



OCEANMAN[®]
WE ARE OPEN WATER SWIMMING
NEUQUÉN
ARGENTINA



RACEBOOK

2024 Provincia del
neuquén





OCEANMAN®

WE ARE OPEN WATER SWIMMING



TONY GARCIA CASTILLO

ROBERTO MARQUES SERRA

Todo el EQUIPO DE TRABAJO de OCEANMAN NEUQUÉN ARGENTINA, agradece al Gobierno de la Provincia de Neuquén y al Municipio de Villa La Angostura por apostar por el primer y único circuito internacional de aguas abiertas y damos la BIENVENIDA a todos los participantes nacionales e internacionales.

OCEANMAN está compuesto de múltiples eventos, 30 sedes distribuidas por todo el mundo, en lugares icónicos como VILLA LA ANGOSTURA, atractivo como destino vacacional para toda la comunidad de nadadores OCEANMAN.

OCEANMAN es DEPORTE Y TURISMO, y personas de todos los rincones del mundo comparten una EXPERIENCIA INOLVIDABLE, creando vínculos muy especiales...

Vamos a disfrutar juntos de OCEANMAN NEUQUÉN ARGENTINA!!!

Provincia del
neuquén



TECHNICAL DETAILS



	OCEAN TEAMS	OCEAN KIDS	OCEANMAN	HALF OCEANMAN	SPRINT 2k
DATE	FEB 24, 2024	FEB 24, 2024	FEB 25, 2024	FEB 25, 2024	FEB 25, 2024
DISTANCE	3X500 RELAY	500 Mts	11 Km	5 K m	2 K m
START TIME	11:30 AM	12:30 AM	8:30 AM	11:00 AM	12:30 AM
CUT OFF TIME	NO	NO	3K (1h 30') 6KM (3h)	3K (1h 30')	NO
TIME LIMIT	NO	NO	5 HORAS	2h 30 min	1h 30 min
FEEDING POINTS AT SEA	NO	NO	2 (3 Km, 8.5 km)	1 (3 km)	NO
APPROX. WATER TEMPERATURE	19° C	19° C	19° C	19° C	19° C

TIME LIMIT

ZOGGS[®]
HEAD[®]



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NEUQUÉN
ARGENTINA



LOCATION

RACE VENUE

Competition venue for
OCEANMAN NEUQUÉN 2024. Located at:
Lago Espejo - VLA – Neuquén

[See location](#)

OFFICIAL HOTEL

Sol Arrayan Hotel & Spa

Located at :

Av. Siete Lagos 2385

(Ruta Nac. 40 Km. 2117),

Q8407 Villa La Angostura.

Only 8 km to start line Venue

[See location](#)





**OCEANMAN**
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ARGENTINA

**SOL ARRAYAN**
Hotel & Spa

Av. Siete Lagos 2385 (Ruta Nac. 40
Km. 2117), Q8407 Villa La
Angostura, Neuquén, Argentina
Telefonos: [+54 294 448-8000](tel:+542944488000)
www.solarrayan.com

Localizado en la región de los lagos de la Patagonia Argentina, Sol Arrayán se encuentra a 1km del centro de Villa La Angostura, Provincia de Neuquén, Argentina.

El hotel, situado en una ladera sobre el Lago Nahuel Huapí, posee 42 habitaciones con una inigualable vista al Lago y a la Cordillera de los Andes. Rodeado de árboles centenarios, entre los que se destacan ejemplares de arrayanes únicos en el mundo, se puede ir descendiendo por los jardines a nuestra exclusiva playa sobre el lago.

Offers for OceanMan competitors:

Free transportation from the hotel to the event venue and Buffet breakfast early.

LOCATION

Competition venue for
OCEANMAN NEUQUÉN 2024.

