

COMPETITION RACEBOOK

OCEANMAN KRABI 2025 PRESENTED BY VARANA

28-30 MARCH 2025

AT VARANA HOTEL, KRABI, THAILAND




OCEANMAN
WE ARE OPEN WATER SWIMMING
KRABI
PRESENTED BY
VARANA





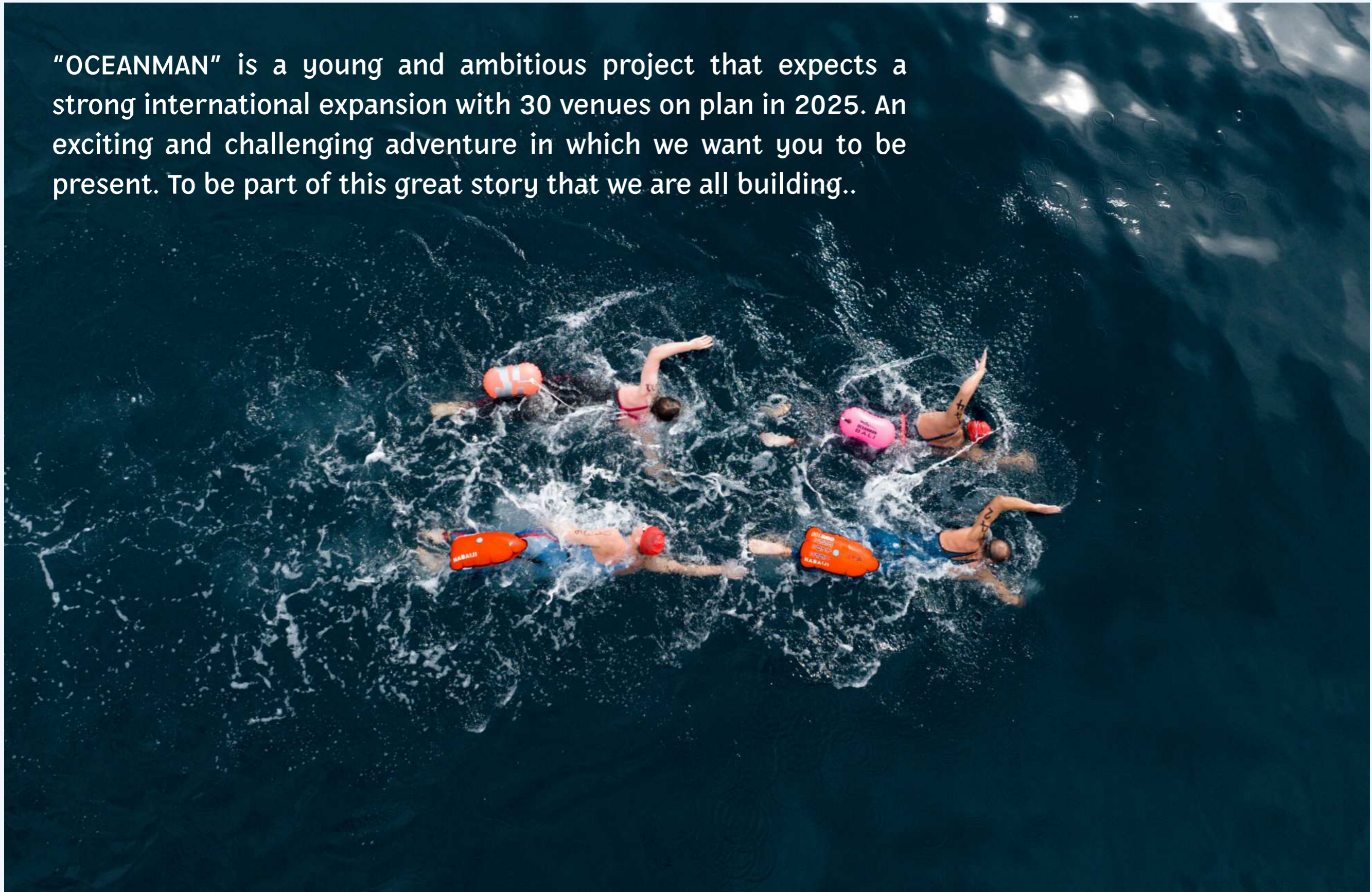
**"SWIM YOUR DREAM"
"BECOME AN OCEANMAN"**





ONE AND ONLY

"OCEANMAN" is a young and ambitious project that expects a strong international expansion with 30 venues on plan in 2025. An exciting and challenging adventure in which we want you to be present. To be part of this great story that we are all building..





V A R A N A



DIRECTOR NOTED

OCEANMAN KRABI is a competitive activity that was first organized in 2018 and has continued for many years to come. Nature that has been taken care of by everyone. I am Feeling happy like coming home again. Everything is still as beautiful as before.

The second year of joined forces with VARANA HOTEL, the main sponsor as the official Hotel and race venue. There are some slight changes to the route. But everyone will definitely still receive new impressions and challenges.

May everyone safely and enjoy what we have prepared.

Thank you

Anusit Sukprasert (Golf)

Race Director

OCEANMAN THAILAND





KRABI



Krabi is famous for its scenic view and breathtaking Beaches and Islands. Its coral reef vistas are also one of the world's most beautiful, which makes the City a great spot for coral diving.

With attractions including hot springs, a wildlife sanctuary, sea caves, flourishing coral reefs and exotic marine life, limestone cliffs that draw rock climbing enthusiasts from around the world, and national parks that include the island paradises of Koh Phi Phi and Koh Lanta, one could easily spend weeks in Krabi and leave yearning for more.

“Town” to most visitors is Ao Nang, a seaside Trip of guesthouses, hotels, bars, restaurants, and Souvenir shops that continues to grow as tourist arrivals increase, now spreading north into Noppharat Thara, whose quiet, shady beach is part of the National Park that includes the Phi Phi Islands. Ao Nang is the major launching point for Boat trips to nearby islands and the isolated beaches of Phra Nang Cape, where the famous former hippie enclave of Railey Beach is located.



Klong Muang Beach, KRABI

Klong Muang is a very small coastal town with one road leading in to the area. It is built in two sections: along the beachfront there are some resorts and restaurants dotting both sides of the road, and there is also a small complex with shopping and dining options which sits out of town around 2km away.

