



**A WORLD-CLASS  
OPEN WATER SWIMMING  
PHENOMENON**

**28 MARCH 2026**  
• 2KM • 500M  
OPEN WATER SWIMMING

**29 MARCH 2026**  
• 10 KM • 5KM  
OPEN WATER SWIMMING



**OFFICIAL  
RACEBOOK**

**28-29 MARCH 2026**



**WORLD CLASS OPEN WATER SWIMMING COMPETITION  
DUSIT THANI KRABI BEACH RESORT, KRABI, THAILAND**

An aerial photograph of a triathlon swim leg. A large group of swimmers is visible, following a course marked by a line of colorful buoys. A prominent yellow buoy is in the center. A red kayak is also visible near the yellow buoy. The water is a deep blue-green color.

**"SWIM YOUR DREAM"**

**"BECOME AN OCEANMAN"**



**“OCEANMAN” IS A YOUNG AND AMBITIOUS PROJECT THAT EXPECTS A STRONG INTERNATIONAL EXPANSION WITH 36 VENUES ON PLAN IN 2026. 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..**

# Supported by



# Director note

"A WARM WELCOME TO ALL SWIMMERS FROM AROUND THE GLOBE! OCEANMAN KRABI HAS BEEN A BELOVED EVENT SINCE IT FIRST BEGAN IN 2018, AND IT CONTINUES TO GROW BEAUTIFULLY. RETURNING HERE FEELS JUST LIKE COMING HOME; THE NATURE REMAINS AS BREATHTAKING AS EVER, THANKS TO EVERYONE'S EFFORTS IN PRESERVING IT.

THIS YEAR, WE ARE INCREDIBLY PROUD TO HAVE THE OFFICIAL SUPPORT OF KRABI PROVINCE. THEIR PARTNERSHIP ELEVATES OUR EVENT, ENSURING GREATER RECOGNITION AND A BETTER EXPERIENCE FOR EVERYONE THAN EVER BEFORE. WHILE WE'VE MADE SOME EXCITING UPDATES TO THE ROUTE, I PROMISE YOU WILL STILL EXPERIENCE THE SAME AWE-INSPIRING BEAUTY AND THRILLING CHALLENGES.

I WISH YOU ALL A SAFE RACE. PLEASE ENJOY EVERY MOMENT WE HAVE PREPARED FOR YOU. THANK YOU!"

MR. ANUSIT SUKPRASERT  
RACE DIRECTOR  
OCEANMAN THAILAND





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# KRABI



# Krabi Province

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 RAILLEY BEACH IS LOCATED.



# Host Hotel

## Dusit Thani

KRABI BEACH RESORT

DUSIT THANI KRABI BEACH RESORT IS A 5-STAR LUXURY RESORT SITUATED ON KLONG MUANG BEACH, SET WITHIN OVER 100 RAI OF LUSH NATURAL SURROUNDINGS. DISTINGUISHED BY A SEAMLESS BLEND OF WARM THAI HOSPITALITY AND MODERN ELEGANCE, THE RESORT OFFERS COMFORTABLE ACCOMMODATIONS, TWO EXPANSIVE BEACHFRONT SWIMMING POOLS, AND A VARIETY OF RECREATIONAL ACTIVITIES ON BOTH LAND AND WATER, ALONG WITH WORLD-CLASS DINING OPTIONS. IT IS THE PERFECT DESTINATION FOR A RETREAT THAT PRIORITIZES TRANQUILITY, PRIVACY, AND A PREMIUM EXPERIENCE IN KRABI.



# Directory



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13. SHOWER (AFTER RACE)
14. MEDCAL | FIRST AID



# 1. Schedule

# Saturday 28 March 2026

## Time

## Activities

08.00 AM.

OCEANMAN KID CAMP

09.00. - 11.00 AM

OCEANMAN KID CAMP ON COURSE

10.00 AM. - 06.00 PM.

OPEN VENUE FOR EXPO

PRODUCTS AND SERVICES, AND FOR RECEIVING COMPETITION EQUIPMENT.

02.00 PM.

TEST COURSE **(IT'S NOT COMPULSORY)**

03.00 PM.

OCEANMAN SPRINT 2 KM STARTS

04.00 PM.

OCEANTEAMS STARTS

05.00 PM.

OCEANKIDS STARTS

05.30 PM.

AWARDS CEREMONY FOR OCEANKIDS AND OCEAN TEAMS

06.00 PM.

SHOW + GRAND OPENING CEREMONY

06.20 PM.

RACE BRIEFING FOR 10 KM, 5 KM

06.50 PM.

SHOW + WELCOME DINNER

**DEAR ATHLETES, PLEASE BE INFORMED THAT BOTH GALA DINNER MEALS (VALUED AT 2,500 THB) ARE ALREADY INCLUDED IN YOUR REGISTRATION FEE. NO ADDITIONAL PAYMENT IS REQUIRED. FOR COMPANIONS, DINNER TICKETS CAN BE PURCHASED BY CONTACTING OUR STAFF AT THE REGISTRATION DESK ONLY.**



# 1. Schedule

*Sunday 29 March 2026*

## Time

## Activities

05.00 – 12.00 AM.	OPEN VENUE FOR ALL SWIMMERS
06.00 AM.	ATHLETE CHECK-IN AND BODY MARK
07.00AM.	OCEANMAN 10 KM STARTS
07.30 AM.	HALF OCEANMAN 5 KM STARTS
06.00 PM.	AWARD CEREMONY
06.30 PM.	CLOSING CEREMONY

**DEAR ATHLETES, PLEASE BE INFORMED THAT BOTH GALA DINNER MEALS (VALUED AT 2,500 THB) ARE ALREADY INCLUDED IN YOUR REGISTRATION FEE. NO ADDITIONAL PAYMENT IS REQUIRED. FOR COMPANIONS, DINNER TICKETS CAN BE PURCHASED BY CONTACTING OUR STAFF AT THE REGISTRATION DESK ONLY.**

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**PLEASE BE INFORMED THAT THE AWARD CEREMONY WILL TAKE PLACE FROM 06:00 PM ONWARDS. KINDLY CHECK THE WINNER'S LIST AND JOIN US IN CELEBRATING AT THE VICTORY PARTY. PLEASE NOTE THAT STAFF WILL NOT PRESENT ANY AWARDS OUTSIDE OF THIS SCHEDULED TIME.**



# 2.Distance

SWIMMERS CAN PARTICIPATE IN ONE OR SEVERAL OF THE FOLLOWING DISTANCES.