Located at:

Lago Espejo - VLA – Neuquén

[See location](#)

RACE VENUE

Hotel Alto Traful

Located at :

RP65 Km 37, Q8403

Villa Traful, Neuquén, Argentina

Telefono: [+54 299 436-2773](tel:+542994362773)

www.altotraful.com.ar

Only 30' to Start line Venue 11km



[See location](#)





RP65 Km 37, Q8403 Villa Traful,
Neuquén, Argentina
Telefonos: +54 299 436-2773
www.altotrafal.com.ar

Hotel Alto Traful, está ubicado en la maravillosa Villa Traful a orillas del Lago Traful. Un secreto escondido en el camino de los 7 lagos. Descubrí un paraíso patagónico y conectá con esos bosques místicos y vírgenes que ofrecen mucho por disfrutar.

Un hotel único en el destino, con 25 suites y 2 casas en donde encontrarás espacios que combinan una moderna decoración y esa magia patagónica.

Con la posibilidad de crear una experiencia personalizada de acuerdo a tus deseos, disfruta de sus múltiples espacios ya sea la piscina climatizada o el spa con su sala de relajación, sala de masajes y sauna.

Ofrece además una propuesta gastronómica única en la Villa con una exquisita carta gourmet que evoca esos sabores patagónicos tradicionales locales.

Offers for OceanMan competitors:
Free transportation from the hotel to the event venue and Buffet breakfast early.



