20°C	20°C	20°C	20°C
USE OF WETSUIT	ALLOWED/NOT REQUIRED	ALLOWED/NOT REQUIRED	ALLOWED/NOT REQUIRED	ALLOWED/NOT REQUIRED	ALLOWED/NOT REQUIRED

APP. "CLUB XPORTIVA"



DOWNLOAD

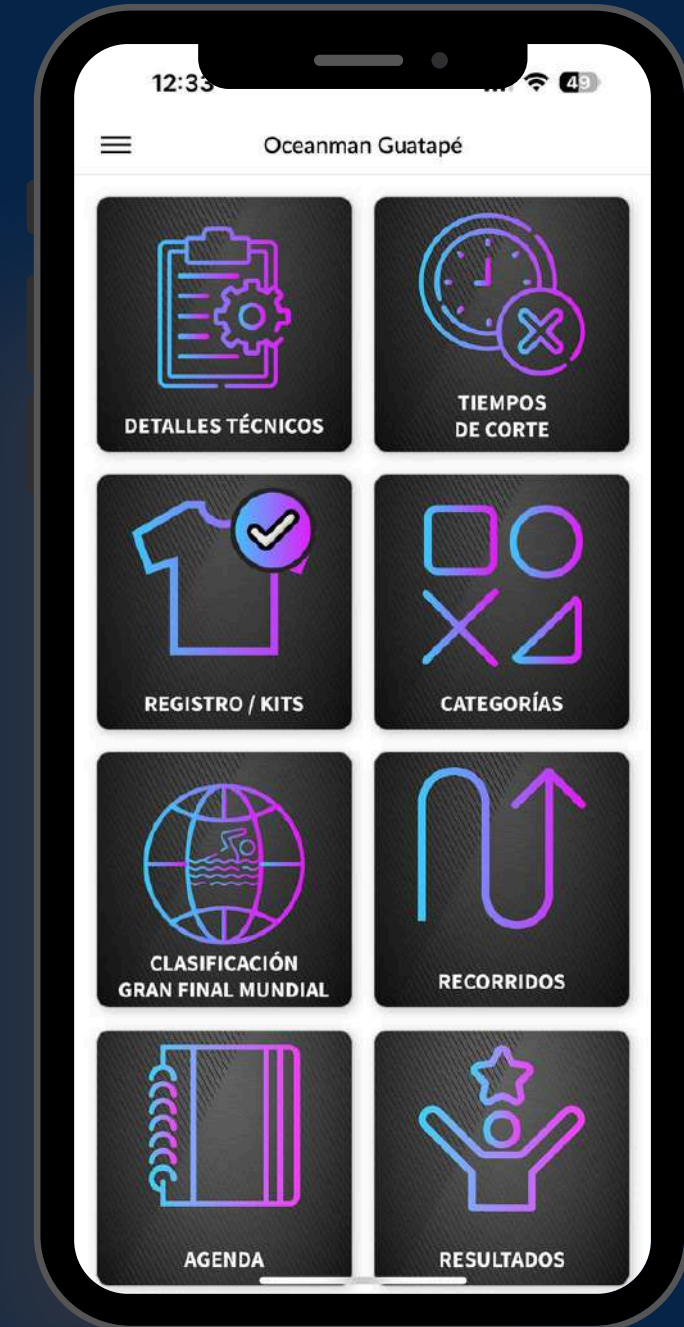
ENTER

INFORMATION

Enter with your document number in both username and password. Use the document which you registered for the race.

