



RACEBOOK



DEAR SWIMMERS

Welcome to OCEANMAN Miami — the first-ever OCEANMAN event on U.S. soil. It is with great pride and excitement that we welcome you to this historic moment and to the vibrant waters of Miami Beach.

Bringing the OCEANMAN experience to the United States has been a dream years in the making. To see swimmers from around the world come together here — in a destination that represents both home and heart for many of our team — is an incredible honor.

Miami embodies the spirit of OCEANMAN: bold, diverse, and deeply connected to the sea. Whether this is your first open water swim or one of many, we hope you feel that same energy and inspiration as you dive in and become part of this growing global community.

THANK YOU FOR BEING HERE WITH US FOR THIS FIRST CHAPTER OF OCEANMAN USA. LET'S MAKE HISTORY, TOGETHER!

See you on the beach soon,
The OCEANMAN USA Team

Greater Miami and Miami Beach Welcomes You



From its vibrant cultural tapestry to its warm hospitality, Miami offers a welcoming embrace to visitors from every corner of the globe.

Embark on a journey where every moment is an opportunity to discover, indulge, and create memories that linger long after the sun sets.

Whether you're drawn to our stunning beaches, rich culinary scene, or dynamic arts and culture, Miami invites you to explore, connect, and feel welcome in this vibrant, cosmopolitan destination. Come experience the spirit of inclusivity that defines Miami and discover why it's a place where everyone feels welcome.

Your perfect Miami experience awaits – we invite you to come visit and Find Your Miami.

MIAMI TRAVEL INFORMATION →

STILL NEED TO BOOK A HOTEL? →

FRI NOV 14, 2025



2:00 PM OCEANMAN Village Opens
Registration & Expo

2:00 PM - 3:30 PM OCEANMAN Stage Talks

3:30 PM Race Briefing (please review Race Book prior to briefings)

4:00 PM Spanish Briefing

4:30 PM OCEANMAN Swimmer Welcome Event / Expo Power Hour
Featuring DJ Kenyi Succar w/ beverages provided by Athletic Brewing

5:00 PM Welcome from Special Guests including Lenny Krayzelburg
(4 time Olympic Gold Medalist)

6:00 PM OCEANMAN Village Closes
Registration & Expo Close

SAT NOV 15, 2025



6:00 AM **OCEANMAN** Village Opens
Registration, Expo & Wardrobe

7:00 AM **SPRINT 2K** Race Briefing and Final
Announcements

7:30 AM **SPRINT 2K** Swimmers start lining up

8:00 AM **SPRINT 2K** Race Start
(Wave Start based on estimated finish time)

9:20 AM **OCEANKids** Race Briefing and Final
Announcements

9:30 AM **SPRINT 2K** Final Cut off

9:40 AM **OCEANKids** swimmers line up

9:45 AM **OCEANKids** Start

10:00 AM **OCEANTeams** Briefing

10:30 AM **OCEANTeams** Start

12:00 PM Wardrobe Closes

12:00 PM Awards Ceremony
(SPRINT 2K, OCEANKids & OCEANTeams)

1:00 PM OCEANMAN Village Closes
Registration, Expo & Wardrobe

SUN NOV 16, 2025



- | | |
|-----------------|---------------------------------------------------------------------|
| 5:30 AM | OCEANMAN Village Opens
Registration, Expo & Wardrobe |
| 7:00 AM | OCEANMAN 10K & Half OCEANMAN 5K Briefing |
| 7:30 AM | OCEANMAN 10K Swimmers start lining up |
| 8:00 AM | OCEANMAN 10K Race Start (Wave Start based on estimated finish time) |
| 8:15 AM | OCEANMAN 5K Swimmers start lining up |
| 8:20 AM | OCEANMAN 5K Start |
| 10:50AM | OCEANMAN 5K Final Cut off |
| 12:30 PM | OCEANMAN 10K Final Cut Off |
| 1:00 PM | Awards Ceremony (OCEANMAN, Half OCEANMAN) |
| 2:00 PM | OCEANMAN Village Closes |

