



RACEBOOK 2024



Ajuntament de
Sant Josep de sa Talaia



**Consell
d'Eivissa**

VENUE



Location: Cala Comte Beach, Sant Josep de sa Talaia



LOCATION

Exclusive Race Location

- This year's race takes place in the protected **Islands of Poniente**, offering a rare chance to swim in a stunning **natural reserve**.

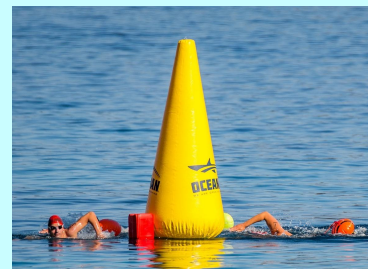
Challenging to Secure Permissions

- Securing permissions for this protected area required extensive efforts and collaboration with local authorities.

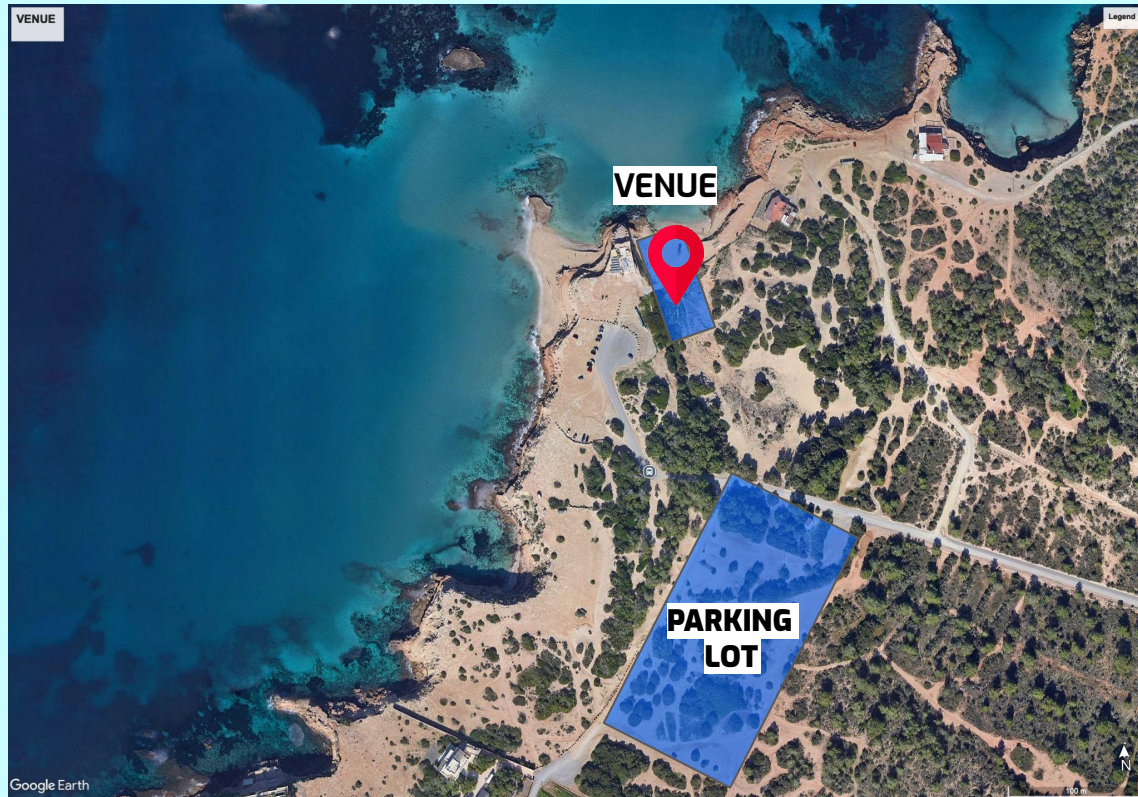
A Once-in-a-Lifetime Experience

- Swimming in such an ecologically important area is a unique opportunity for participants to enjoy.

Due to the location being a nature reserve, we've had to reduce the number of buoys, meaning there will be longer distances between them than in a typical OCEANMAN race.