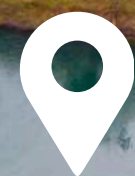
Download the "Club Xportiva" application. Available free of charge on the App Store and Google Play

In the OCEANMAN Guatapé button you will find all the race information.





comfama



COMFAMA PARK - GUATAPÉ
OCEANMAN GUATAPÉ 2024 VENUE

LOCATION

comfama



COMFAMA GUATAPÉ PARK



- | | | |
|-----------------------------|--------------------------------------|------------|
| REGISTRATION / KIT DELIVERY | HOME COMPETITION | AMBULANCE |
| EXPO / OCEANMAN SHOP | ARRIVAL / GOAL | WATER PARK |
| TECHNICAL CHAT | WARDROBE | SLIDE |
| AQUA TALKS | CHIPS DELIVERY / THIRD PARTY PROCESS | |
| AWARD | RECOVERY | |

PARKING

Special rates for participants and companions on the days of the OCEANMAN Guatapé event at two nearby hotels.

VERONI HOTEL PARKING

Located 300 meters from Comfama Guatapé Park.

RATE: \$20,000 COP (Valid all-day parking rate)

AGUAS ABIERTAS HOTEL PARKING

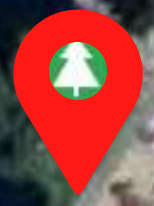
Located 600 meters from Comfama Guatapé Park.

RATE: \$20,000 COP (Valid all-day parking rate)

PARKING

P Hotel Veroni

Parque Comfama
Guatapé



P Hotel Aguas Abiertas

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COMFAMA - GUATAPÉ

PARK ADMISSION

The Comfama Guatapé Park has admission fees for its facilities.

- For the OCEANMAN Guatapé event, participants have included in their registration the entrance to the park on the day of the competition along with 1 companion.
- If the competitor wishes to attend as an observer on a non-competition day, they must pay a special fee of \$4,500 COP.
- Each additional companion must pay the special fee of \$4,500.
- Admission to the registration and Expo/OCEANMAN Shop is free.

Park admission:

Ticket booths open to validate entry wristbands to the park

Saturday, April 27th at 6:00 AM

Sunday, April 28th at 5:30 AM

We recommend arriving with enough time for the entry process and mobilization to the wardrobe area and race start as the distances are long and require time.

REGISTRATION & KITS PICK UP

- We will not have last minute registration prior to the competitions
- Registration is done by presenting an identity document.
- The times for registration and delivery of kits are found in the racebook agenda.

AUTHORIZATION TO THIRD PARTIES:

At OCEANMAN Guatapé, the delivery of kits to third parties is permitted in case of not being able to attend on the dates and times assigned by the organization.

If your kit is collected by a third party, you must present:

- Copy of the participant's identification document
- Third party authorization form [DOWNLOAD IT HERE](#)
- Exemption format [DOWNLOAD HERE](#)
- Training Record Format – Medical Presentation [DOWNLOAD HERE](#)

These formats can also be downloaded at:

- OCEANMAN Guatapé website: <https://oceanmanswim.com/guatape-colombia/>
in the “Technical Details” section
- App “Club Xportiva”:
Button “OCEANMAN Guatapé” in the “Registration/Kits” section



·The forms must be completed and signed by the participant who cannot attend registration personally and must be presented either in printed or digitally at the time of registration.

·If your kit is collected by a third party, you must show up on the morning of the event with your physical identification document to claim your timing chip and access bracelet, since only the basic kit will be delivered to the third party during registration.

CHIP DELIVERY THIRD PARTY PROCESS

SATURDAY, APRIL 27, 2024

LOCATION: Ticket booth entrance, Comfama Guatapé Park

TIME: 6:00 A.M.

SUNDAY, APRIL 28, 2024

LOCATION: Ticket booth entrance, Comfama Guatapé Park

TIME: 5:30 A.M.

REMEMBER, WE WILL NOT HAVE LAST MINUTE REGISTRATION BEFORE THE COMPETITIONS



AGENDA





THURSDAY, APRIL 18



VIRTUAL BRIEFING

TIME: 12:00 PM

YOUTUBE: OCEANMAN COLOMBIA

FACEBOOK: OCEANMAN COLOMBIA

INSTAGRAM: OCEANMAN COLOMBIA

The briefing will be saved to watch deferred.