**OCEANMAN** : OPEN-WATER SWIMMING WITH 10 KILOMETERS ALONG TWO LOOPS OF 5 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**.



# 3. CUT OFF TIMES

TIME LIMITS TO REACH THE FINISHING LINE ARE:

## OCEANMAN :

CUT OFF TIME SECTIONS:

KM 3 - 1H 30M

KM 6 - 3H

KM 10 - 4H 30M

## HALF OCEANMAN :

CUT OFF TIME SECTIONS:

KM 3 - 1H 30M

KM 5 - 2H 30M

## SPRINT AND OCEANTEAMS :

FINISH LINE CUT OFF TIME - 1H 30M

## OCEANKIDS :

FINISH LINE CUT OFF TIME - 1H



# 4.Award

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.

<b>OCEANMAN (MALE – FEMALE)</b>	
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%



# 4.Award

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.

<b>HALF OCEANMAN (MALE – FEMALE)</b>	
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%



# 4.Award

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.

<b>SPRINT (MALE – FEMALE)</b>	
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%



# 4.Award

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.

<b>OCEANKIDS (Male - Female)</b>	
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

<b>OCEANTEAMS (Male, Female, Mixed)</b>	
Category	Age Range
Male, Female, Mixed	Swimmers from 12 years of age



# 4.Award

## 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.



# 4.Award

## 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

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



# 5. 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.



# 5. Competition Regulations

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



# 5. Competition Regulations

## 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.



# 5. Competition Regulations

## 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.



# 5. Competition Regulations

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](http://WWW.OCEANMANSWIM.COM), [WWW.OCEANMAN.NET](http://WWW.OCEANMAN.NET), [WWW.OCEANMAN-OPENWATER.COM](http://WWW.OCEANMAN-OPENWATER.COM) OR [WWW.OCEANMAN-STORE.COM](http://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



# 5. Competition Regulations

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.



# 5. Competition Regulations



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.....