SPECIAL GUESTS



LENNY KRAYZELBURG

4 Time Olympic Gold Medalist



FERMIN EGIDO

OCEANMAN CEO



KENYI SUCCAR

DJ, Grammy Award Winner

linktr.ee/Kenyiofficial

TECHNICAL RACE DETAILS

	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
Date	Nov 16, 2025	Nov 16, 2025	Nov 15, 2025	Nov 15, 2025	Nov 15, 2025
Start Time	8:00 AM	8:20 AM	8:00 AM	9:45 AM	10:30AM
Start Area	Haulover Beach	Haulover Beach	Haulover Beach	Haulover Beach	Haulover Beach
Finish area	Haulover Beach	Haulover Beach	Haulover Beach	Haulover Beach	Haulover Beach
Distance	10 KM	5 KM	2 KM	500 M	3x500 M
Cut off time	3 KM (1h 30min) 6 KM (3h)	3 KM (1h 30min)	NO	NO	NO
Time limit	4h 30min	2h 30min	1h 30min	NO	NO
Feeding point(s)	2	1	NO	NO	NO
Wetsuit	Based on Temp	Based on Temp	Based on Temp	Based on Temp	Based on Temp
Buoy	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

GENERAL RULES AND REGULATIONS



- A. It is the participant's responsibility to understand all aspects of the competition rules.
- B. With the registration, the swimmer accepts OCEANMAN rules and regulations, the special rules of each event of OCEANMAN circuit and the participant's terms and conditions.
- C. Each swimmer is responsible to compete in good physical condition, and with sufficient training to undertake the distance in which he/she register to.
- D. 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.
- E. Participants are obliged to follow the indications and instructions of race officials and public authorities.
- F. Race officials have the authority to disqualify any participant. Medical staff and/or the technical race director have the 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. If any competitor decides to withdraw from the race at any time, it is his/her responsibility to report the decision to the information point located at the finish area and hand in his/her number and/or timing chip immediately.

GENERAL RULES AND REGULATIONS



- G.** Individual support inside the water from friends, relatives, coaches etc. during OCEANMAN races is not allowed. All competitors have the obligation to decline immediately any attempt of assistance. Otherwise, the competitor will be subject to a warning or even disqualification.
- H.** 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.
- I.** For matters not covered in these rules, we will contemplate as reference our competition referees' decisions established in each venue of OCEANMAN Races. They will be the only ones assigned to deliver and apply the decisions of this regulations.
- J.** OCEANMAN rules and regulation may be revised and updated during the international circuit competitions season.

LEARN MORE →

ATHLETES MUST BRING THE FOLLOWING TO PRESENT DURING CHECK IN

- Proof of identification
(Passport, Drivers License)
- Race Confirmation Email

DURING CHECK-IN ATHLETES WILL RECEIVE:

- Swim Cap
- Event Shirt
- Race Tattoos
- Timing Chip

Please note, athletes swimming multiple events will receive a swim cap, shirt, tattoos and timing chip for each event
If swimmers wish to change their registered distance to a shorter distance, they may do so at check in providing the shorter event is not sold out.

