



RACEBOOK

PROGRAM – DECEMBER 1

Time	Activity	Location
6:30 AM	Training with OCEANMAN Coaches	<u>Karon Beach</u>
9:00 AM – 8:00 PM	Registration & EXPO	<u>Karon Beach</u>
5:45 PM	Nations Parade Meeting Point	<u>Beach Volleyball</u>
6:00 PM	Nations Parade	<u>Beach Volleyball</u>
7:00 PM	Opening Ceremony & Race Briefing	<u>Karon Park</u>
8:00 PM	Pasta Party	<u>Karon Park</u>



PROGRAM – DECEMBER 2

Time	Activity	Location
6:30 AM - 2:00 PM	Wardrobe	<u>Karon Beach</u>
7:00 AM	Warm up for HALF OCEANMAN	<u>Karon Beach</u>
7:30 AM	HALF OCEANMAN World Final Men	<u>Karon Beach</u>
7:35 AM	HALF OCEANMAN World Final Women	<u>Karon Beach</u>
7:40 AM	HALF OCEANMAN Open Men	<u>Karon Beach</u>
7:45 AM	HALF OCEANMAN Open Women	<u>Karon Beach</u>
8:00 AM	Warm up for OCEANMAN	<u>Karon Beach</u>
8:30 AM	OCEANMAN World Final Men	<u>Karon Beach</u>
8:35 AM	OCEANMAN World Final Women	<u>Karon Beach</u>
8:40 AM	OCEANMAN Open Men	<u>Karon Beach</u>
8:45 AM	OCEANMAN Open Women	<u>Karon Beach</u>
9:00 AM - 5:00 PM	Race bags collection & EXPO	<u>Karon Beach</u>
6:00 PM	Meet The Champions	<u>Karon Park</u>
7:00 PM	Awards Ceremony & Thai Dinner	<u>Karon Park</u>



PROGRAM – DECEMBER 3

Time	Activity	Location
6:00 AM - 12:00 PM	Wardrobe	<u>Karon Beach</u>
6:30 AM	Warm up for SPRINT	<u>Karon Beach</u>
7:00 AM	SPRINT World Final Men	<u>Karon Beach</u>
7:05 AM	SPRINT World Final Women	<u>Karon Beach</u>
7:10 AM	SPRINT Open Men	<u>Karon Beach</u>
7:15 AM	SPRINT Open Women	<u>Karon Beach</u>
8:30 AM	Warm up for OCEANKIDS	<u>Karon Beach</u>
9:00 AM	OCEANKIDS	<u>Karon Beach</u>
9:30 AM	Warm up for OCEANTEAMS	<u>Karon Beach</u>
10:00 AM	OCEANTEAMS	<u>Karon Beach</u>
11:30 AM	Awards Ceremony	<u>Karon Beach</u>

INSPIRATION CATEGORY WILL START 1 MIN BEFORE MEN IN EVERY DISTANCE



NATIONS PARADE

5:45 PM – Meeting point

All the countries will go in groups by alphabetical order

6:00 PM – [Start point](#)

Bring your national clothes, flags, songs, have fun and meet new people!

6:30 PM – [Finish point](#)



OCEANMAN RULES

- It is the participants' responsibility to understand all aspects of the competition rules.
- Please read carefully OCEANMAN Rules [here](#) and make sure you will not violate any of them.