SWIM YOUR DREAM

# 6. Course map

# OCEANMAN 10KM



# 6. Course map

# HALF OCEANMAN 5KM



# 6. Course map

# SPRINT 2KM



# 6. Course map

# OCEANKIDS 500M

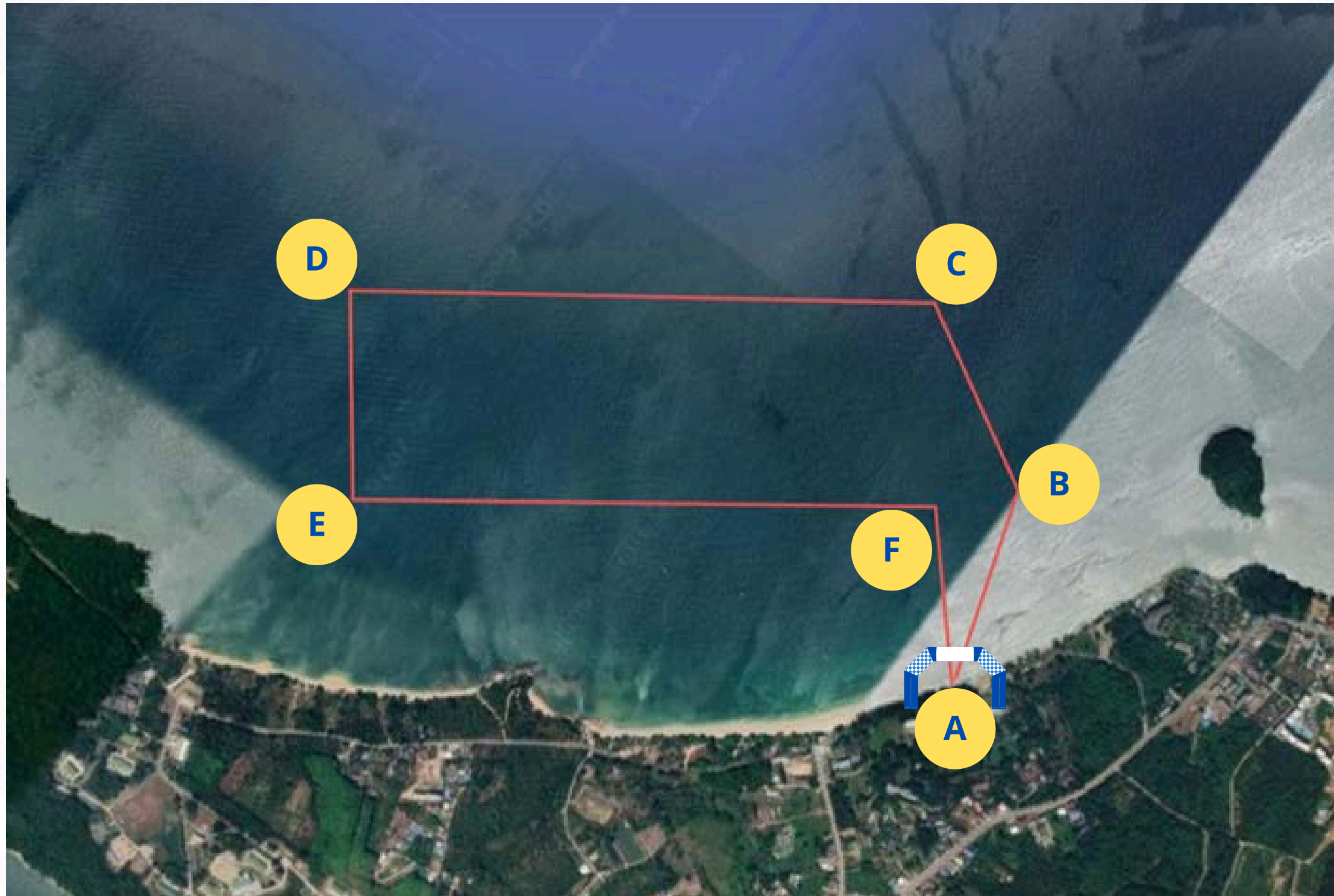


# 6. Course map

# OCEANTEAMS 500M x 3



# 7. Safety plan



## *Route Location*

A : 8 03'03"N 98 45'20"E

B : 8 02'57"N 98 45'04"E

C : 8 02'43"N 98 44'56"E

D : 8 02'04"N 98 45'23"E

E : 8 02'14"N 98 45'37"E

F : 8 02'53"N 98 45'09"E



# 7. Safety plan

ON COURSE GIANT MARKING BUOY TOTAL = 13 UNITS



4 UNITES



5 UNITES



1 UNITE



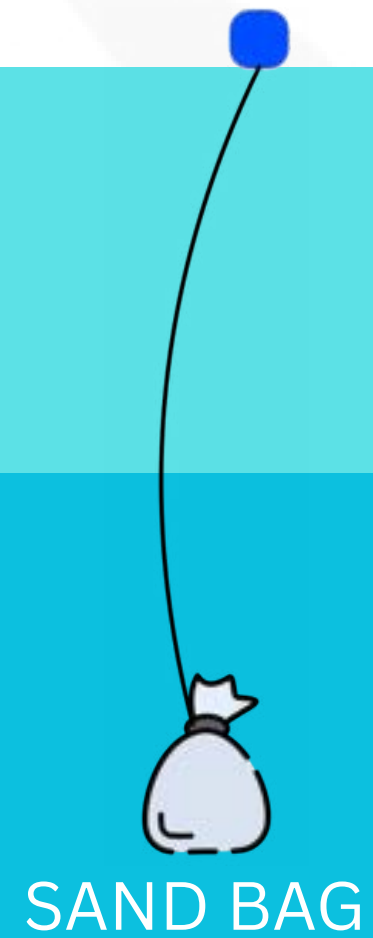
3 UNITES



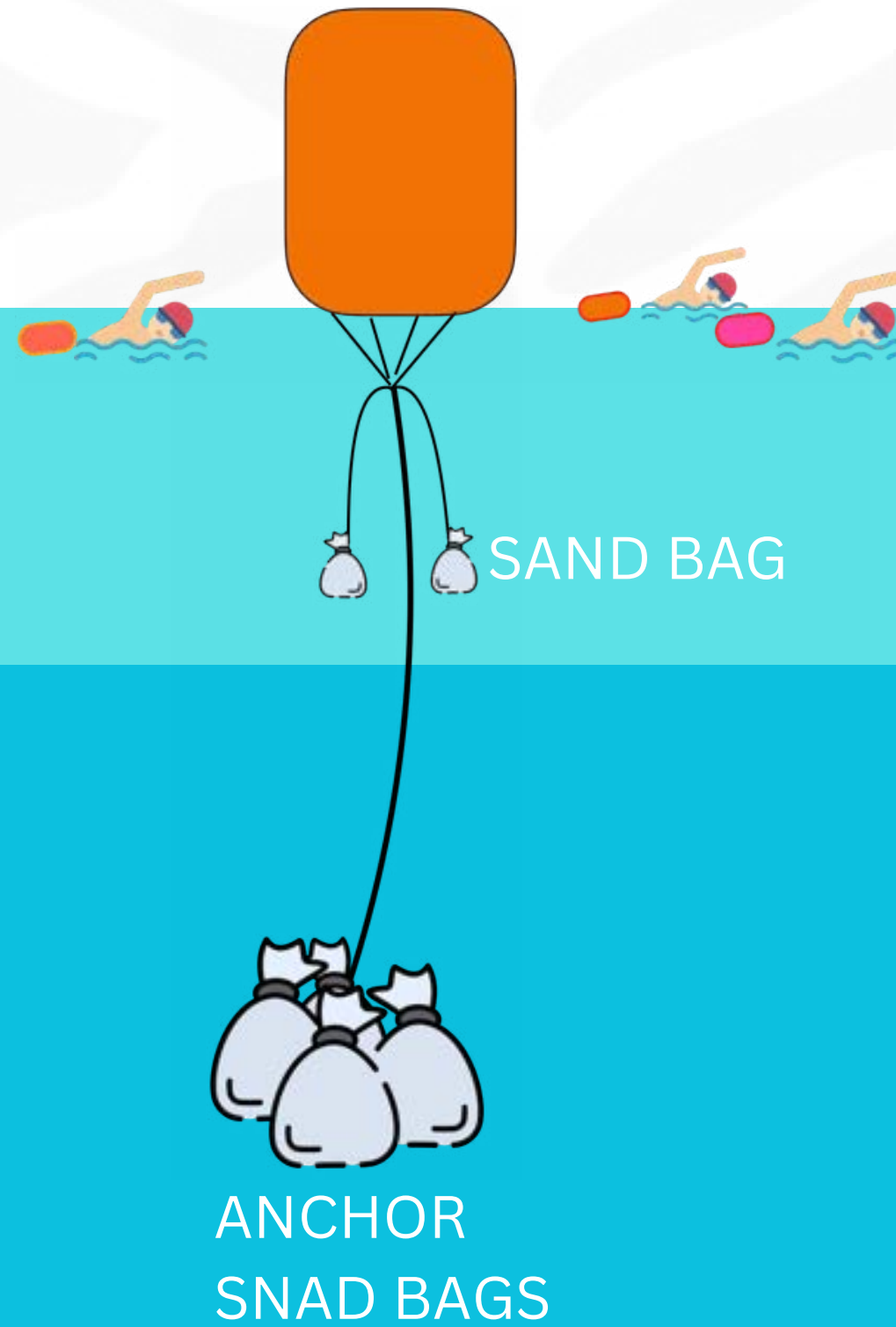
# 7. Safety plan

## HOW TO INSTALLATION THE GIANT MARKING BUOY

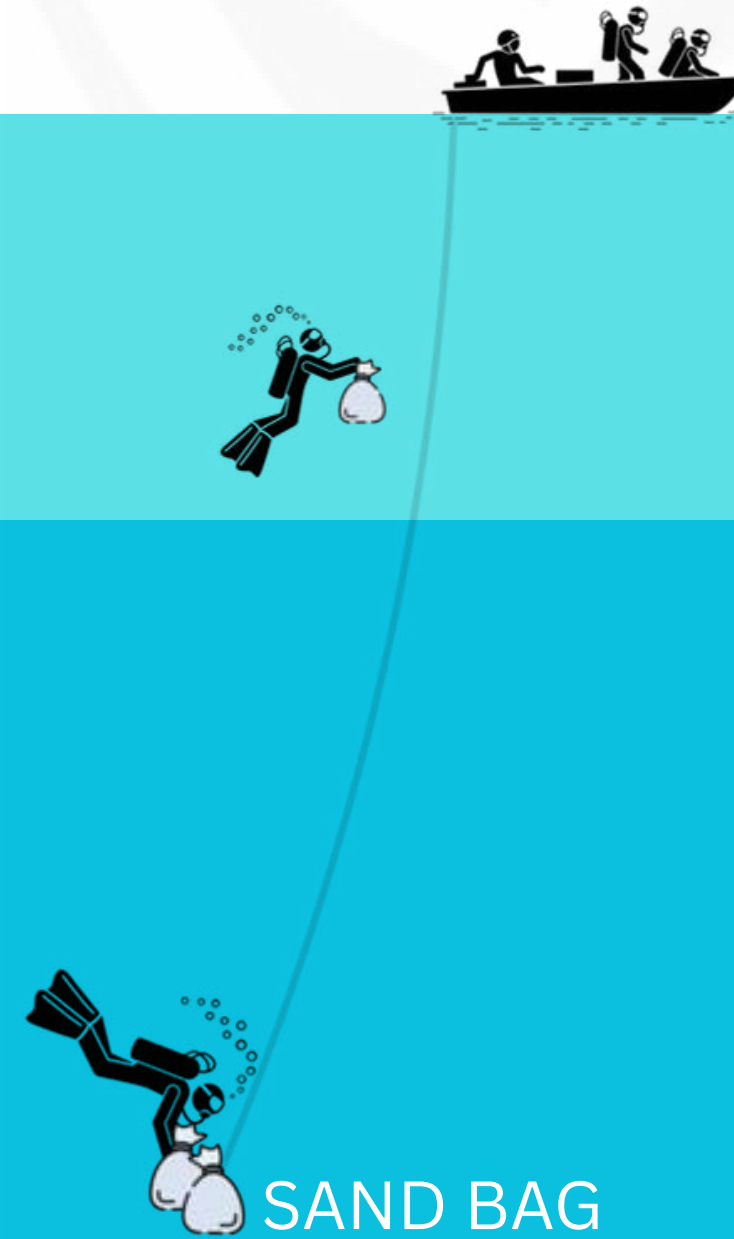
STEP 1



STEP 2




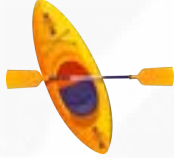






STEP 3



# 7.Safety plan

## EQUIPMENT AND RESCUE

Symbol	Duty	Unit	Detail	Day	Working time
	Ambulance Boat	1	First aid in the middle of the sea by 2 medical staff	March 29 , 69	6.00 am - 11.30 am.
	Police boat	1	Check to prevent local boats from entering during the competition by using the method of notifying and communicating.	March 28 , 69 March 29 , 69	14.00 pm - 18.00 pm. 6.00 am - 11.30 am.
	Dinghy	4	Be a judge, take care of athletes not to swim in the wrong direction, watch the safety of athletes and move quickly in helping in case of an emergency.	March 28, 69 March 29, 69	14.00 pm. - 18.00 pm. 5.00 am. - 11.30 am.
	Kayak	20	Be a judge not to let athletes swim in the wrong path and watch the safety of athletes.	March 28, 69 March 29, 69	14.00 pm. - 18.00 pm. 5.00 am. - 11.30 am. p.m.
	kayak lead	4	Lead and close the swimming group and keep informing the movement of the leader's position and the closing group to acknowledge.	March 28, 69 March 29, 69	14.00 pm. - 18.00 pm. 5.00 am. - 11.30 am. p.m.
	Feeding	1	Provide drinking water, mineral salts and fruits to provide energy to Athlete	March 29, 69	05.00 am - 11.30 am.
	Ambulance	2	Help with basic first aid in the injury in case of an emergency, red case, the nursing team can assess the symptoms to be sent to a nearby hospital immediately.	March 28, 69 March 29, 69	14.00 pm. - 18.00 pm. 05.00 am. - 11.30 am. p.m.
	buoy	13	tell swimming guidelines to swimmers.	March 28, 69 March 29, 69	05.00 am - 11.30 am.