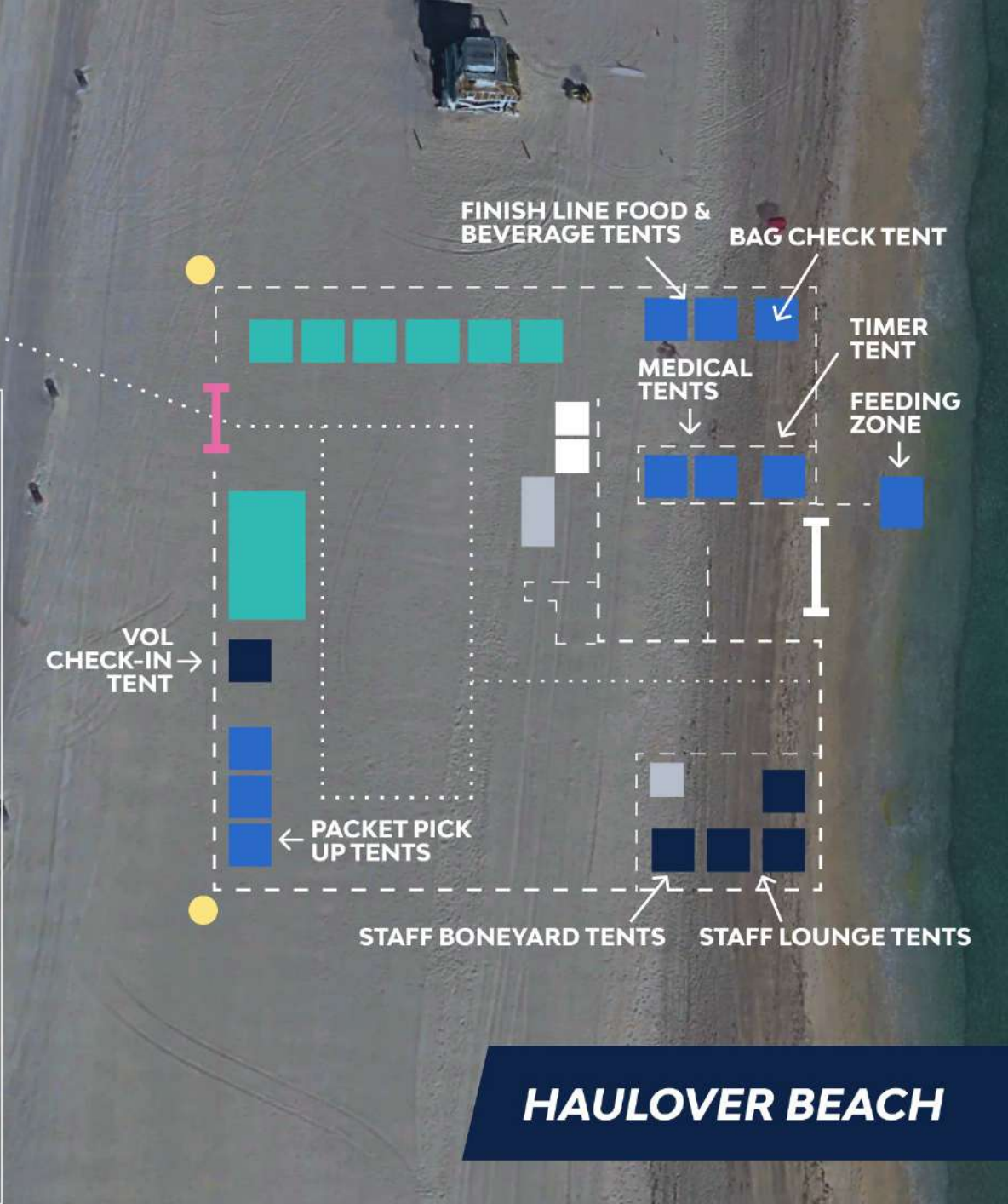
