



RACEBOOK 2025



EVENT SCHEDULE



FRIDAY 13th JUNE

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

SATURDAY 14th JUNE

- 06:30 – 08:00 Wardrobe & EXPO
- 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 LIDO - there are car parks and shuttles

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.

ALL THE SWIMMERS WILL HAVE TO REACH LIDO DI GOZZANO.

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.

ATTENTION!

The ferry boat/shuttle bus for the START AREA will leave lido di Gozzano at (prior reservation):

OCEANMAN	7:00 (Boat) 7:00 am and 7:30 am (BUS)
SPRINT	10:00 am (BUS)
HALF OCEANMAN	12:00 am and 12:30 am (BUS)

PARKING GOZZANO

1 STADIO GOZZANO

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

[GOOGLE MAPS LINK](#)



2 - CIMITERO

Via Padre Picco, Gozzano

[OGLE MAPS LINK](#)





3. Via Beltrami / Via Ceretto

Via Beltrami, 28024 Gozzano NO

<https://maps.app.goo.gl/G6p1Tjz9VVunVGbC9>





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.

You can also leave your bag in WADROBE situated at registration area

Once you finish you can pick up your bag at the tents that there are in the registration area





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 / 8 km	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



13th JUNE

23,7° C

WATER TEMPERATURE

WETSUIT ALLOWED





SERVICES PROVIDED

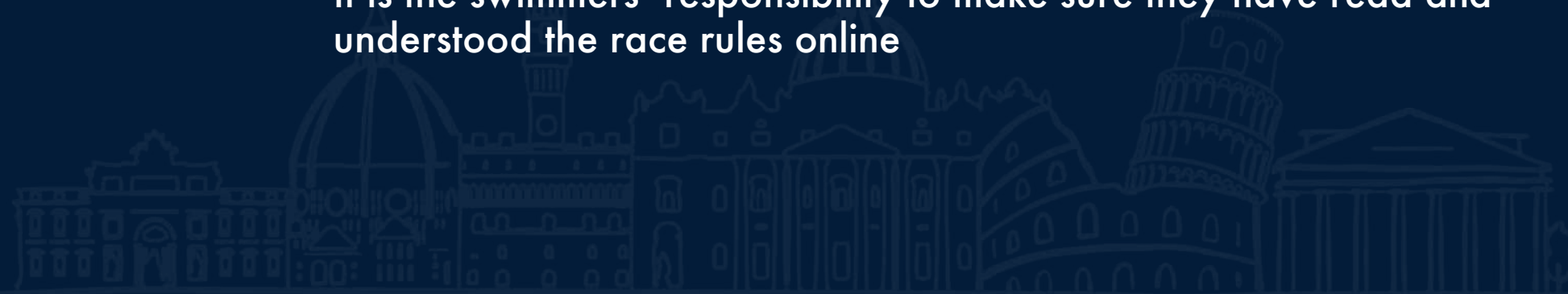
- OCEANMAN village
 - Finisher medal
 - Trophy / medal awards
 - Merchandising shop
 - Safety plan in water
 - Medical assistant team, ambulance and first aid on standby
 - Hydration / nutrition points on the beach as well as in the water
 - Finish line of all OCEANMAN's races
 - Final feeding point
 - 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