The often-deserted beach is quite narrow and long and offers amazing views out to sea with the rock formations and surrounding islands silhouetted on the horizon. These islands come alive in the mornings when the sun is rising and shining onto them, and the beach is a great place to sit watching the sunset.



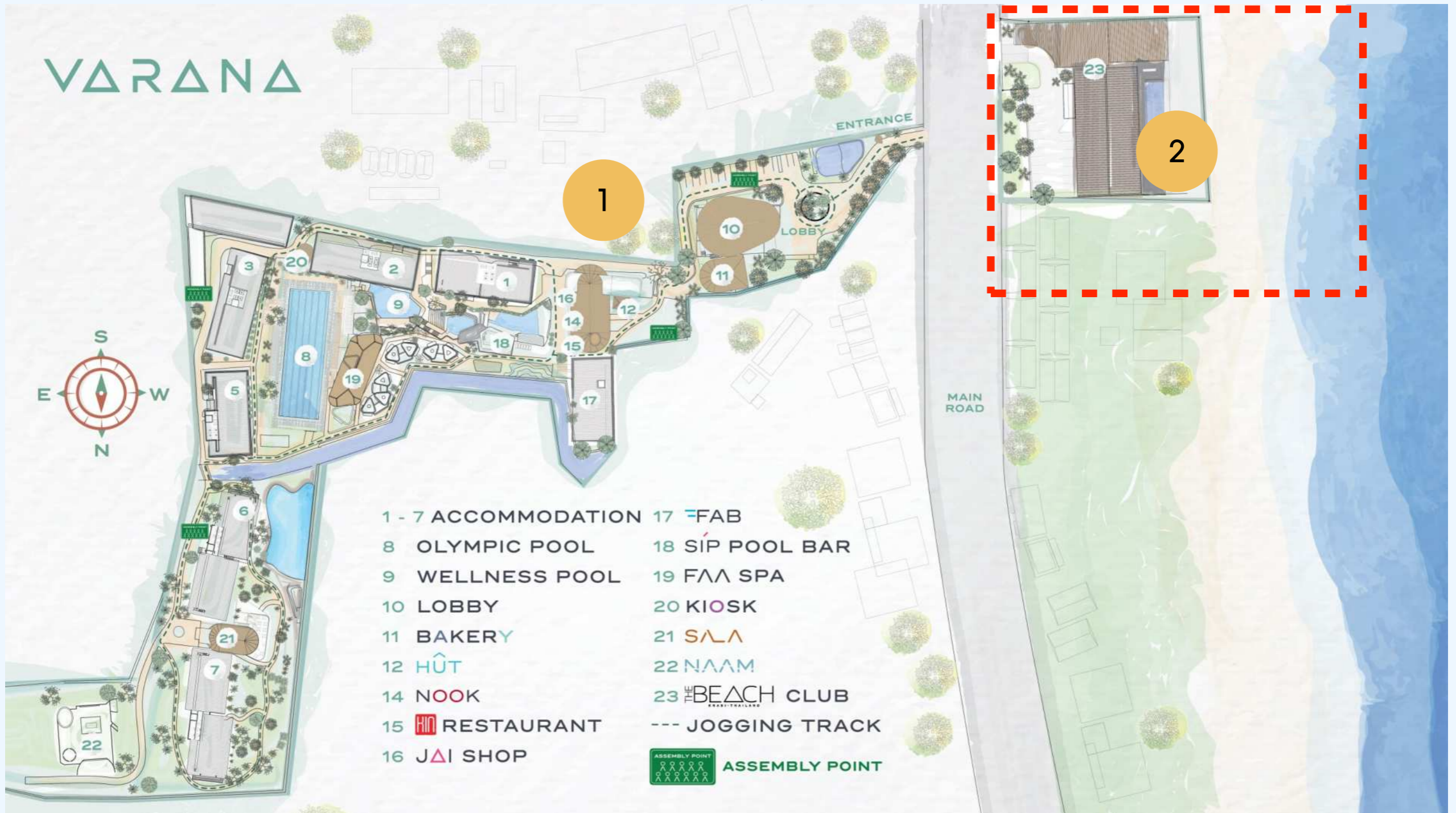
VARANA HOTEL, KRABI



VARANA

WELLNESS IS HAPPINESS

Combining the Thai words of Vana – forest, Nava – water, and Nara – people, at Varana, we believe wellness must be achieved holistically and sustainably. In nature, equilibrium comes through all parts of the whole working in harmony together. Active movement. Positive connection. Meaningful rest. The nourishment of body, mind and soul. A wellcation must revitalise the whole person in balance, for happiness and good health.



DIRECTORY

1. VARANA Hotel Check-In

2. Race Venue (Please find more detail in next page)



DIRECTORY

- 1. Main entrance
- 2. Direct track to Start-Finish
- 3. Registration
- 4. Official shop

- 5. Expo area
- 6. Food and Beverage
- 7. Stage
- 8. Sound Control

- 9. Body Mark area
- 10. Water station
- 11. Medical
- 12. Start - Finish

- 13. Photo Backdrop

1.SCHEDULE

Friday 28 March 2025

07:00 AM

OCEANMAN Social swim & Breakfast

10:00 AM – 06:00 PM

Registration & EXPO

06:00 PM

Welcome Dinner (Extra fee)