SCHEDULE



Provincia del
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SOLO NATACIÓN



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ARGENTINA





SATURDAY 24 OF FEBRUARY



REGISTRATION /DELIVERY OF KITS

SCHEDULE: 10 AM- 12 AM

PLACE: Lago Espejo

WARDROBE OPENING

TIME: 10:30 AM

PLACE: Lago Espejo



COMPETITION START

TIME: OCEAN TEAMS (3X500 Mts): 11:30 AM

TIME: OCEAN KIDS (500 Mts): 12:30 AM

PLACE: Lago Espejo



AWARDS CEREMONY

RELAY & KIDS

TIME: 18:30 AM

PLACE: Centro de Congresos y

Convenciones Arrayanes. VLA

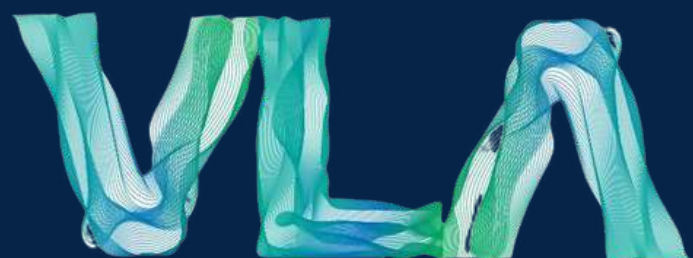




SATURDAY 24 OF FEBRUARY

TIME: 16:00 - 19:00 PM

PLACE: Centro de Congresos y
Convenciones Arrayanes



Villa La Angostura



*SATURDAY 24
OF FEBRUARY*

Provincia del
neuquén

VLA
Villa La Angostura



REGISTRATION / DELIVERY OF KITS

SCHEDULE: 04 PM- 07 PM

PLACE: Centro de Convenciones y Congresos
Arrayanes. VLA



RACE BRIEFING

OCEANMAN / HALFOCEANMAN /SPRINT
face-to-face



TIME: 7:00 PM

PLACE: Centro de Congresos y
Convenciones Arrayanes. VLA



SATURDAY 24 OF FEBRUARY



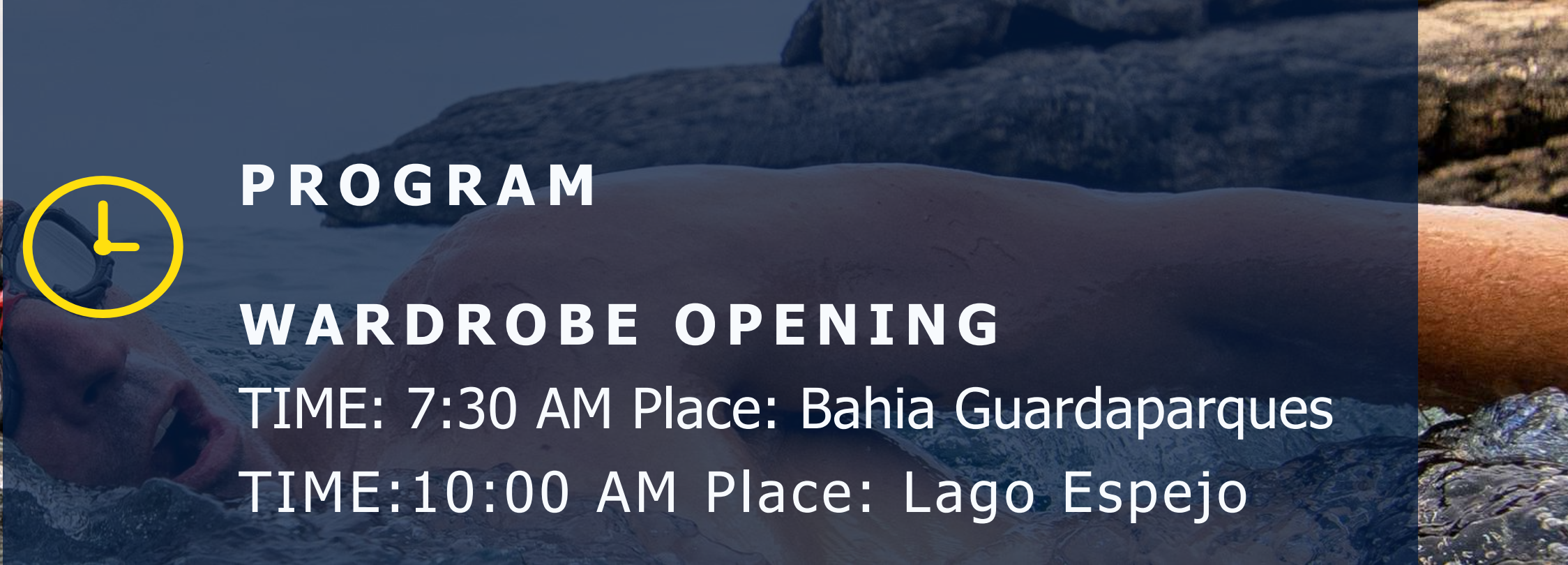
**AWARDS CEREMONY
RELAY & KIDS**

TIME: 18:30 AM

PLACE: Centro de Congresos y
Convenciones Arrayanes. VLA

Provincia del
neuquén

VLA
Villa La Angostura



SUNDAY 25 OF FEBRUARY



PROGRAM

WARDROBE OPENING

TIME: 7:30 AM Place: Bahia Guardaparques
TIME: 10:00 AM Place: Lago Espejo



COMPETITION START

TIME: OCEANMAN (11K): 8:30 AM

PLACE: Bahia Guardaparques



HALF OCEANMAN (5K): 11:00 AM

SPRINT (2k): 12:30 AM

PLACE: Lago Espejo



AWARDS CEREMONY

OCEANMAN, HALF OCEANMAN, SPRINT

TIME: 14:30 PM aprox.

