



R A C E B O O K 2 0 2 4



## EVENT SCHEDULE

### FRIDAY 28th September

14:00 – 18:00	Registration – SPRINT	L'Ombelico del Mondo
16:00 – 18:00	Registration - ULTRAOCEANMAN	Circolo Velico Sferracavallo
18:00	Race briefing - ULTRAOCEANMAN	Circolo Velico Sferracavallo
19:30	Dinner - ULTRAOCEANMAN participants	Circolo Velico Sferracavallo



Circolo Velico Sferracavallo <https://goo.gl/maps/eAzVgpZkHYmWDEk16>

L'Ombelico del Mondo <https://maps.app.goo.gl/Uxm39puxJkZfkb5p9>



## EVENT SCHEDULE



### SATURDAY 29th September

5:30	ULTRAOCEANMAN – Meeting Point	Porticciolo di Mondello
7:00	ULTRAOCEANMAN - Start	Porto Marina di Costa Rossa, Pozzillo
8:00 – 10:00	Registration - SPRINT	L'Ombelico del Mondo
10:00	Race Briefing - SPRINT	L'Ombelico del Mondo
11:00	SPRINT - Start	L'Ombelico del Mondo
17:00	Award Ceremony	L'Ombelico del Mondo

Porticciolo di Mondello <https://maps.app.goo.gl/RW1QZVFJSjkJA57S8>

Porto Marina di Costa Rossa, Pozzillo <https://goo.gl/maps/gfafGGcLKp2zHDBRA>

L'Ombelico del Mondo <https://maps.app.goo.gl/Uxm39puxJkZfkb5p9>



## BAG DEPOSIT DROP OFF

We will have a bag deposit area on the beach so you will be able to get dressed in your swim gear. Please try and keep all your belongings to one bag, thank you.



## EVENT PROGRAM

**PA  
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ER  
MO**



	ULTRAOCEANMAN	SPRINT
Date	Saturday – 29 <sup>th</sup> September	Saturday – 29 <sup>th</sup> September
Start Time	07:00	11:00
Distance	25km	2km
Cut off Time	8,3km in 3h30min / 16,6km in 7h	No
Time Limit	10h	1h30min
Feeding Points	No	No
Wetsuit	Optional	Optional
Safety Buoy	Obligatory	Obligatory



## SERVICES PROVIDED



- OCEANMAN village
- Accident insurance for all swimmers
- T-shirt
- Finisher medal
- Trophy / medal awards
- 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
- Awards ceremony



## RACE RULES & REGULATIONS



- Safety buoy is mandatory
- 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



**PALERMO-SICILY** 27th - 28th Sep

**SPRINT 2 KM - 1 LAP**

**START  
FINISH**





## 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**



## OBLIGATORY EQUIPMENT

Everyone swimming will have to have the following:

- Swimming cap
- Swimming goggles
- Timing chip
- Safety buoy

**You will need to bring your Own safety buoy.**



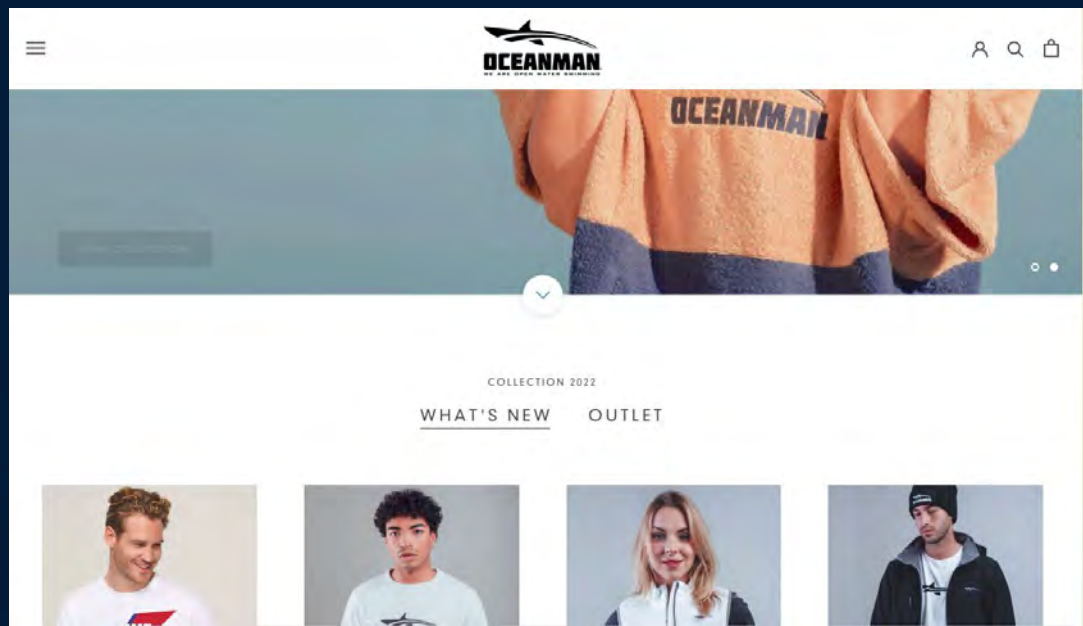
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## ONLINE PURCHASES

For anyone who has ordered anything during your registration process, please remember that you will need to collect your items when you collect your race bag. **These items will not be sent to you.**

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U L T R A O C E A N M A N





# ULTRAOCEANMAN 25 KM

**PALERMO-SICILY** 27th - 28th Sept

**FINISH**

**START**

**RISERVA NATURALE  
DI CAPO GALLO**

**PUNTA RAISI**





## SERVICES PROVIDED



- Personal Escort Boat
- T-shirt
- Backpack
- OCEANMAN village
- Accident insurance for all swimmers
- Finisher medal
- Trophy / medal awards
- 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
- Awards ceremony



## SUPPORT CREW & FEEDING

Choose your support crew well. Your support crew must include at least one person. Your escort must be comfortable with sitting in a very slow-moving boat for hours. Decide the actions of your supporter crew during the swim. It is important that you establish a good personal chemistry between you and the boat captain.