1.SCHEDULE

Saturday 29 March 2025

07:00 AM OCEANMAN Social swim & Breakfast

09:00 AM – 06:00 PM Registration & EXPO

03:00 PM Swim test for all distances

12:00 PM OCEANTEAMS start

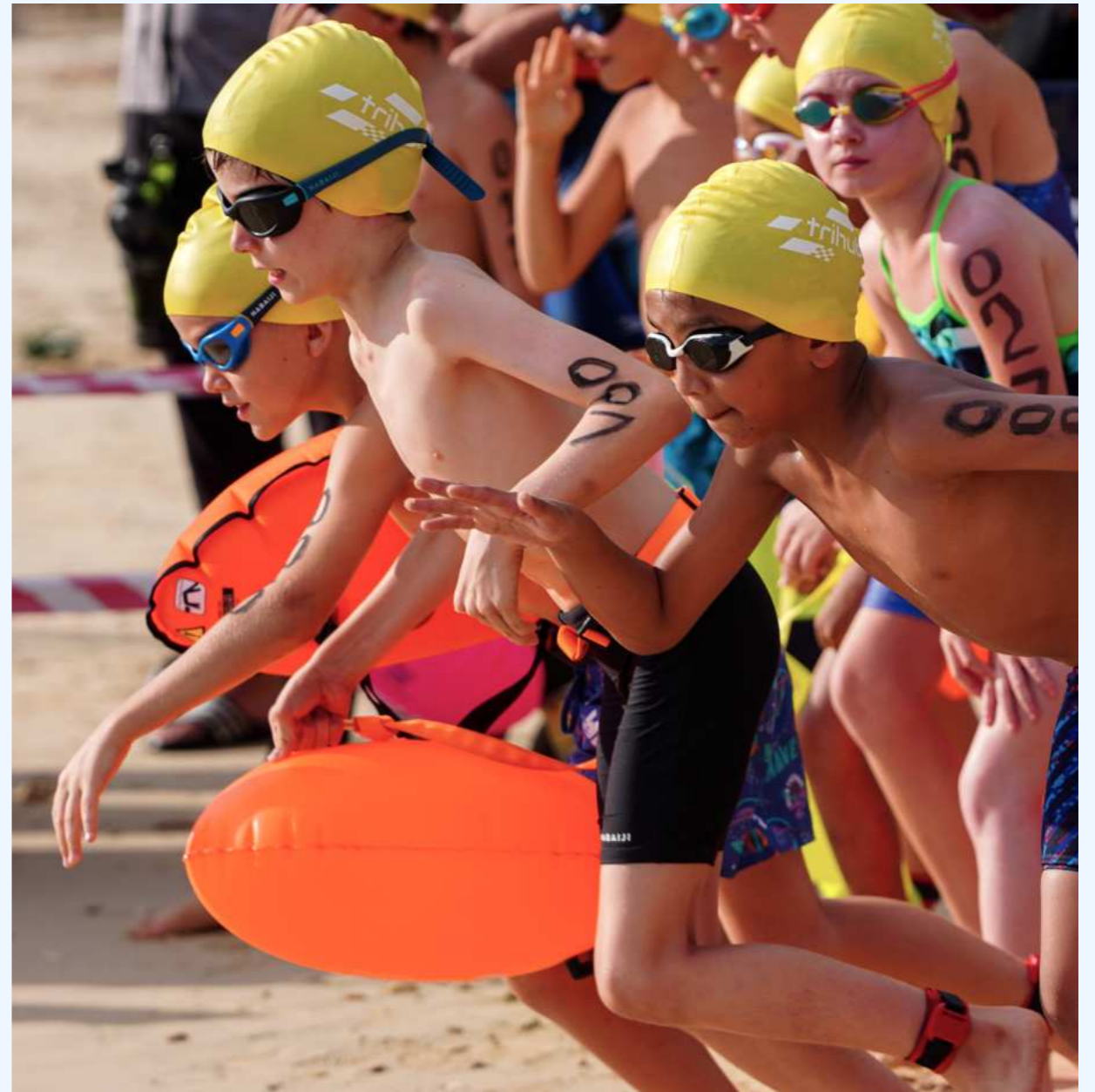
01:00 PM OCEANKIDS start

05:30 PM Opening ceremony

06:00 PM Award ceremony

06:30 PM Race Briefing

07:00 PM GALA Dinner



1.SCHEDULE

Sunday 30 March 2025

05:00 AM Registration & EXPO

07:00 AM OCEANMAN Start

07:30 AM HALF OCEANMAN Start

08:00 AM SPRINT start

10:00 AM Brunch

11:30 AM Award ceremony





2.DISTANCES

Swimmers can participate in one or several of the following distances.

OCEANMAN : Open-water swimming with 10 kilometers along one loops of 10 kilometers. The individual competition under age group categories. Time limited with 4h 30m.

HALF OCEANMAN : Open-water swimming with 5 kilometers along one loop. The individual competition under age group categories. Time limited with 2h 30m.

SPRINT : Open-water swimming with 2 kilometers along one loop. The individual competition under age group categories. Time limited with 1h 30m.

OCEANKIDS : Open-water swimming with 500 meters along one loop. The individual competition under age group categories. Time limited with 1h.

OCEANTEAMS : Team relay race, comprises distances between 500 m 3 swimmers per team is mandatory, competitive, timed. There are three categories – Male, Female and Mixed teams.



CUT OFF TIMES

Time limits to reach the finishing line are:

OCEANMAN (10 km)

Cut off time sections:

Km 3 – 1h 30m

Km 6 – 3h

Km 10 – 4h 30m

HALF OCEANMAN (5 km)

Cut off time sections:

Km 3 – 1h 30m

Km 5 – 2h 30m

SPRINT and OCEANTEAMS (1.5 km / 3x500 m)

Finish line cut off time – 1h 30m

OCEANKIDS (500 m)

Finish line cut off time – 1h







3.AWARDS

OCEANMAN, HALF OCEANMAN, SPRINT and **OCEANKIDS** distances have different categories considering the participants' age and gender. Competitors under the age of 18 must present parental or guardian authorization to collect racer numbers & timing chips.

OCEANMAN (MALE – FEMALE)

Category	Age Range
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%



3.AWARDS

HALF OCEANMAN (MALE – FEMALE)

Category	Age Range
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%



3.AWARDS

SPRINT (MALE – FEMALE)

Category	Age Range
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%



3.AWARDS

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



3.AWARDS

OCEANMAN

- Top 3 in 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.

HALF OCEANMAN

- Top 3 in 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.

SPRINT

- Top 3 in 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.

OCEANKIDS

- 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.

OCEANTEAMS

- Medals for Top 3 Teams (Male, Female, Mixed) 3 medal each team.