OCEANMAN 14 KM | FEEDING STATION 1 & 2



OCEANMAN 14 KM - 1 LAP

FINISH

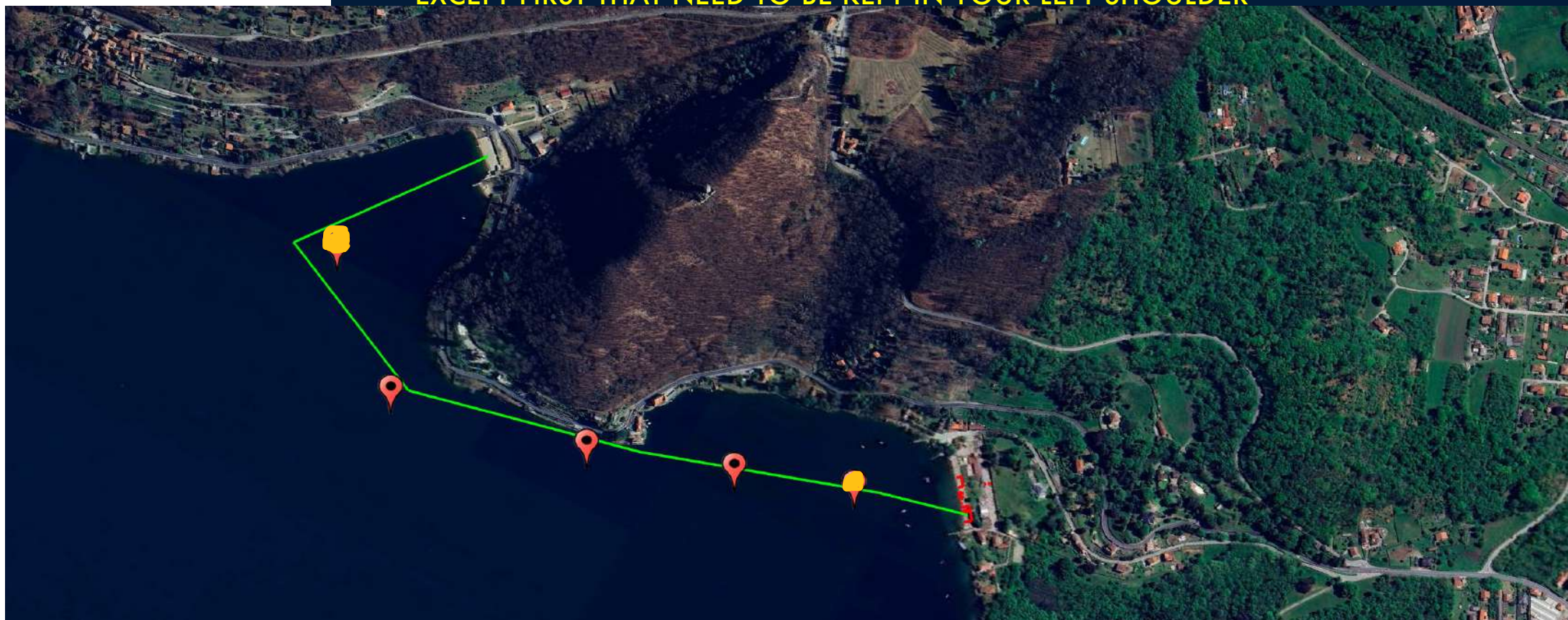
FEEDING STATION WILL HAVE:

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



SPRINT 1,5 KM

5 directional marking buoys (first yellow / 3 Orange / 1 yellow)
ALWAYS TO BE KEPT ON YOUR RIGHT SHOULDER.
EXCEPT FIRST THAT NEED TO BE KEPT IN YOUR LEFT SHOULDER