WATCH ON YOUTUBE

FRIDAY, APRIL

26



REGISTRATION / KITS PICK UP

Registration is done personally by presenting an identity document. If for reasons of force majeure the registration is carried out by a third party, they must present a copy of the participant's identity document, authorization form and exemption forms. These documents can be downloaded in the Club Xportiva App or at www.oceanmanswim.com/guatape-colombia/ and must be completed and signed by the participant.

If your kit is collected by a third party, you must appear at the wardrobe on the morning of the event with your physical identification document to claim your timing chip and access bracelet.

TIME: 10:00 AM - 8:00 PM

LOCATION: Expo Tent, Comfama Guatapé Parking Lot.

EXPO AND OCEANMAN SHOP

TIME: 10:00 AM - 8:00 PM

LOCATION: Expo Tent, Comfama Guatapé Parking Lot.





FRIDAY, APRIL

26



AQUA TALK

SWIMMING TALKS

GUESTS: Edgar Silva #ElGorditoFit and Maria Camila Serrano

TOPIC: Open water swimming tips

TIME: 4:00 P.M.

LOCATION: Expo Tent, Comfama Guatapé Park.



BRIEFING

TIME: 5:00 P.M.

LOCATION: Expo Tent, Comfama Guatapé Park.



SATURDAY, APRIL 27



WARDROBE

TIME: 6:00 A.M.

LOCATION: Kiosk on the way to the start of the race, Comfama Guatapé



CHIP PICK UP, THIRD PARTY PROCESS

If your kit is collected by a third party, you must show up on the morning of the event with your physical identification document to claim your timing chip and access bracelet.

TIME: 6:00 A.M.

LOCATION: Ticket booth entrance, Comfama Guatapé Park



START OF COMPETITION

TIME: OCEANKIDS: 7:30 A.M.

SPRINT (2K): 8:30 A.M. **OCEANTEAMS:** 10:00 A.M.

PLACE: Comfama Guatapé Park



SATURDAY, APRIL 27



AWARDS CERMONY

SPRINT, OCEANKIDS Y OCEANTEAMS

TIME: 11:00 A.M.

LOCATION: GUMA area, Comfama Guatapé



REGISTRATION / KITS PICK UP

Registration is done personally by presenting an identity document. If for reasons of force majeure the registration is carried out by a third party, they must present a copy of the participant's identity document, authorization form and exemption forms. These documents can be downloaded in the Club Xportiva App or at www.oceanmanswim.com/guatape-colombia/ and must be completed and signed by the participant.

If your kit is collected by a third party, you must appear at the wardrobe on the morning of the event with your physical identification document to claim your timing chip and access bracelet.

TIME: 10:00 AM - 7:00 PM

LOCATION: Expo Tent, Comfama Guatapé
Parking Lot.



SATURDAY, APRIL 27



EXPO AND OCEANMAN SHOP

TIME: 10:00 AM - 7:00 PM

LOCATION: Expo Tent, Comfama Guatapé Parking Lot.



AQUA TALK

PANEL WITH THE OCEANMAN CHAMPIONS:

Julio Galofre, Daniel Ortega, Sebastian Osorio and Andrés Collazos

TOPIC: Long distance in open water

TIME: 4:00 P.M.

LOCATION: Expo Tent, Comfama Guatapé Park.



SUNDAY, APRIL 28



WARDROBE

TIME: 5:30 A.M.

LOCATION: Kiosk on the way to the start of the race, Comfama Guatapé



CHIP PICK UP, THIRD PARTY PROCESS

If your kit is collected by a third party, you must show up on the morning of the event with your physical identification document to claim your timing chip and access bracelet.

TIME: 5:30 A.M.

LOCATION: Ticket booth entrance, Comfama Guatapé Park



START OF COMPETITION

TIME: OCEANMAN: 7:00 A.M.

HALF OCEANMAN: 7:30 A.M.

PLACE: Comfama Guatapé Park



**SUNDAY,
APRIL 28**



AWARDS CEREMONY

OCEANMAN, HALF OCEANMAN

TIME: 11:30 A.M.

