



RACEBOOK 2025





EVENT SCHEDULE

FRIDAY 13th JUNE

- 11:00 – Registration &
20:00 EXPO
- 16:00 OCEANKIDS Start
- 17:00 OCEANTEAMS Start
- 18:00 Awards
- 18:30 Ceremony Race
- 19:30 Briefing (*)
Pasta Party (*)

(*) Lido di Gozzano

SATURDAY 14h JUNE

- 06:00 – Wardrobe & EXPO
08:00
- 09:30 OCEANMAN Start
- 11:00 SPRINT Start
- 13:30 HALF OCEANMAN Start
- 17:30 Awards Ceremony

RACE BRIEFING | RACE BAG COLLECTION | OCEANMAN VILLAGE | PASTA PARTY | FINISH LINE

Lido di Gozzano |

<https://goo.gl/maps/ac4dRR1ThvzNxjf58>



HOW TO REACH OCEANMAN VILLAGE

- AIRPORT : Malpensa and Orio
- TRAIN STATION Gozzano/ Novara/ Arona
- CAR RENTAL: HERTZ CONVENTION
- TAXI



HOW TO REACH OCEANMAN VILLAGE

We will have our Race Briefing in **English / Italian at 18:30 at Lido di Gozzano on Friday 13th June**, followed by our Pasta Party.

Everybody those attending the race information meeting and the Pasta Party, as well as the registration office, will be able to use the permanent, completely free shuttle bus service between the Gozzano parking areas and Lido di Gozzano.

Lido di Gozzano
Via alla Colonia, 17, 28024 Gozzano NO

<https://goo.gl/maps/CExTLypdE21wV5GE6>



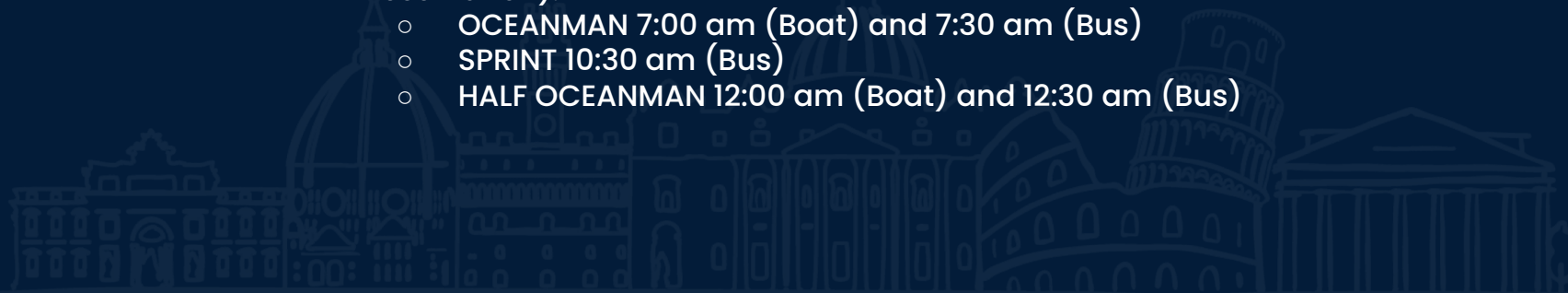
HOW TO REACH RACE STARTING POINTS

TO GO TO THE VILLAGE/EXPO – there are car parkings in Gozzano and shuttle buses.

To go to the departures, the boat (Oceanman 14k) and buses (14K, Half Oceanman and Sprint) can be used, upon prior reservation, until places are filled.

SWIMMER WITH TRANSFER RESERVATION

- All the swimmers with transfer reservation will have to reach LIDO DI GOZZANO <https://goo.gl/maps/CExTLypdE21wV5GE6>
- All swimmers will be boarded onto the **busses** and boats provided by OCEANMAN and taken to the starting points of each race.
- Our buses will depart from our three designated bus stops, it is everyone's responsibility to make sure that if they will be using OCEANMAN transport, they are at one of the three bus stops well in advance.
- The ferry boat/shuttle bus for the START AREA will leave Lido di Gozzano at (prior reservation):
 - OCEANMAN 7:00 am (Boat) and 7:30 am (Bus)
 - SPRINT 10:30 am (Bus)
 - HALF OCEANMAN 12:00 am (Boat) and 12:30 am (Bus)



HOW TO REACH RACE STARTING POINTS

ATTENTION!