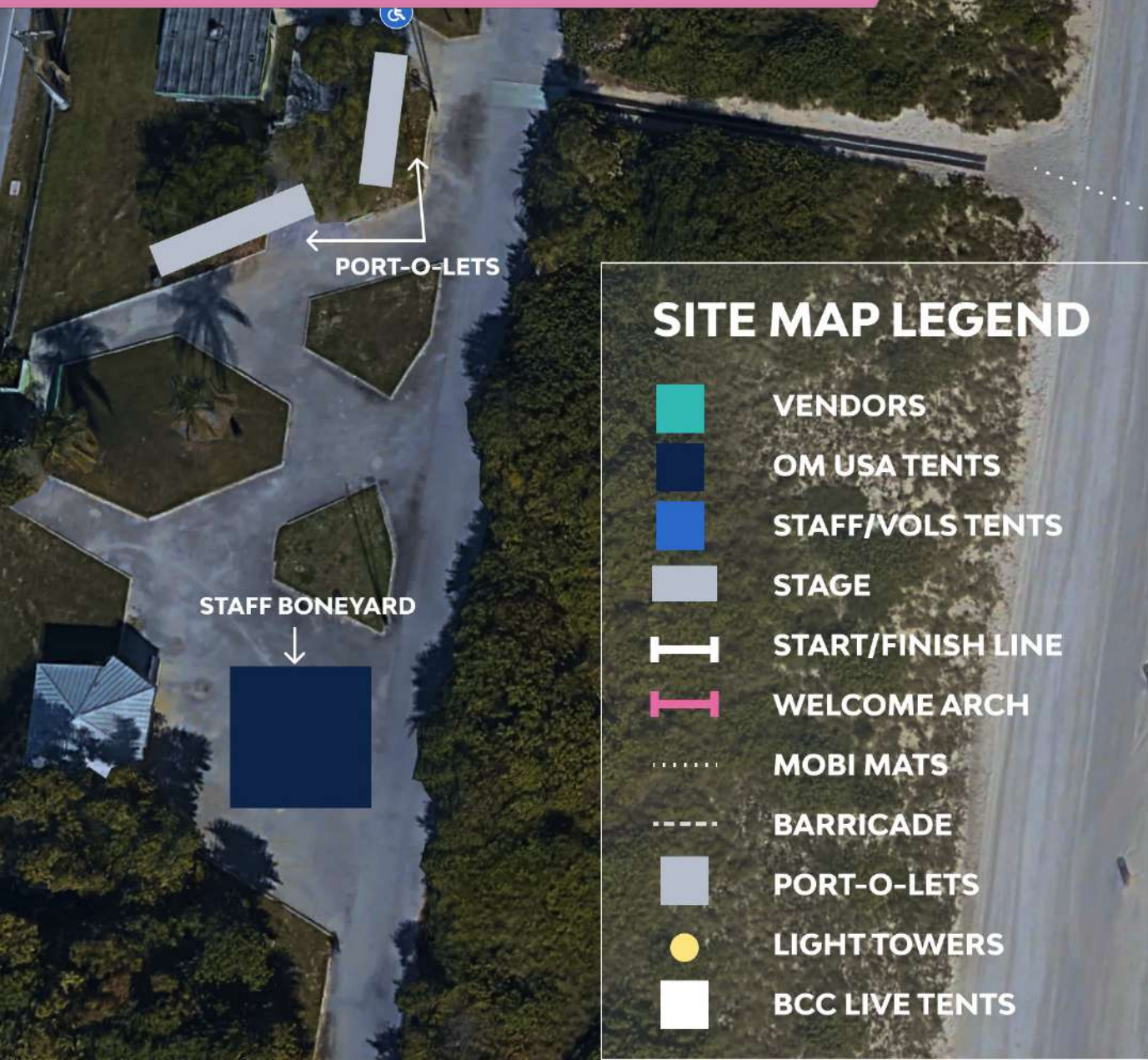
PARKING MAP