PARKING LOT



SCHEDULE

Friday 18, October 2024

- 13:00-18:00 Registration & EXPO
- 17:00 Talk & Autograph session with Sharon Van Rouwendaal
- 18:00 Race Briefing
- 19:10 Enjoy the Sunset

Everything is located at Cala Comte Beach



SCHEDULE

Saturday 19, October 2024

- 7:30-15:00 Wardrobe and EXPO
- 9:00 OCEANMAN Start
- 9:30 HALF OCEANMAN Start
- 11:30 SPRINT Start
- 14:00 OCEANKIDS Start
- 14:30 Award Ceremony

Everything is located at Cala Comte Beach



TECHNICAL DETAILS

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKDS
DATE	19-OCT-2024	19-OCT-2024	19-OCT-2024	19-OCT-2024
START TIME	9:00 AM	9:30 AM	11:30 AM	2:00 PM
START AREA	Cala Comte Beach	Cala Comte Beach	Cala Comte Beach	Cala Comte Beach
FINISH AREA	Cala Comte Beach	Cala Comte Beach	Cala Comte Beach	Cala Comte Beach
DISTANCE	10 KM	5 KM	2 KM	500 M
CUT OFF TIME	3 KM (1h 30min) 6 KM (3h)	3 KM (1h 30min)	No	No
TIME LIMIT	4h 30min	2h 30min	1h 30min	No
FEEDING	2	1	No	No
AIR/WATER TEMP	24/22	24/22	24/22	24/22
WETSUIT	Allowed	Allowed	Allowed	Allowed
BUOY	Mandatory	Mandatory	Mandatory	Mandatory



EQUIPMENT

MANDATORY

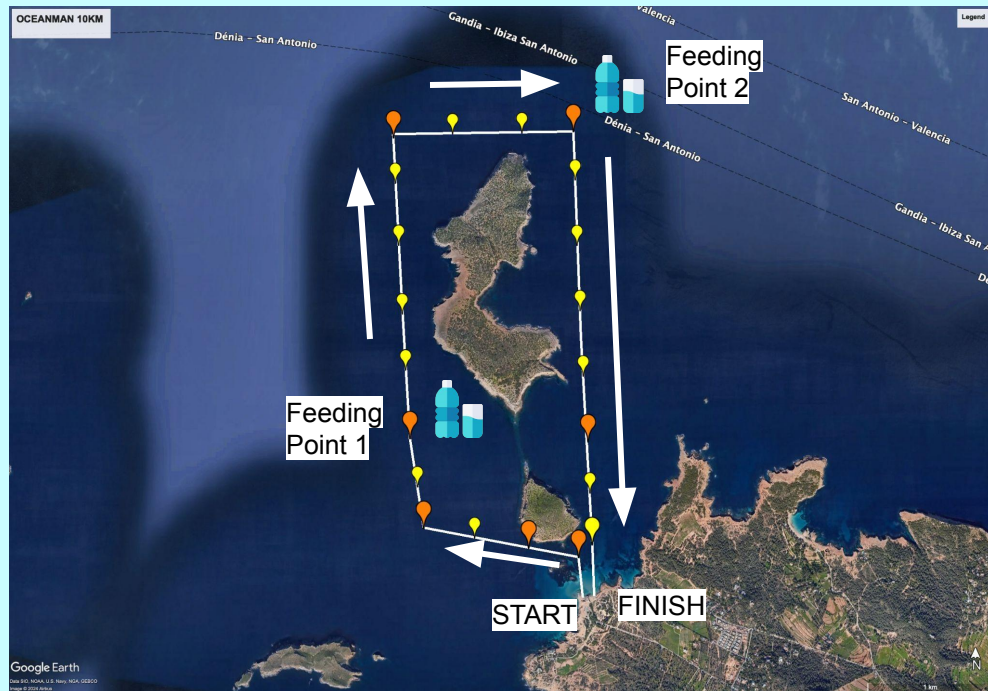
- Timing chip in your leg
- Safety buoy (with the rope length between 20cm and 60cm)
- Bib number market in a visible place
- Swimming cap provided by organizers, right colour, only 1 piece
- Goggles are obligatory during all race