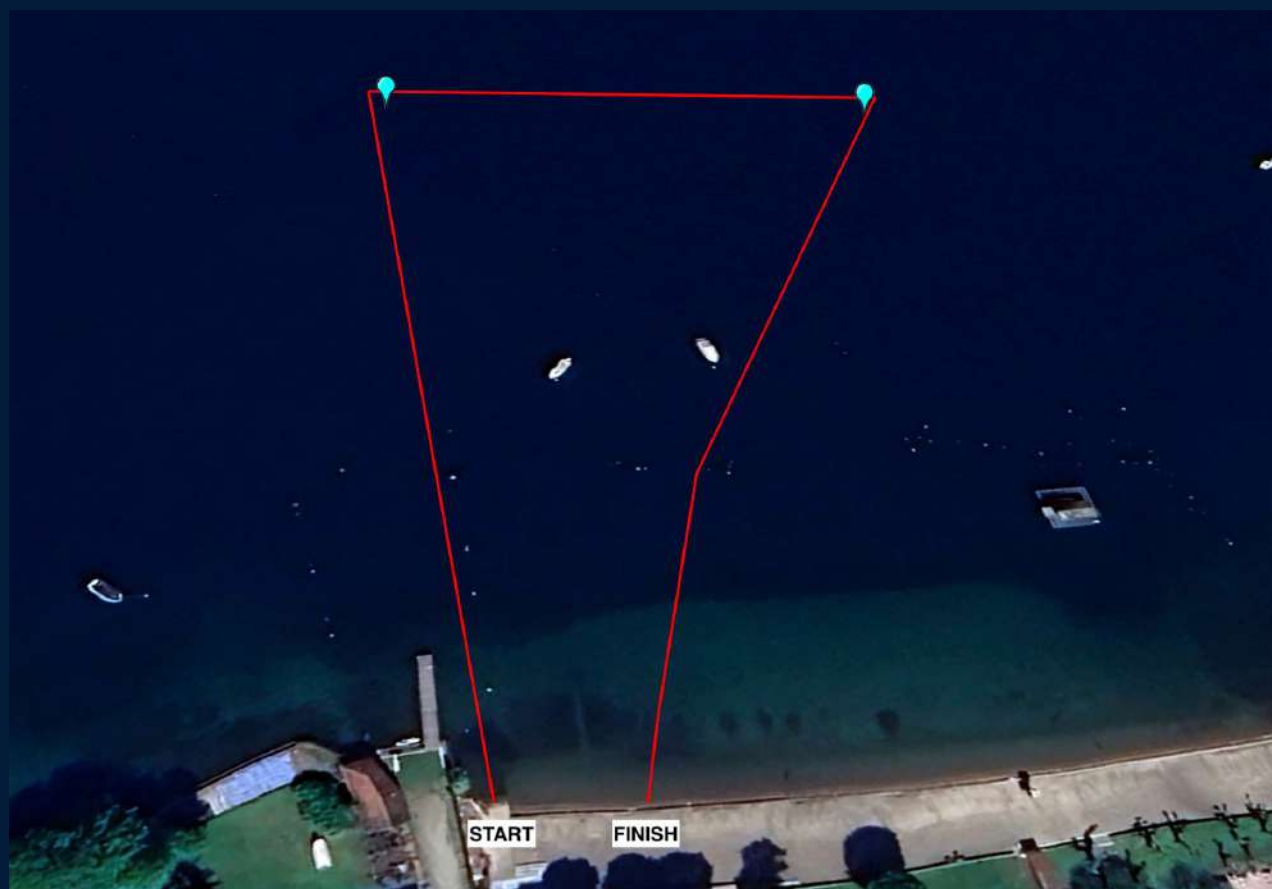


HALF OCEANMAN 5,5 KM

YELLOW BUOYS NEED TO BE KEPT IN THE LEFT SHOULDER
ORANGE BUOYS TO BE KEPT ON YOUR RIGHT SHOULDER.



OCEANKIDS & OCEANTEAMS 500 M



Captura de pantalla 2025-06-12 a las 18.04.58

OCEANTEAMS 500 M





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)

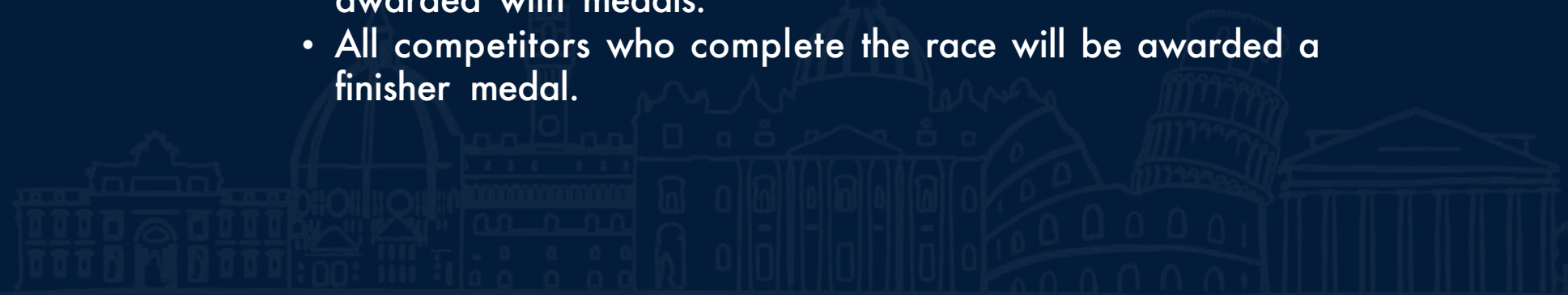
CATEGORY Overall

AGE RANGE Age Range

U9
U11
U13
U15

Swimmers from 7 to 8 years of age
Swimmers from 9 to 10 years of age
Swimmers from 11 to 12 years of age
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 50 €





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 cm
- TATOO IN SHOULDERS
- TATOO IN SWIM BUOY



