



OCEANMAN KOTA KINABALU 2024 RACEBOOK



EVENT SAFETY & INFORMATION





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Event Schedule & Program

Saturday, 5th October 2024

Time	Activities	Venue
12:00 PM - 4:00 PM	Race Kit Collection	Jasmine Room Shangri-La Rasa Ria
4:30 PM - 5:00 PM	Race Briefing	Sunset Lawn @Shangri-La Rasa Ria
5:00 PM - 7:30 PM	Welcome Dinner Hosted by Sabah Tourism Board	@Shangri-La Rasa Ria

Sunday, 6th October 2024

Time	Activities	Venue
5:00AM - 9:00 AM	Bag Drop	Beach Tent @Shangri-La Rasa Ria
5:45 AM	Briefing for 10 KM	Starting Point @ Pantai Dalit Shangri-La Rasa Ria
6:00 AM	Flag off 10 KM	
6:30 AM	Briefing for 5 KM	
6:45 AM	Flag off 5 KM	
7:30 AM	Briefing 2 KM	
7:45 AM	Flag off Sprint distance 2 KM	
10:30 AM	Briefing for OCEANKIDS 500 M	
10:45 AM	Flag off OCEANKIDS 500 M	
11:15 AM	Briefing for Oceanteam 500 M relay	
11:30 PM	Flag off for Oceanteam 500 M relay	
12:30 PM	Prize Giving Ceremony	
13:00 PM	Lunch	Tepi Laut @Shangri-La Rasa Ria



Event Schedule & Program

Dinner Hosted by Sabah Tourism Board

Saturday, 5th October 2024

Time	Activities	Venue
5:30 PM	Arrival of VIPs	Sunset Lawn @Shangri-La Rasa Ria
5:40 PM	Welcome remark by Oceanman Malaysia	
5:45 PM	Welcome speech by Guest of Honor	
5:50 PM	Gift exchange	
6:00 PM	Dinner starts	
6:15 PM	Cultural performances	
7:30 PM	Dinner end	



Race Director & Team

- Event Director ----- **Azura Zainol Abidin**
- Race Director ----- **Amirizal Ishak**
- Chief Referee ----- **Muhd Afiq Farhan Mohd Azmi**
- Assistant Referee and Safety ----- **Chin Shiau Weai**
- Logistics Director ----- **Auther James Kimon**
- Safety Director ----- **Dr Ahmad Yassir**
- Water & Land Coordinator ----- **Julia Roselle Othman**
- Registration Secretariat ----- **Felice Felix**
- Timing and Result Coordinator -- **Rasinah Fatin Abdul Rahman**
- Communication Manager ----- **Kokila Loganathan**
- Volunteers Coordinator ----- **Tengku Noreena Bt Tengku Ali**
- Graphic Designer ----- **Shamsul Hamimi Ab Rahman**



Rules & Regulations

Item that is not allowed:

- Wetsuit
- Swimsuit of neoprene or polyurethane
- MP3 or music players
- Swimming aids such as fins, pull-buoys, paddles, gloves

Compulsory item to be worn:

- Given swimming cap
- Goggles
- Swimming buoys
- Swim attire
- Timing chips
- Tattoos Bib number

Allowed items:

- Smart watch
- Heart rate monitor device.

General Rules.

Organizer has the right to withdraw a swimmer from competition with the following condition:

- He/she exceeds the time limits
- Adverse weather condition which endanger swimmer's safety
- Show signs of dehydration and extreme fatigue
- Extremely slow pace or any other sign that prevents the participant swimming in good physical condition
- Swimmers who do not respect the safety limits and regulations
- When a swimmers do safety gesture of emergency.

A swimmer can be disqualified from a competition with the following reason:

- Avoid mandatory marking-turning buoys
- Unsportmanship behavior
- Don't follow referee or safety team's instructions
- Use of forbidden gear/equipment