PROHIBITED

- No music players, headphones
- No swimming gears
- It is prohibited to use two wetsuits.
- No pieces of neoprene or polyurethane in case when wetsuits are forbidden



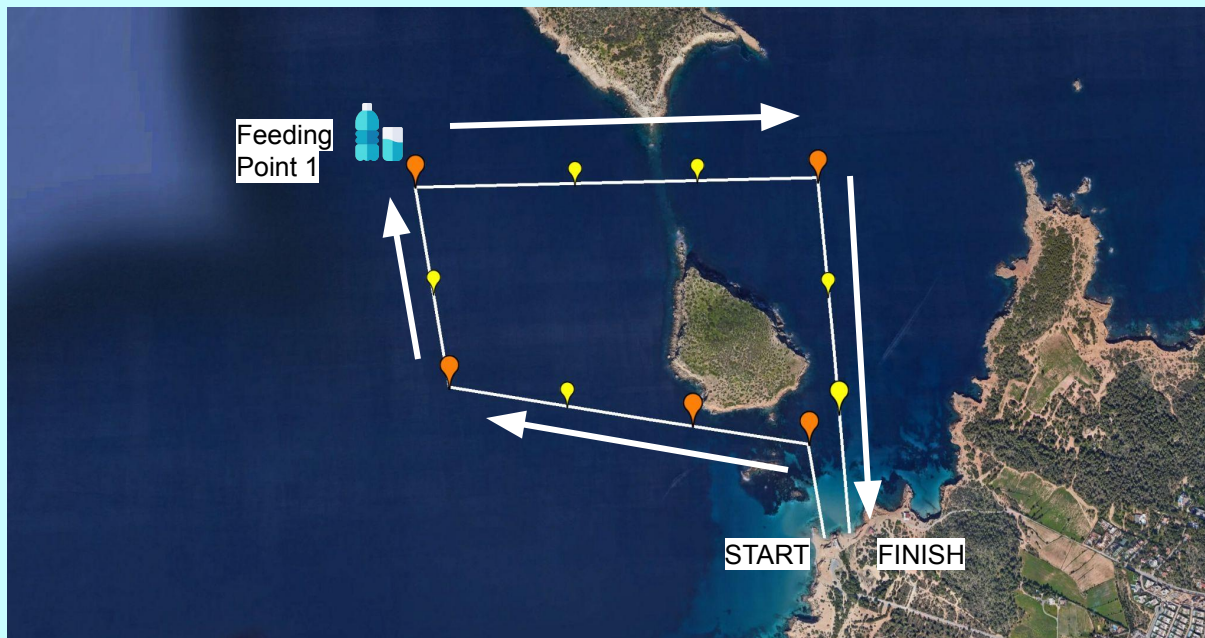
OCEANMAN 10KM



- All buoys should be at your right shoulder, except the first one at your left shoulder
- Feeding point 1 at 2.5km, Feeding point 2 at 6.5km