PARKING
ZONE

OCEANMAN
VILLAGE



VENUE MAP





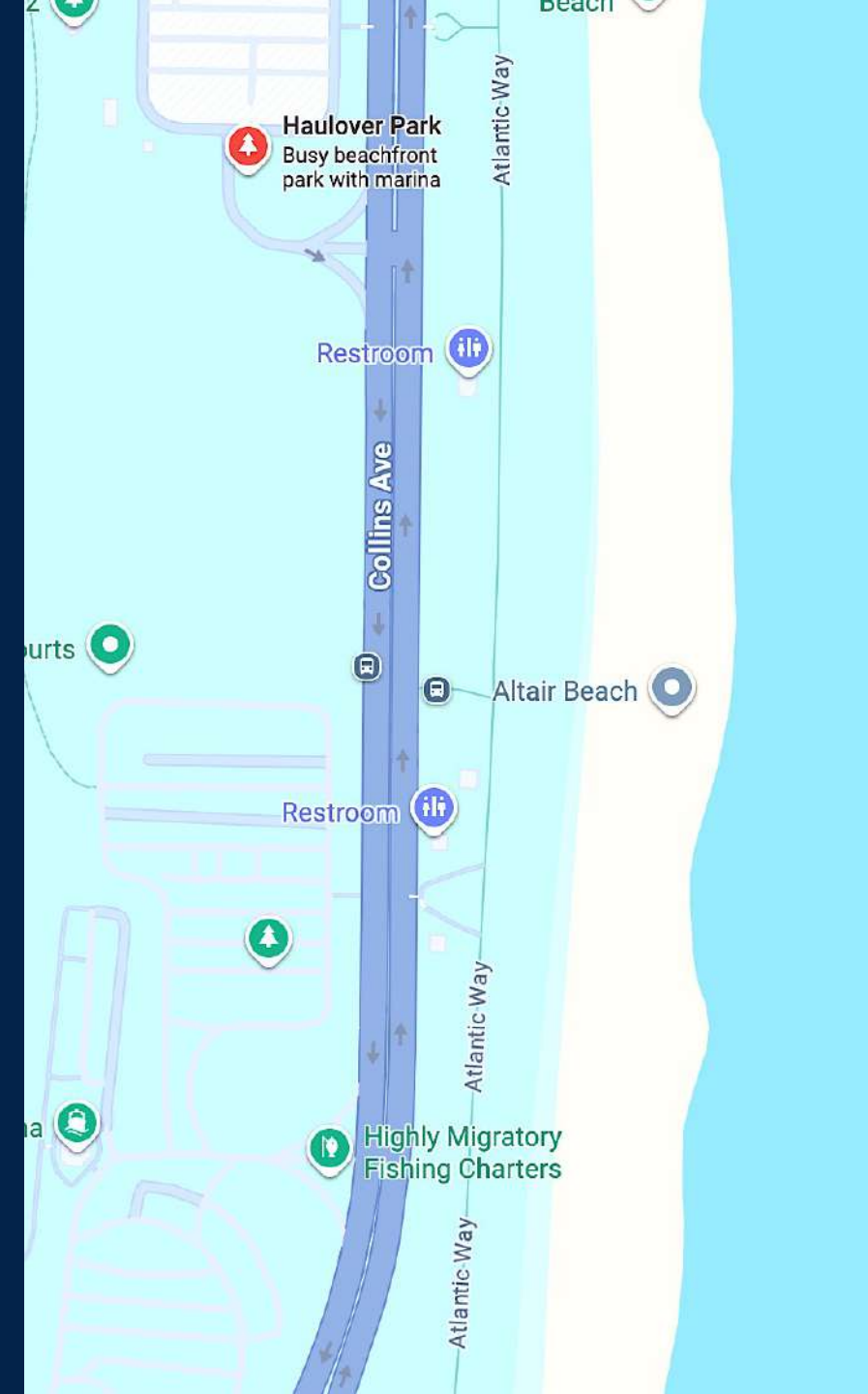
ADDRESS

**10800 COLLINS AVENUE
MIAMI BEACH, FL**

This one-and-a-half-mile beach is located north of Miami Beach, between the Intracoastal Waterway and the Atlantic Ocean. Haulover Beach Park is noted for blue waters, soft sand and plenty of picnic areas. Our event will take place between Lifeguard Towers 6-7, towards the middle of the beach park.

Please Note: Haulover Park is home to Miami's only clothing-optional beach. This area is located well away from the event area between Lifeguard Towers 12 - 16, which make up the northern one third of the park.

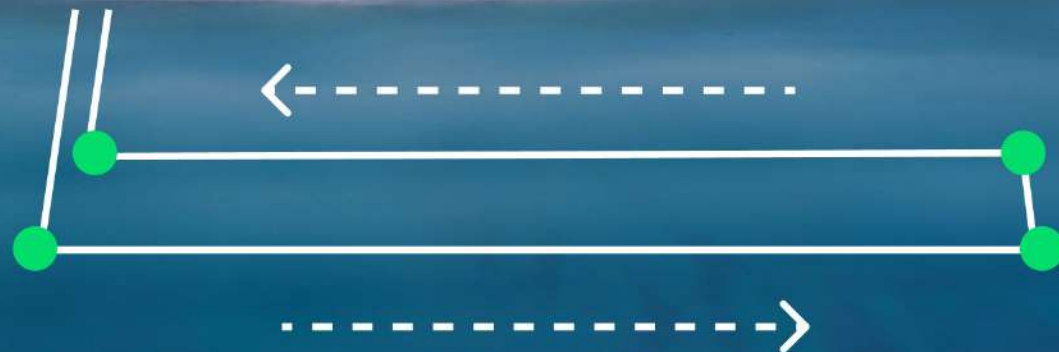
[Learn more](#)



