



OCEANMAN[®]

WE ARE OPEN WATER SWIMMING

PATTAYA
THAILAND

RACEBOOK

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สมาคมธุรกิจ และ การท่องเที่ยว เมืองพัทยา
Pattaya Business and Tourism Association



中華飛魚運動協會





TOPIC : OCEANMAN Pattaya venue has been changed!

New Venue: Private Beach, Dor-Shada Hotel, Na Jomtien - 10 minutes by car from The Now Hotel (Jomtien Beach)

=====

Dear swimmers,

Due to safety reasons, we have to inform you that the race venue has been changed from Jomtien Beach to the private beach at Dor-Shada Hotel, Na Jomtien.

Please note that OCEANMAN distance (10 km) will have 2 laps, same route as HALF OCEANMAN distance (5 km).

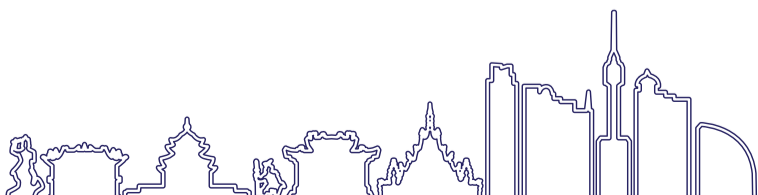
We will provide 4 shuttle buses from Jomtien Beach (The Now Hotel) to Dor-Shada Hotel and reverse starting from 5:30 AM till 12:00 PM, also from 4:00 PM till 9:00 PM on Saturday, May 20 and Sunday, May 21.

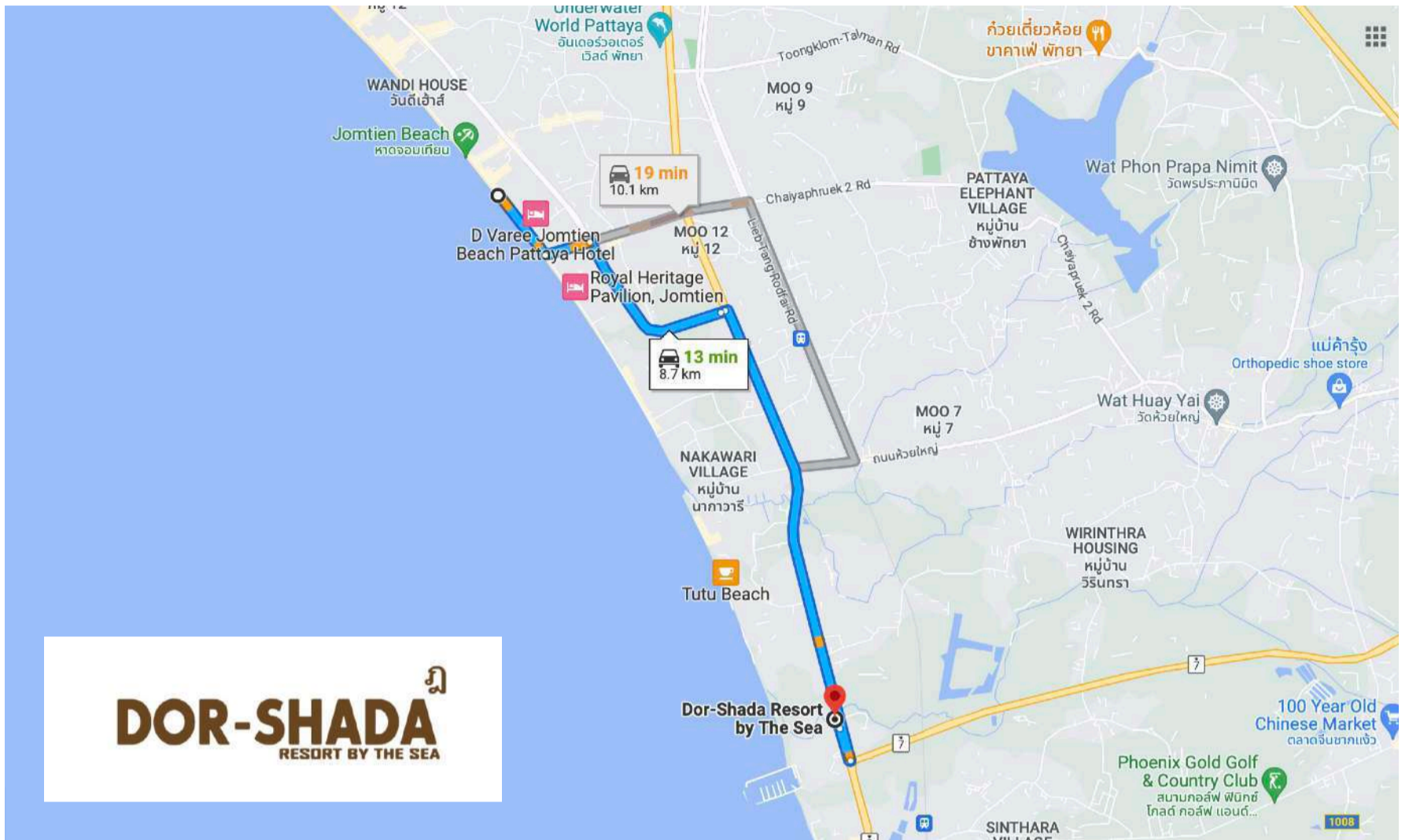
We sincerely apologize for any inconvenience caused. Thank you all for understanding that we organize the event by considering the safety as our highest priority.