LOCATION: GUMA area, Comfama Guatapé



OCEANMAN SHOP

TIME: 7:00 AM - 12:30 PM

LOCATION: Recovery Zone, Comfama

 **Rentarte**
La renta de vehículos de Autolarte


OCEANMAN
WE ARE OPEN WATER SWIMMING
GUATAPÉ
COLOMBIA



VEHICLE RENTAL WITH SPECIAL RATES

FOR YOUR TRIP TO GUATAPÉ

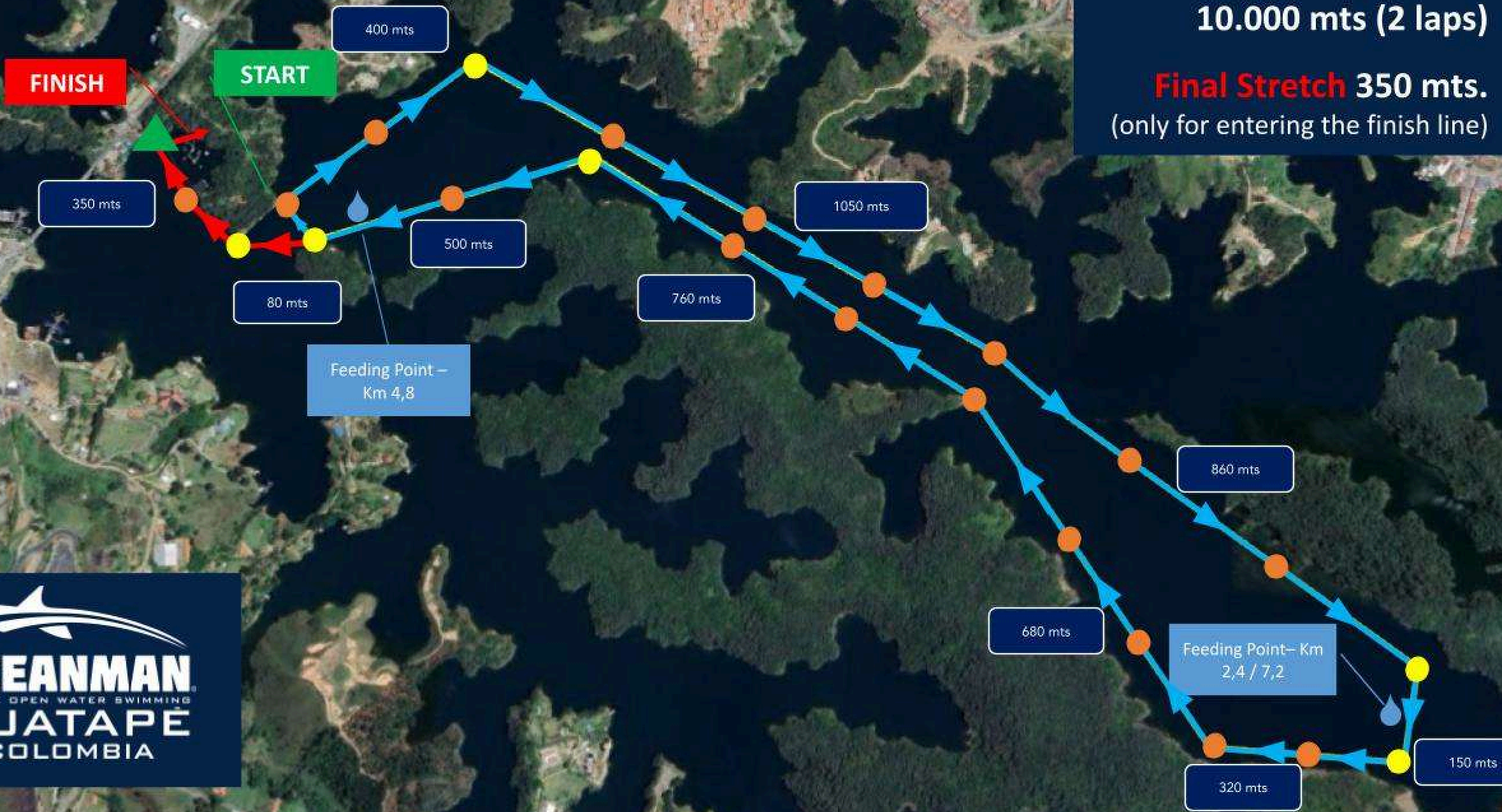


ROUTES



OCEANMAN 10.000 mts (2 laps)

Final Stretch 350 mts.
(only for entering the finish line)



