



Bangsak Beach, (Khaolak) Phang-Nga, Thailand

A Tribute to **Her Majesty Queen Sirikit, The Queen Mother**

The Organizing Committee of OCEANMAN PHANG NGA humbly extends its deepest condolences to the Thai people on the passing of **Her Majesty Queen Sirikit, The Queen Mother**.

Her Majesty's lifelong dedication and boundless devotion to the welfare and development of Thailand and its people will forever be remembered with profound respect and gratitude.

We join the Nation in mourning this immense loss.

OCEANMAN PHANG NGA Committee.







“OCEANMAN” is a young and ambitious project that expects a strong international expansion with 30 venues on plan in 2025. 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..



A Warm Welcome to Oceanman Phang Nga!

On behalf of the people of Phang Nga, we are delighted to welcome all athletes, families, and supporters to the OCEANMAN PHANG NGA! You are about to swim in one of the world's most beautiful open water courses, surrounded by the majestic limestone karsts and crystal-clear waters of the Andaman Sea. This is more than a race; it is a chance to connect with the passion and spirit of this ocean paradise.

We celebrate your courage and dedication. While you are here, we invite you to enjoy the legendary Thai hospitality and unique local culture. Good luck to all competitors! May your swim be memorable.

The People and Province of Phang Nga
OCEANMAN PHANG NGA Host



A Historical Welcome to Phang Nga!

On behalf of the Organising Committee, I proudly welcome the global open water swimming community to the inaugural OCEANMAN PHANG NGA! This exciting new chapter will challenge you against the majestic limestone karsts and pristine beaches for the very first time.

Our sincere gratitude goes to the **Phang Nga Provincial Administrative Organization (PAO)** for their vital support in making this world-class debut a reality.

While we proceed, we strictly acknowledge the national period of mourning and respectfully ask all participants to maintain an appropriate demeanor, adhering to all official guidelines throughout the race weekend. Have a safe, successful, and historic swim!

Thank you.

Anusit Sukprasert

Race Director, OCEANMAN PHANG NGA



The Race Venue: Bang Sak Beach, Khao Lak

The event will be held at the beautiful Bang Sak Public Beach, one of Phang Nga's stunning tourist attractions.

- Registration/Package Pick-up: Equipment collection (Race Package Pick-up) will take place at the Multi-Purpose Building (อาคารอเนกประสงค์).
- Parking: Dedicated parking areas will be provided nearby.
- Start & Finish: The start and finish lines are located close to each other, approximately 50 meters apart, offering maximum convenience and safety for all participants.

We aim to ensure a smooth, convenient, and secure experience for everyone.

Getting There: Bang Sak Beach, Khao Lak

The race venue is the beautiful Bang Sak Public Beach, located in the Khao Lak area of Phang Nga province, close to Phuket International Airport (HKT).

Race Venue Location & Map

- Venue Name: Bang Sak Beach (หาดบางสัก)
- Address: Bang Muang Sub-district, Takua Pa District, Phang Nga 82190
- GPS Coordinates (Approx.): 8.7885569,98.262091
- Map Link (Google Maps): [Click to Navigate](#)

Key Travel Methods

The most common way to reach Bang Sak Beach is via Phuket:

1. By Air Plane (Recommended):

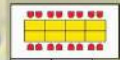
- Destination Airport: Phuket International Airport (HKT).
- Transfer: The journey from HKT to Bang Sak Beach (Khao Lak) takes approximately 1.5 to 2 hours (distance: 90-110 km). Pre-booked taxi or minivan services are recommended for the transfer.

2. By Car:

- Bang Sak Beach is situated right off Phetkasem Road (Highway No. 4).
- If traveling from Phuket, drive north past Takua Thung District, enter the Khao Lak area, and follow signs or GPS to the beach entrance.

This information is designed to help both local and international athletes plan their trip efficiently and safely.

RACE CONTROL



RACE STORE

FIRST AID



WATER

CHIPTIME

MEDICAL

DROPBAG

BLOCKSTART

Directory

- 1.Registration area
- 2.Race Expo
- 3.Official Shop
- 4.Main stage(F&B)
- 5.Parking area

- 6.Mobile toilet
7. Dropback area
- 8.Medical tent
- 9.Water station
- 10.Finish line
- 11.Team relay tent
- 12.Block start

Bang Sak Panorama
State park



6

PARKING

5

LED

STAGE

CONTROL

SHOP

EXPO

FOOD

REGISTER

REGIS STORE

1. Schedule

Date: Saturday, November 15, 2025

Venue: Bang Sak Public Beach, Khao Lak

10:00 AM - 6:00 PM

Registration & EXPO (Race Packet Pick-up at the Multi-Purpose Building Area).

03:00 PM

Swim Test (Optional) for all distances.

04:00 PM

OCEANTEAMS Start (3 x 500 M Relay).

05:00 PM

OCEANKIDS Start (500 M).

06:30 PM

Official Race Briefing for all distances.

07:30 PM

Welcome / Gala Dinner (Optional/Extra Fee



1. Schedule

Date: Sunday, November 16, 2025

Venue: Bang Sak Public Beach, Khao Lak

05:00 AM - 12:00 PM

Registration & EXPO (Race Packet Pick-up at the Multi-Purpose Building Area).