To reserve your transfer, click on the link:

<https://www.rockthesport.com/es/evento/reservestransferorta25>

Note that the places are only for swimmers, and you must reserve using the document number used during the registration process (national ID, passport, etc.).

If you didn't enter your ID when registering, you won't be able to book a ride. You must first modify your registration using this link:

<https://www.rockthesport.com/en/event/oceanmanlagodorta2025/my-registration> .

Enter your email address and tracking number, modify it by entering your ID number, save, and exit. You can then book the ride using your ID number.

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PARKING GOZZANO

1 STADIO GOZZANO

46, Strada Provinciale Gozzano -
Oleggio Castello, 28045 Gozzano NO

<https://maps.app.goo.gl/ccs5xU2QsdQIaxFP9>



2 - CIMITERO

Via Padre Picco, Gozzano

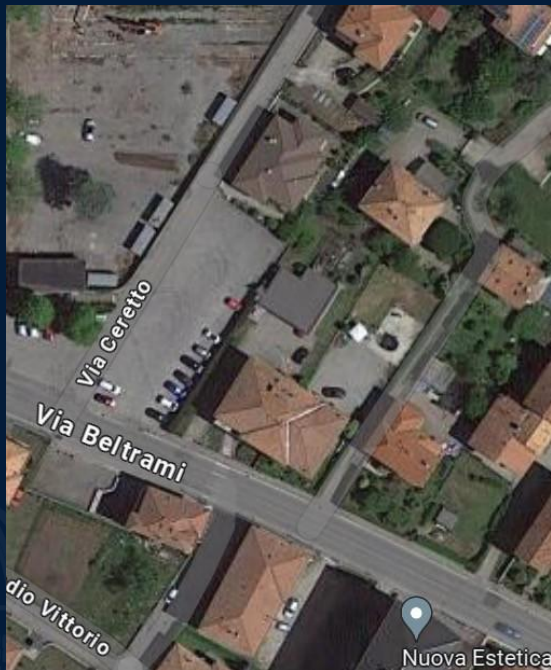
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Via Beltrami / Via Ceretto

Via Beltrami, 28024 Gozzano NO

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HOW TO REACH RACE STARTING POINTS

SWIMMER WITHOUT TRANSFER RESERVATION

- Swimmers without a transfer reservation are responsible for making their own way to the starting line.
- OCEANMAN is not responsible for swimmers without reservation of transfer to reach the starting points of their races.



BAG DEPOSIT DROP OFF

We will have a bag deposit area at every start of all the races so you will be able to get dressed in your swim gear, put all your clothes into your bag and we will have your clothes waiting for you when you arrive at the finish line.

IS MANDATORY to put all your belongings to one bag, and use the Wardrobe sticker provided with your bib number. Thank you.





EVENT PROGRAM

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
Date	14th June	14th June	14th June	13th June	13th June
Start Time	09:30	13:30	11:00	16:00	17:00
Distance	14km	5,5km	1,5km	500m	500m x 3
Cutt off Time	5 km – 2h 15m 10 km – 4h 30m	3 km – 1h 30m	No	No	No
Time Limit	6h	2h 30m	1h 30m	No	No
Feeding Points	5km / 10km	No	No	No	No
Wetsuit	optional	optional	optional	optional	optional
Safety Buoy	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

WETSUIT SWIM / NO WETSUIT SWIM



We will be testing the water on the 14th June and we will announce if the wetsuit is allowed or not.

Please remember the OCEANMAN rules regarding swimming with a wetsuit.