World Final Championship Qualifying Slots

Top 10 in age group categories of OCEANMAN, HALF OCEANMAN and SPRINT will be giving the qualifying slots and extra medal as following:

OCEANMAN (MALE – FEMALE)

Category	Quota
Junior	10 Slots
Master 20 – 29	10 Slots
Master 30 – 39	10 Slots
Master 40 – 49	10 Slots
Master 50 – 59	10 Slots
Master 60 – 69	10 Slots
Master 70+	10 Slots

HALF OCEANMAN (MALE – FEMALE)

Category	Quota
Junior	10 Slots
Master 20 – 29	10 Slots
Master 30 – 39	10 Slots
Master 40 – 49	10 Slots
Master 50 – 59	10 Slots
Master 60 – 69	10 Slots
Master 70+	10 Slots

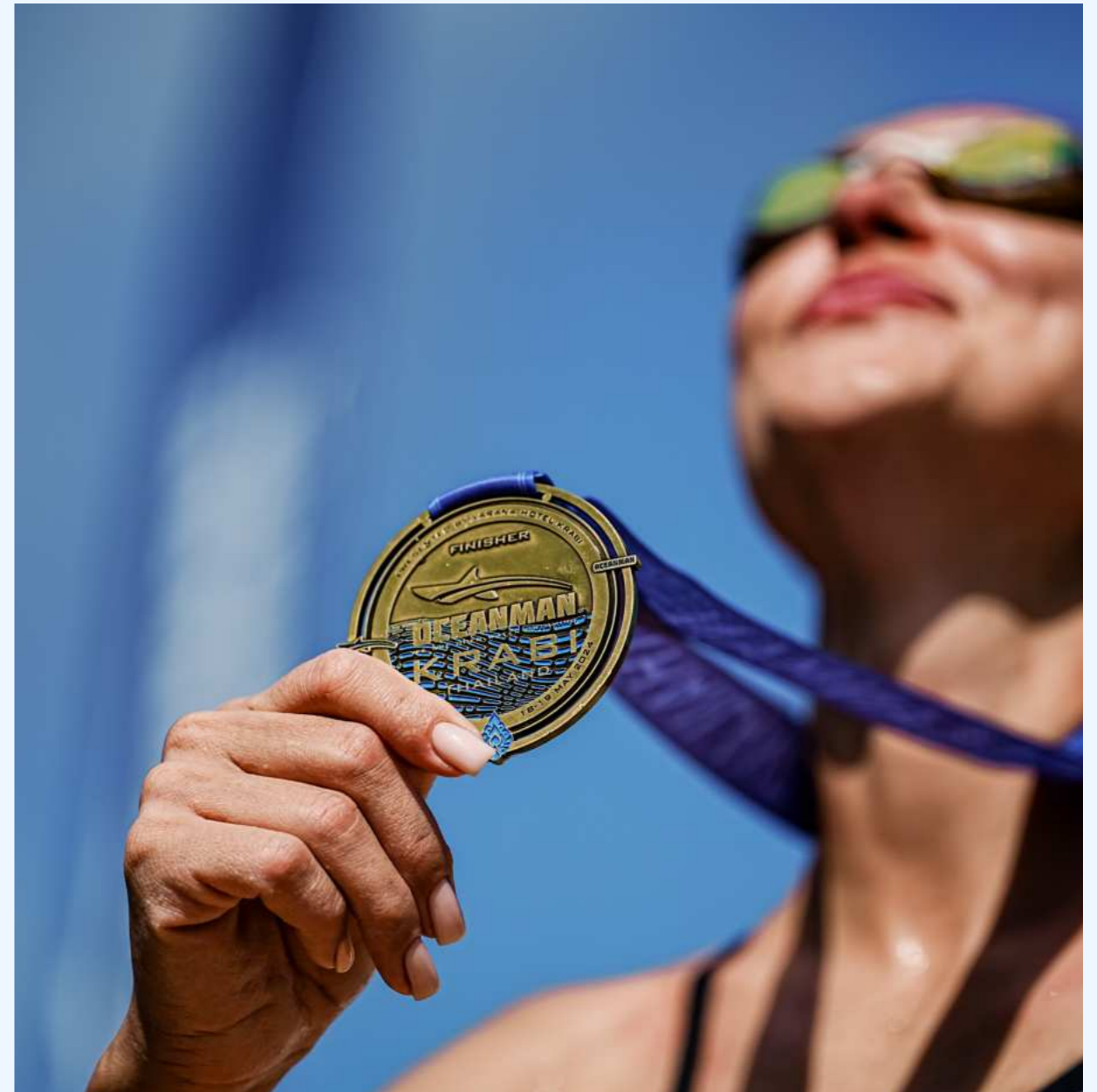


World Final Championship Qualifying Slots

Top 10 in age group categories of OCEANMAN, HALF OCEANMAN and SPRINT will be giving the qualifying slots and extra medal as following:

SPRINT (MALE – FEMALE)

Category	Quota
Junior	10 Slots
Master 20 – 29	10 Slots
Master 30 – 39	10 Slots
Master 40 – 49	10 Slots
Master 50 – 59	10 Slots
Master 60 – 69	10 Slots
Master 70+	10 Slots



4. COMPETITION REGULATIONS

1.- General

1.1 It is the participant's responsibility to understand all aspects of the competition rules.

1.2 With his/her registration, the swimmer accepts the OCEANMAN general rules and regulations, the special rules of each event of the OCEANMAN circuit and the participant's terms and conditions.

1.3 Each swimmer is responsible to compete in good physical condition, and with sufficient training to undertake the distance in which they subscribe to.

1.4 Doping is strictly prohibited. At the time of registration, each swimmer accepts the obligatory anti-doping rules for the entire event. At the time of registration, each participant declares not to violate prior, during or after the event the Organic Law 3/2013 which regulates the protection of Athletes Health and fight against doping in sports events and activities.

1.5 Participants are obliged to follow the indications and instructions of race officials and public authorities at all times.

1.6 Race officials have the authority to disqualify any participant. Medical staff and/or the race technical director have the maximum and final decision on the withdrawal of a competitor given if he/she is deemed physically incapable of continuing the race without the risk of serious injuries or death. Medical transportation by any swimmer imposes disqualification. If any competitor decides to withdraw from the race at any time, it is his/her responsibility to report his/her decision to the information point located at the finish area and hand in his/her number and/or timing chip immediately.



1.7 Individual support from friends, relatives, coaches and supporters during the course of OCEANMAN races is not permitted. All competitors have the obligation to decline immediately any attempt of assistance. Otherwise, the competitor will be subject to a warning or even disqualification.

