



# OCEANMAN®

WE ARE OPEN WATER SWIMMING  
KOTA KINABALU • SABAH  
MALAYSIA

# KOTA KINABALU • SABAH MALAYSIA

19<sup>th</sup> & 20<sup>th</sup> July 2025  
*RACEBOOK*

# Event Schedule & Program

Saturday, 19th July 2025

| Time             | Activities                                                       | Venue                               |
|------------------|------------------------------------------------------------------|-------------------------------------|
| 12.00PM - 6.00PM | Race Kit Collection                                              | Jasmine Room<br>Shangri-La Rasa Ria |
| 5.00PM - 8.00PM  | Welcome Dinner Hosted by<br>Sabah Tourism Board<br>Race Briefing | Sunset Lawn<br>@Shangri-La Rasa Ria |

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# Event Schedule & Program

Sunday, 20th July 2025

| Time    | Activities                         | Venue                               |
|---------|------------------------------------|-------------------------------------|
| 5:30AM  | Bag Drop                           | Shangri-La Rasa Ria Beach Front     |
| 06:15   | Briefing for OCEANMAN 10KM         |                                     |
| 06:30   | Flag Off 10KM                      |                                     |
| 06:45   | Briefing for Half Oceanman 5KM     |                                     |
| 07:00   | Flag Off 5KM                       |                                     |
| 08:15   | Briefing for sprint 2KM            |                                     |
| 08.30   | Flag of Sprint Distance 2KM        |                                     |
| 11:15   | Briefing for Oceankids 500M        |                                     |
| 11:30   | Flag Off for Oceankids 500M        |                                     |
| 11.35   | Briefing for OCEANTEAMS 500M Relay |                                     |
| 11:45   | Flag Off for OCEANTEAMS 500M Relay | Sunset Lawn<br>@Shangri-La Rasa Ria |
| 12:30PM | Prize Giving Ceremony              |                                     |

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**WELCOME**  
**DINNER**  
**AND**  
**CULTURAL**  
**NIGHT**

5.00pm | 19th July 2025  
Sunset Lawn Shangri-La Rasa Ria

Join us!

for an evening of hospitality, flavor,  
and cultural celebration as we officially  
welcome all participants, officials, and guests  
to the *OCEANMAN KOTA KINABALU, SABAH*

| Time    | Programme                         |
|---------|-----------------------------------|
| 5:00 PM | Guest Arrival & Registration      |
| 5:40 PM | VIP Arrival                       |
| 5:45 PM | Opening Remarks                   |
| 6:00 PM | Welcome Speech by the host - STB  |
| 6:15 PM | Official Toast / Group Photo      |
| 6:30 PM | Dinner Served                     |
| 6:40 PM | Cultural Performances Begin       |
| 7:15 PM | Delegation Introduction/Parade    |
| 8:00 PM | Race Briefing                     |
| 8:15 PM | Closing Remarks and VIP Departure |
| 8:30 PM | Networking & Free & Easy          |