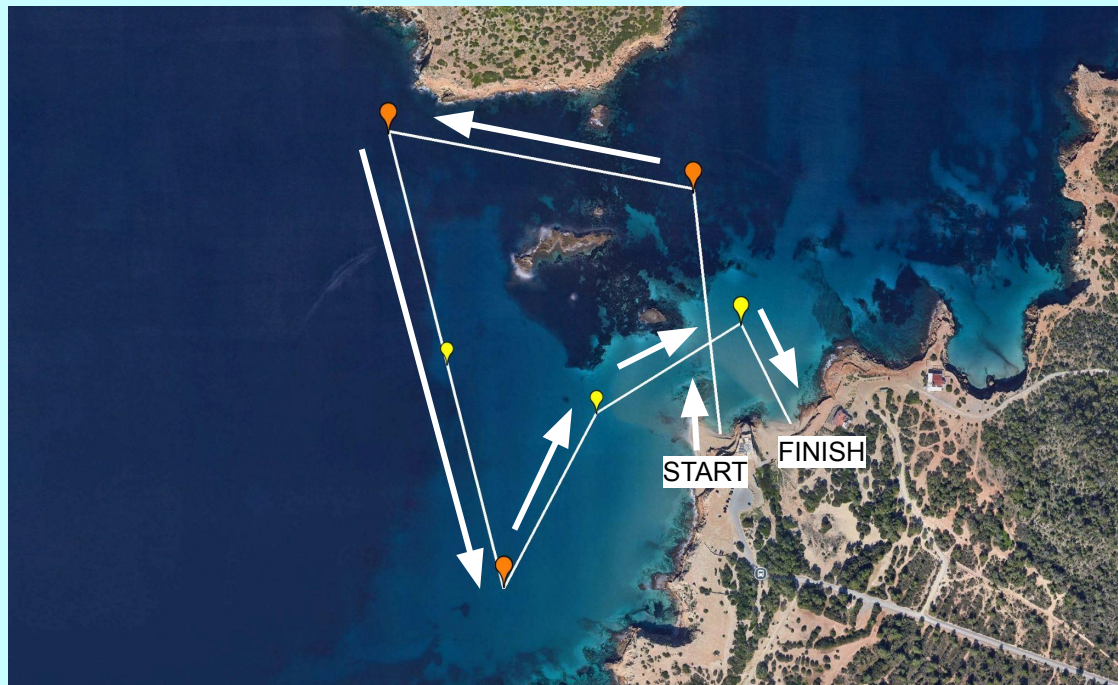
HALF OCEANMAN 5KM



- All buoys should be at your right shoulder, except the first one at your left shoulder
- Feeding point 2.5km



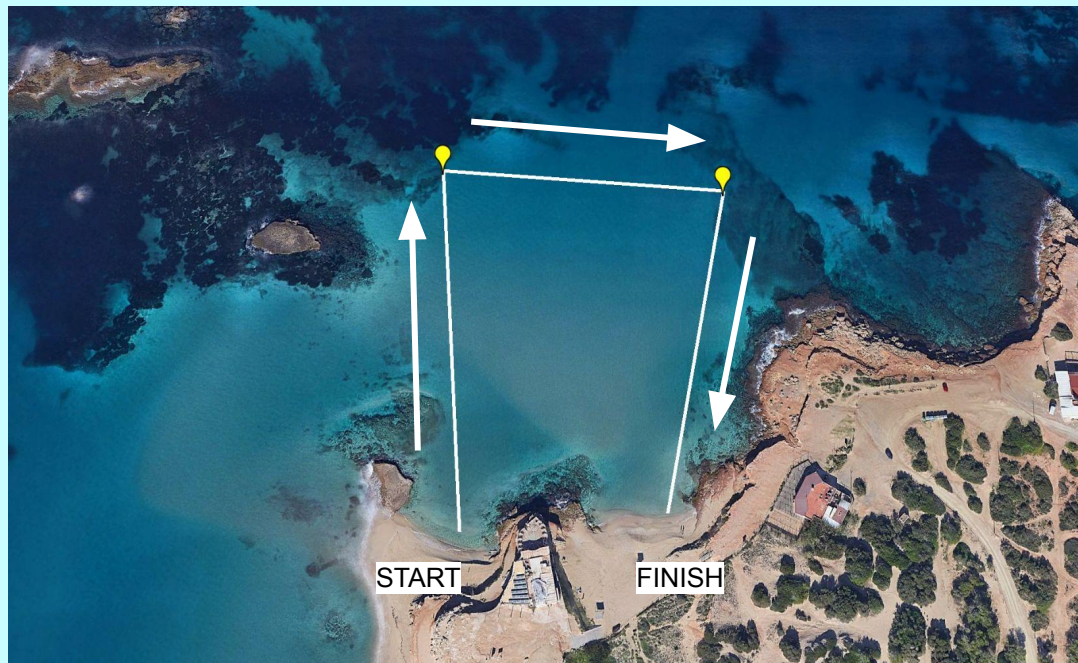
SPRINT 2KM



- **First four buoys should be at your left shoulder**
- **Last two buoys are for leaving them at your right shoulder**



OCEANKIDS 500M



- **Yellow buoys should be at your right shoulder**

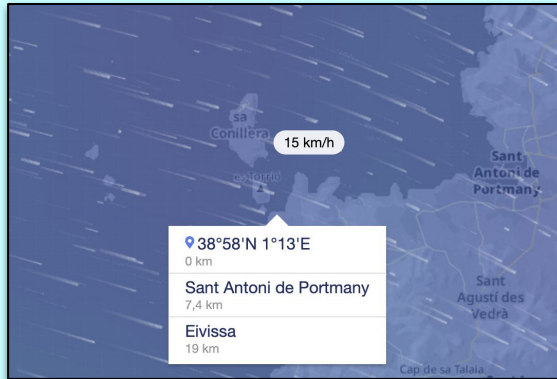


FORECAST WEATHER

We are expecting winds from the west on race day.