HALF OCEANMAN 5.000 mts

FINISH

START

400 mts

350 mts

80 mts

500 mts

760 mts

1050 mts

Feeding Point-
Km 4,8

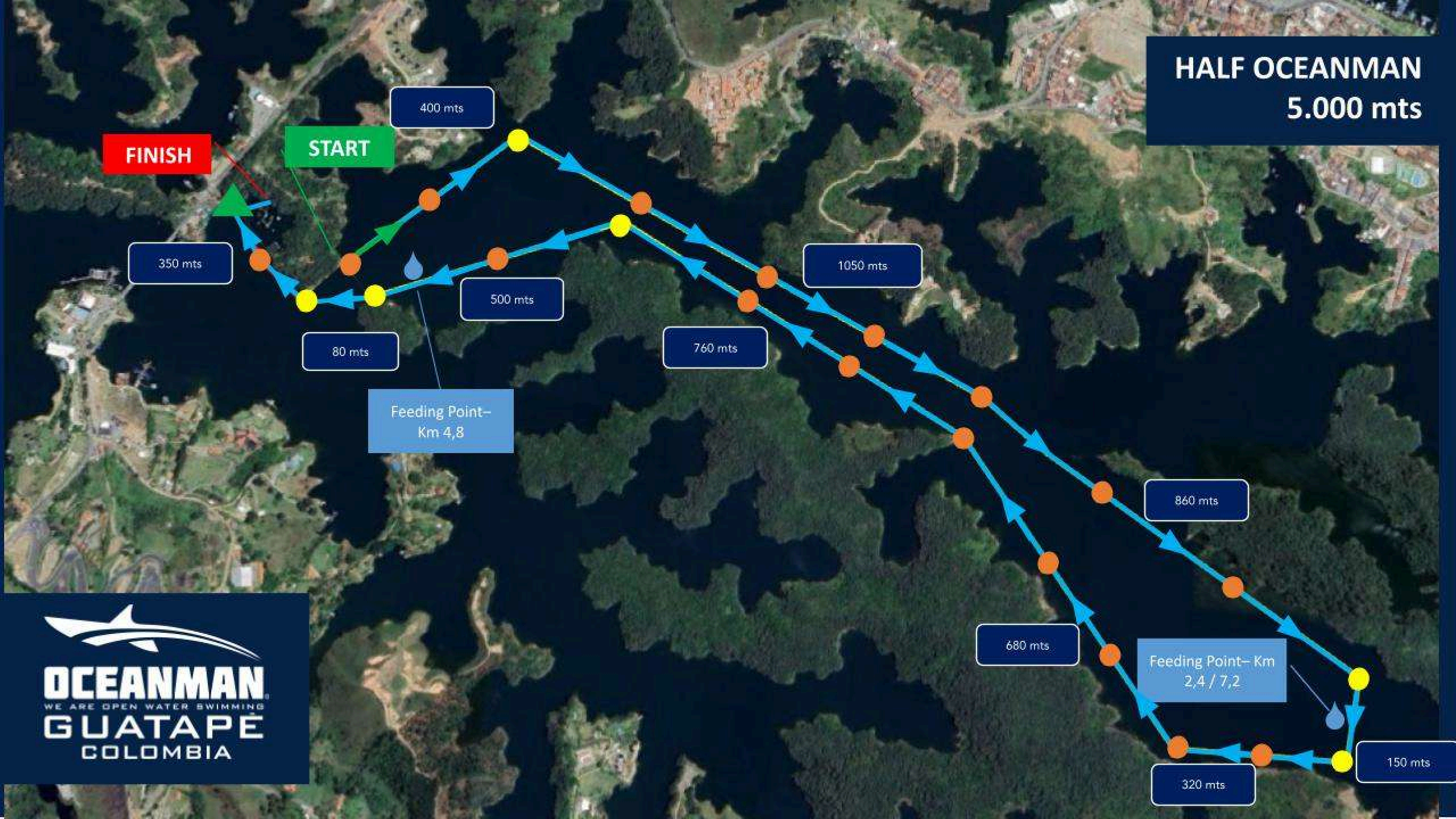
860 mts

680 mts

Feeding Point- Km
2,4 / 7,2

320 mts

150 mts



START

FINISH

470 mts

300 mts

130 mts

280 mts

470 mts

350 mts





OCEANKIDS
500 mts







AID STATIONS

- OCEANMAN
- HALF OCEANMAN

- #1: Km 2.5 ● ●
- #2: Km 5 ● ●
- #3: Km 7.5 ●
- #4: Km 10 ●



PEDIALYTE

GOING GELS

WATER



Pedialyte is the official rehydration drink of OCEANMAN Guatapé 2024.

It's very important that you watch this video before the race. We will teach you about the importance of proper hydration to avoid affecting your physical performance.



PediaLyte®

PATROCINADOR OFICIAL



**COMPRA CON DESCUENTO
TU HIDRATACIÓN PRECARRERA**

CLICK AQUÍ





CUT-OFF TIMES

OCEANMAN (10 KM)

KM 3: 1 hour 30 minutes

KM 6: 3 hours

FINISH LINE: 4 hours 30 minutes

HALF OCEANMAN (5 KM)

KM 3: 1 hour 30 minutes

FINISH LINE: 2 hours 30 minutes

SPRINT

FINISH LINE: 1 hour 30 minutes

MANDATORY EQUIPMENT

CAP

Delivered by the organization

SWIMMING GOGGLES)

TATTOOS

Delivered by the organization

SWIMSUIT

Neoprene optional, not mandatory

PERSONAL BUOY It is MANDATORY

TIMING CHIP