Yours sincerely,

OCEANMAN Thailand Team

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How to go Dor-Shada resort : <https://goo.gl/maps/61tBpvFBNpcrYguQ9>

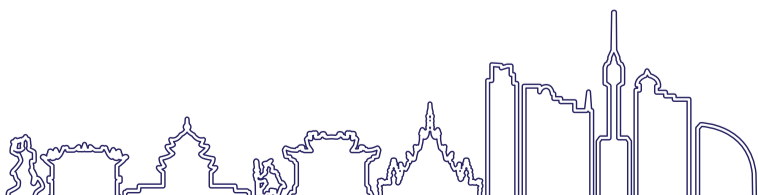
Shuttle van service on Sat 20th May and Sun 21st May, 2023 :

Point 1 at Jomtien beach(Opposite The NOW Hotel)

Point 2 at Dor-Shada Hotel by The sea(New race Venue)

Time : 05.30 a.m. - 12.00 p.m.

04.00 p.m. - 09.00 p.m.



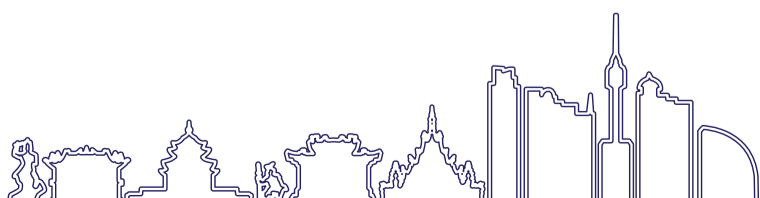
VENUE and Parking lot



Directory

1. **Main entrance** : There are only one entrance from Sukhumvit road.
2. **Parking lot** : If your driving to race venue there're many parking area near by the walking path to venue.
3. **Walking path** : Park your car and walk around 200 maters to the venue.
4. **Race Venue** : All activities are here.

How to go Dor-Shada resort : <https://goo.gl/maps/61tBpvFBNpocrYguQ9>



amazing
THAILAND

Unseen NOW Chapters

ปักหมุดมุมใหม่ เปิดไทยมุมต่าง

amazing
THAILAND

Unseen NOW Chapters

ปักหมุดมุมใหม่ เปิดไทยมุมต่าง

เปิดเมืองไทย... ในมุมที่คุณไม่เคยเห็น
UNSEEN NEW CHAPTERS
เร็วๆ นี้



A nighttime aerial view of Pattaya, Thailand. The city skyline is illuminated with lights, featuring several high-rise buildings and a prominent curved structure. The city is situated along a coastline with a sandy beach and turquoise water. The sky is a deep blue with some clouds. The overall scene is vibrant and modern.

PATTAYA

Pattaya is a city on Thailand's eastern Gulf coast known for its beaches. A quiet fishing village as recently as the 1960s, it's now lined with resort hotels, high-rise condos, shopping malls, cabaret bars and 24-hour clubs. Nearby, hillside Wat Phra Yai Temple features an 18m-tall golden Buddha. The area also features several designer golf courses, some with views of Pattaya Bay.

An aerial photograph of the NA Jomtien Beach resort. The image shows a large, well-maintained golf course with green fairways and sand traps, winding paths, and several buildings with prominent red-tiled roofs. In the background, there is a marina with numerous yachts docked, and the turquoise waters of the Gulf of Thailand meeting a blue sky with scattered white clouds. The overall scene is a lush, tropical resort environment.

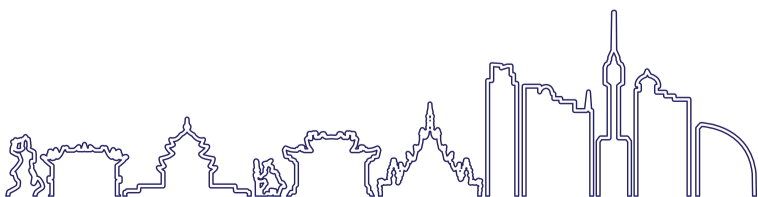
NA JOMTIEN BEACH

NA Jomtien Beach is a town on the east coast of the Gulf of Thailand about 170 km south-east of Bangkok in Chonburi Province. It is about 7.5 km south of Pattaya and is home to high-rise condominiums, beach side hotels, beaches, and yacht Club.



ATTRACTIONS

Chon Buri is a Thai province set on the country's eastern Gulf of Thailand coast. South of the provincial capital, also called Chon Buri, the coastline is lined with popular beaches. Among them is Pattaya, a long-standing resort town with a seafront promenade, restaurants, shopping malls and a busy, neon-lit nightlife zone that includes cabaret bars and clubs.

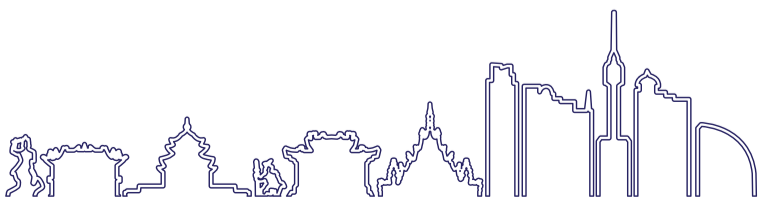




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Imagine a **OCEANMAN PATTAYA**, with its classification system, huge prizes, and worldwide prestige. Open to all swimmers, both ages and elite group. With worldwide events, and a unique final with the best qualified swimmers each competition.