For the safety of all participants, this means we will likely need to adjust the swim circuits to the more sheltered, protected areas.

This adjustment ensures safer conditions for everyone, while still offering a challenging and memorable race experience



V	V	S	S	S	S	S	S	S	S	S	D
18.	18.	19.	19.	19.	19.	19.	19.	19.	19.	19.	20.
17h	19h	05h	07h	09h	11h	13h	15h	17h	19h	05h	
7	5	5	10	9	9	8	8	6	5	5	
8	7	8	13	11	11	10	10	8	8	6	
↓	↓	→	↘	↘	↘	↘	↘	→	↗	↘	
1	0.9	0.6	0.7	0.7	0.6	0.5	0.5	0.4	0.4	0.3	
6	6	6	5	5	5	4	4	5	5	3	
↓	↓	↗	↗	↗	↗	→	→	↗	↗	↗	

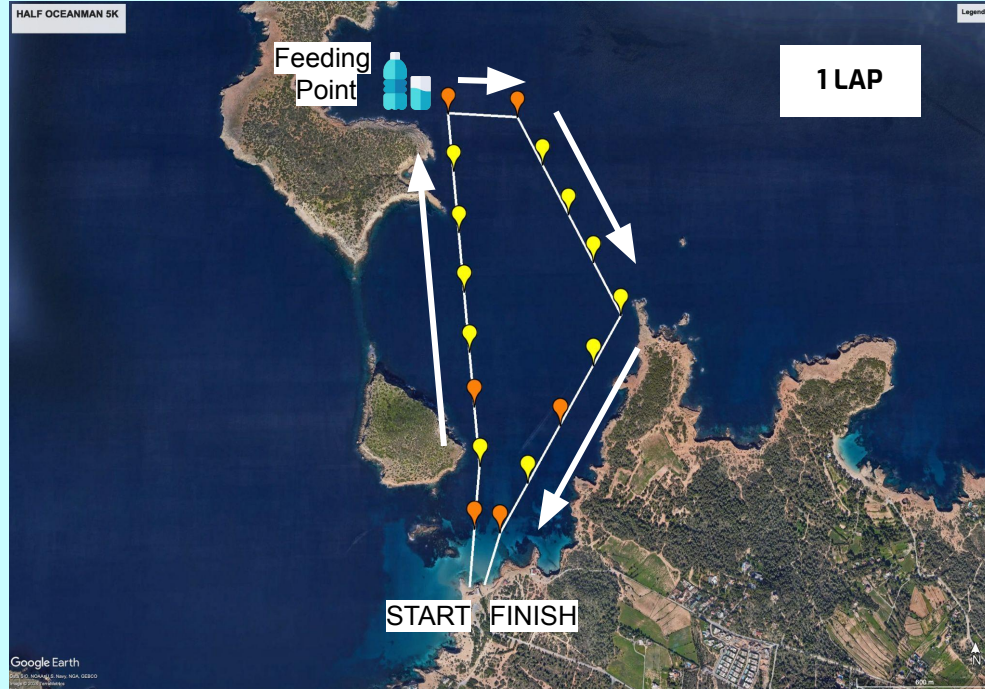


PLAN B - 10KM



- All buoys should be at your right shoulder.
- Feeding point 1 at 2.2km, Feeding point 2 at 6.8km