Less than 18°C |
64.4°F WETSUIT
MANDATORY

Between 18°C | 64.4°F and 24°
C | 75.2°F WETSUIT **OPTIONAL**

More than 24°C |
75.2°F WETSUIT
FORBIDDEN



WEATHER FORECAST 13h / 8th JUNE



8th JUNE

18,1°C

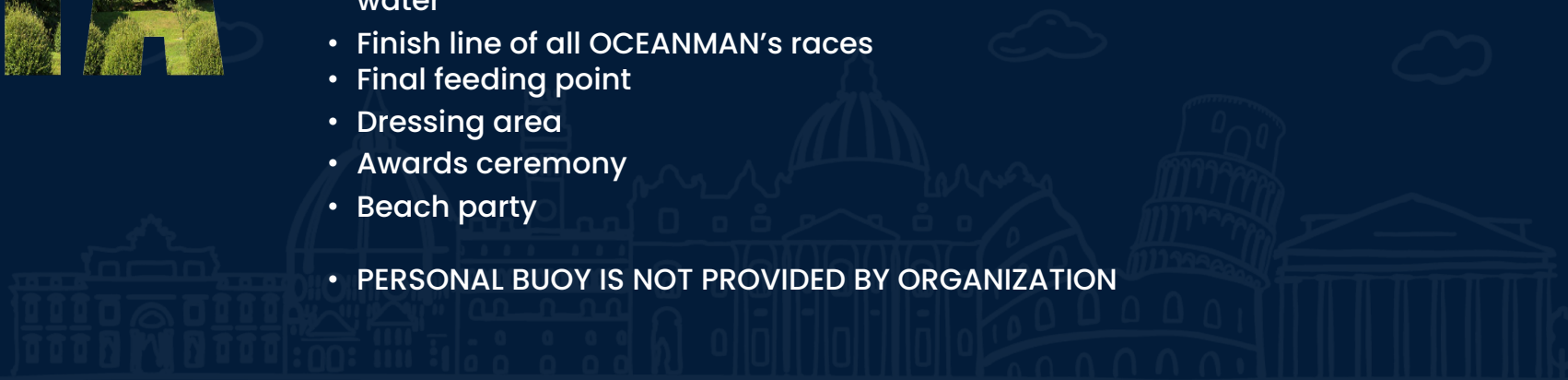
WATER TEMPERATURE

WETSUIT ALLOWED



SERVICES PROVIDED

- OCEANMAN village
- Accident insurance for all swimmers
- Finisher medal
- Trophy / medal awards
- Merchandising shop
- Safety plan in water
- Medical assistant team, ambulance and first aid on standby
- Hydration / nutrition points on the beach as well as in the water
- Finish line of all OCEANMAN's races
- Final feeding point
- Dressing area
- Awards ceremony
- Beach party
- PERSONAL BUOY IS NOT PROVIDED BY ORGANIZATION



RACE RULES & REGULATIONS



- Safety buoy is mandatory – not allowed scuba dive buoys
- Your race chip is to be worn on either one of your ankles
- Your race chip is to be handed in right after the race or face a 50 euro fine
- The route buoys are to be followed correctly
- Judges have the right to pull you out of the water if they think it is unsafe for you to swim or you have exceeded the maximum time allocated for your race
- It is the swimmers' responsibility to make sure they have read and understood the race rules online