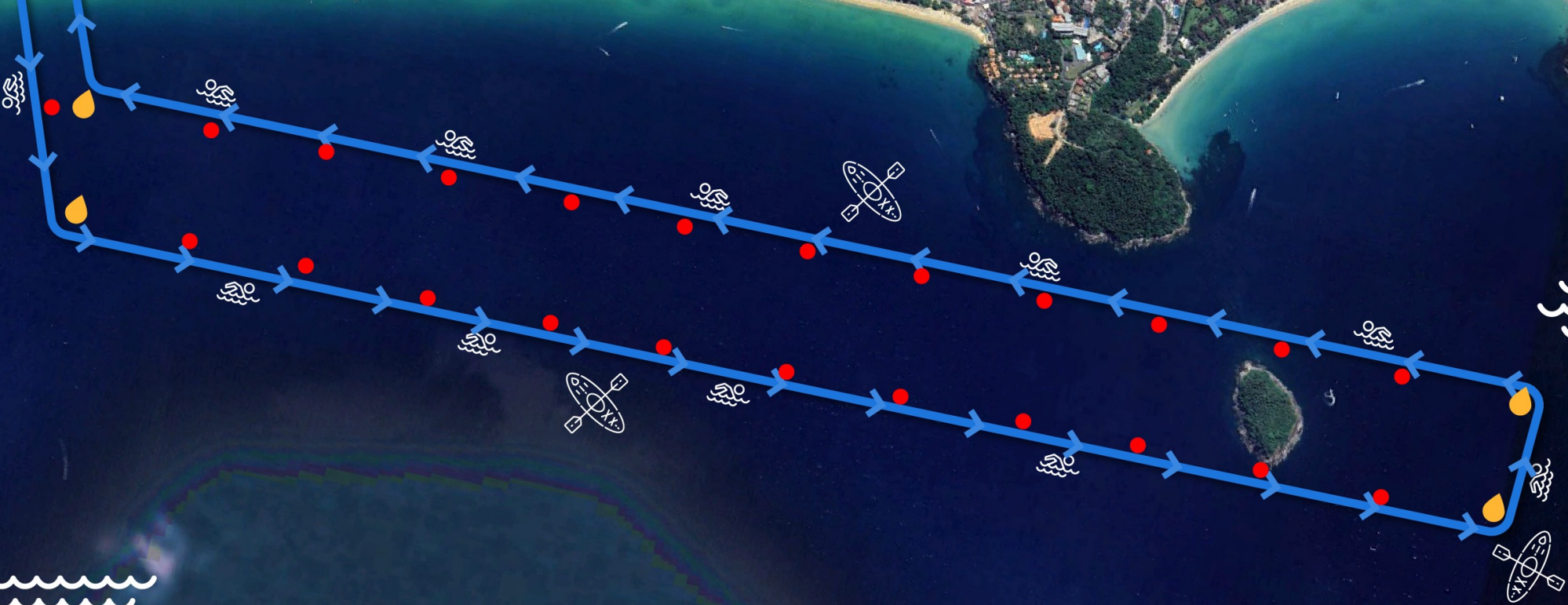




OCEANMAN 10 KM - 1 LAP

PHUKET 30 NOV - 3 DEC

**START
FINISH**

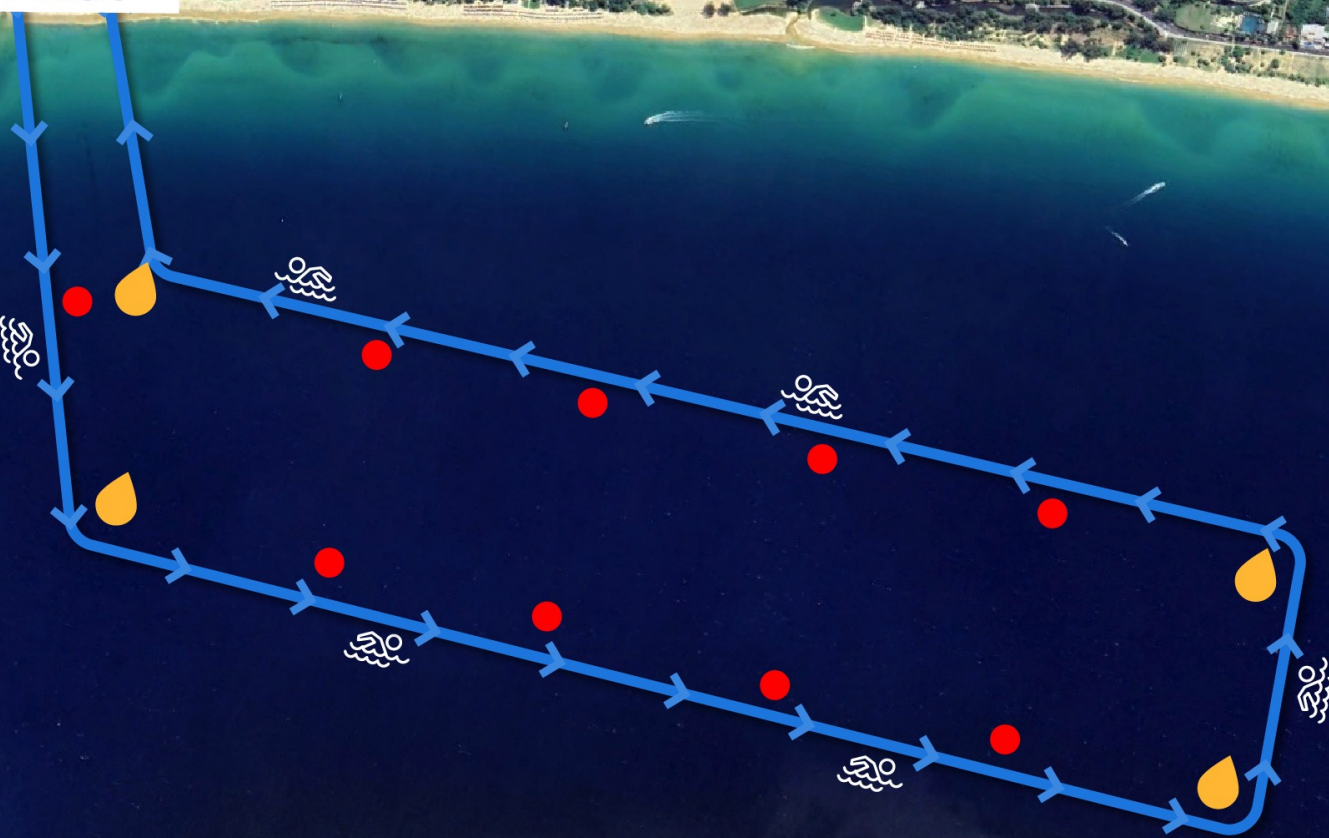




PHUKET 30 NOV - 3 DEC

HALF OCEANMAN 5 KM - 1 LAP

**START
FINISH**





แผนวงกำลังเจ้าหน้าที่ทางน้ำ
วันเสาร์ที่ 2 ธันวาคม 2566
ระยะ 5 km. 10 km.