# 7.Safety plan

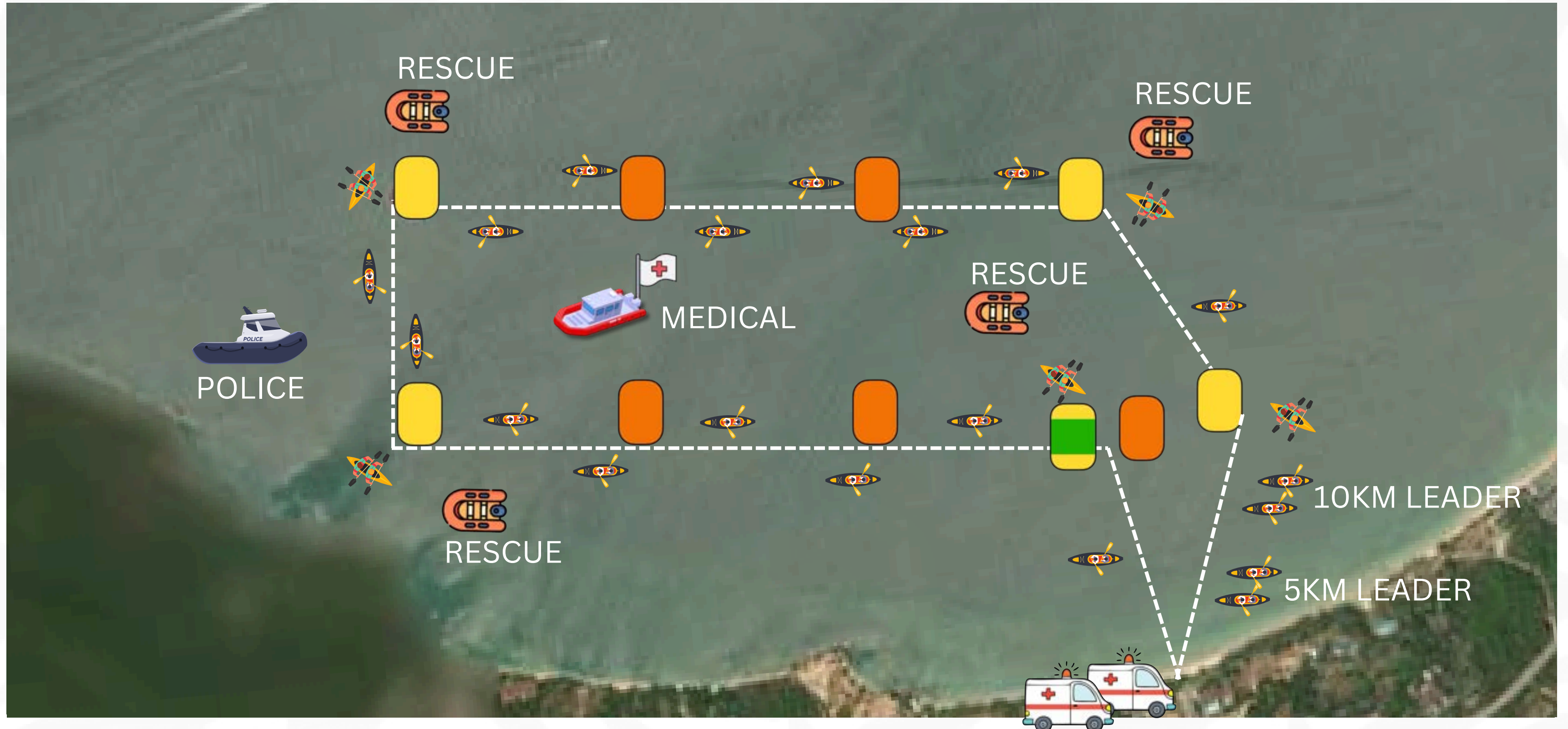
# Team

• DIRECTOR	1 PERSON
• COURSE DIRECTOR	1 PERSON
• COURSE MANAGER	3 PERSONS
• HEAD OF RESCUE TEAM	1 PERSON
• RESCUE TEAM	15 PERSONS
• KAYAKER	25 PERSONS
• MARIN POLICE	4 PERSON S
• NATIONAL PARK OFFICER	3 PERSONS
•	
• SET UP MANAGER	1 PERSON
• MARKETING AND PUBLIC RELATION	3 PERSONS
• SOCIAL MEDIA	18 PERSONS
• WATER STATION STAFF(FEEDING)	12 PERSONS
• VOLUNTEER	35 PERSONS
•	
• TRAINING COACH	1 PERSON
• TRAINING STAFF	4 PERSONS
• MARIN DOCTOR	1 PERSON
• MARIN MEDICAL STAFF	6 PERSONS
• FIRST AID STAFF	6 PERSONS
•	
• VENUE MANAGER	1 PERSON
• OPERATION STAFF	1 PERSON