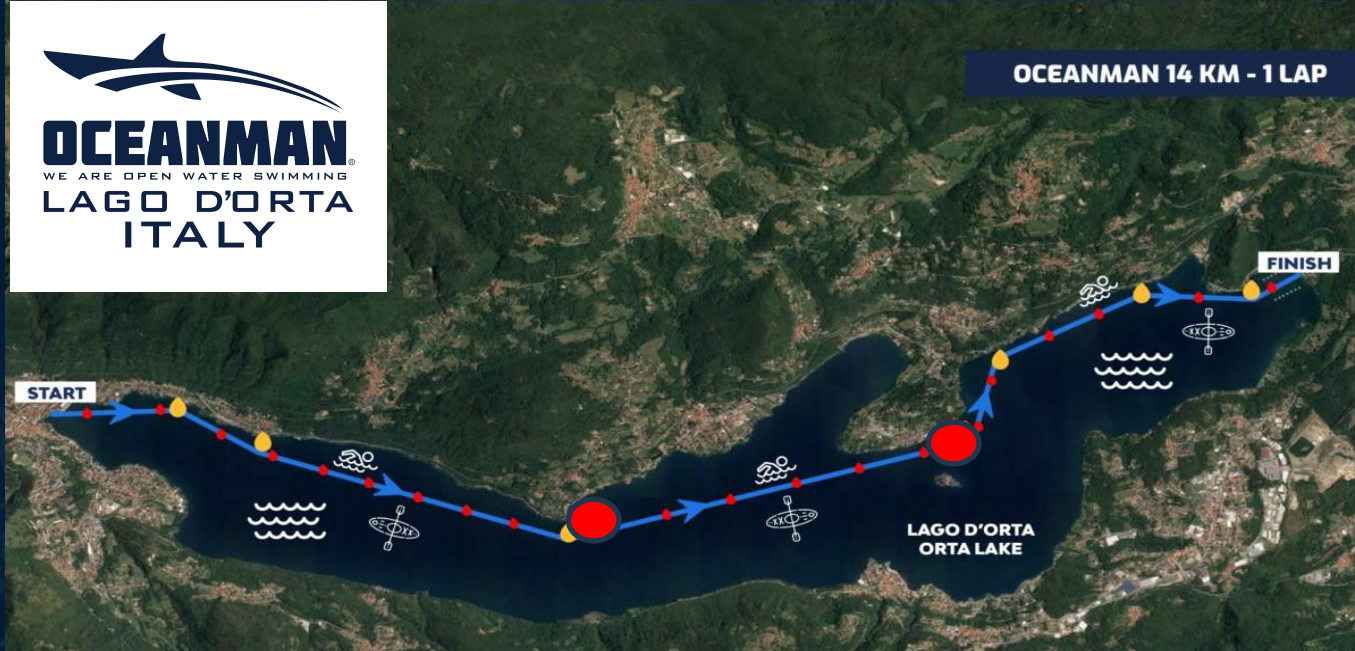


OCEANMAN 14 KM

Directional marking buoys to **ALWAYS TO BE KEPT ON YOUR RIGHT SHOULDER.**

You are to swim between the marker buoys and the shore line, keeping as close as possible to the marker buoys.

2 RED TRIANGLE buoys indication the two feeding stations during the OCEANMAN 14km.



OCEANMAN 14 KM | FEEDING STATION 1 & 2



OCEANMAN 14 KM - 1 LAP



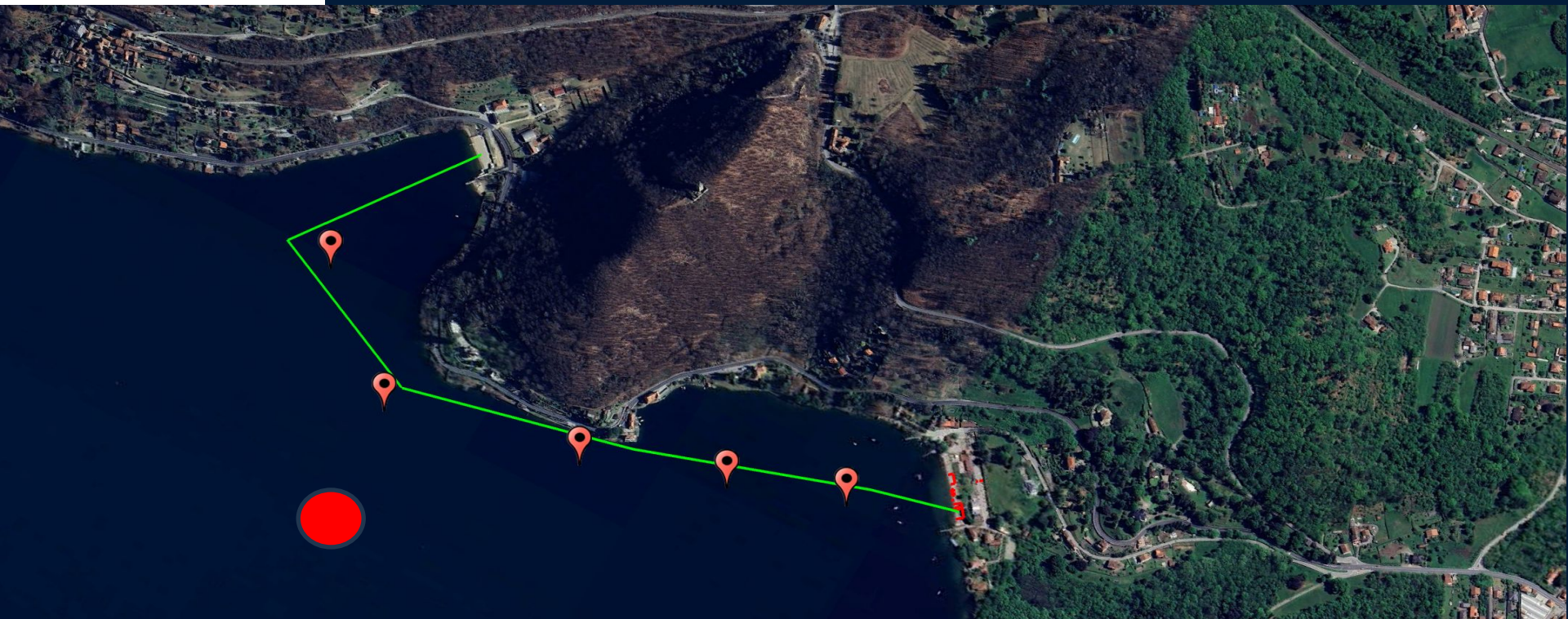
FEEDING STATION WILL HAVE:

