



**OCEANMAN**<sup>®</sup>  
WE ARE OPEN WATER SWIMMING  
**PHUKET**  
**THAILAND**

29th November - 1st December 2024  
Karon Beach, Phuket, Thailand

**RACEBOOK**



**OCEANMAN**<sup>®</sup>

WE ARE OPEN WATER SWIMMING

**PHUKET  
THAILAND**



***“YOUR JOURNEY BEGIN”***

## ONE AND ONLY

*“OCEANMAN” is a young and ambitious project that expects a strong international expansion with 30 venues on plan in 2024. 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..*





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# DIRECTOR NOTED



**OCEANMAN PHUKET** is a competitive activity that was first organized in 2018 and has continued for many years to come. Nature that has been taken care of by everyone. I am Feeling happy like coming home again. Everything is still as beautiful as before.

Phuket is still a place that we are confident will be able to impress everyone as always. Since we already organized WF in 2023, we received a better response than expected. Even though this time it's not WF, the fun and challenge will still be the same. We believe that the lively colors of Phuket will create smiles that you will never forget.

Thank you

Anusit Sukprasert (Golf)  
Race Director  
**OCEANMAN THAILAND**

# WELCOME TO

# PHUKET

Phuket province is located in southern of Thailand. It is the biggest Island and sits on the Andaman sea. The nearest province to the north is Phang-nga and the nearest provinces to the east are Phang-nga and Krabi.

Phuket has a large Chinese influence, so you will see many Chinese shrines and Chinese Restaurants around the city. A Chinese Vegetarian Festival is held there every year. While the Chinese community is quite big, there are many other ethnicities bringing all their traditions and festivals from all over the world to Phuket

# KARON BEACH



Hat Karon is the longest beach on Phuket Island. It is very popular with foreign tourists. Because there is a fine white sand beach, a beautiful view, there are palm trees and sea pine trees that enhance the beauty of the beach scenery. Suitable for sunbathing play beach sports and other activities. The Karon Beach area (Karon Beach Phuket Thailand) has facilities in every way for tourists. Because there is accommodation Shopping areas, restaurants, tour operators, spa shops, and various service shops are nearby. At night, there are also entertainment venues for tourists to relax. From Karon Beach (Karon Beach travel Guide) you can travel to Kata Beach. and Kata Noi Beach easily accessible because they are close to each other Another interesting tourist attraction in the area is the Sam Ao Viewpoint or Kata Karon Viewpoint. In the area of the observation deck, there is a hexagonal pavilion. From there, tourists can view the beauty of Kata Noi Bay, Kata Bay, and Karon Bay all at the same time. Each bay is curved like a crescent moon.



# Event Floor Plan



Map : <https://maps.app.goo.gl/AqgfE7qWbXgYrshZ7>



# SOUVENIR RACE T-SHIRT



Size	3XS	2XS	S	M	L	XL	2XL	3XL
Chest	32"	34"	36"	38"	40"	42"	44"	46"

# Finisher Medal



# Official swim cap



OCEANMAN



HALF OCEANMAN



SPRINT



OCEANTEAMS



OCEANKIDS



# 1.SCHEDULE



Friday 29th November 2024 At Karon Beach, Phuket

<u>Time</u>	<u>Activities</u>
07:00 AM	OCEANMAN social swim & breakfast
01:00 PM - 7:00 PM	Registration & EXPO
07:00 PM	Race Briefing
08:00 PM	Welcome dinner (Extra charge)

Saturday 30th November 2024 At Karon Beach, Phuket

<u>Time</u>	<u>Activities</u>
06:00 AM - 11.00 AM	Wardrobe
07:00 AM	SPRINT Start
09:00 AM	OCEANKIDS Start
10:00 AM	OCEANTEAMS Start
11:00 AM	LUNCH (for SPRINT, OCEANKIDS and OCEANTEAMS)
12:00 PM	Award ceremony
02:00 PM	Registration & EXPO

# 1.SCHEDULE



Sunday 1st December 2024 At Karon Beach, Phuket

<u>Time</u>	<u>Activities</u>
06:00 AM - 01.00 PM	Wardrobe & EXPO
07:00 AM	OCEANMAN Start
08:00 AM	HALF OCEANMAN Start
12:00 PM	Award ceremony Lunch (OCEANMAN, HALF OCEANMAN)