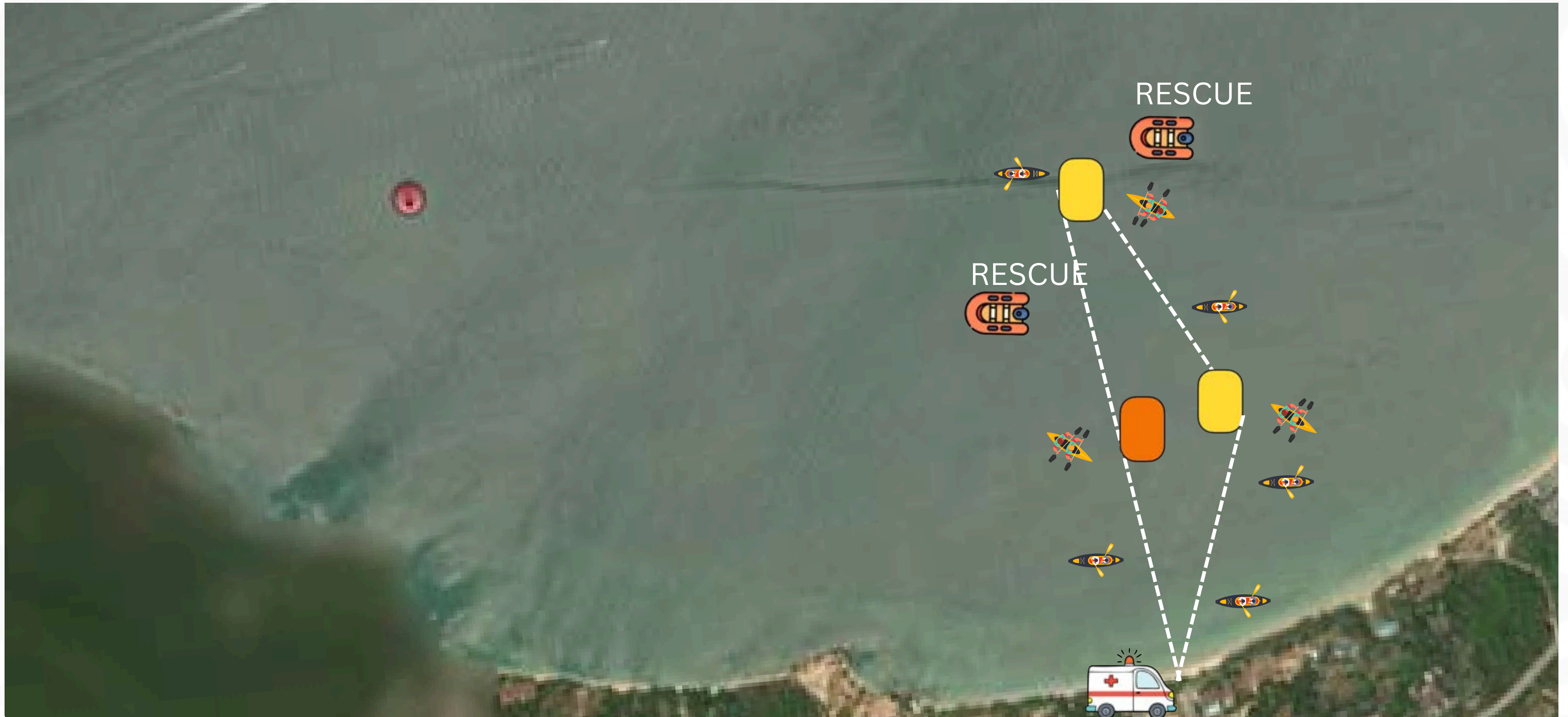
# 7. Safety plan

COURSE RESCUE PLAN  
OCEANMAN AND HALF OCEANMAN DISTANCE



# 7. Safety plan

COURSE RESCUE PLAN  
SPRINT DISTANCE

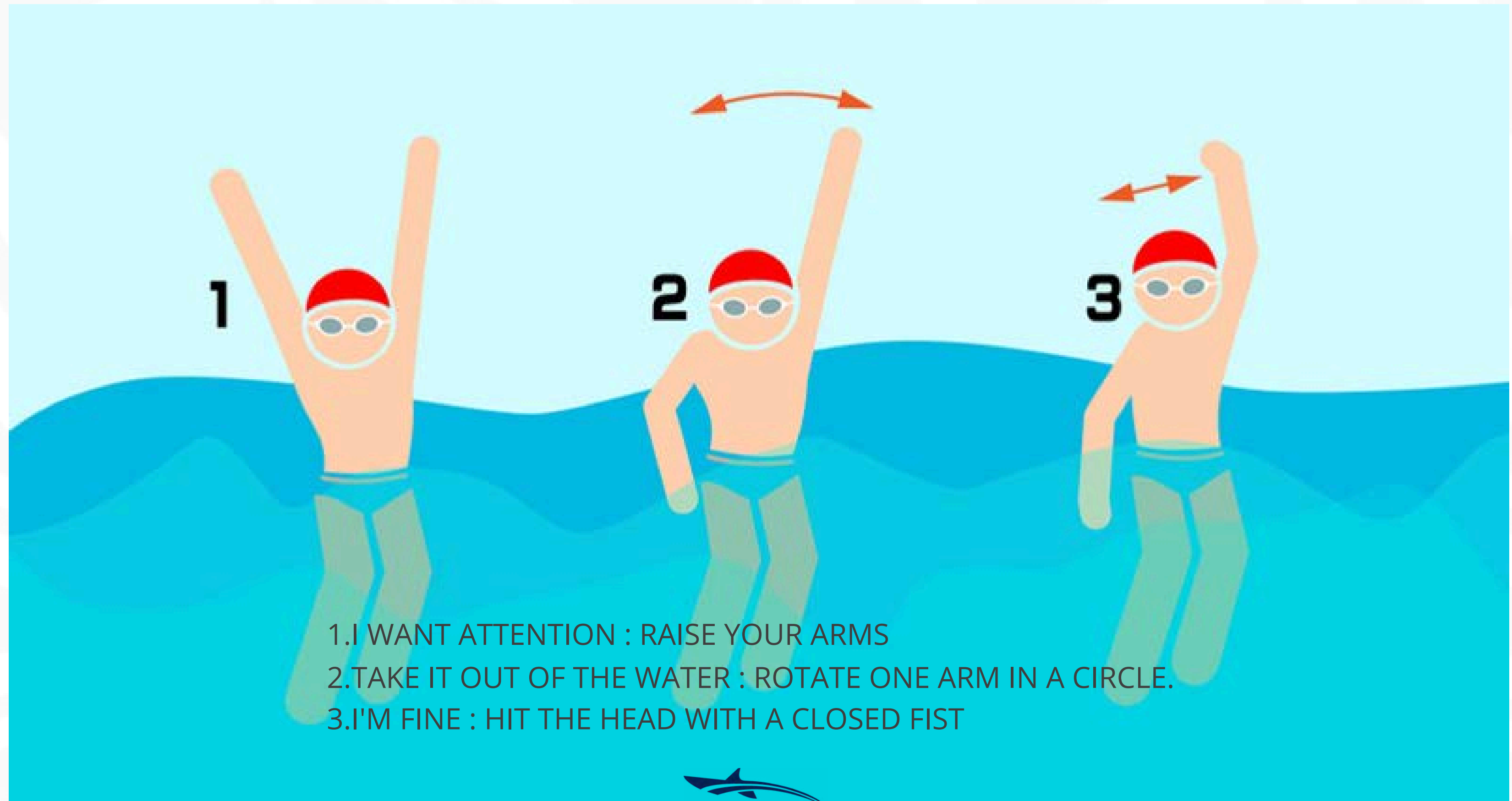


# 7. Safety plan

COURSE RESCUE PLAN  
OCEANKIDS AND OCEANMANTEAMS DISTANCE



# REQUESTING BASIC HELP



# 8. Mandatory

## BODY MARK | TATTOO



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. TATTOO IS OPTIONAL

## 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.



# 9. What We Suggest

## ENERGY HYDRATION DRINK



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)

## DRINK WATER



WATER DRINK A LOT OF WATER WHEN YOUR BODY LOSES MORE FLUIDS THAN IT TAKES IN. TO PREVENT DEHYDRATION.

## WATERMELON

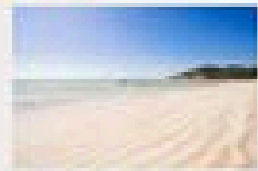


WATERMELON IS CONSIDERED AS AN ENERGY-BOOSTING FRUIT, ESPECIALLY IN SUMMERS, AS IT HYDRATES THE BODY.