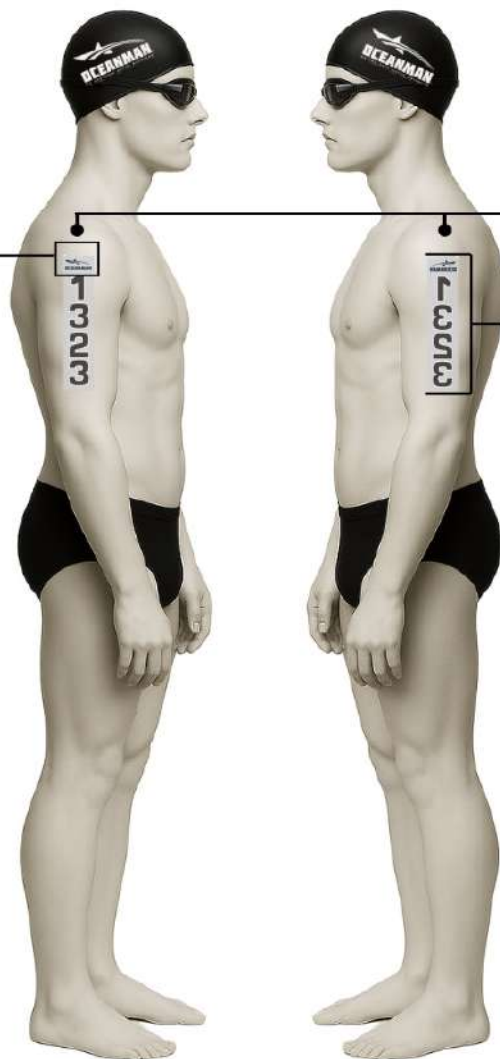


RECOMMENDED HEIGHT:

- Start from the deltoid (top of the shoulder) downwards.

APPLICATION TIPS:

- Skin should be clean, dry, and free of oils or lotions.
- Apply the tattoo with firm, even pressure to ensure full adhesion.
- Wait at least 30 seconds before removing the protective film.



PLACEMENT:

Tattoos must be applied on **both arms**: left and right.

ORIENTATION:

- The **race number** should be placed **vertically**, from the shoulder down to the elbow.
- It must remain **clearly visible** at all times—especially during the start, swim, and finish.

WHY IT MATTERS:

These tattoos are not just numbers: they are **your official race ID**. They help judges, photographers, and safety teams identify you quickly in the water and throughout the course.



ORIENTATION:

- The **race number** should be placed **vertically**, from the shoulder down to the elbow.
- It must be **clearly visible** at all times—especially during checkpoints, safety monitoring, and finish line photos.

HOW TO PROPERLY REMOVE ADHESIVE TATTOOS FROM THE WETSUIT

1. Do **not** use **acetone** or harsh solvents. These can damage the neoprene fabric. Avoid all strong chemicals.
 2. Gently peel off the tattoo when dry. Use your fingers to slowly lift from one edge. If residue remains:
 3. Use a **damp cloth with warm water** and mild soap. Rub gently in circular motions to remove leftover adhesive without harming the wetsuit.
 4. Let it air dry.
- Never apply heat directly to the wetsuit.** Dry it naturally in the shade and laid flat.

Extra Tip:

For stubborn glue, you can use a soft cloth with a little baby oil or body oil, gently applied only on the outer surface of the wetsuit—don't soak the material.



PLACEMENT:

Tattoos must be applied on the **outside** of the wetsuit, on **both arms**: left and right.

TIPS FOR PROPER ADHESION:

- The wetsuit must be clean and completely dry before applying the tattoo.
- Press the tattoo firmly with even pressure to ensure full adhesion.
- If necessary, reinforce it with transparent tape or waterproof film to prevent peeling during the swim.

IMPORTANT NOTE:

When wearing a wetsuit, applying the number on your skin is not enough—it must be visible. The tattoo on the suit is **your official race ID** for referees, timekeepers, and safety staff.

PURPOSE:

The number on the buoy serves as a **secondary athlete identification**, especially useful for safety personnel, race officials, and spotters in case the body number is not visible in the water.

PLACEMENT:

- The race number sticker must be placed on the side visible during swim, flat area of the buoy.
- It **should be** vertical, just below the valve and above the main OCEANMAN logo (if applicable).

VISIBILITY:

- Use **black digits on a high-contrast background** (typically silver or white) for maximum visibility in open water.
- **Make sure the number is clearly legible** from several meters away, even when the buoy is partially submerged.



APPLICATION TIPS:

- Ensure the buoy surface is completely dry and clean before applying the sticker.
- Press down firmly, smoothing out any air bubbles to avoid peeling.
- Let the adhesive set for at least 10 minutes before entering the water.

IMPORTANT NOTE:

This number is part of **your official race ID**. It enhances safety monitoring and supports clear race logistics. Never enter the water without a properly labeled buoy.