## 2.DISTANCES



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

### SPRINT and OCEANTEAMS (1.5 km / 3x500 m)

Finish line cut off time - 1h 30m

### OCEANKIDS (500 m)

Finish line cut off time - 1h

### HALF OCEANMAN (5 km)

Cut off time sections:

Km 3 - 1h 30m

Km 5 - 2h 30m



สุขทันที ที่เที่ยว 'หินพับฟ้า'  
Unseen เมืองไทย มีไม่ที่แห่งบนโลก

📍 นครศรีธรรมราช

# PANCAKE ROCK

A woman with long hair, wearing a long, flowing orange dress, stands on a flat rock ledge. She is looking towards the right side of the frame. The background is a massive, layered rock wall with distinct horizontal strata, characteristic of Pancake Rock.

An Amazing Unseen Destination

📍 Nakhon Si Thammarat

## 2.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%

## 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 12 years of age
U15	Swimmers from 13 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.

## OCEANTEAMS

- 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



## 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:

### 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 :

#### 30th November 2024 (12PM)

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

#### 1st December 2024 (12PM)

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

# 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.- 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](http://www.oceanmanswim.com), [www.oceanman.net](http://www.oceanman.net), [www.oceanman-openwater.com](http://www.oceanman-openwater.com) or [www.oceanman-store.com](http://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 PHUKET 2024" 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 OCEANMAN THAILAND. 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.....

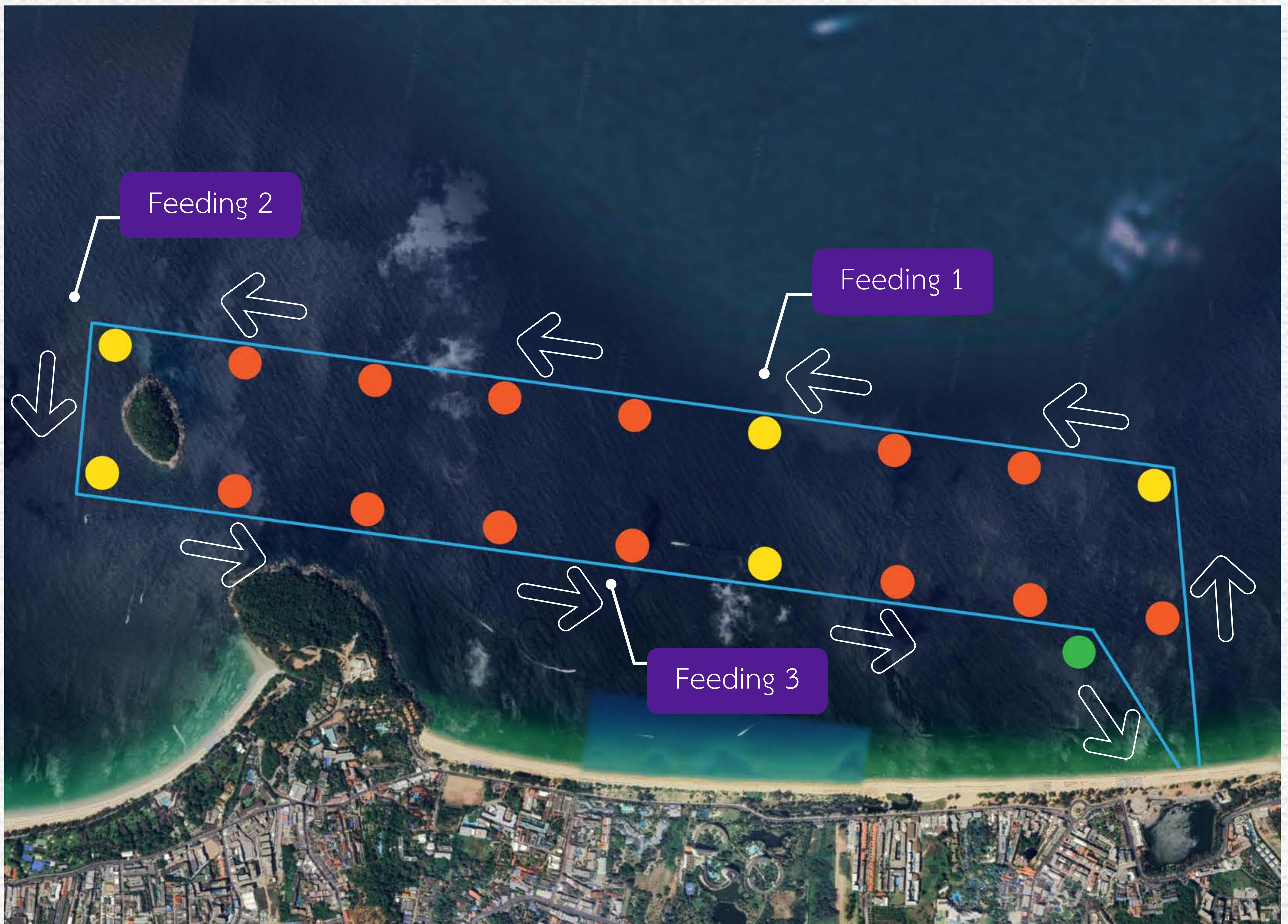
Date.....