06:00 AM

Body mark for all distance.

06:30 AM

OCEANMAN (10KM) starts.

07:00 AM

HALF OCEANMAN (5KM) Starts.

07:30 AM

SPRINT (2KM) Starts.

11:30 AM

TROPHY CEREMONY & LAUNCH



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

OCEANMAN : Open-water swimming with 10 kilometers along one loops of 10 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.

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

Finish line cut off time - 1h 30m

OCEANKIDS (500 m)

Finish line cut off time - 1h



2.AWARDS

OCEANMAN, HALF OCEANMAN, SPRINT, OCEANTEAMS 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%

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

U11

Swimmers from 9 to 10 years of age

U13

Swimmers from 11 to 13 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.

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)		HALF OCEANMAN (MALE – FEMALE)	
Category	Quota	Category	Quota
Junior	10 Slots	Junior 14-19	10 Slots
Master 20 – 29	10 Slots	Master 20 – 29	10 Slots
Master 30 – 39	10 Slots	Master 30 – 39	10 Slots
Master 40 – 49	10 Slots	Master 40 – 49	10 Slots
Master 50 – 59	10 Slots	Master 50 – 59	10 Slots
Master 60 - 69	10 Slots	Master 60 - 69	10 Slots
Master 70+	10 Slots	Master 70+	10 Slots

SPRINT (MALE – FEMALE)

Category	Quota
Junior 10-19	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 :

15th NOV 2025 (6PM)

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

16th NOV 2025 (11AM)

- 1st - Female OCEANMAN
- 2nd - Male OCEANMAN
- 3rd - Female HALF OCEANMAN
- 4th - Male HALF OCEANMAN
- 5th - Female Sprint
- 6th - Male Sprint



4.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

Be signing this registration from 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.....