Swimmers Kit



OCEANMAN



HALF OCEANMAN



OCEANTEAMS



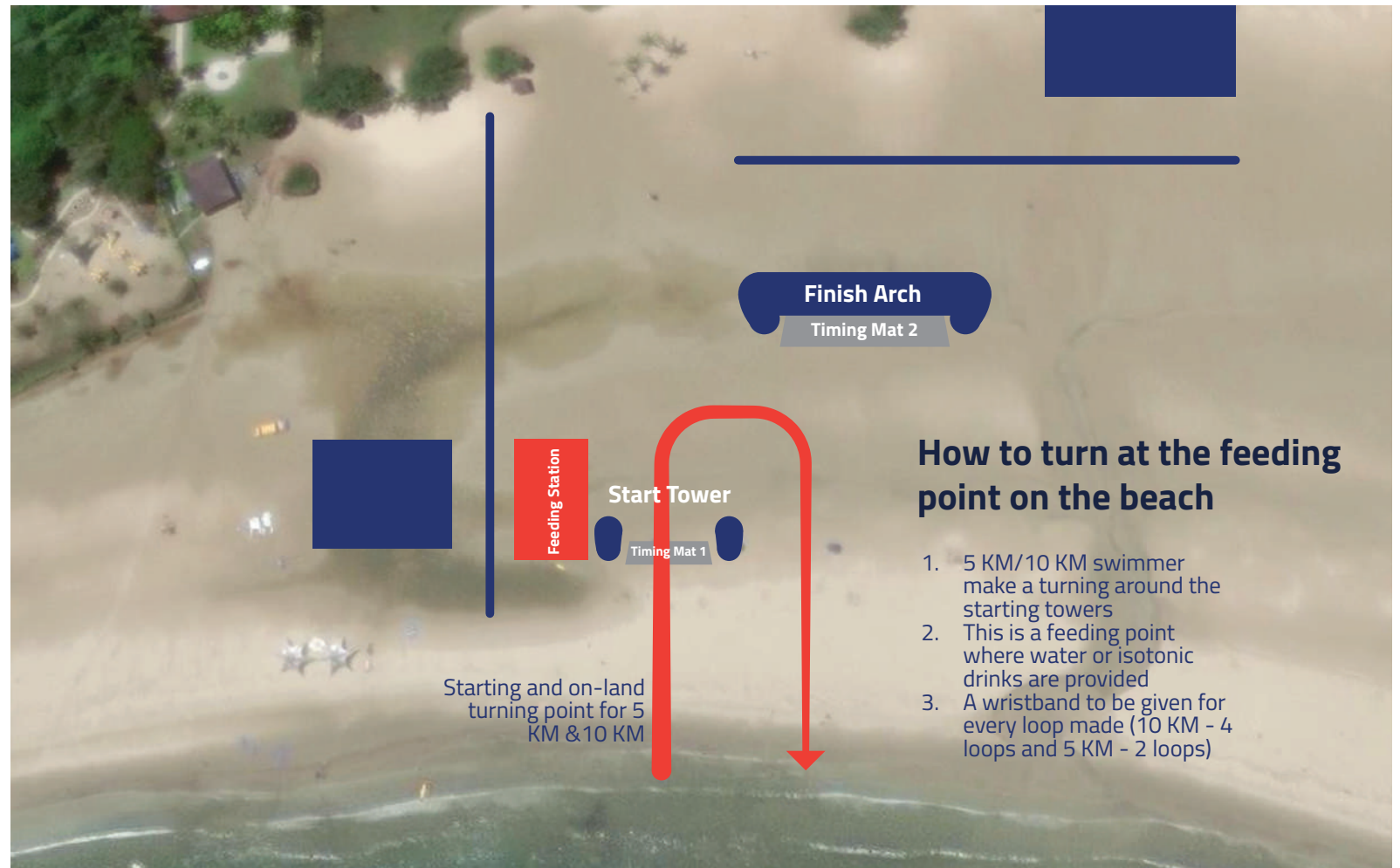
SPRINT



OCEANKIDS



Feeding & Turning For 5 KM & 10 KM



How to turn at the feeding point on the beach

1. 5 KM/10 KM swimmer make a turning around the starting towers
2. This is a feeding point where water or isotonic drinks are provided
3. A wristband to be given for every loop made (10 KM - 4 loops and 5 KM - 2 loops)



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SHANGRI-LA
RASA RIA
KOTA KINABALU