1.8 The basic principles of the event are fairness and compliance of the rules and regulations. It is prohibited to neglect the rules with an intention to take an advantage. Competitors are not allowed to impede or endanger others and hinder the course of the race. Competitors must be polite to other competitors, volunteers, referees and medical staff. Competitors must respect the environment and avoid pollution.

1.9 For matters not covered in these rules, we will contemplate as reference our competition referees decisions established in each venue of Oceanman Circuit. They will be the only ones assigned to deliver and apply the decisions of this regulations.

1.10 This regulation can be revised and updated during the course of the OCEANMAN international circuit competition

2.- Modalities & Flag Off

2.- Attire

Below you can find a list of permitted equipment during the race.

- Swim cap provided by the organization.
- Use of Safety buoy will be compulsory for ALL OCEANMAN Distances. The buoys have to be visible and homologated in order to avoid any incident.
- Will be disqualification reason crossing the finishing line without the safety buoy.
- Goggles are obligatory during all races.



- Don't allowed to use Wetsuit for this competition.
- Timing chips must be worn throughout the race. In case of lost the participant must inform the timekeeper company at the finish line. The swimmer will have to reimburse the the equivalent value of the device if the company find it appropriate or necessary. The organizers will indicate how and where to wear the chip during the technical briefing.
- The race number must be visible on the exterior part of the swimmer's right hand at all times. The race number will be provided by or drawn on by one of the organizers.
- The use of electronic devices, such as watches, heart rate monitors, water GPS are allowed, excluding aquatic music players or similar devices. If a swimmer neglects this rule, he/she will be disqualified by the judges.
- It's not permitted to use any equipment or materials that aid swimmers propulsion or flotation (e.g. pull-buoys, paddles, gloves, fins etc.) The use of the equipment is limited to participants who have express approval from the organization with justified reasons.

3.- Safety

A security operation on land as sea is guaranteed. On the day of the competition, swimmers safety will be monitored by motorboats and kayaks who will follow the course.

The organization medical team will be authorized to withdraw any participant due to medical reasons.

4.- Referees

Oceanman will be refer by a Referees Committee represented by a technical delegate technic, and this committee of the delegate and a referee judge will be the responsible of giving the official results of the



competition, it will be referees in the race course controlling turning buoys, in the finish line and in secretary. It will be Disqualification reasons;

- Avoid mandatory marking–turning buoys
- Anti Sportive behavior will be punished
- Don't follow Boat or Kayak instructions
- Use of forbidden gear

After provisional Results are posted, any swimmer who wants to complain have to do it in a period of 15' after this results are posted. The claims may be for the following cases.

- Against the provisional results published.
- Against the performance or behaviour of another competitor.
- Against the clothing worn by another competitor.
- Against the established route.

For a claim to be answered by the referee, it must be presented in writing through the forms offered by the referee appointed for the competition. This document is also downloadable through the official Oceanman website in its referees section.

If the claim, attended by the referee, is ratified in its sanction this could be appealed to the jury of compilation named before the start of the competition.

For an appeal to be attended, it will be necessary to deposit a deposit of 40 euros, this bond will be returned if said appeal is successful and a favorable resolution is applied to the claimant. The decisions of the referee judge and the competition jury will be taken no later than 15 'after being presented. Upon resolution of an appeal by the competition jury, no more claims or appeals may be filed for the same reason.



This instructions will be explained and resumed during the informative session of the race (briefing)

5.- Personal Data

The organization informs, and you agree to the following:

All the information provided by you at the time of registration for the competition or by means of any other channels of personal data collection at the websites: www.oceanmanswim.com, www.oceanman.net, www.oceanman-openwater.com or www.oceanman-store.com is incorporated into a secure and confidential database. Educanova Consultores & Recursos S.L. is responsible for the management of this database.

The main purpose of this data collection is no other than the administration and management of the competition, the notification of possible modifications or changes in the calendar of the events and/or promotion of the products related to OCEANMAN. For this reason and with a clear sporting objectives, promotional and commercial aims, we ask athletes and their children to give their consent for the reproduction of their images in photographs and other recordings taking place during the competition.

In case you wish to withdraw your consent, you must notify Educanova Consultores & Recursos in writing and under the provisions of the Organic Law 15/1999, 13, you can rectify or cancel partially or totally your personal data.

In each of the venues of this championship, this general regulation may incorporate specific modifications, in compliance with the legislation of each host country.





Swimmer Name-Last name.....Race Number.....

Distance OCEANMAN HALF OCEANMAN SPRINT OCEANKIDS OCEANTEAMS

By signing this registration form I acknowledge, appreciate, and agree that : The risk of injury from the activities involved in " OCEANMAN KRABI 2025 " is

1. I further state that I am in proper physical condition to participate in this event and am over 18 years of age. (Competition recommended for over 18 years of age.)

Participants under 18 year of age must provide parents' or guardians' consent at racer number collection. No swimmer under the age of consent can participate without signed authorization.

2. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation. I will remove myself from participation and bring such to the attention of the nearest official.

3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, and assume full responsibility for my participation; and,

4. significant and includes, but is not limited to, the following; drowning, near-drowning, sprains, strains, falling, fractures, heat stroke, other heat and cold injuries, over-use syndrome, injuries involving vehicles, animal bites and stings, contact with poisonous plants, and the potential for permanent paralysis and death. These activities include, but are not limited by boat or other convenience. While particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

5. I grant permission for the use of my name and or likeness related to my participation in any event conducted by A-Thrive Co., Ltd. I also grant the use of my voice and any and all recorded and or filmed/video/photographed footage of me, and further waive all rights to any compensation, as a result of my name or likeness being used in any way.

6. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY**

7. **I HAVE COMPLETED THE FULL NUMBER OF VACCINATIONS AGAINST COVID AND RECEIVED A NEGATIVE TEST FOR COVID FROM THE LABORATORY.**

WITHOUT ANY INDUCEMENT. I have also read and will comply with all rules, and the mandatory gear lists.

Signature.....

Date.....