5.COURSE MAP



5.COURSE MAP



5.COURSE MAP



5.COURSE MAP

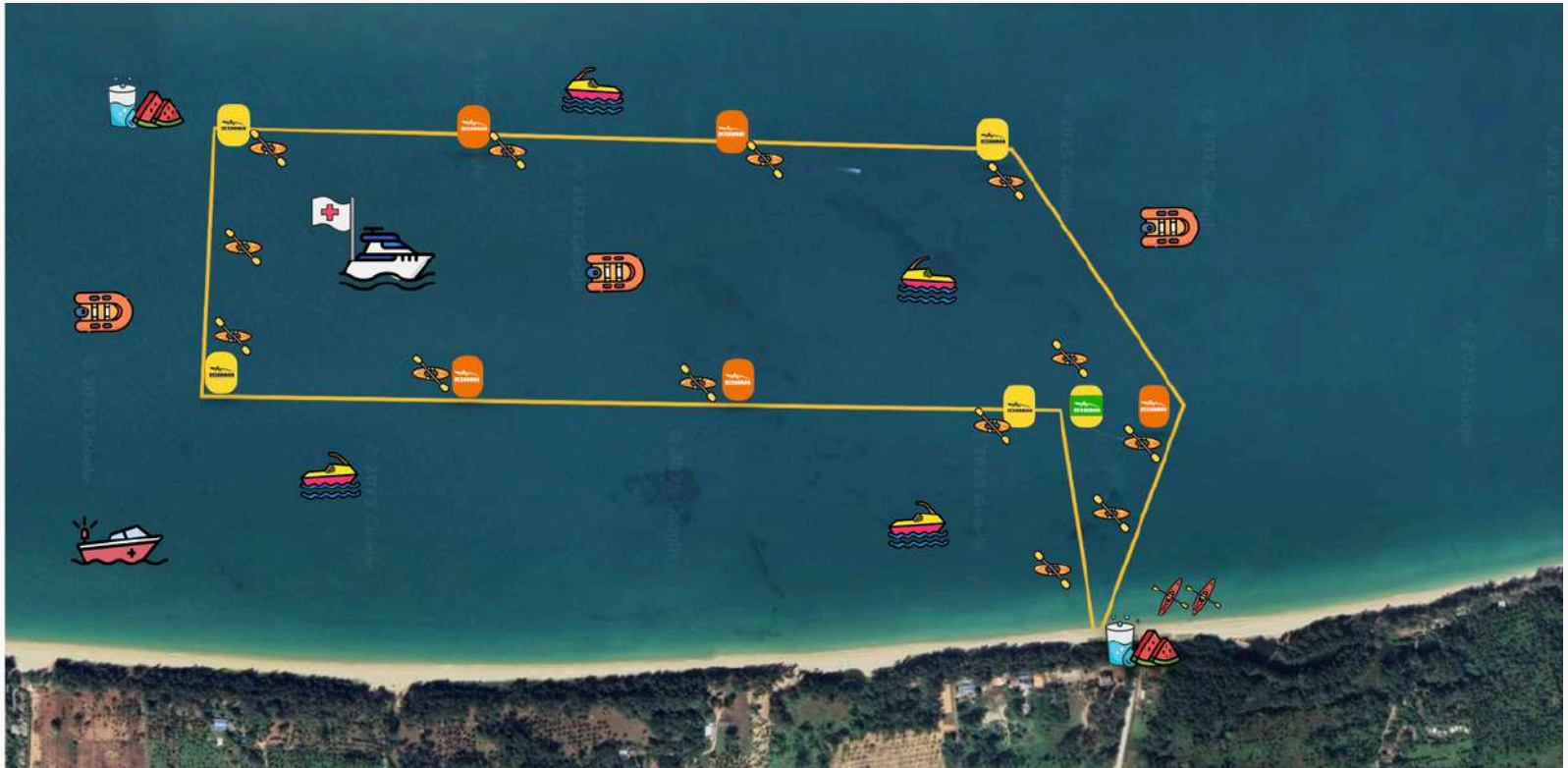


5.COURSE MAP





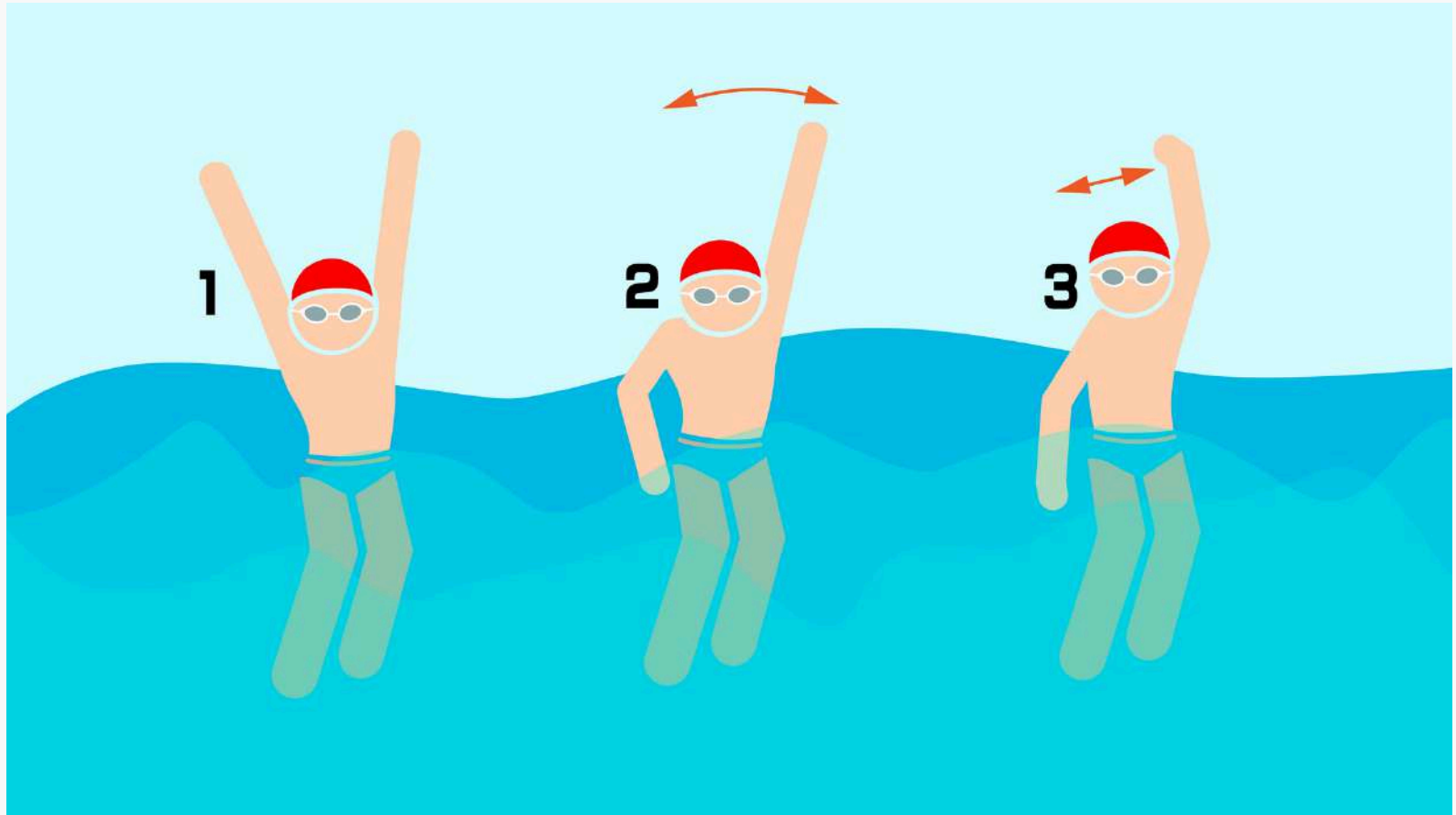
6.SAFETY PLAN



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

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





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



7.Obligatory Gear

- 1 Swim cap
- 2 Goggle
- 3 Swimsuit
- 4 Body mark
- 5 Swimming buoy
- 6 Timing chip



We provided **POCARI SWEAT** at feeding points. 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.

8.Design and souvenir



Souvenir T-Shirt



Finisher Medal





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