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PATTAYA

ONE AND ONLY

“OCEANMAN” is a young and ambitious project that expects a strong international expansion with 32 venues on plan in 2023. An exciting and challenging adventure in which we want you to be present. To be part of this great story that we are all building..







Anusit Sukprasert (Golf)
Race Director
OCEANMAN THAILAND

OCEANMAN PATTAYA, Is set up to be an event that will be held in the years to come. With wonderful atmosphere of one of the most famous seaside tourist cities in Thailand Which has received a good reception from PATTAYA City Hall. including many sectors causing this event to happen perfectly, we are ready for this event. We were determined to set it up and go through it until today. Thank you to many agencies that have contributed to this success. We have been working tirelessly and hope you all have fun and be safe.

Looking forward to toes you in next **OCEANMAN** in Thailand.

Thank you

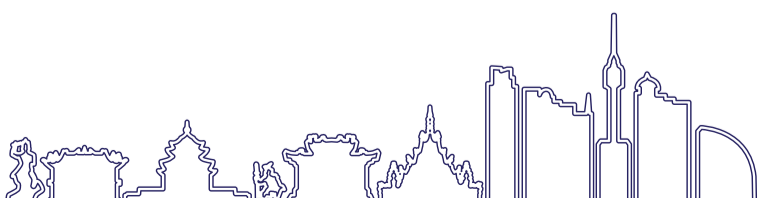
Safety is a key element of open water swimming sport. In addition to the supervision of the lifeguards is also very important for swimmers to prepare the body and mind as an athlete. My security team and I have been planning carefully.

We hope you all enjoy the race and safely back to finish line at the shore.

Thank you



Auttapon Pramuansinkun
Course Director



OCEANMAN THAILAND TEAM



Thammachart Danthamlongkul
Project Manager

OCEANMAN PATTAYA 2023 is another great project with full coordination that receives from all departments. We received warm welcomed since we have contacted. This allowed us to work extremely hard through difficult times. We will continuously perform our fullest duties for your happiness and safety.

Hope you all have great swimming experiences from OCEANMAN THAILAND. See you again in next **OCEANMAN**.



Nongna Phongpheaw
Venue Manager

Out of many times participating in OCEANMAN activities in **Thailand**, We hope you all enjoy and have fun with the intention of preparing our event. We believe that **OCEANMAN PATTAYA 2023** will not disappoint you this time.

See you in PATTAYA...



Sutthipong Sukprasert
Course Manager

Route of this race our team have planned to keep everyone very safe. but still challenging and immersed in the beauty of Ao Thai sea side. I'm definitely impressed. Prepare yourself, Let's meet and you will love OCEANMAN PATTAYA 2023.

Cheers,




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THAILAND



1.SCHEDULE

Date : 20th May 2023

Location : Dor-Shada Hotel, Na Jomtien Beach

Time	Activity
5 AM-6 PM	Equipment collections for all distance and Race expo
7.30 AM	SPRINT starts.
9.00 AM	OCEANKIDS starts.
10.00 AM	OCEANTEAMS starts.
11.30 AM	Award ceremony.
6.00 PM	Race Briefing for OCEANMAN and Half OCEANMAN.
7 PM	Welcome meal with high carbohydrate food
9 PM	End of activities.
	Close register for collect race equipments.

Date : 21st May 2023

Location : Dor-Shada Hotel, Na Jomtien Beach

Time	Activity
6.30 AM	Half OCEANMAN starts.
7 AM	OCEANMAN starts.
11.30 AM	Last swimmer arrive to Finish area.
12 PM	Trophy ceremony.
6 PM	After party start with ALOHA OCEAN beach theme.
9 PM	End of activities.

Aloha 





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2.DISTANCES

Swimmers can participate in one or several of the following distances.

OCEANMAN : Open-water swimming with 10 kilometers along two loops of 5 kilometers. The individual competition under age group categories. Time limited with 4h 30m.

HALF OCEANMAN : Open-water swimming with 5 kilometers along one loop. The individual competition under age group categories. Time limited with 2h 30m.

SPRINT : Open-water swimming with 2 kilometers along one loop. The individual competition under age group categories. Time limited with 1h 30m.

OCEANKIDS : Open-water swimming with 500 meters along one loop. The individual competition under age group categories. Time limited with 1h. There are six categories - Male U9, Male U12, Male U15, Female U9, Female U12 and Female U12.

OCEANTEAMS : Team relay race, comprises distances between 500 m 3 swimmers per team is mandatory, competitive, timed. There are three categories - Male, Female and Mixed teams.



CUT OFF TIMES

Time limits to reach the finishing line are:

OCEANMAN (10 km)

Cut off time sections:

Km 3 - 1h 30m

Km 6 - 3h

Km 10 - 4h 30m

HALF OCEANMAN (5 km)

Cut off time sections:

Km 3 - 1h 30m

Km 5 - 2h 30m

SPRINT and OCEANTEAMS (1.5 km / 3x1,000 m)

Finish line cut off time - 1h 30m

OCEANKIDS (1,000 m)

Finish line cut off time - 1h

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PATTAYA



3.AWARDS

OCEANMAN, HALF OCEANMAN, SPRINT and **OCEANKIDS** distances have different categories considering the participants' age and gender. Competitors under the age of 18 must present parental or guardian authorization to collect racer numbers & timing chips.