OCEANMAN 5 KM - 2 LAPS

KRABI 28th - 30th March

**START
FINISH**





HALF OCEANMAN 5 KM - 1 LAP

KRABI 28th - 30th March

**START
FINISH**





SPRINT 2 KM - 1 LAP

KRABI 28th - 30th March

**START
FINISH**





OCEANKIDS 500 M - 1 LAP

KRABI 28th - 30th March

**START
FINISH**





OCEANTEAMS 3 X 500 M

KRABI 28th - 30th March

**START
FINISH**





OCEANMAN
WE ARE OPEN WATER SWIMMING
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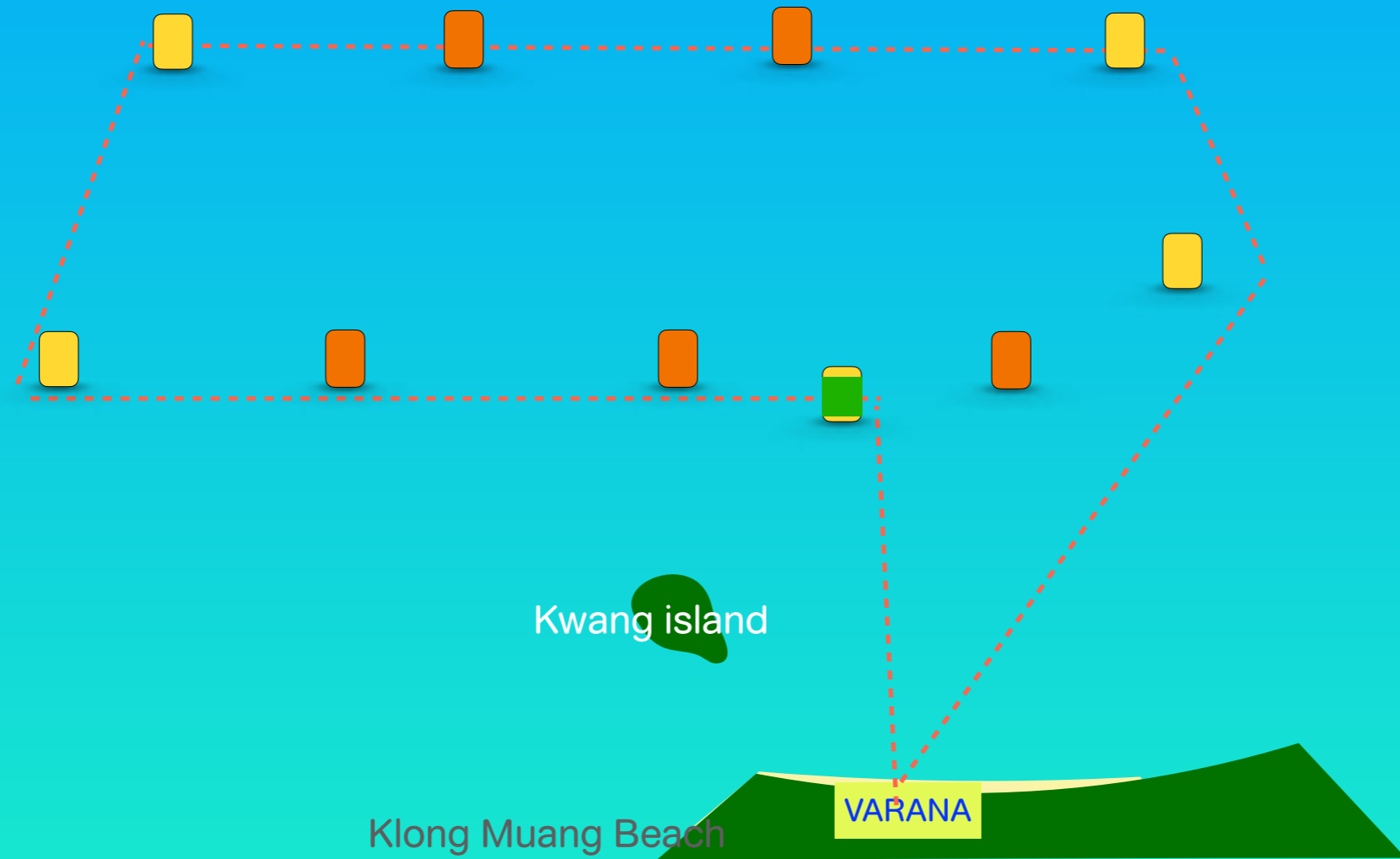
Boundaries and coordinates In requesting permission to use marine areas