**SWIM YOUR DREAM**

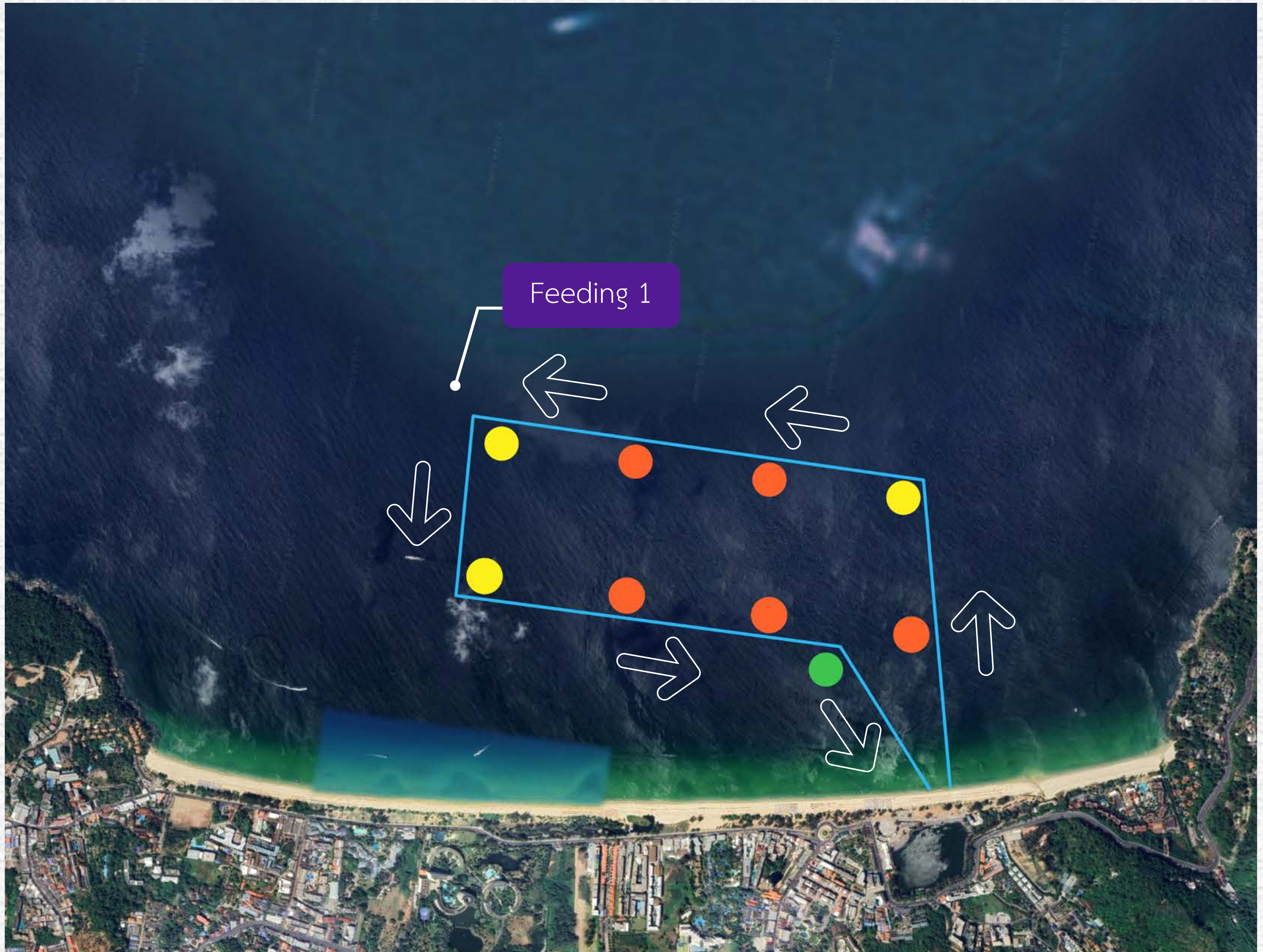




# OCEANMAN ROUTE