Hosted by



Feel  
**SABAH**  
North Borneo

# Beach Setup



# All Distance Route



# Race Route - 10 KM



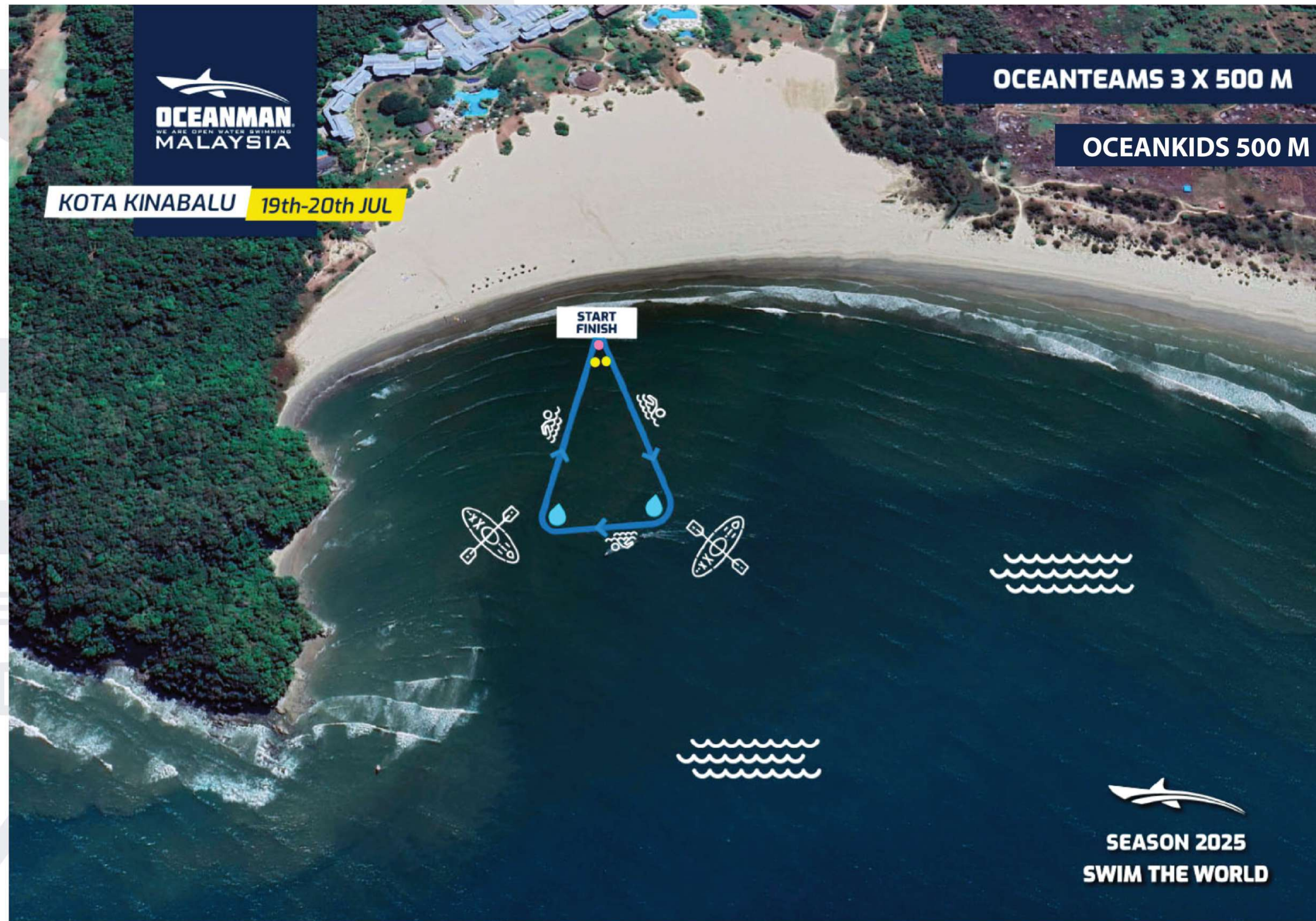
# Race Route - 5 KM



# Race Route - 2 KM



# Race Route - 500 M *(for Oceankids & TeamRelay 3 laps)*



# Documents

- Passport or a document that replaces it and confirms the identity
- Refusal of Claims (to be filled out upon receiving the starter package)
- Permission from parents to participate in competitions (for children under 18). The receipt for the waiver of claims to the organizers is filled out upon receipt of the starting package.

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# Compulsory Equipment

All participants must use the swimming caps received in the start package of the color that corresponds to the distance in which the swimmer participates.

-  Timing chip to put on the leg. No chip - no result
-  No wetsuit allowed.
-  Individual safety buoy is mandatory for all the distances.



# Start and Finish Procedure

## ***START***

After a technical briefing go to the starting area  
The start signal is given by the sports director of the start

## ***TRANSIT***

At distances of 10 and 5 KM, all participants of the competition pass intermediate laps exclusively through the TRANSIT zone.

## ***FINISH***

Finish counts only after participant's coming through finish arch  
Give the Timing chip to a volunteer immediately after the finish

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# 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 participants is having an emergency, will be picked up and brought to evacuation point on the beach.
- Based on assessment by medical, 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 first responder to a swimmer in an emergency. Jetski or boat will be used to evacuate a swimmer to the beach.