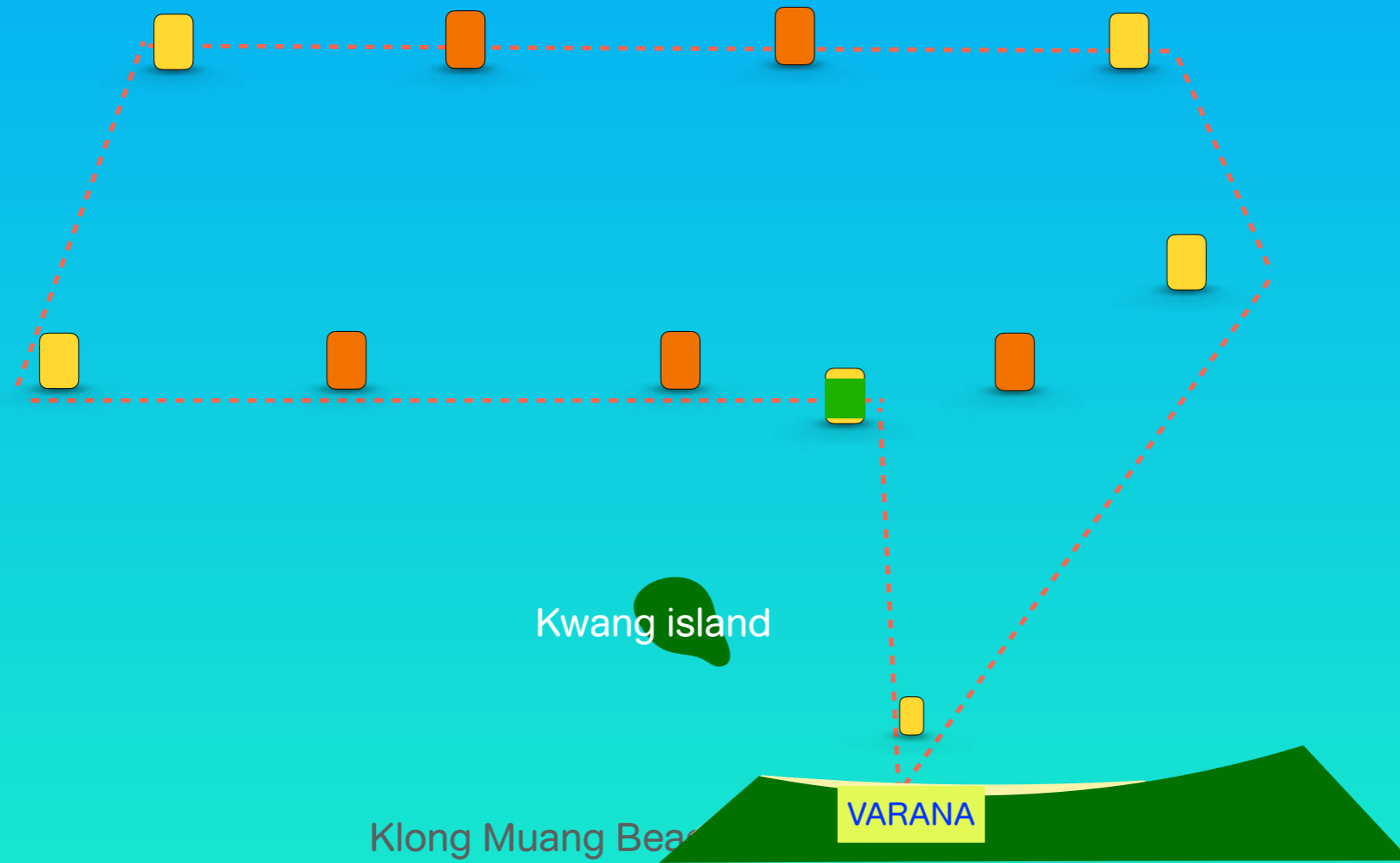
- A** 8 03'23" N 98 44'55" E
- B** 8 03'18" N 98 44'23" E
- C** 8 02'35" N 98 44'45" E
- D** 8 03'34" N 98 45'04" E
- E** 8 03'15" N 98 44'43" E

Klong Muang Beach

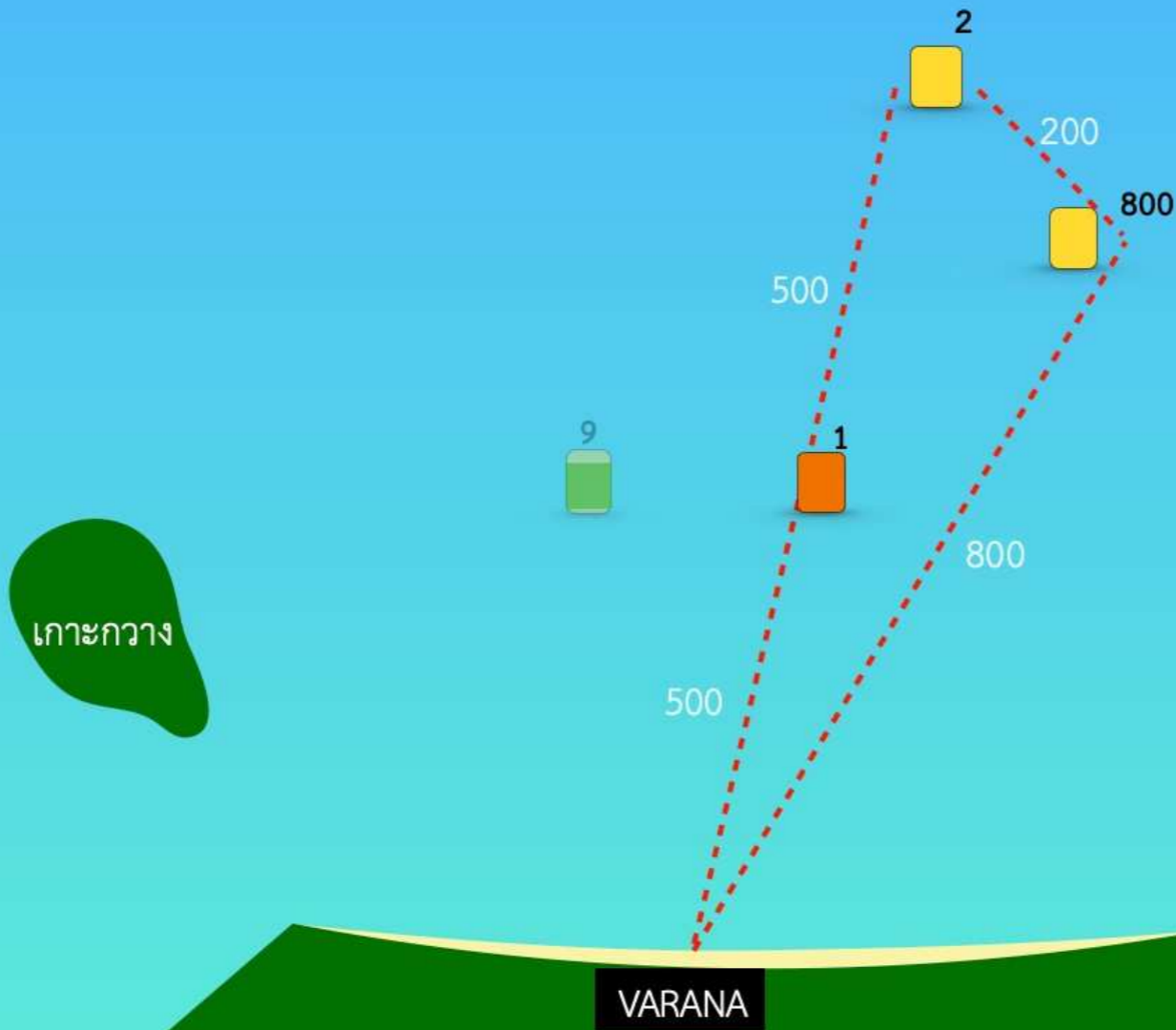
OCEANMAN distance: 10 kilometers, swim 5 kilometers, 2 laps