Make sure to feed every 15-20 minutes. Ask your support crew to refrain from asking you questions of initiating a conversation with your feedings. Experiment with feeding patterns, types and amounts during training to determine the best plan to keep your body fueled during the marathon swim.

**Try everything: energy drink, banana slices, peaches, chocolate and cookies. Test your feeds in the pool in freshwater and in saltwater. We will supply you with water and bananas, anything else you will need will have to be purchased by yourself.**

Please make sure that you have enough supplies for your support crew as well.

**PICK UP POINT – ULTRA SWIMMERS**

Porticciolo di Mondello <https://maps.app.goo.g/RW1QZVFJSjkJA57S8>





## SUPPORT CREW & FEEDING

While feeding, you will be allowed to hold onto the boat for as long as you need but the boats engine must be shut off. You are not allowed to be towed or dragged by the boat.

Once you climb into the boat, your race is over.  
You cannot decide later to get back into the water.

**On Saturday morning, please meet us at the pick-up point at the Mondello beach finish line no later than 5:30 AM. We kindly ask that you be punctual and bring warm clothes for the boat trip to the race starting point.**

**PICK UP POINT – ULTRA SWIMMERS**

Porticciole di Mondello <https://maps.app.goo.g/RW1QZVFJSjkJA57S8>





## OBLIGATORY EQUIPMENT

Everyone swimming will have to have the following:

- Swimming cap
- Swimming goggles
- Timing chip
- Safety buoy

**You will need to bring your Own safety buoy.**





## TIME LIMIT

The time limit for the race is **10 hours**.

If the swimmer is 1 km from the finish line, they are considered to have arrived.


















There will be two cut-off times during the ultra.


















**8.3km / 3 hours 30 minutes & 16.6km / 7 hours.**

This means that if you haven't passed these two kilometer marks within the specified time, you will have to end your race.



# PARTICIPANTS

Yedige Davletgaliyev	Boat 21	<b>M20 / 29</b>	
Rishat Rachapov	Boat 22	<b>M20 / 29</b>	
Francesco Colla	Boat 1	<b>M30 / 39</b>	
Davide Tamborini	Boat 4	<b>M30 / 39</b>	
Avinash Kushwaha	Boat 5	<b>M30 / 39</b>	
Aya Mashtiyeva	Boat 9	<b>F30 / 39</b>	
Lina Paola Carvajal Hernandez	Boat 10	<b>F30 / 39</b>	
Elena Edatti	Boat 18	<b>F30 / 39</b>	
Zoltan Gyorgyi	Boat 30	<b>M30 / 39</b>	
Haroon Cali	Boat 31	<b>M30 / 39</b>	
Juan Fernández Peña	Boat 17	<b>M40 / 49</b>	
Dmytro Goriachev	Boat 19	<b>M40 / 49</b>	
Cinara Palhares	Boat 20	<b>F40 / 49</b>	
Maki Kasai	Boat 24	<b>M40 / 49</b>	
Alain Amar	Boat 25	<b>M40 / 49</b>	
Cedric Blain	Boat 26	<b>M40 / 49</b>	
Natàlia Pocull Viñets	Boat 28	<b>F40 / 49</b>	

Yerzhan Yessimkhanov	Boat 29	<b>M40 / 49</b>	
Francisca Verberk	Boat 6	<b>M40 / 49</b>	
Madi Adilkhanov	Boat 7	<b>M20 / 29</b>	
Denis Kolomiyets	Boat 8	<b>M40 / 49</b>	
Stefano Plenario	Boat 12	<b>M40 / 49</b>	
Alessandro Simonazzi	Boat 15	<b>M40 / 49</b>	
Alison Grinnell	Boat 2	<b>F50 / 59</b>	
Jaime Leite Filho	Boat 3	<b>M50 / 59</b>	
David Micallef	Boat 11	<b>M50 / 59</b>	
Baktygul Alimbekova	Boat 13	<b>F50 / 59</b>	
Laura Volpi	Boat 14	<b>F50 / 59</b>	
Luís Alberto Biroli	Boat 16	<b>M50 / 59</b>	
Angelo Zavattieri Neto	Boat 23	<b>M50 / 59</b>	
Diego Innocenti	Boat 27	<b>M50 / 59</b>	
Nicolau Serra	Boat 3	<b>M60 / 69</b>	
Nilceia Nunes	Boat 20	<b>F60 / 69</b>	
Giacomo Di Santo	Boat 32	<b>M30 / 39</b>	
Enrico Giacomini	Boat 32	<b>M50 / 59</b>	

## WETSUITS

Wetsuits will be allowed during this years **ULTRAOCEANMAN**.





U L T R A O C E A N M A N