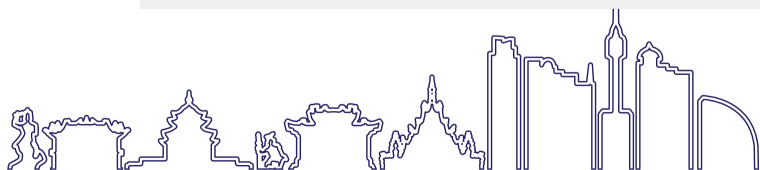
OCEANMAN (MALE – FEMALE)

Category	Age Range
Junior	Swimmers from 16 to 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%

HALF OCEANMAN (MALE – FEMALE)

Category	Age Range
Junior	Swimmers from 14 to 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%

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SPRINT (MALE – FEMALE)

Category	Age Range
Junior	Swimmers from 10 to 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%

OCEANKIDS (Male - Female)

Category	Age Range
U9	Swimmers from 7 to 8 years of age
U12	Swimmers from 9 to 11 years of age
U15	Swimmers from 12 to 14 years of age

OCEANTEAMS (Male, Female, Mixed)

Category	Age Range
Male, Female, Mixed	Swimmers from 12 years of age



OCEANMAN

- Top 3 in 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.

HALF OCEANMAN

- Top 3 in 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.

SPRINT

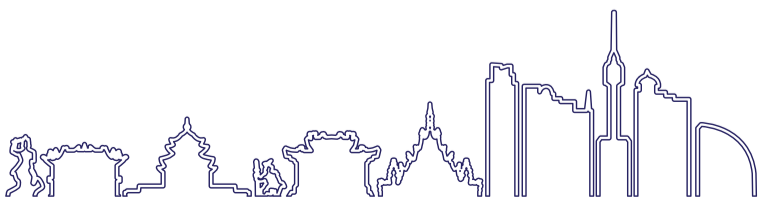
- Top 3 in overall, male and Female will be awarded with trophies.
- Top 3 in age group (categories), male and female will be awarded with medals.
- All competitors who complete the race will be awarded a Finisher medal.

OCEANKIDS

- 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.

OCEANKIDS

- Medals for Top 3 Teams (Male, Female, Mixed) 3 medal each team.



World Final Championship Qualifying Slots

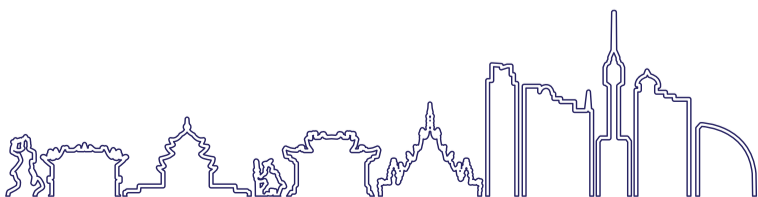
Top 10 in age group categories of OCEANMAN, HALF OCEANMAN and SPRINT will be giving the qualifying slots and extra medal as following:

OCEANMAN (MALE – FEMALE)

Category	Quota
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

HALF OCEANMAN (MALE – FEMALE)

Category	Quota
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



SPRINT (MALE – FEMALE)

Category	Quota
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

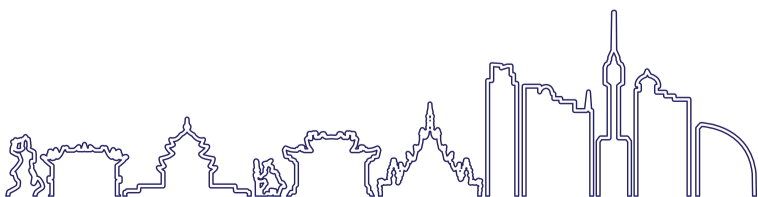
Award Ceremony follow this :

20th May 2023 (5PM)

- 1st - Female OCEANKIDS
- 2nd - Male OCEANKIDS
- 3rd - Female SPRINT
- 4th - Male SPRINT
- 5th - Female OCEANTEAMS
- 6th - Male OCEANTEAMS
- 7th - Mixed OCEANTEAMS

21st May 2023 (5PM)

- 1st - Female OCEANMAN
- 2nd - Male OCEANMAN
- 3rd - Female HALF OCEANMAN
- 4th - Male HALF OCEANMAN





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4. COMPETITION REGULATIONS

1.- General

1.1 It is the participant's responsibility to understand all aspects of the competition rules.

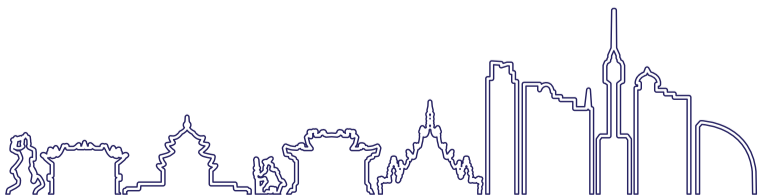
1.2 With his/her registration, the swimmer accepts the OCEANMAN general rules and regulations, the special rules of each event of the OCEANMAN circuit and the participant's terms and conditions.

1.3 Each swimmer is responsible to compete in good physical condition, and with sufficient training to undertake the distance in which they subscribe to.

1.4 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.

1.5 Participants are obliged to follow the indications and instructions of race officials and public authorities at all times.

1.6 Race officials have the authority to disqualify any participant. Medical staff and/or the race technical director have the maximum and 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. Medical transportation by any swimmer imposes disqualification. If any competitor decides to withdraw from the race at any time, it is his/her responsibility to report his/her decision to the information point located at the finish area and hand in his/her number and/or timing chip immediately.