- Water served in caps
- Gels
- Banana
- Isotonic served in caps



SPRINT 1,5 KM

5 Orange directional marking buoys to **ALWAYS TO BE KEPT ON YOUR RIGHT SHOULDER.**
EXCEPT FIRST THAT NEED TO BE KEPT IN YOUR LEFT SHOULDER



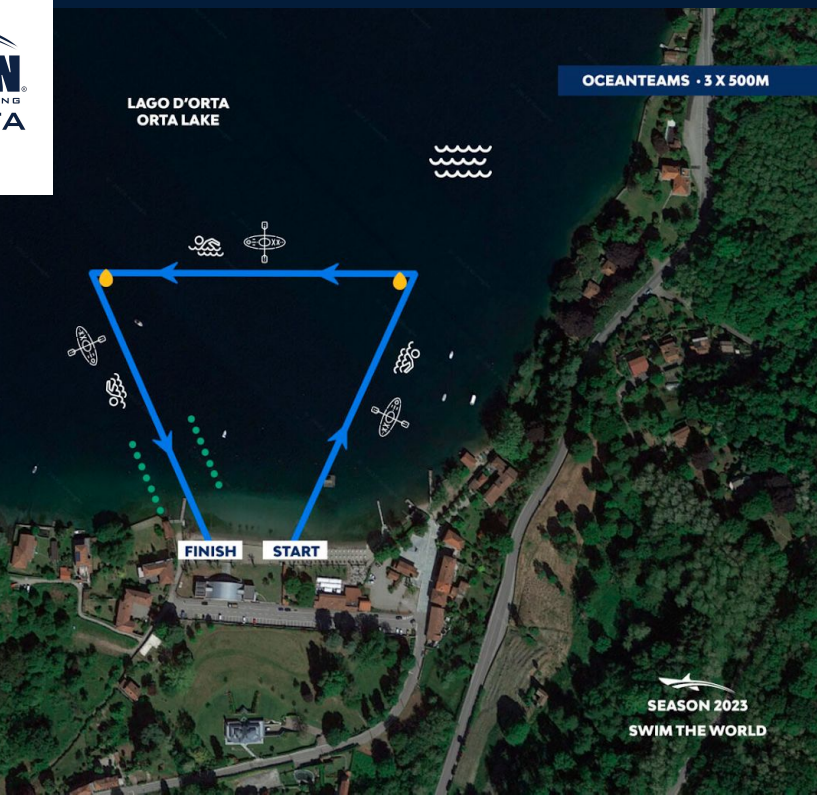


HALF OCEANMAN 5,5 KM

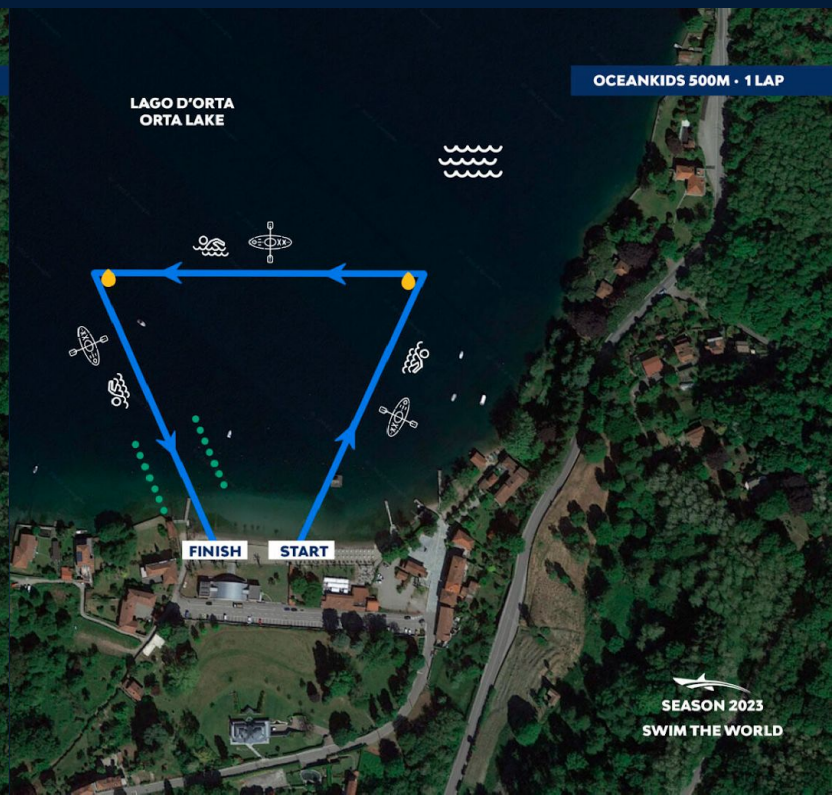
ORANGE BUOYS TO BE KEPT ON YOUR RIGHT SHOULDER.



OCEANKIDS & OCEANTEAMS 500 M



SEASON 2023
SWIM THE WORLD



SEASON 2023
SWIM THE WORLD

AWARDS

OCEANMAN | HALF OCEANMAN | SPRINT | (MALE & FEMALE)

CATEGORY

Overall

Junior

Master 20 – 29

Master 30 – 39

Master 40 – 49

Master 50 – 59

Master 60 – 69

Master +70

Inspiration

AGE RANGE

Age Range

Swimmers from 16 to 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 (MALE & FEMALE)

CATEGORY Overall

AGE RANGE Age Rang

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 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

OCEANTEAMS (MALE & FEMALE)

CATEGORY

Overall

Male, Female,
Mixed

AGE RANGE

Age Range

Swimmers from 12 years of
age

All competitors who complete the race will be awarded a finisher medal.



OCEANMAN WORLD FINAL CHAMPIONSHIP SLOTS

OCEANMAN World Final Championship 2025 will be held in Dubai, UAE and some swimmers will be eligible to qualify for a participation slot.