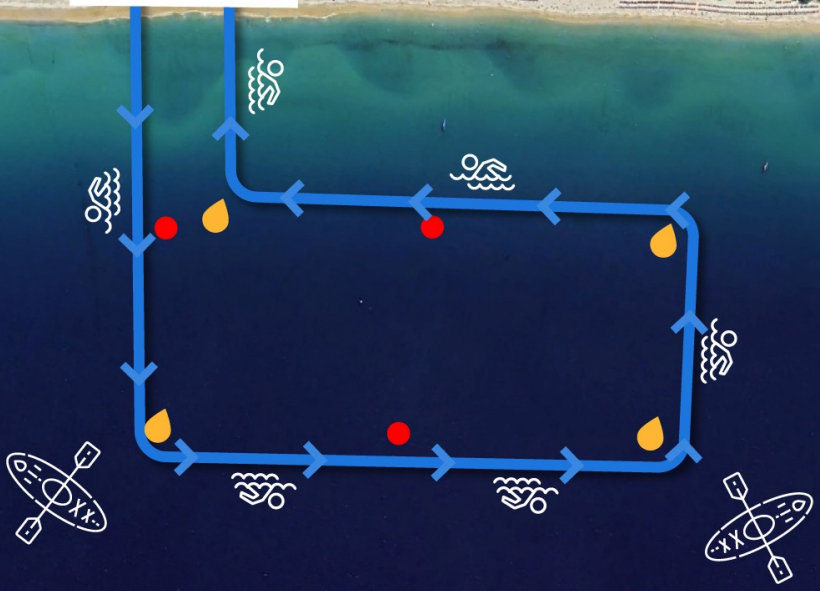




SPRINT 2 KM - 1 LAP

PHUKET 30 NOV - 3 DEC

**START
FINISH**



OCEANMAN
WE ARE OPEN WATER SWIMMING
WORLD FINAL
CHAMPIONSHIP
PHUKET-THAILAND

PHUKET 30 NOV - 3 DEC

OCEANKIDS 500 M - 1 LAP

**START
FINISH**



OCEANMAN
WE ARE OPEN WATER SWIMMING
WORLD FINAL
CHAMPIONSHIP
PHUKET-THAILAND

PHUKET 30 NOV - 3 DEC

OCEANTEAMS 3 x 500 M

**START
FINISH**



SAFETY

BIG MARKING BUOYS - 37

BOATS - 9

JETSKIES - 5

KAYAKS - 27

DOCTORS - 3

MEDICAL BOAT - 1

REFEREES - 4

FEEDING POINTS - 3



TIME LIMITS

CUT OFF TIME:

OCEANMAN

3 km – 1h 30m

6 km – 3h

HALF OCEANMAN

3 km – 1h 30m

TIME LIMITS:

OCEANMAN – 4 h 30 min

HALF OCEANMAN – 2 h 30 min

SPRINT – 1 h 30 min



FEEDING IN WATER

- 10 km - 3 points
- 5 km – 2 points
- Water
- Electrolyte
- Watermelon



FEEDING BEFORE & AFTER RACE

Each participant will receive 2 vouchers for Pasta Party (8 PM, December 1) and 1 voucher for post-race lunch or dinner depending on the race day.



THAI PASTA PARTY
COUPON

DECEMBER 1, 2023
LOCATION : STAGE A

1 coupon for 1 dish.

Free for swimmers and 250 baht for friends and family.