1.7 Individual support from friends, relatives, coaches and supporters during the course of OCEANMAN races is not permitted. All competitors have the obligation to decline immediately any attempt of assistance. Otherwise, the competitor will be subject to a warning or even disqualification.

1.8 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.

1.9 For matters not covered in these rules, we will contemplate as reference our competition referees decisions established in each venue of Oceanman Circuit. They will be the only ones assigned to deliver and apply the decisions of this regulations.

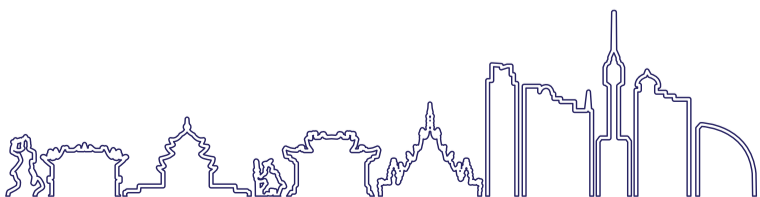
1.10 This regulation can be revised and updated during the course of the OCEANMAN international circuit competition

2.- Modalities & Flag Off

2.- Attire

Below you can find a list of permitted equipment during the race.

- Swim cap provided by the organization.
- Use of Safety buoy will be compulsory for ALL OCEANMAN Distances. The buoys have to be visible and homologated in order to avoid any incident.
- Will be disqualification reason crossing the finishing line without the safety buoy.
- Goggles are obligatory during all races.



- Don't allowed to use Wetsuit for this competition.
- Timing chips must be worn throughout the race. In case of lost the participant must inform the timekeeper company at the finish line. The swimmer will have to reimburse the the equivalent value of the device if the company find it appropriate or necessary. The organizers will indicate how and where to wear the chip during the technical briefing.
- The race number must be visible on the exterior part of the swimmer's right hand at all times. The race number will be provided by or drawn on by one of the organizers.
- The use of electronic devices, such as watches, heart rate monitors, water GPS are allowed, excluding aquatic music players or similar devices. If a swimmer neglects this rule, he/she will be disqualified by the judges.
- It's not permitted to use any equipment or materials that aid swimmers propulsion or flotation (e.g. pull-buoys, paddles, gloves, fins etc.) The use of the equipment is limited to participants who have express approval from the organization with justified reasons.

3.- Safety

A security operation on land as sea is guaranteed. On the day of the competition, swimmers safety will be monitored by motorboats and kayaks who will follow the course.

The organization medical team will be authorized to withdraw any participant due to medical reasons.

4.- Referees

Oceanman will be refer by a Referees Committee represented by a technical delegate technic, and this committee of the delegate and a referee judge will be the responsible of giving the official results of the



competition, It will be referees in the race course controlling turning buoys, in the finish line and in secretary.

It will be Disqualification reasons;

- Avoid mandatory marking-turning buoys
- Anti Sportive behavior will be punished
- Don't follow Boat or Kayak instructions
- Use of forbidden gear

After provisional Results are posted, any swimmer who wants to complain have to do it in a period of 15' after this results are posted.

The claims may be for the following cases.

- Against the provisional results published.
- Against the performance or behaviour of another competitor.
- Against the clothing worn by another competitor.
- Against the established route.

For a claim to be answered by the referee, it must be presented in writing through the forms offered by the referee appointed for the competition. This document is also downloadable through the official Oceanman website in its referees section.

If the claim, attended by the referee, is ratified in its sanction this could be appealed to the jury of compilation named before the start of the competition.

For an appeal to be attended, it will be necessary to deposit a deposit of 40 euros, this bond will be returned if said appeal is successful and a favorable resolution is applied to the claimant.

The decisions of the referee judge and the competition jury will be taken no later than 15 'after being presented.

Upon resolution of an appeal by the competition jury, no more claims or appeals may be filed for the same reason.



This instructions will be explained and resumed during the informative session of the race (briefing)

5.- Personal Data

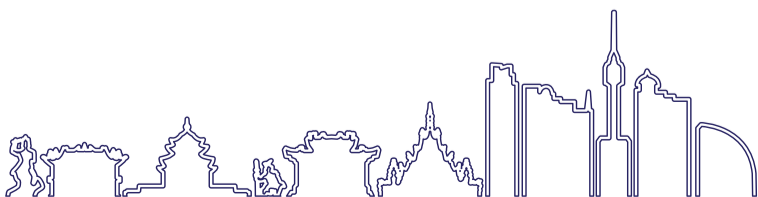
The organization informs, and you agree to the following:

All the information provided by you at the time of registration for the competition or by means of any other channels of personal data collection at the websites: www.oceanmanswim.com, www.oceanman.net, www.oceanman-openwater.com or www.oceanman-store.com is incorporated into a secure and confidential database. Educanova Consultores & Recursos S.L. is responsible for the management of this database.

The main purpose of this data collection is no other than the administration and management of the competition, the notification of possible modifications or changes in the calendar of the events and/or promotion of the products related to OCEANMAN. For this reason and with a clear sporting objectives, promotional and commercial aims, we ask athletes and their children to give their consent for the reproduction of their images in photographs and other recordings taking place during the competition.

In case you wish to withdraw your consent, you must notify Educanova Consultores & Recursos in writing and under the provisions of the Organic Law 15/1999, 13, you can rectify or cancel partially or totally your personal data.