PLACE: LAGO ESPEJO



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ROUTES




OCEANMAN
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ARGENTINA



KIT

SWIMMING CAP



T-SHIRT



GYM SAC



TIMING CHIP



BARRITA WIK



351  GUARDARROPA/WARDROVE  351

351  **OCEANMAN**  351

BRACELET/PULSERA

OCEANMAN HALF- SPRINT



OCEANKIDS 500 M - 1 LAP

NEUQUEN 23rd - 25th Feb

START
FINISH



Provincia del
neuquén



SEASON 2024
SWIM THE WORLD





OCEANTEAMS 3 X 500 M

NEUQUEN 23rd - 25th Feb

START
FINISH



Provincia del
neuquén



SEASON 2024
SWIM THE WORLD



226ERS[®]
FEED YOUR DREAMS




OCEANMAN[®]
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ARGENTINA





SPRINT 2 KM - 1 LAP

NEUQUEN 23rd - 25th Feb

**START
FINISH**



Provincia del
nequén



**SEASON 2024
SWIM THE WORLD**



NEUQUEN 23rd - 25th Feb

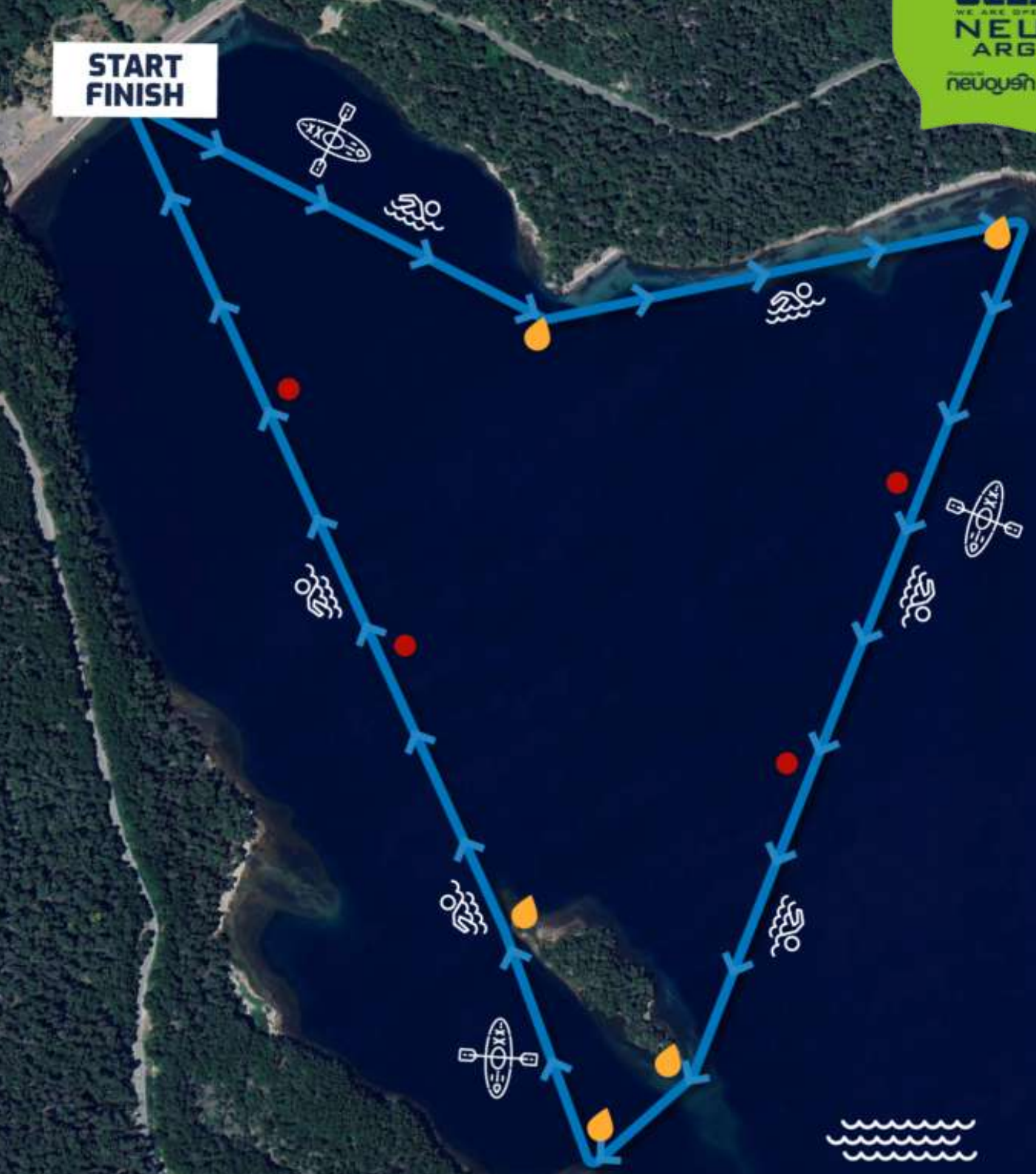
HALF OCEANMAN 5 KM - 1 LAP

START
FINISH



Provincia del
neuquén


SEASON 2024
SWIM THE WORLD





NEUQUEN 23rd - 25th Feb

OCEANMAN 11 KM - 1 LAP



FINISH

START

Provincia del neuquén

SEASON 2024
SWIM THE WORLD



BALNEARIO LAGO ESPEJO




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FEEDING POINTS AT SEA

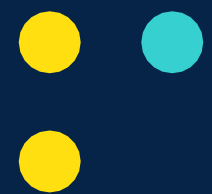


● OCEANMAN

● HALF OCEANMAN

Feeding Point #1: Km 3

Feeding Point #2: Km 5



226ERS®



WATER



En tu paladar
está la diferencia.



Av. Arrayanes 171 - TEL: 0294 449-4833



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ARGENTINA





CUT OFF TIMES

OCEANMAN (11KM)

KM 3: 1 hour 30 minutes

KM 6: 3 hours

FINISH LINE: 5 hours

HALF OCEANMAN (5KM)

KM 3: 1 hour 30 minutes

FINISH LINE: 2 hours 30 minutes

SPRINT (2KM)

FINISH LINE: 1 hour 30 minutes



DECILE CHAUUU A LAS ENFERMEDADES CON ACEITE DE COCO



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ARGENTINA



MANDATORY EQUIPMENT



SWIMMING CAP
Given by the organization

SWIMMING GOGGLES

PERSONAL BUOY
It is MANDATORY use
Rope from 20 to 60 cm

NEOPRENE
It is MANDATORY use

TIMING CHIP
Given by the organization



HEAD

ZOGGS