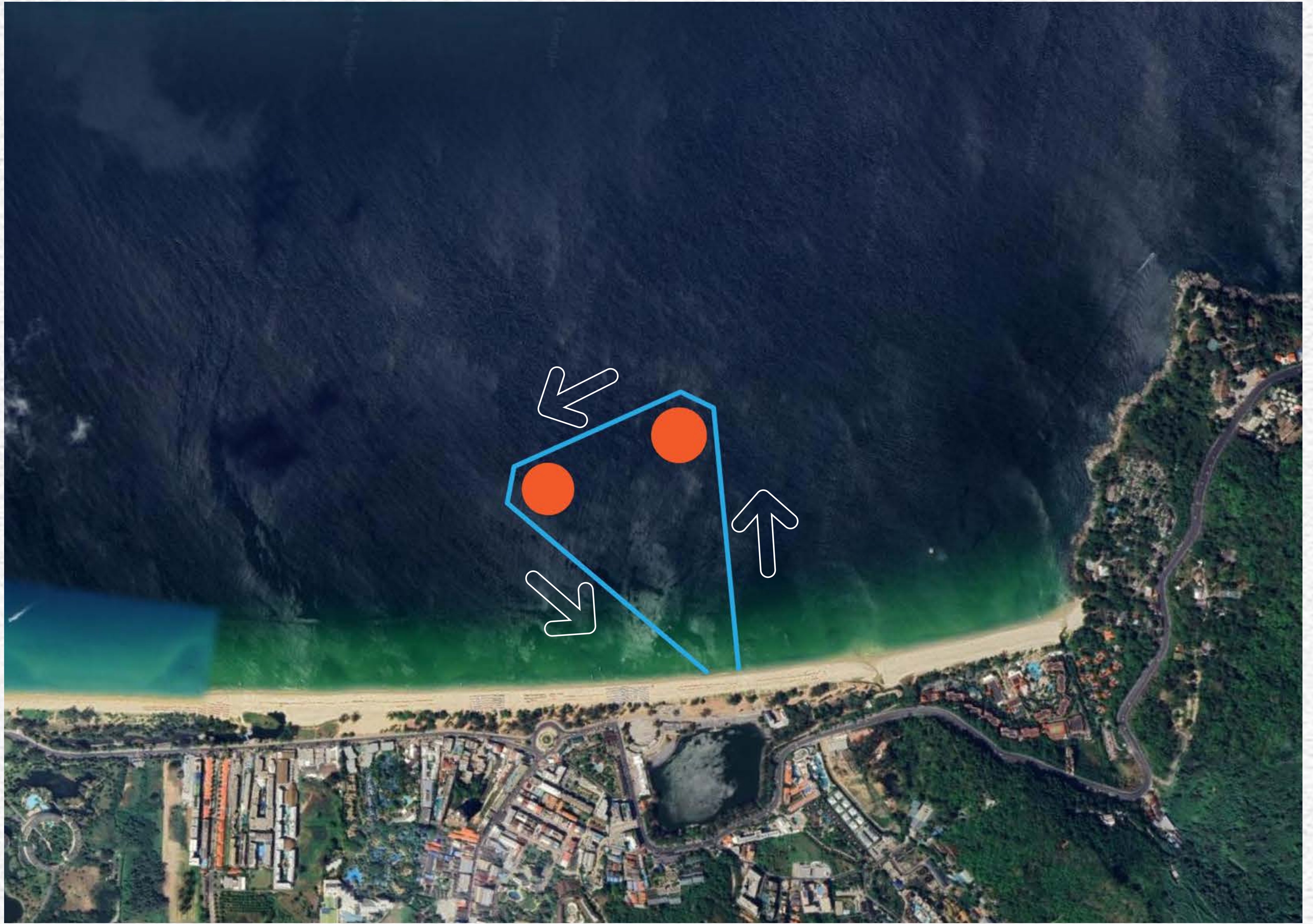
# HALF OCEANMAN ROUTE



## SPRINT ROUTE