The slots will be allocated according to the following categories:

OCEANMAN

HALF OCEANMAN

SPRINT

OCEANKIDS

CATEGORY

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

Inspiration

5 slots



TIMING CHIP / CRONO



Inside each race bag you will find your electronic timing chip. Wear the timing chip on your right or left ankle.

If you are wearing a wetsuit, you can wear the chip on top of your wetsuit.

NO TIMING CHIP = NO RESULTS = DQ

CHIPS NEED TO BE RETURNED IN THE FINISH LINE EVEN IF YOU DON'T RACE

NOT RETURNING THE CHIP MAY HAVE A PENALTY OF 45 €



TIMING CHIP – OCEANTEAMS

One timing chip per team.

Wear the timing chip on your right or left ankle.

Hand over the timing chip to the next swimmer at the relay station.



MULTIPLE RACERS

- Some athletes have registered for multiple distances.
- For each race you will receive a unique timing chip.
- Make sure to wear the correct timing chip at each race.
- To avoid confusion or DNF check which chip corresponds to which race.



HAND SIGNALS



I require
attention: raise
your arm.

Take me out of
the water: spin
an arm in a
circle.

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



OBLIGATORY EQUIPMENT

Everyone swimming will have to have the following:

- Swimming cap
- Swimming goggles
- Timing chip
- Safety buoy with a rope 50
- TATTOO IN SHOULDERS
- TATTOO IN SWIM BUOY