www.osx.com.ar



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G GATORADE



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AWARDS



AWARDS CEREMONY

OCEANMAN / HALF OCEANMAN / OCEANFINS / SPRINT

TROPHY for the first 3 places overall men and women.

AWARD MEDAL to the first three places in each category men and women.

FINISHER MEDAL to all participants who complete the test



TIME: 14:30 PM

PLACE: Lago Espejo



AWARDS

WORLD FINAL CHAMPIONSHIP QUALIFYING SLOTS

During all season OCEANMAN events competitors will be qualifying for OCEANMAN World Final Championship in OCEANMAN, HALF OCEANMAN & SPRINT distances. The swimmers will be qualified only for the distance they participated and completed.

OCEANMAN Races

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

OCEANMAN Continental Championships

OCEANMAN Continental Championships will take place in different location every year. These events are open to all swimmers who want to participate without prior qualification. TOP 15 swimmers in every age group and TOP 5 in Inspiration category will get a qualification slot for OCEANMAN World Final in OCEANMAN, HALF OCEANMAN, SPRINT distances. Participation in OCEANMAN World Final Championship will be open to swimmers without previous qualifying at OPEN EVENT. These swimmers will follow the same course in OCEANMAN, HALF OCEANMAN and SPRINT distances, but will not be eligible for the prizes.



AWARDS

OCEANMAN (MALE, FEMALE)

Category	Races	Continental Championships
Junior	10 Slots	15 Slots
Master 20 - 29	10 Slots	15 Slots
Master 30 - 39	10 Slots	15 Slots
Master 40 - 49	10 Slots	15 Slots
Master 50 - 59	10 Slots	15 Slots
Master 60 - 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots

HALF OCEANMAN (MALE, FEMALE)

Category	Races	Continental Championships
Junior	10 Slots	15 Slots
Master 20 - 29	10 Slots	15 Slots
Master 30 - 39	10 Slots	15 Slots
Master 40 - 49	10 Slots	15 Slots
Master 50 - 59	10 Slots	15 Slots
Master 60 - 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots

SPRINT (MALE, FEMALE)