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Race Route - 10 KM





Race Route - 5 KM





Race Route - 2 KM





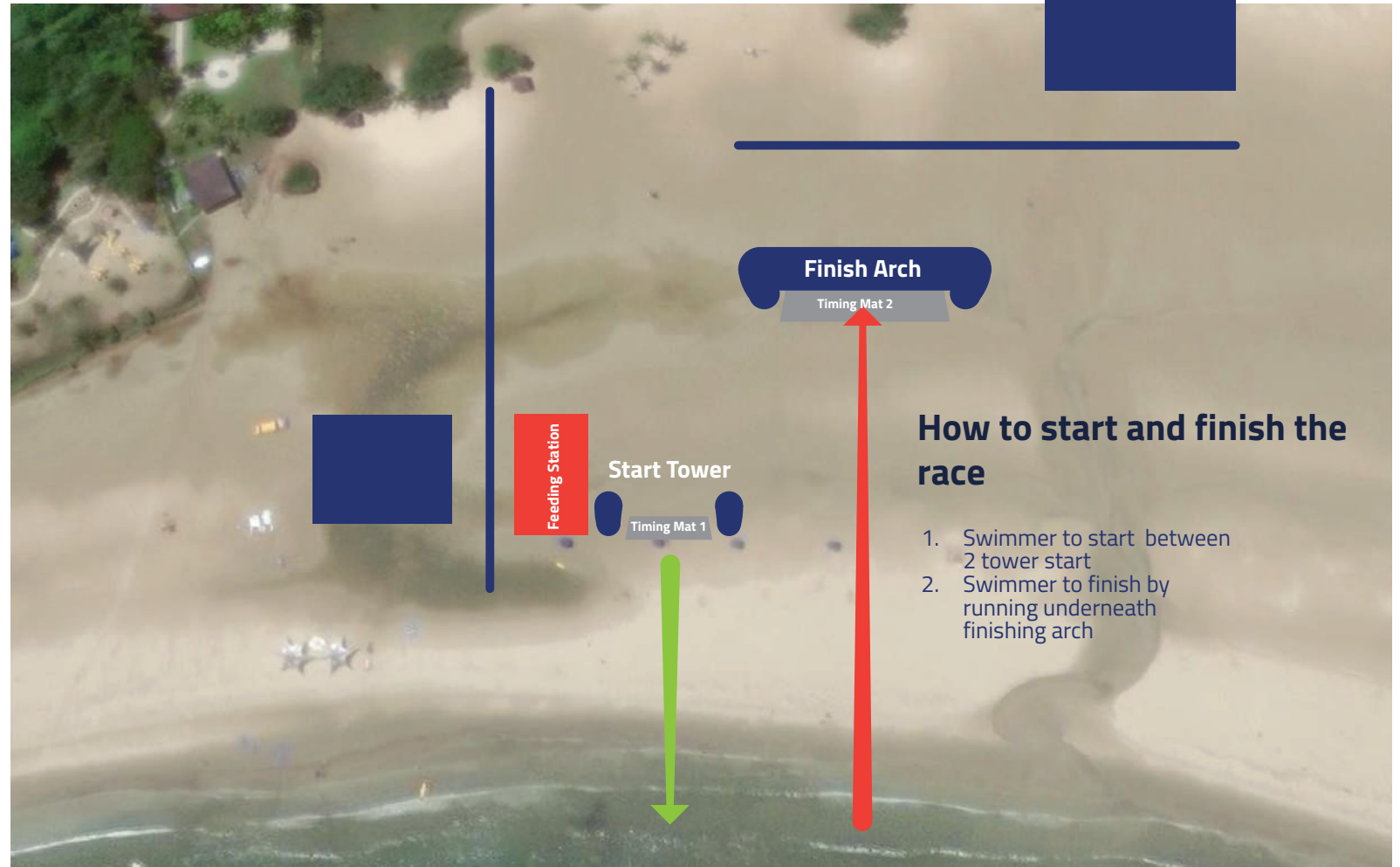
Race Route - 500 M



Beach Setup



Swim Start & Finish



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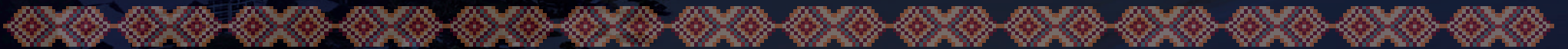
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Technical Details

Category	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
Date	Oct 6 th , 2024				
Start Time	6:00 AM	6:45 AM	7:45 AM	10:45 AM	11:30 PM
Start Area	Shangri-La Rasa Ria Beach				
Finish Area	Shangri-La Rasa Ria Beach				
Distance	10 KM	5 KM	2 KM	500 M	3 x 500 M
Max Participants	100	200	200	100	30
Cut Off Time	3 KM (1h 30 mins) 6 KM (3h)	3 KM (1h 30 mins)	No	No	No
Time Limit	4h 30 mins	2h 30 mins	1h 30 mins	No	1h 30 mins
Feeding Points	1	1	No	No	No
Wetsuit	Not allowed				
Buoy	Mandatory				