In each of the venues of this championship, this general regulation may incorporate specific modifications, in compliance with the legislation of each host country.





Swimmer Name-Last name.....Race Number.....

Distance OCEANMAN HALF OCEANMAN SPRINT OCEANKIDS OCEANTEAMS

By signing this registration form I acknowledge, appreciate, and agree that : The risk of injury from the activities involved in "OCEANMAN PATTAYA 2023" is

1. I further state that I am in proper physical condition to participate in this event and am over 18 years of age.
(Competition recommended for over 18 years of age.)

Participants under 18 year of age must provide parents' or guardians' consent at racer number collection. No swimmer under the age of consent can participate without signed authorization.

2. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation. I will remove myself from participation and bring such to the attention of the nearest official.

3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, and assume full responsibility for my participation; and,

4. significant and includes, but is not limited to, the following; drowning, near-drowning, sprains, strains, falling, fractures, heat stroke, other heat and cold injuries, over-use syndrome, injuries involving vehicles, animal bites and stings, contact with poisonous plants, and the potential for permanent paralysis and death. These activities include, but are not limited by boat or other convenience. While particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

5. I grant permission for the use of my name and or likeness related to my participation in any event conducted by A-Thrive Co., Ltd. I also grant the use of my voice and any and all recorded and or filmed/video/photographed footage of me, and further waive all rights to any compensation, as a result of my name or likeness being used in any way.

6. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY**

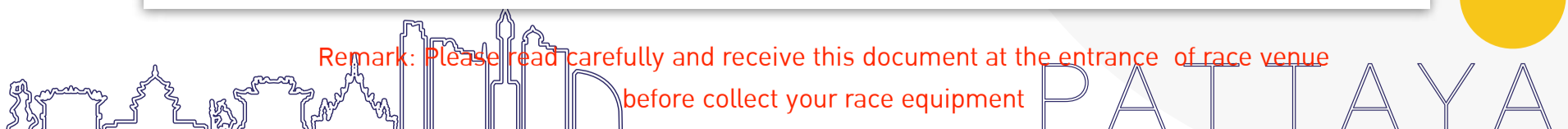
7. **I HAVE COMPLETED THE FULL NUMBER OF VACCINATIONS AGAINST COVID AND RECEIVED A NEGATIVE TEST FOR COVID FROM THE LABORATORY.**

WITHOUT ANY INDUCEMENT. I have also read and will comply with all rules, and the mandatory gear lists.

Signature.....

Date.....

SWIM YOUR DREAM





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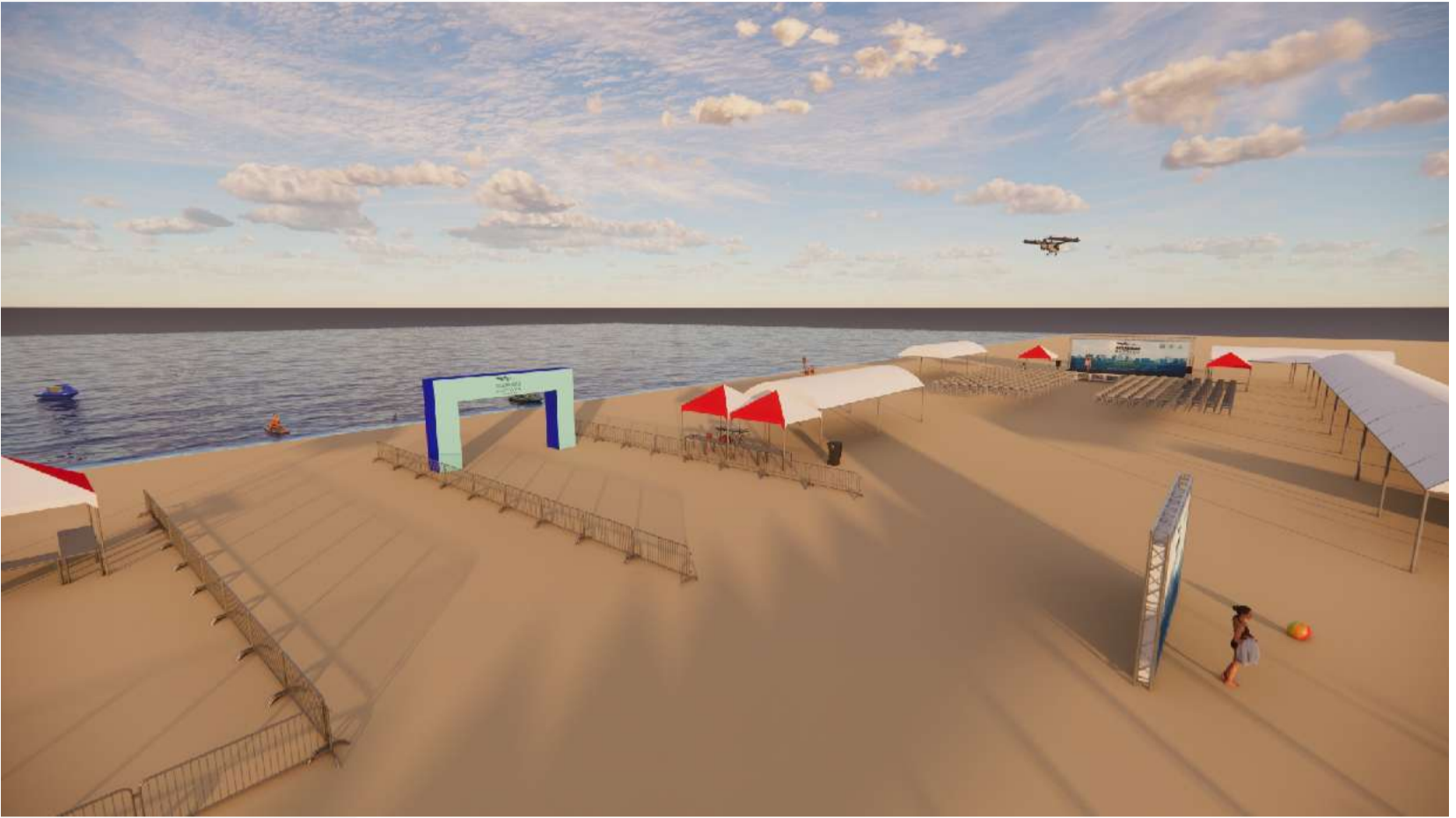
5. RACE VENUE