Category	Races	Continental Championships
Junior	10 Slots	15 Slots
Master 20 - 29	10 Slots	15 Slots
Master 30 - 39	10 Slots	15 Slots
Master 40 - 49	10 Slots	15 Slots
Master 50 - 59	10 Slots	15 Slots
Master 60 - 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots

QUÉN
INCIA

JUNTOS
PODEMOS
MÁS

NEUQUÉN
ESTU DESTINO
— PATAGONIA ARGENTINA —
COPADE

sailfish

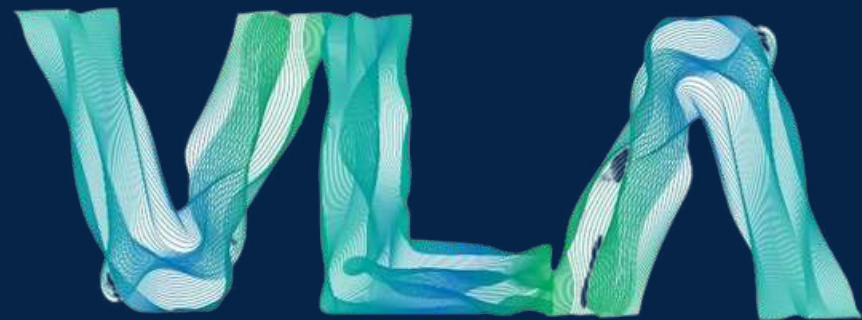


OCEANMAN RULES

Open the [link](#) and review the OCEANMAN updated regulations or find it on the official website of OCEANMAN NEQUÉN ARGENTINA




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Villa La Angostura

VLA

Villa La Angostura

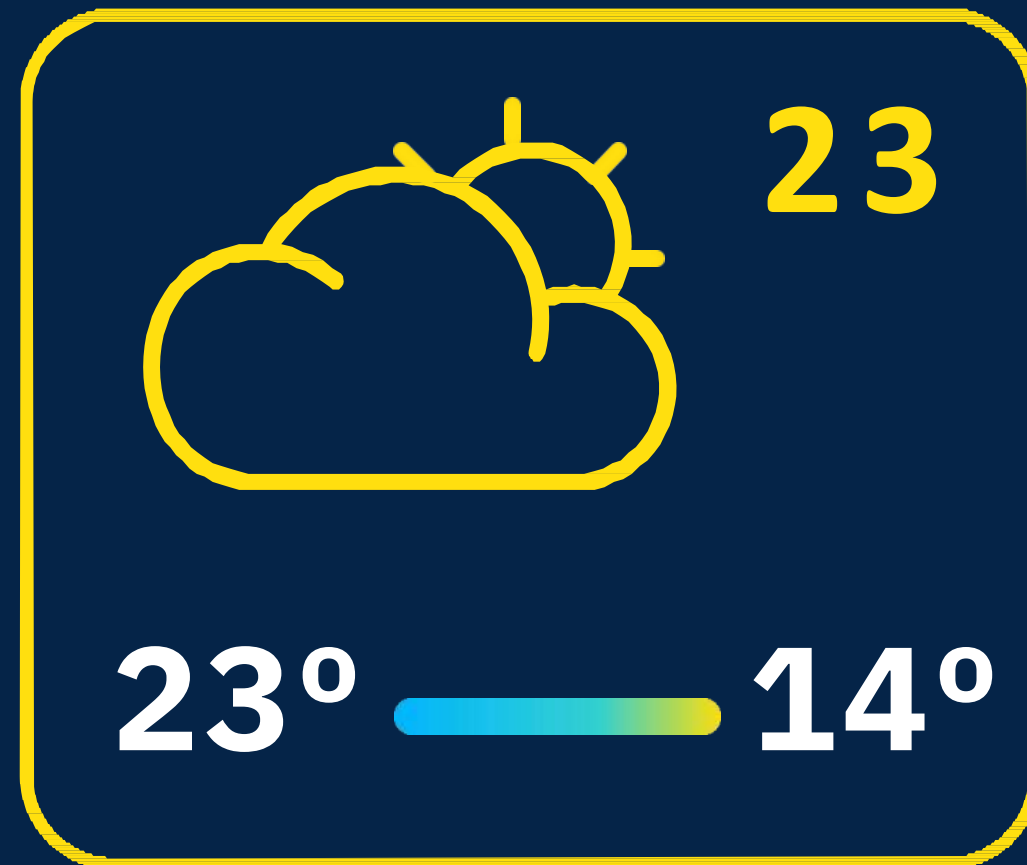
Todo el Año!