PERSONAL ELECTRONIC TIMING

Inside each race bag you will find your electronic timing chip

Wear the timing chip on your left or right ankle

Some athletes have registered for multiple distances

For each race you receive a unique timing chip

Make sure to wear the correct timing chip at each race

You need to return timing chip after finishing the race

NO TIMING CHIP = NO RESULTS = DQ



TEAM RELAY ELECTRONIC TIMING

One timing chip per team

Wear the timing chip on your left or right ankle

Hand over the timing chip to the next swimmer at the relay station

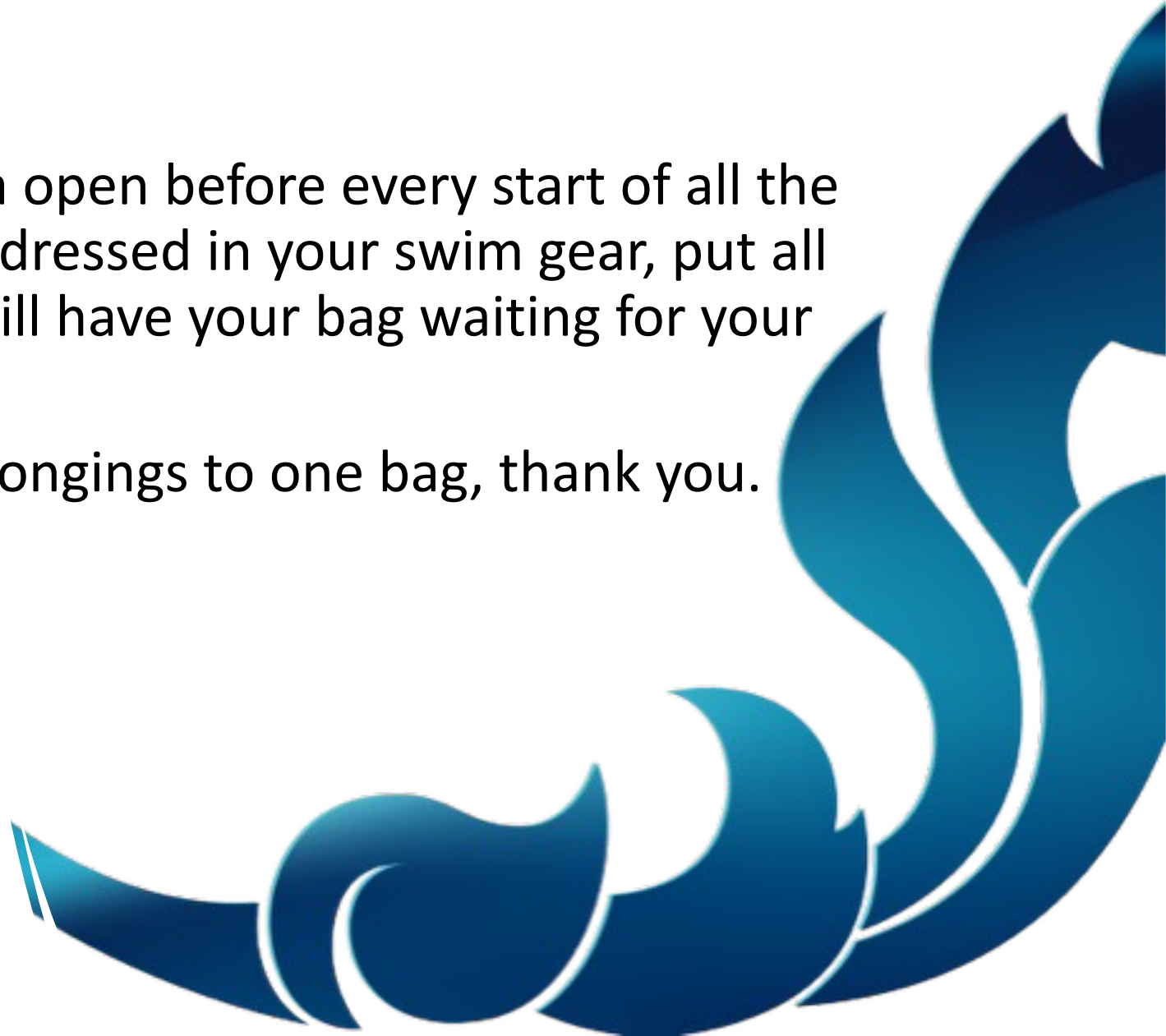
NO TIMING CHIP = NO RESULTS = DQ



WARDROBE

We will have a bag deposit area open before every start of all the races so you will be able to get dressed in your swim gear, put all clothes into your bag and we will have your bag waiting for your arrival at the finish line.

Please try and keep all your belongings to one bag, thank you.



PREPARE YOUR SWIM GEAR

OBLIGATORY

- Swimming cap provided by organizers, correct colour, only 1 piece
- swim goggles
- timing chip
- swimsuit
- race number on body/cap
- safety buoy with a rope minimum 20 cm from the belt

FORBIDDEN

- any kind of neoprene wetsuits, including shorts
- music headphones
- snorkels, fins, gloves, paddles, pull buoys