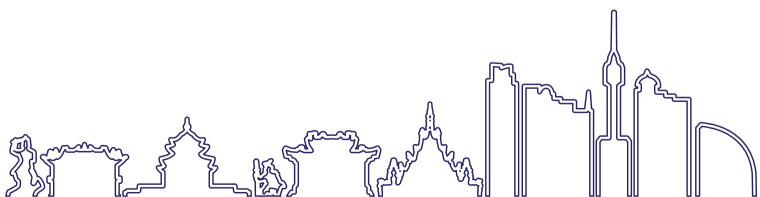
Directory

1. **Main entrance** : There are only one entrance for in and out to venue
2. **Official Shop** : The OCEANMAN merchandise and pre-order product provide.
3. **Collection area** : Open from 20th-21st May, 2023 follow time Schedule.
4. **Food&Beverage** : Food and beverage are for all athlete only, friends and family are not allowed to take please noted.
5. **Expo area** : There are many products waiting for you in this area. Both for sale and free distribution.
6. **Body mark & Technical check** : Make a mark on the body and equipment check before the race.
7. **OCEANTEAMS tents** : for placing the equipment of the team competitors.
8. **START area** : Space to prepare and start the race.
9. **Finish area** : Finish line for the end of the race, Finisher medal and water area.
10. **Photo backdrop** : Cool poses for the photographer to capture the moment.
11. **Water station area** : Drinking water and electrolyte drinks tent.
12. **Timekeeper tent** : Timing chip system area (Referees area)
13. **First aid station** : Emergency Service There are first aid workers available to service the area.
14. **Race control** : An area for screening incidents, reporting incidents, and coordinating on the field of competition.
15. **Main stage** : All ceremonies will be happen on this stage.





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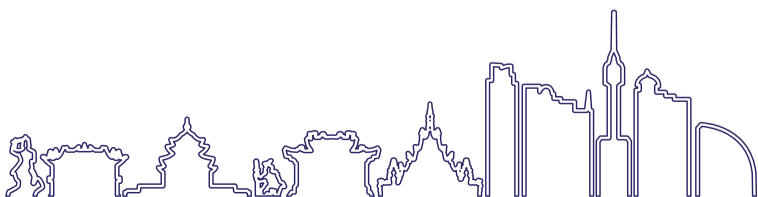


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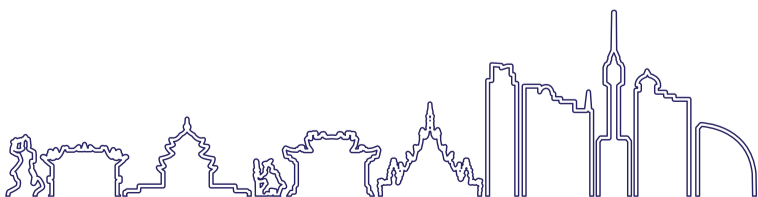
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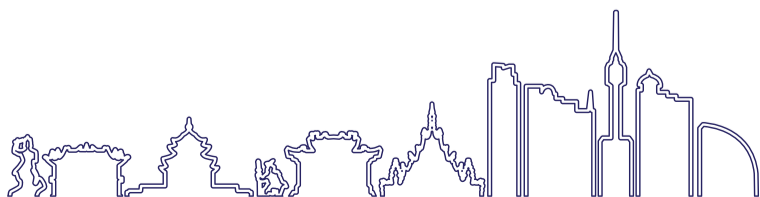


6.SAFETY PLAN



Water activities is a high-risk activity, OCEANMAN Thailand operates according to water safety standards. Operators receive training and rehearse action plans. According to the principles of the Thai Life Saving Society Association. Also operates international swimming event standards under the supervision of OCEANMAN Global, ensuring that all athletes have full safety in the water. In addition, the competition requires all participants to wear a buoy at all times when swimming. to increase the safety of the competition as well

- 17 kayaks with support staff
- with 40 rescue staff
- 2 dingy boats
- 1 feeding boats
- 2 rescue boats
- 4 Jet ski
- 3 Ambulances with team support
- 15 Big buoys
- Drinking water
- Fruit and electrolyte drinks provider team.





Body mark

Our staff will write down your number booth side of your back hand side. Please remember your number and tell to our staff in the body marking area at the race venue.



Timing chip tag

Timing chip is very important for your performance please put on your left ankle all the time in the race course, and return to our staff at the finish line. 800 Thai baht will be charge if it lost.