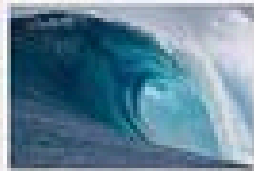


# 10. Crafted with care by our Race Director

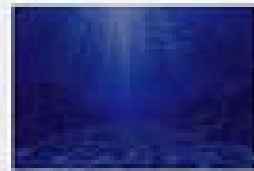
## Refernce Color



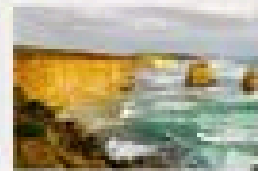
Sand beach



Wave



Mystique



Rock Amber

## Pattern



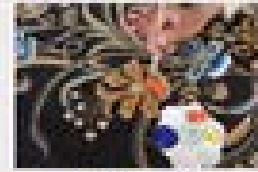
Unspoiled Nature of Krabi



Ancient Beads



Krabi Boat



Batik Fabric

Font : Devenagam Sangam MN

ABCDEFGHIJKLMN OP  
 QRSTUVWXYZ  
 abcdefghijklmnopqrstuv  
 wxyz1234567890

gulaulolines : PSLxDisplay

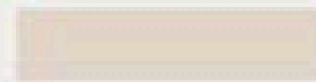
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## Colour



Ray Flower

C=0, M=25, Y=95, K=0



Sand biege

C=5, M=10, Y=15, K=5



Ocean green

C=90, M=35, Y=55, K=10



Sky blue

C=80, M=25, Y=15, K=0



Royal Purple

C=99, M=100, Y=24, K=32

Concept Idea : Krabi Allure | Where Nature Meets Elegance  
 แรงดึงดูดแห่งกระบี่ | พลาบธรรมชาติในแบบสวีไลฟ์