Category & Age



Category & Age

10 KM Male/Female

Categories	Age Range
Overall	Top 3 Swimmers
Junior	Swimmers from 16-19 years of age
Master 20-29	Swimmers from 20-29 years of age
Master 30-39	Swimmers from 30-39 years of age
Master 40-49	Swimmers from 40-49 years of age
Master 50-59	Swimmers from 50-59 years of age
Master 60-69	Swimmers from 60-69 years of age
Master +70	Swimmers from 70 years of age
Inspiration	Swimmers with a degree of disability bigger than 33%



Category & Age

5 KM Male/Female

Categories	Age Range
Overall	Top 3 Swimmers
Junior	Swimmers from 14-19 years of age
Master 20-29	Swimmers from 20-29 years of age
Master 30-39	Swimmers from 30-39 years of age
Master 40-49	Swimmers from 40-49 years of age
Master 50-59	Swimmers from 50-59 years of age
Master 60-69	Swimmers from 60-69 years of age
Master +70	Swimmers from 70 years of age
Inspiration	Swimmers with a degree of disability bigger than 33%



Category & Age

Sprint 2 KM Male/Female

Categories	Age Range
Overall	Top 3 Swimmers
Junior	Swimmers from 10-19 years of age
Master 20-29	Swimmers from 20-29 years of age
Master 30-39	Swimmers from 30-39 years of age
Master 40-49	Swimmers from 40-49 years of age
Master 50-59	Swimmers from 50-59 years of age
Master 60-69	Swimmers from 60-69 years of age
Master +70	Swimmers from 70 years of age
Inspiration	Swimmers with a degree of disability bigger than 33%



Category & Age

Oceankids 500 M Male/Female

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

Oceanteams 3 x 500 M Male/Female/ Mixed

Categories	Age Range
Male/Female/Mixed	Swimmers from 12 years of age



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SENI DAN BUDAYA



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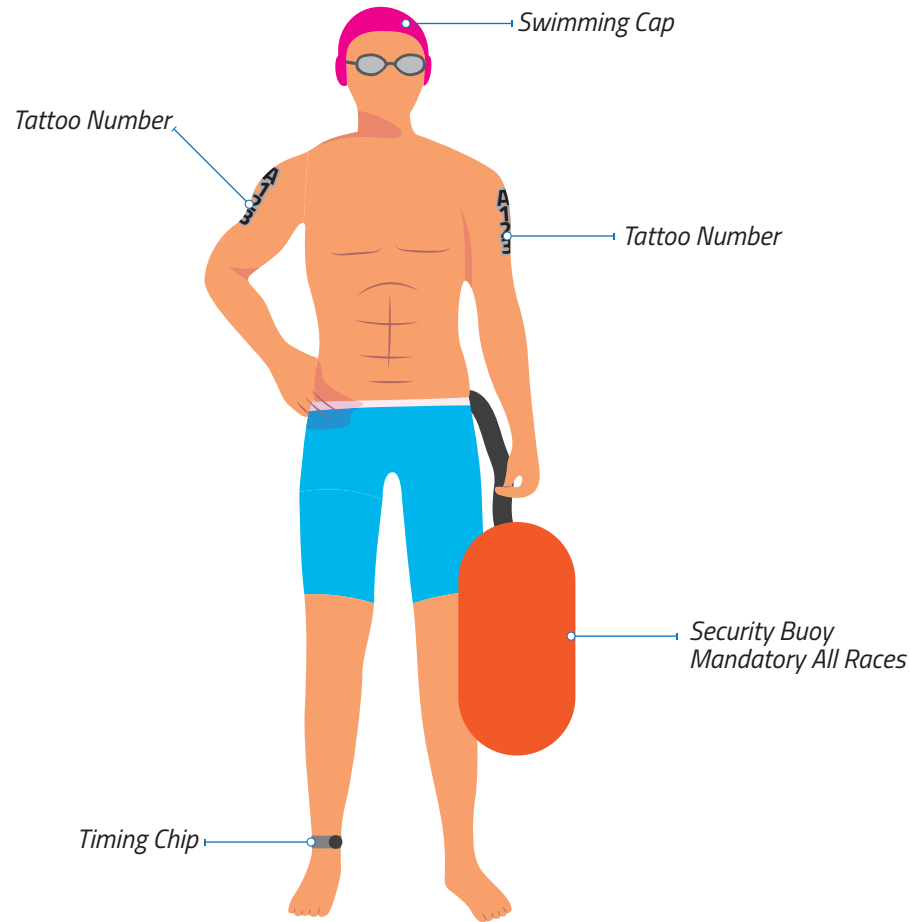
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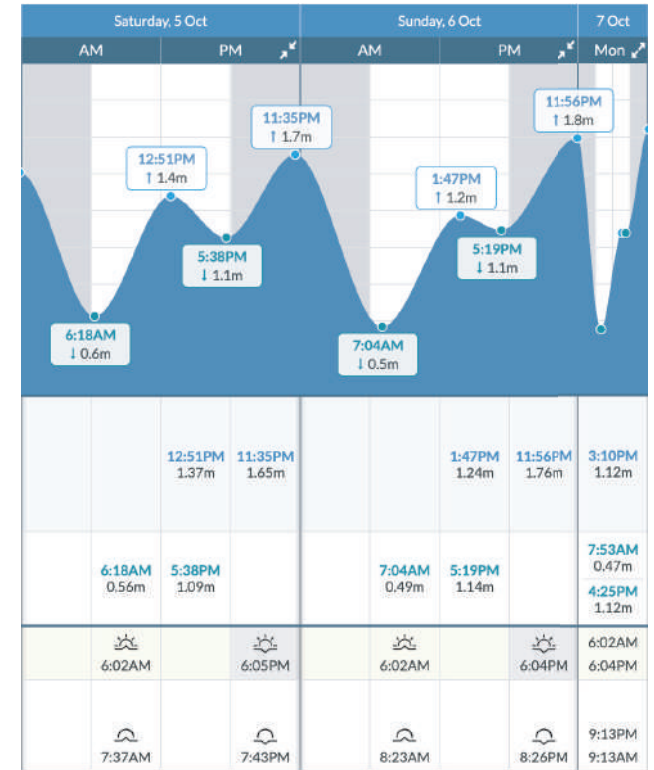
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Swimmer & Weather