RACE CAPS

Design Concept

SWIMCAPS DESIGN

10 KM WF



10 KM OPEN



5 KM WF



5 KM OPEN



2 KM WF



2 KM OPEN



KIDS



TEAMS



WEATHER FORECAST

WETSUITS, INCLUDING NEOPRENE SHORTS ARE NOT ALLOWED

Table of water temperature values in Phuket

Day	Fact*	Average**	Forecast***
Nov 23	29.2°C	29.3°C	
Nov 24	29.1°C	29.3°C	
Nov 25	29.9°C	29.5°C	
Nov 26	29.5°C	29.8°C	
Nov 27	29.2°C	29.3°C	
Nov 28	28.8°C	29.3°C	
Nov 29	29.7°C	29.8°C	
Nov 30	29.7°C	29.8°C	
Dec 1		29.0°C	28.9°C
Dec 2		29.3°C	29.2°C
Dec 3		29.0°C	28.9°C
Dec 4		29.3°C	29.2°C
Dec 5		29.3°C	29.2°C
Dec 6		29.0°C	28.9°C



DISQUALIFICATION REASONS

Race organization have the authority to disqualify any participant.

Medical staff and the 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.

- Missing any of the obligatory buoys
- Crossing the finish line without safety buoy, swim cap, swim goggles, chip
- Individual support inside the water from friends, relatives, coaches
- Usage of forbidden gear
- Neglecting any part of OCEANMAN rules & regulations, instructions from race organization and referees



AFTER CROSSING FINISH LINE

- Smile for the photo and video
- Get your finisher medal
- Give back your race chip to volunteers
- Go to the recovering area, make your body relax



OFFICIAL COMPLAINTS & REQUESTS

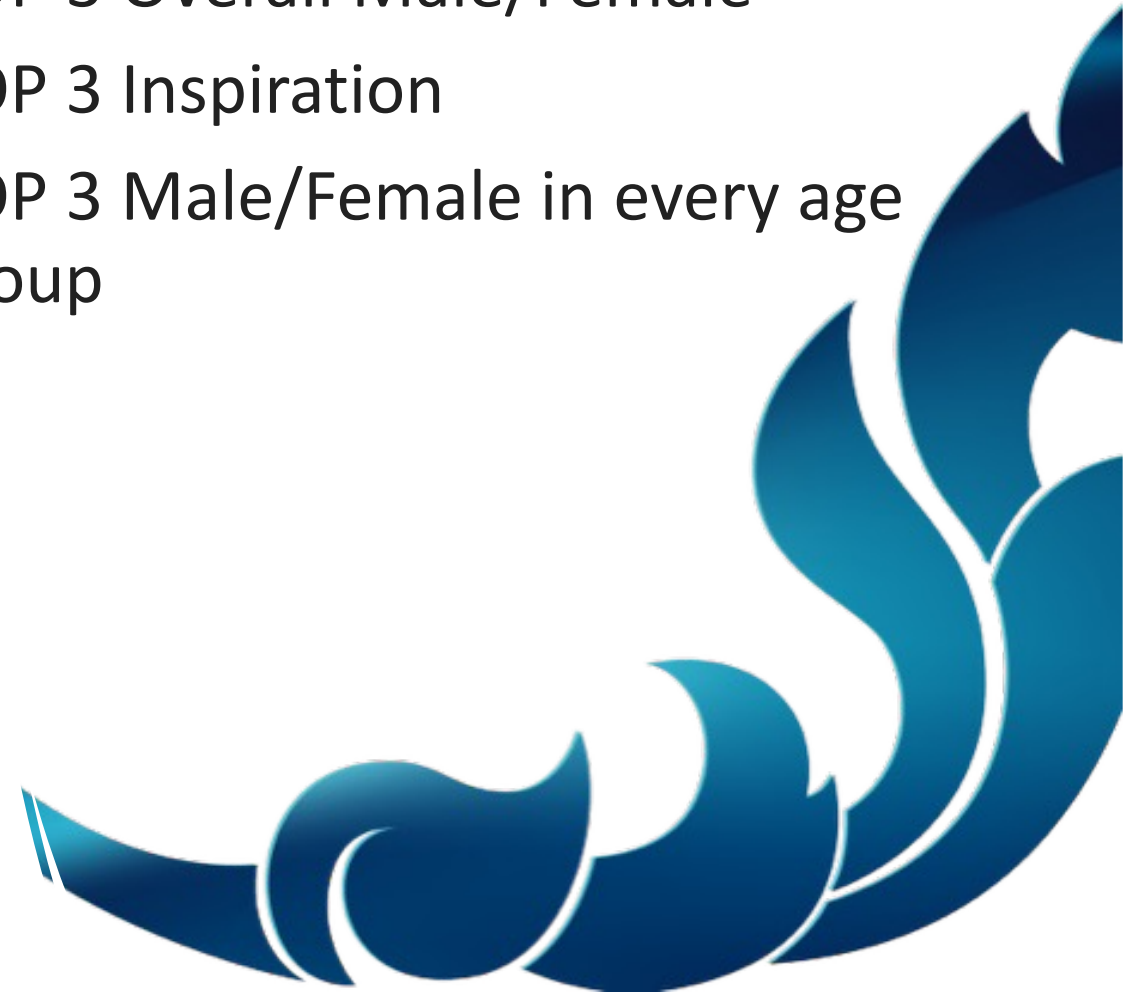
Reliminary race results will be available online and printed latest 30 minutes before the award ceremony.