# Safety on the water



**1.** Want attention: raise your arms  
BODY SIGNAL IN THE WATER

**2.** Take it out of the water:  
Rotate one arm in a circle

**3.** I'm fine: hit the head  
with a closed fist

# Hydration/Food points

- Water at finish point.
- At distances of 5 and 10 KM hydration and nutrition point in the transit zone

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FINISH

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#OCEANMANKOTAKINABALU 2025

# Awards & Finisher Entitlements

- **Top 3 Overall (Male & Female):** Trophy or Medal (OCEANMAN, HALF OCEANMAN, SPRINT)
- **Top 3 in Age Groups (Male & Female):** Trophy or Medal (*All categories including OCEANKIDS*)
- **Top 3 Teams (Male, Female, Mixed):** Trophy or Medal (*OCEANTEAMS only*)
- **All Finishers:** Finisher Medal (*All categories*)
- **OCEANMAN WORLD CHAMPIONSHIP QUALIFYING SLOT**  
TOP 10 swimmers in every age group and TOP 3 in Inspiration category will get a qualification slot for OCEANMAN World Final in OCEANMAN, HALF OCEANMAN, SPRINT distances.



# Distance, Category & Age Range

| OCEANMAN (MALE,FEMALE) |                                     |
|------------------------|-------------------------------------|
| CATEGORY               | 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 |

| HALF OCEAMAN (MALE,FEMALE) |                                                      |
|----------------------------|------------------------------------------------------|
| CATEGORY                   | 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% |

| SPRINT (MALE,FEMALE) |                                     |
|----------------------|-------------------------------------|
| CATEGORY             | 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       |

| OCEANKIDS (MALE,FEMALE) |                                     |
|-------------------------|-------------------------------------|
| CATEGORY                | 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 |

| OCEANTEAMS (MALE,FEMALE, MIXED) |                               |
|---------------------------------|-------------------------------|
| CATEGORY                        | AGE RANGE                     |
| Male,Female,Mixed               | Swimmers from 12 years of age |

# Weather Forecast

On the days of the race it is expected

*Saturday, 19 July*

# 32°



**Cloudy**

*Precip: 30%*

*Humidity: 78%*

*Wind: 18 km/h*

# Weather Forecast

On the days of the race it is expected

*Sunday, 20 July*

# 33°



**Cloudy**

**Precip: 10%**

**Humidity: 73%**

**Wind: 18 km/h**



# OCEANMAN MALAYSIAN TEAM

|                               |                                     |
|-------------------------------|-------------------------------------|
| Event Director                | <i>Azura Zainol Abidin</i>          |
| Race Director                 | <i>Amirizal Ishak</i>               |
| Chief Referee                 | <i>Muhd Afiq Farhan Mohd Azmi</i>   |
| Assistant Referee             | <i>Mohd Asrul bin Salleh</i>        |
| Logistic Director             | <i>Azmil Zuzaily</i>                |
| Safety & Medic Director       | <i>Dr Ahmad Yassir</i>              |
| Water & Land Coordinator      | <i>Julia Poselle Othman</i>         |
| Head Secretariat              | <i>Fathirah Zainol Abidin</i>       |
| Timing and Result Coordinator | <i>Tengku Noreena bt Tengku Ali</i> |
| Communication Manager         | <i>Geoffrey Kronenburg</i>          |
| Volunteers Coordinator        | <i>Nuratika Zainun</i>              |
| Graphic Designer              | <i>Aiman Syah bin Husin</i>         |

## **HOTLINE:**

**Azura: +6019-646 4269**

**Fathirah: +60016-262 4345**

# Our Partners



# Website and Social Medias



<https://oceanmanswim.com/kotakinabalu-malaysia/>



<https://www.facebook.com/OCEANMANMalaysia/>



[https://www.instagram.com/oceanman\\_malaysia/](https://www.instagram.com/oceanman_malaysia/)

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# SWIM YOUR DREAM