Half OCEANMAN distance: 5 kilometers, swim 5 kilometers, 1 lap



SPRINT distance: 2 kilometers, swim 2 kilometers, 1 lap



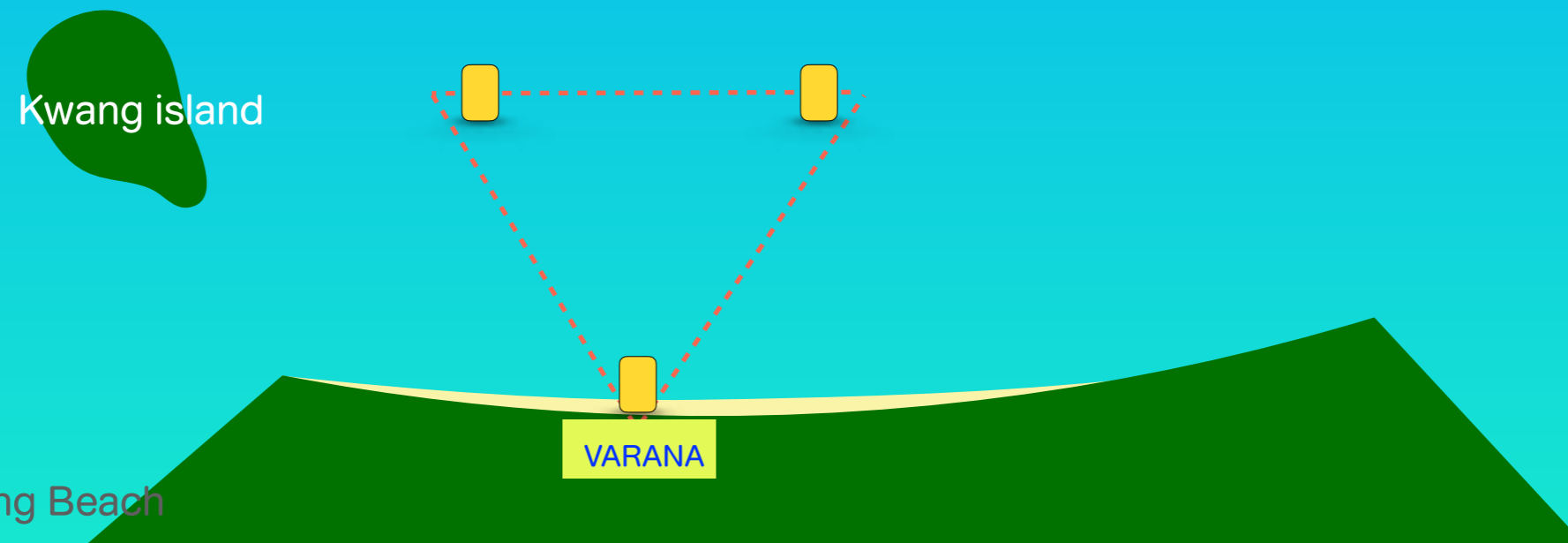
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VARANA

OCEANTEAMS distance: 3 people swim 500 meters per lap.

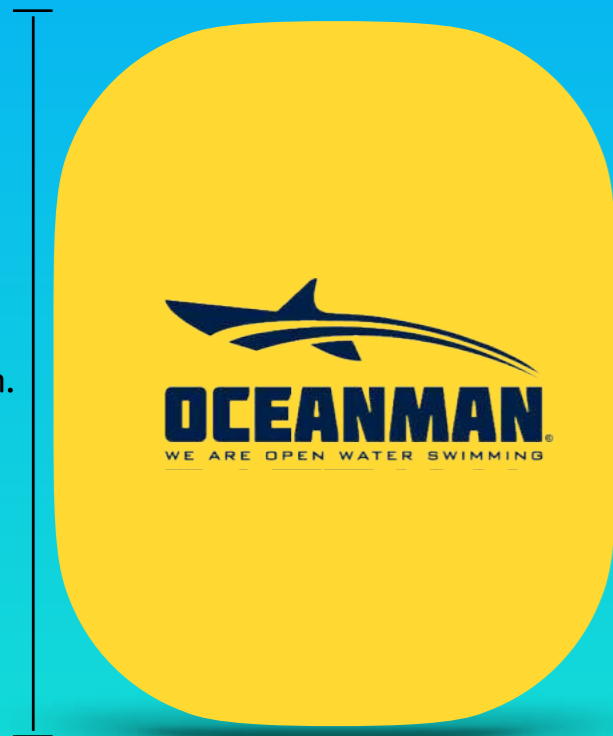
OCEANKIDS swim distance 500 meters



Klong Muang Beach

VARANA

Marking Buoy



4 units



5 units



1 unit



3 units

310 cm.

180 cm.





Installation of wind buoys Create a swimming route



Step 1

Marking with small buoy

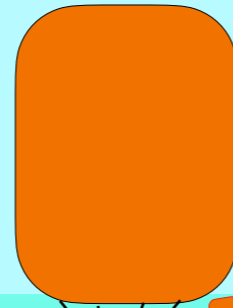


Before



Step 2

Buoy



Sand bag

Begin



Step 3



After



Remove sand bag



After completing their mission, officials removed all materials from the sea. Those that could not be reused in the next event were handed over to the community for use. The parts can be reused for further field use, cleaned and rushed and stored.



Drinking water service at sea for the 10 km and 5 km distances. Swing conductors hand out drinking water and fruit to the athletes and spoon them back onto the boat once consumed.

Requesting basic help



1. I want attention : raise your arms

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

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



Body mark

Our staff will write down your number booth side of your back hand side. Please remember your number and tell to our staff in the body marking area at the race venue.



Timing chip tag

Timing chip is very important for your performance please put on your left ankle all the time in the race course, and return to our staff at the finish line. 800 Thai baht will be charge if it lost.



Swimming Buoy

Obliged and participants should wearing along swimming time.



We provided **POCARI SWEAT** at feeding points.
Power gel along the course of 10km and 5km. Every 40 minutes per 1 sachet(100 Calories) This is the most important for OCEANMAN and HALF OCEANMAN distance.(Not provided by Organizer)



Water Drink a lot of water when your body loses more fluids than it takes in. To prevent dehydration.



Watermelon is considered as an energy-boosting fruit, especially in summers, as it hydrates the body.



THANK YOU

For more information about OCEANMAN
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