Only swimmers may write an official complaint/claim, which must be resolved before the award ceremony and only once. Once the award ceremony starts, no complaints will be accepted.



AWARD CEREMONY – DECEMBER 2

- OCEANMAN WORLD FINAL CHAMPIONSHIP
- HALF OCEANMAN WORLD FINAL CHAMPIONSHIP
- OCEANMAN OPEN EVENT
- HALF OCEANMAN OPEN EVENT
- TOP 3 Overall Male/Female
- TOP 3 Inspiration
- TOP 3 Male/Female in every age group



AWARD CEREMONY – DECEMBER 3

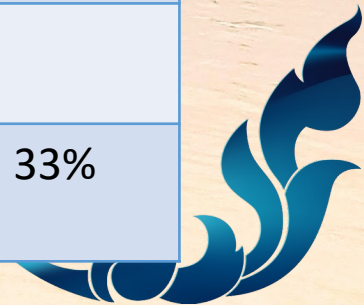
- SPRINT WORLD FINAL CHAMPIONSHIP
- SPRINT OPEN EVENT
- OCEANKIDS
- OCEANTEAMS
- TOP 3 Overall Male/Female
- TOP 3 Male/Female in every age group
- TOP 3 Inspiration
- TOP 3 Male/Female in every age group
- TOP 3 Male/Female/Mixed teams