Tide Chart (5 Oct - 6 Oct)



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Hand Signals Warning



Wave hand for
assistance



All okay



I'm okay
(thumbs up)



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Race Procedure

- Marshalling call 15 minutes before each race begins.
- Open the warm-up area.
- Compliance check on swimmers
- Briefing from the Race Director.
- Go to start-line/arch, beach start .
- A mass start
- On your marks, horn sounds.
- Race starts.



Evacuation & Emergency Procedure

- If any evacuation is based on weather or other conditions are decided by the Race Director.
- Medical tent will have a doctor other than the emergency crew
- The safety location is marked and briefed by Race Director to the whole team
- If any participant is having an emergency, will be picked up and brought to evacuation point on the beach
- Based on assessment by medical team, a swimmer will be moved to medical tent on the beach or transported to a medical center
- All participants not crossing the designated check point on time, will be picked up and brought to the evacuation point
- A kayaker will be the first responder to a swimmer in an emergency. Jetski or boat will be use to evacuate a swimmer to the beach



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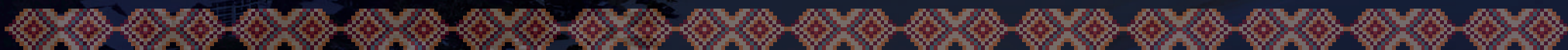
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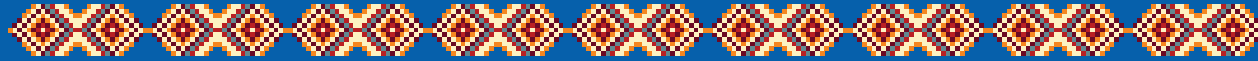
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World Final Championship





World Final Championship



OCEANMAN Kota Kinabalu, Sabah 2024 is a qualifying event for the 2024 World Championship (DUBAI)

DISTANCES:

- OCEANMAN, HALF OCEANMAN, SPRINT, OCEANKIDS (Must participate in the distance for which the participant qualified).
- The top 10 in each category in OCEANMAN, HALF OCEANMAN, SPRINT and OCEANKIDS distances are qualified.
- The top 3 in the Inspiration category qualify.

Thank You!



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