TEAMS | 3 X 500 | 3 LAPS

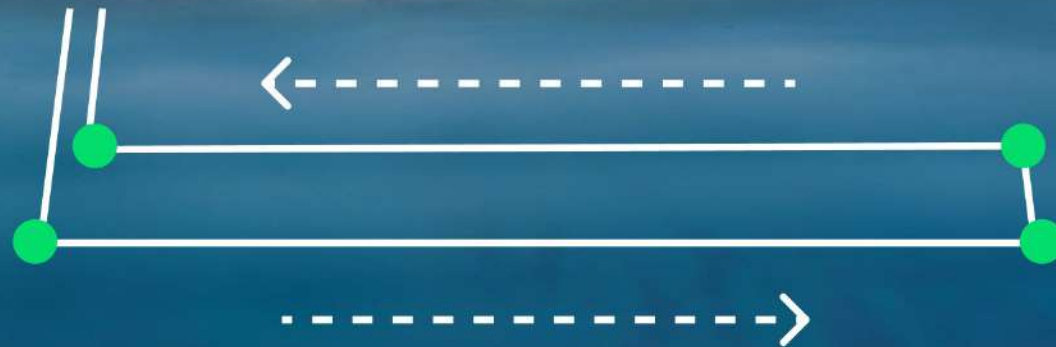
1 per person

**START
FINISH**



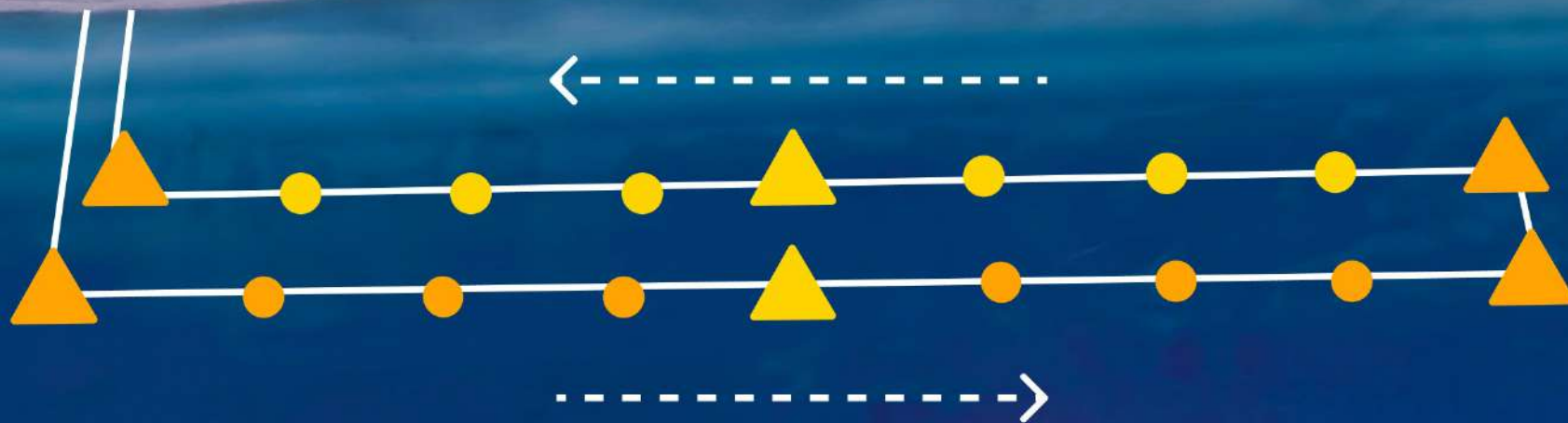
KIDS 500M | 1 LAP

**START
FINISH**



2K | 1 LAP

**START
FINISH**

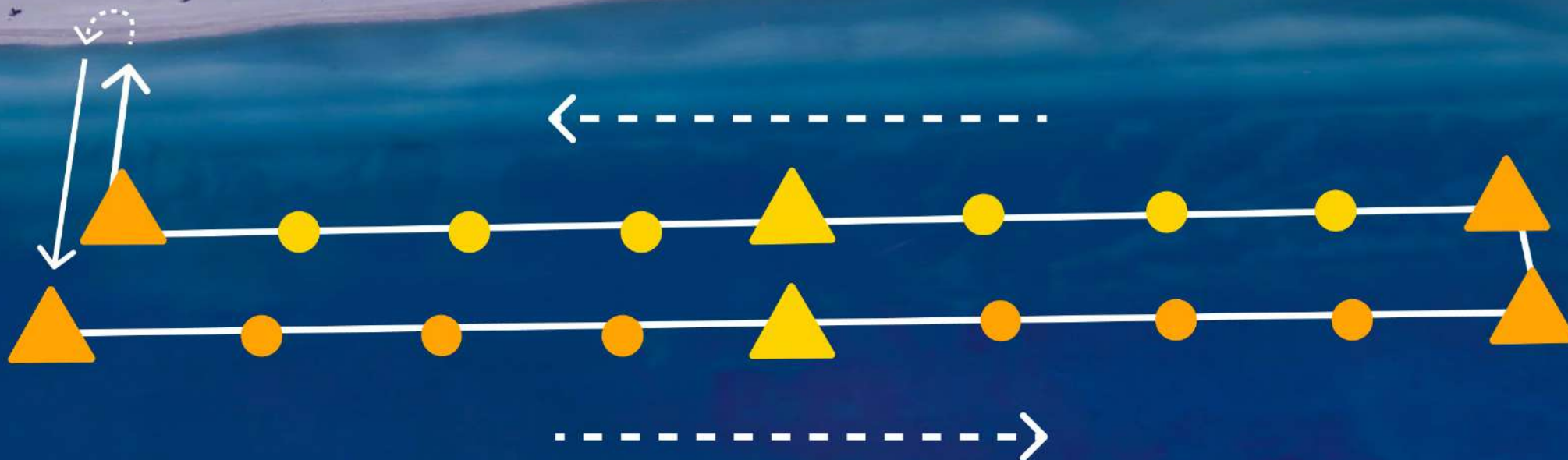




5K | 2 LAPS

Aussie exit after each lap

**START
FINISH**

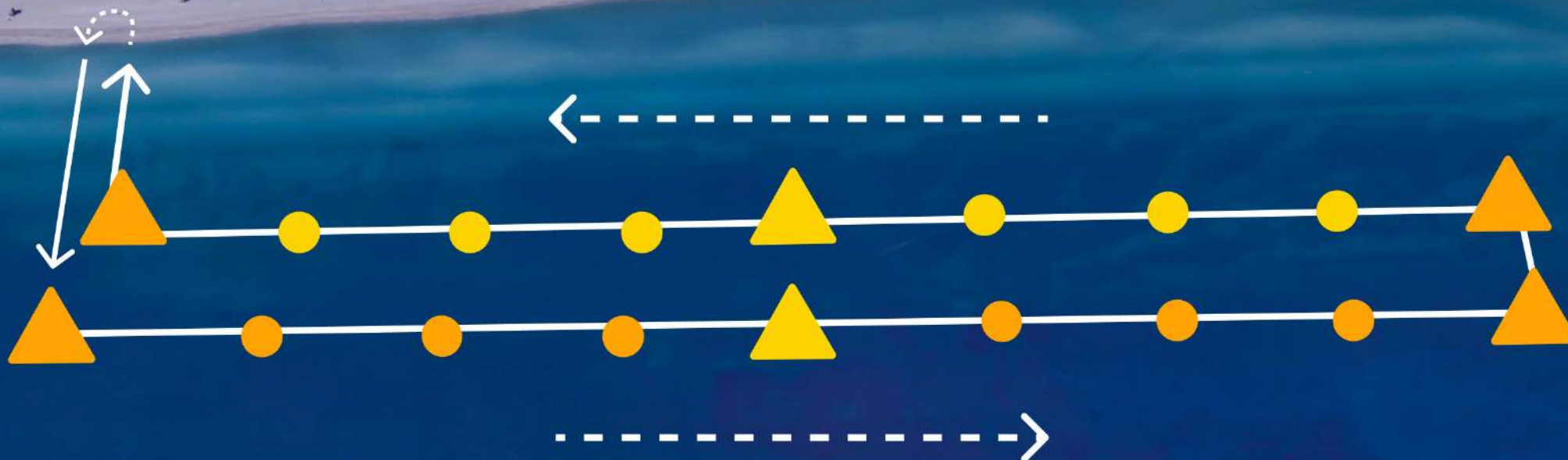




10K | 4 LAPS

Aussie exit after each lap

**START
FINISH**



FEEDING STATIONS



Located on shore at the Aussie Exit and Re-enter
All swimmers will be required to exit, cross the mat, and re-enter the water
Swimmers who do not exit and re-enter for each lap will be disqualified

- **OCEANMAN 10K**
- **Half OCEANMAN 5K**

#1 - 2.5K (end of Lap 1) 5K and 10K ● ●

#2 - 5K (end of Lap 2) 10K ●

#3 - 7.5K (end of Lap 3) 10K ●

STATIONS WILL FEATURE



Neversecond C30 Energy Gel and C30+ caffeinated gel



Neversecond C30 Sports Drink



Water

*Aid will not be offered at the race start, athletes need to prepare their own pre-race fuel

**Neversecond products will be available for purchase in the OCEANMAN Expo

WEBINAR
**HYDRATION & FUELING TIPS
FOR OPEN WATER SWIMMERS**



HAND SIGNALS



I require attention:
RAISE YOUR ARM.

Take me out of the water:
SPIN AN ARM IN A CIRCLE.

I'm fine:
TAP HEAD REPEATEDLY WITH A CLOSED FIST.