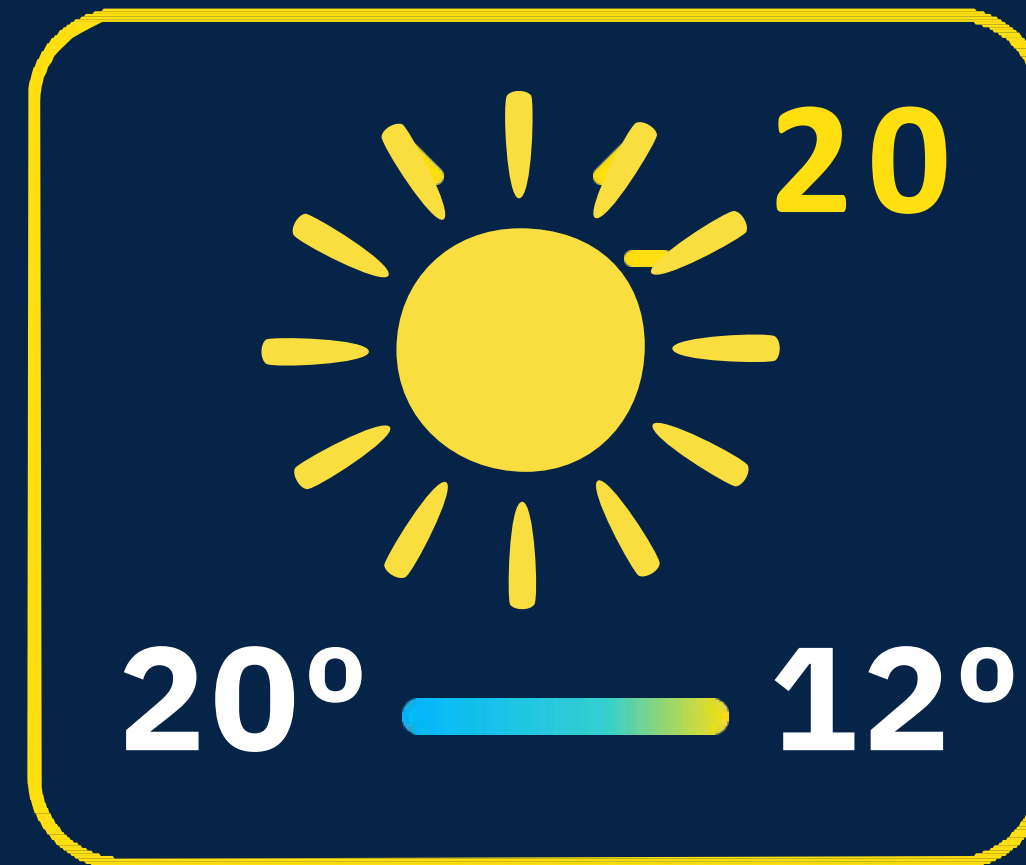


WEATHER FORECAST

Sábado



Domingo





MacomeClassic
Investment Grade Automobiles
Argentina - USA



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Andes
Angostura
Rent a Car



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ARGENTINA

iSEE YOU

AT THE LAKE!

LAGO ESPEJO, VILLA LA ANGOSTURA
NEUQUÉN-ARGENTINA FEBRUARY 24 – 25, 2024



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GOD BLESS YOU