Delivered by the organization



Safetti



SENZA TEMPO

Nueva Colección

Safetti

RESULTS

You can check the results of each day at the links provided below:



[SATURDAY RESULTS](#)

SPRINT - OCEANKIDS - OCEANTEAMS



[SUNDAY RESULTS](#)

OCEANMAN - HALF OCEANMAN





AWARDS

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 test

OCEANTEAMS

MEDAL to the first three teams in each category (men, women and mixed).

FINISHER MEDAL to all participants who complete the test



WORLD FINAL CHAMPIONSHIP CLASSIFICATION

OCEANMAN Guatapé 2024 is a qualifying event for the 2024 World Final Championship (place and date to be announced)

DISTANCES:

OCEANMAN, HALF OCEANMAN, SPRINT, OCEANKIDS. (you will participate at the distance in which you qualified).

- The top 10 of each category qualify in OCEANMAN, HALF OCEANMAN, SPRINT and OCEANKIDS distance.
- The top 3 in the Inspiration category qualify.

OCEANMAN REGULATIONS


Open the link and check the updated OCEANMAN regulations or find it on the official website of OCEANMAN Guatapé.



SEE OCEANMAN
REGULATIONS




CLIMATE FORECAST



27

22°C ————— 15°C



28

22°C ————— 15°C



SEE YOU IN



OCEANMAN[®]
WE ARE OPEN WATER SWIMMING
GUATAPÉ
COLOMBIA

GUATAPÉ, APRIL 27 AND 28, 2024