MANDATORY EQUIPMENT



CAP

Delivered by the organization

SWIMMING GOGGLES

TATTOOS

Delivered by the organization

SWIMSUIT

PERSONAL BUOY

It is MANDATORY

TIMING CHIP

Delivered by the organization

Use of fins, snorkels, paddles etc. is prohibited



TIMING CHIP



Swimmers will be given a timing chip at the time of packet pick up
Wearing the timing chip is mandatory. Timing Chips should be worn on right or left ankle

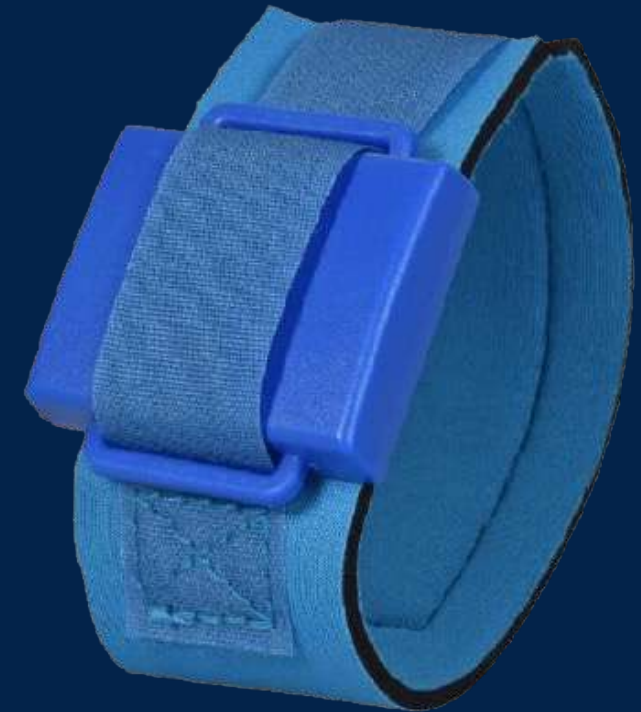
If the event is wetsuit legal, swimmers must wear timing chip outside of wetsuit

No Timing Chip = No Results = DQ

If swimmers are racing multiple events, they will be issued one timing chip per race.

Make sure to wear the correct timing chip for each race.

Timing Chips will be collected at the finish line for each event.



USE OF WETSUIT

Wearing of wetsuit in all OCEANMAN distances (OCEANMAN, HALF OCEANMAN, SPRINT, OCEANKIDS, OCEANTEAMS) will be regulated depending on the water temperature. A breach of this rule may result in disqualification. It is prohibited to use two wetsuits.

TEMPERATURE

Less than 18°C (64.4 F) - Mandatory use of wetsuit.

Between 18°C (64.4 F) and 24°C (75.2 F) - Allowed use of wetsuit.

More than 24°C (75.2 F) - Not allowed use of wetsuit.

Wetsuit rules include any equipment that features neoprene, including buoyancy shorts and short suits



WARDROBE & BAG DROP-OFF



We will have a bag drop area in OCEANMAN Village. This allows swimmers to drop a bag at the finish line if needed. Swimmers are limited to one bag and must put all items inside the bag. Wardrobe will be attended while races are active, and will shut down shortly after the final cut of off each event. Please make sure you retrieve items in a timely manner. Items left after bag drop closes will be discarded. OCEANMAN is not responsible for items left at Bag Drop Off.



OCEANMAN / Half OCEANMAN / Sprint

CATEGORY

AGE RACE

OVERALL

Top 3 swimmers

JUNIO

Swimmers under 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%

- Top 3 overall, male and female will be provided with awards.
- Top 3 in age group (categories), male and female will be provided with awards
- All competitors who complete the race will be awarded a finisher medal

OCEANKIDS (FEMALE & MALE)

CATEGORY

AGE RACE

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 age group (categories) male and female will be provided with awards
- All competitors who complete the race will be awarded a finisher medal.

WORLD FINAL SLOTS



TOP 10 swimmers in every age group and TOP 3 in Inspiration category will get a qualification for OCEANMAN World Final at OCEANMAN, HALF OCEANMAN, SPRINT, OCEANKIDS distances.

CATEGORY

JUNIOR	10 qualifications
MASTER 20 – 29	10 qualifications
MASTER 30 – 39	10 qualifications
MASTER 40 – 49	10 qualifications
MASTER 50 – 59	10 qualifications
MASTER 60 – 69	10 qualifications
MASTER +70	10 qualifications
INSPIRATION	3 qualifications