Swimming Buoy

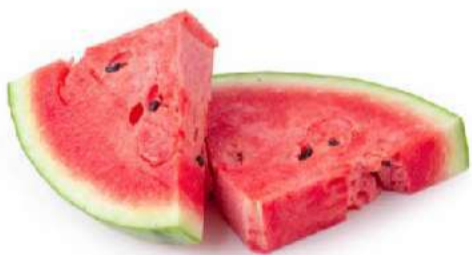
Obliged and participants should wearing along swimming time.



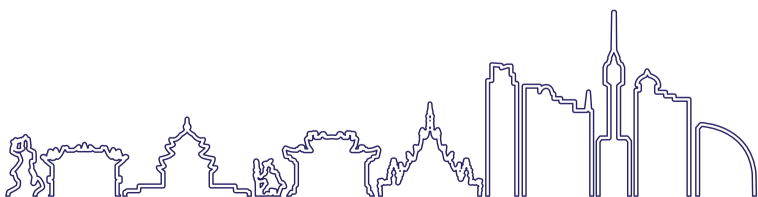
Power gel along the course of 10km and 5km. Every 40 minutes per 1 sachet(100 Calories)This is the most important for OCEANMAN and HALF OCEANMAN distance.(Not provided by Organizer)



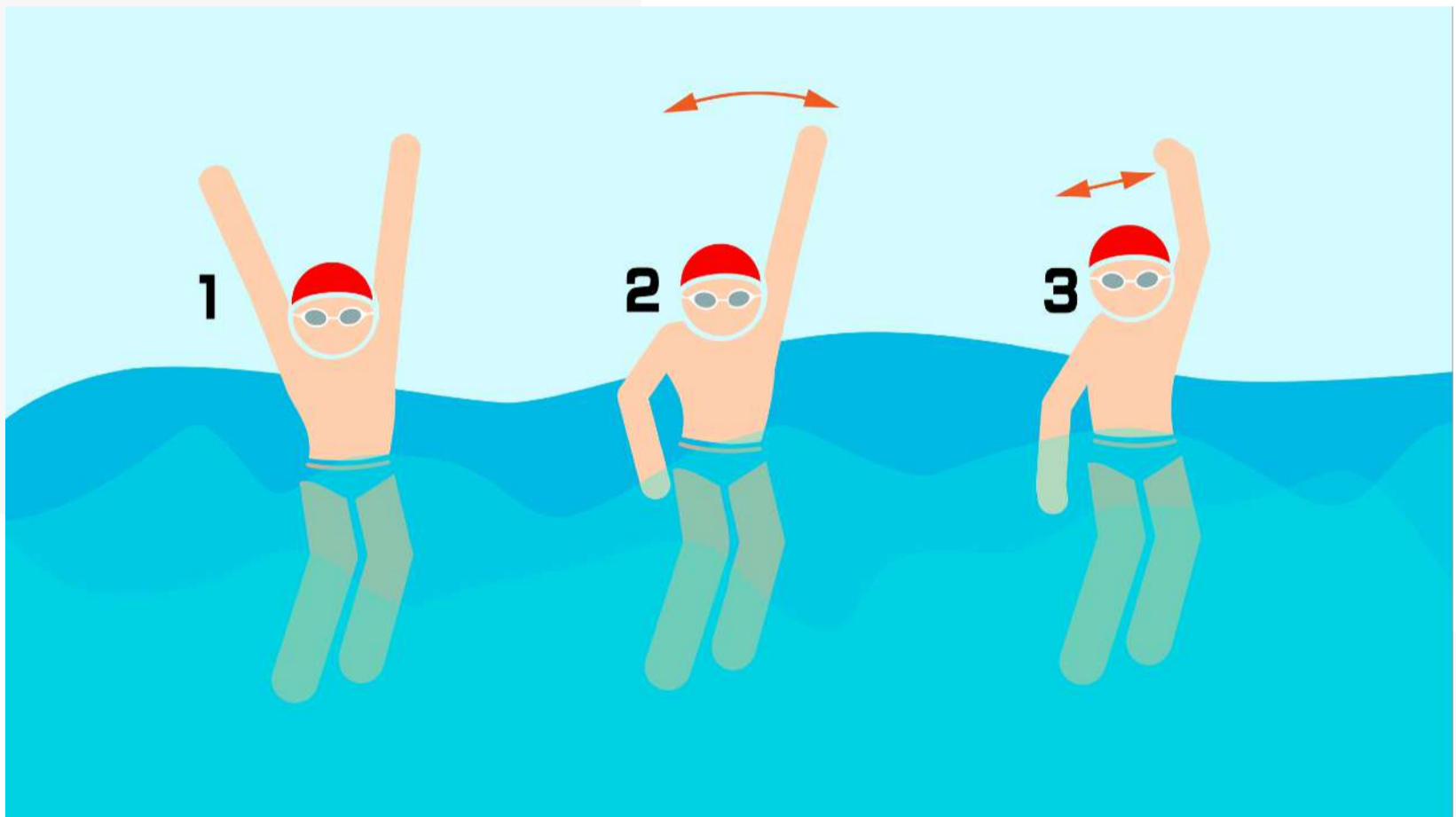
Water Drink a lot of water when your body loses more fluids than it takes in. To prevent dehydration.



Watermelon is considered as an energy-boosting fruit, especially in summers, as it hydrates the body.



BODY SIGNAL IN THE WATER



1. I want attention : raise your arms

2. Take it out of the water : Rotate one arm in a circle.

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



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THAILAND

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