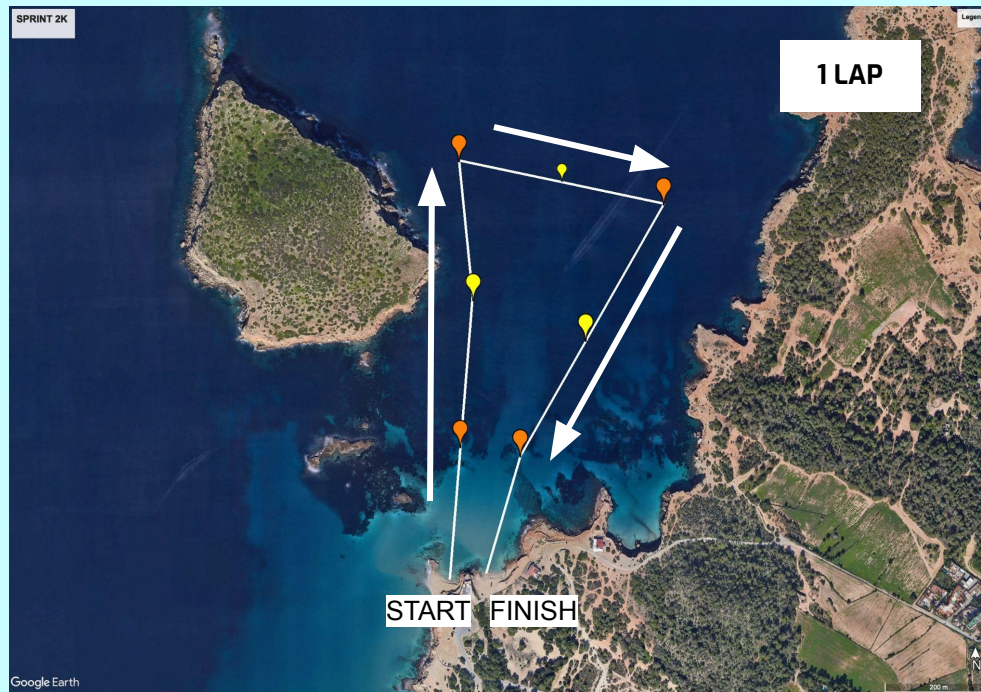
PLAN B - 5KM



- All buoys should be at your right shoulder.
- Feeding point at 2.2km



PLAN B - 2KM



- All buoys should be at your right shoulder.



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**



AWARDS

OCEANMAN | HALF OCEANMAN | SPRINT (FEMALE & MALE)

CATEGORY

OVERALL

JUNIOR

MASTER 20 – 29

MASTER 30 – 39

MASTER 40 – 49

MASTER 50 – 59

MASTER 60 - 69

MASTER +70

INSPIRATION

AGE RACE

Top 3 swimmers

Swimmers under 19 years of age

Swimmers from 20 to 29 years of age

Swimmers from 30 to 39 years of age

Swimmers from 40 to 49 years of age

Swimmers from 50 to 59 years of age

Swimmers from 60 to 69 years of age

Swimmers from 70 years of age

Swimmers with a degree of disability bigger than 33%

- Top 3 overall, male and female will be awarded with trophies.
- Top 3 in age group (categories), male and female will be awarded with medals.
- All competitors who complete the race will be awarded a finisher medal.



AWARDS

OCEANKIDS (FEMALE & MALE)

CATEGORY

AGE RACE

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

- Top 3 age group (categories), male and female will be awarded with medals.
- All competitors who complete the race will be awarded a finisher medal.



WORLD FINAL SLOTS

TOP 10 swimmers in every age group and TOP 3 in Inspiration category will get a qualification for OCEANMAN World Final at OCEANMAN, HALF OCEANMAN, SPRINT, OCEANKIDS distances.

CATEGORY

JUNIOR	10 qualifications
MASTER 20 – 29	10 qualifications
MASTER 30 – 39	10 qualifications
MASTER 40 – 49	10 qualifications
MASTER 50 – 59	10 qualifications
MASTER 60 - 69	10 qualifications
MASTER +70	10 qualifications
INSPIRATION	3 qualifications



SUSTAINABILITY

The event is designed to respect the environment, ensuring a sustainable race in this protected natural space.

To protect the nature reserve, we will strictly enforce a zero-litter policy—anyone caught throwing gel wrappers, plastic, or any waste in the water will be immediately disqualified.



SPONSORS



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BALEARIA