## Pattern



Junction of nature



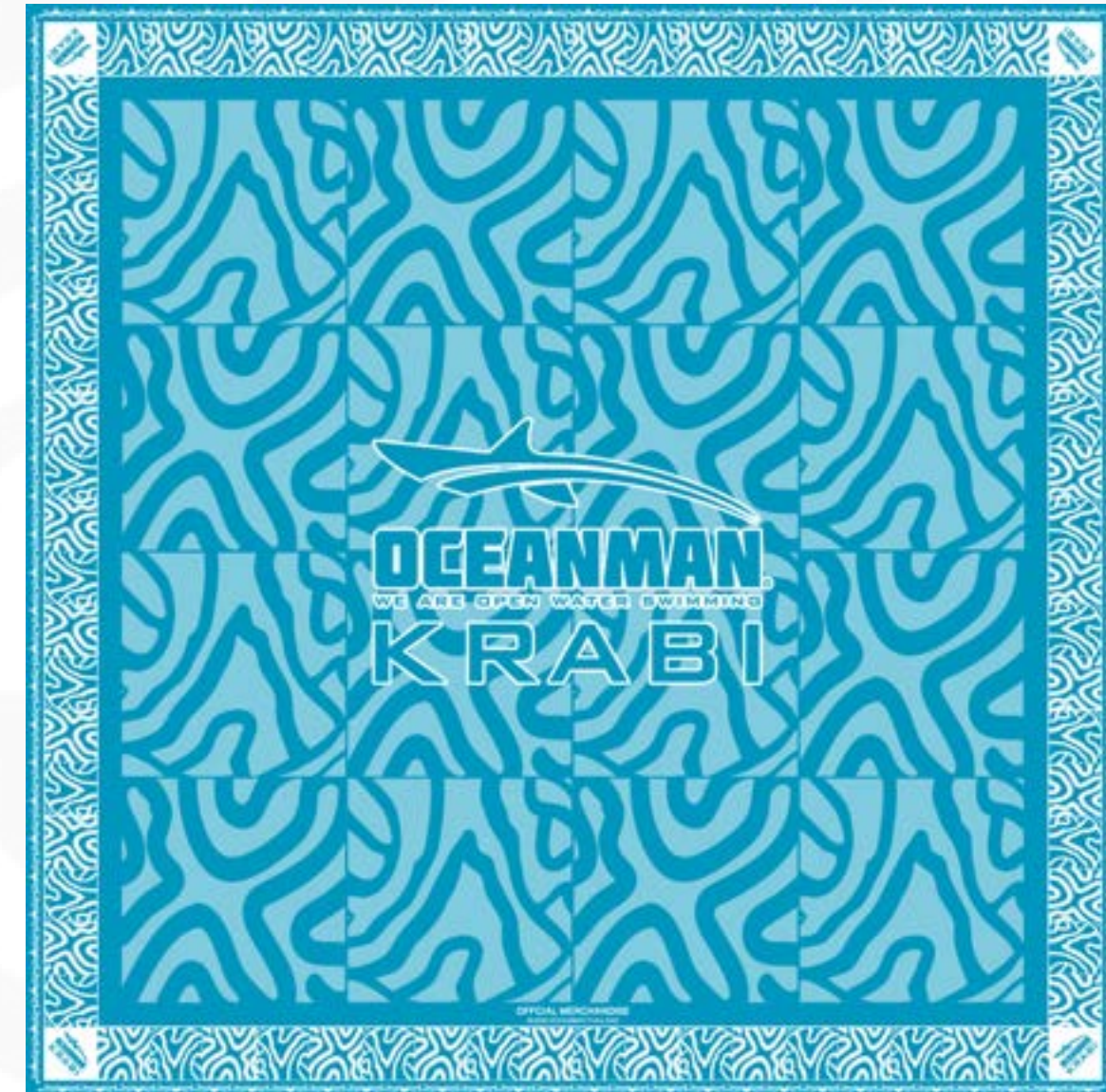
Hill nThong



# 2026 Collection



# 2026 Collection



## EXCLUSIVE OCEANMAN KRABI SCARF

**EXCLUSIVE OCEANMAN KRABI SCARF** COLLECTION SPECIALLY DESIGNED AND METICULOUSLY CRAFTED BY OUR RACE DIRECTOR, THIS EXCLUSIVE SCARF COLLECTION BEAUTIFULLY CAPTURES THE UNIQUE IDENTITY OF KRABI PROVINCE ALONGSIDE THE ADVENTUROUS SPIRIT OF THE OCEANMAN RACE. A TRULY PERFECT BLEND OF ART AND ATHLETIC PASSION. DON'T MISS YOUR CHANCE TO OWN THIS ULTIMATE KEEPSAKE—MAKE SURE TO COLLECT ALL 3 STUNNING DESIGNS!

# 2026 Collection



**EXCLUSIVE OCEANMAN KRABI HAWAII SHIRT**



**EXCLUSIVE OCEANMAN KRABI SHIRT**

# 11. Race pack (all included registration fee)



SOUVENIR T-SHIRT



FINISHER MEDAL



บัตรแลกทานกลางวัน



MEAL COUPON FOR TWO GALA DINNERS  
• VALUE 2,500 BAHT

# 11. Race pack (all included registration fee)



1  
0  
3  
4

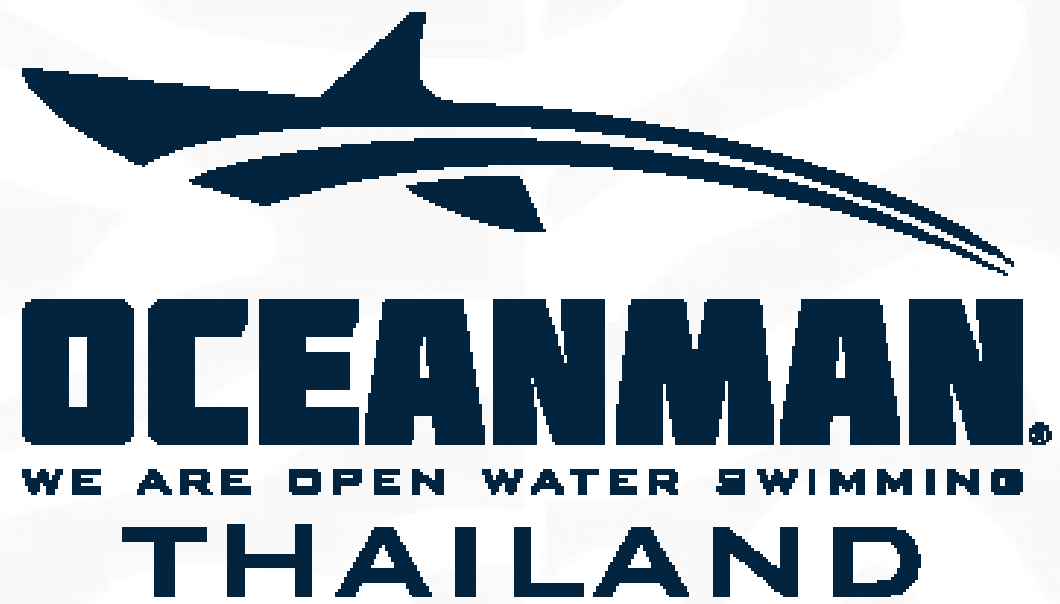
TATTOO STICKER



SWIMCAP



GOODIESBAG



**THANK YOU**

**FOR MORE INFORMATION ABOUT OCEANMAN THAILAND**

**MR.ANUSIT SUKPRASERT**

**MOBILE : +66875184666**

**E-MAIL : [THAILAND@OCEANMANSWIM.COM](mailto:THAILAND@OCEANMANSWIM.COM)**