AWARD CEREMONY – AGE GROUPS

OCEANMAN, HALF OCEANMAN, SPRINT

JUNIOR	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%



AWARD CEREMONY – AGE GROUPS

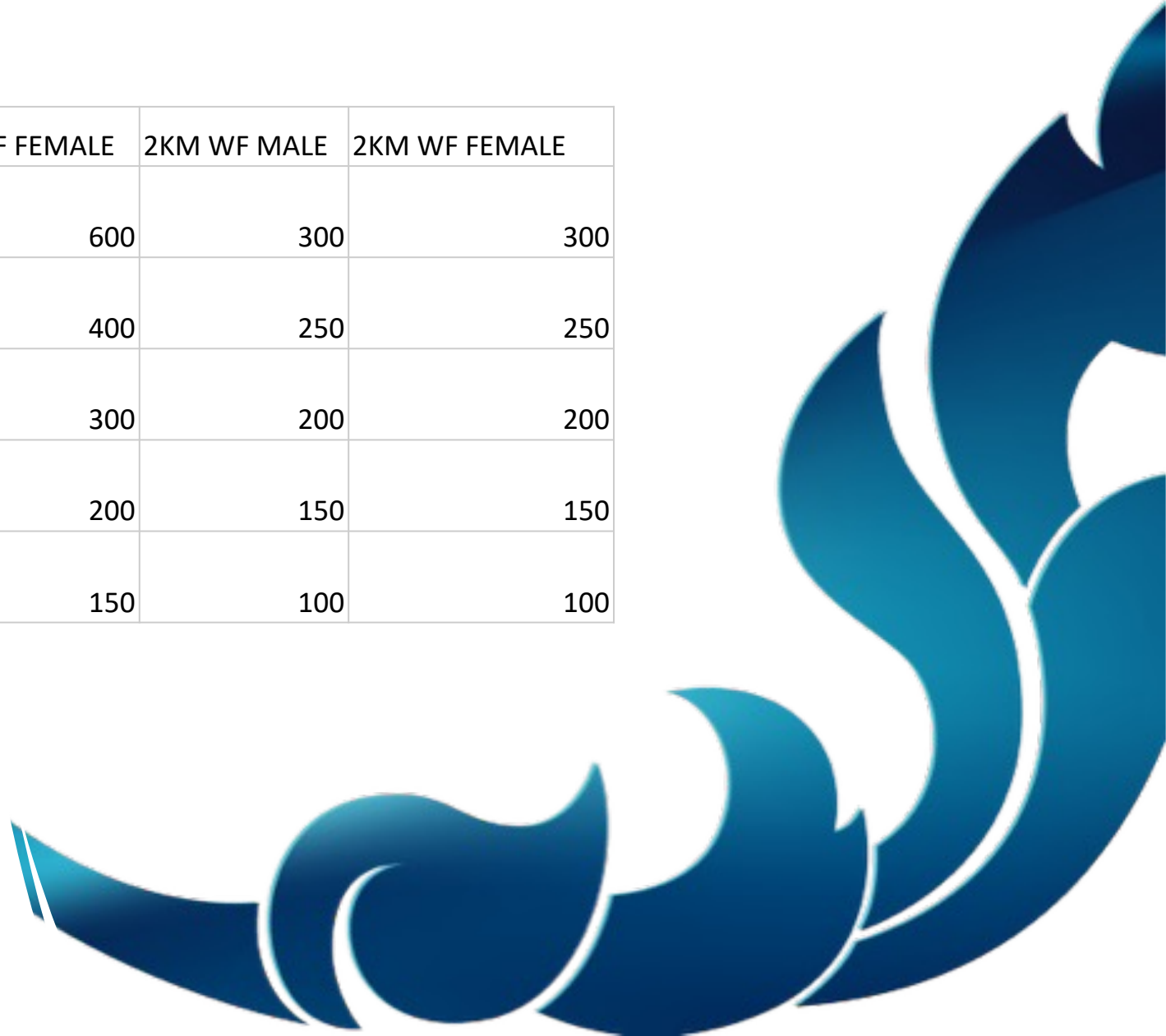
OCEANKIDS, OCEANTEAMS

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
Male / Female / Mixed	Swimmers from 12 years of age



PRIZE MONEY

	10KM WF MALE	10KM WF FEMALE	5KM WF MALE	5KM WF FEMALE	2KM WF MALE	2KM WF FEMALE
1st	1000	1000	600	600	300	300
2nd	600	600	400	400	250	250
3rd	400	400	300	300	200	200
4th	300	300	200	200	150	150
5th	200	200	150	150	100	100



OCEANMAN WORLD FINAL CHAMPIONSHIP 2024 QUALIFICATION SLOTS

OCEANMAN, HALF OCEANMAN,
SPRINT & OCEANKIDS at Open
Event qualifications

CATEGORIES

SLOTS

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

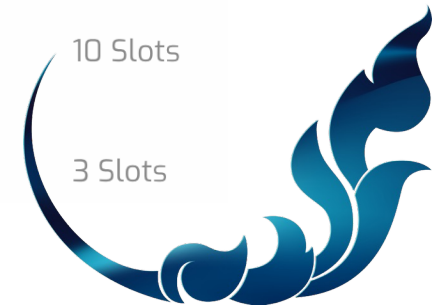
10 Slots

Master +70

10 Slots

Inspiration

3 Slots



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