# OCEANKIDS ROUTE

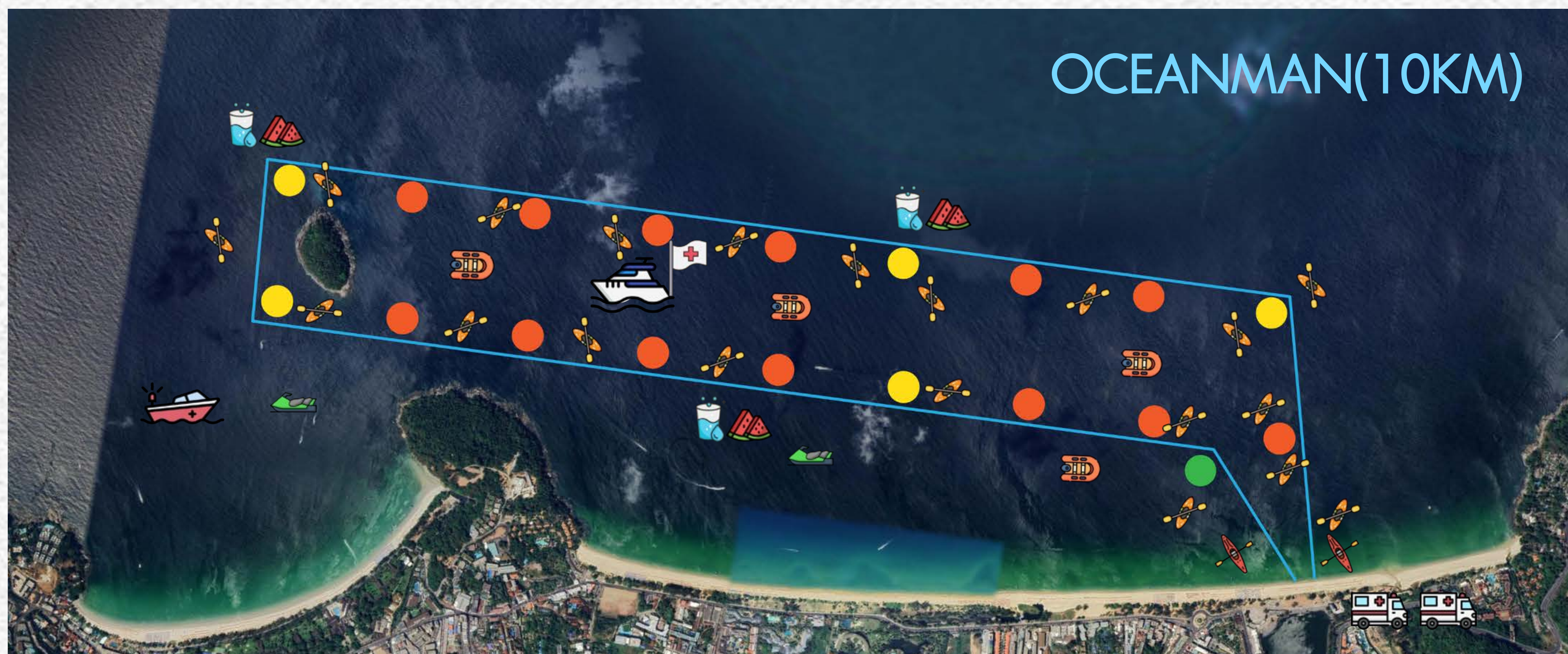


# OCEANTEAMS ROUTE





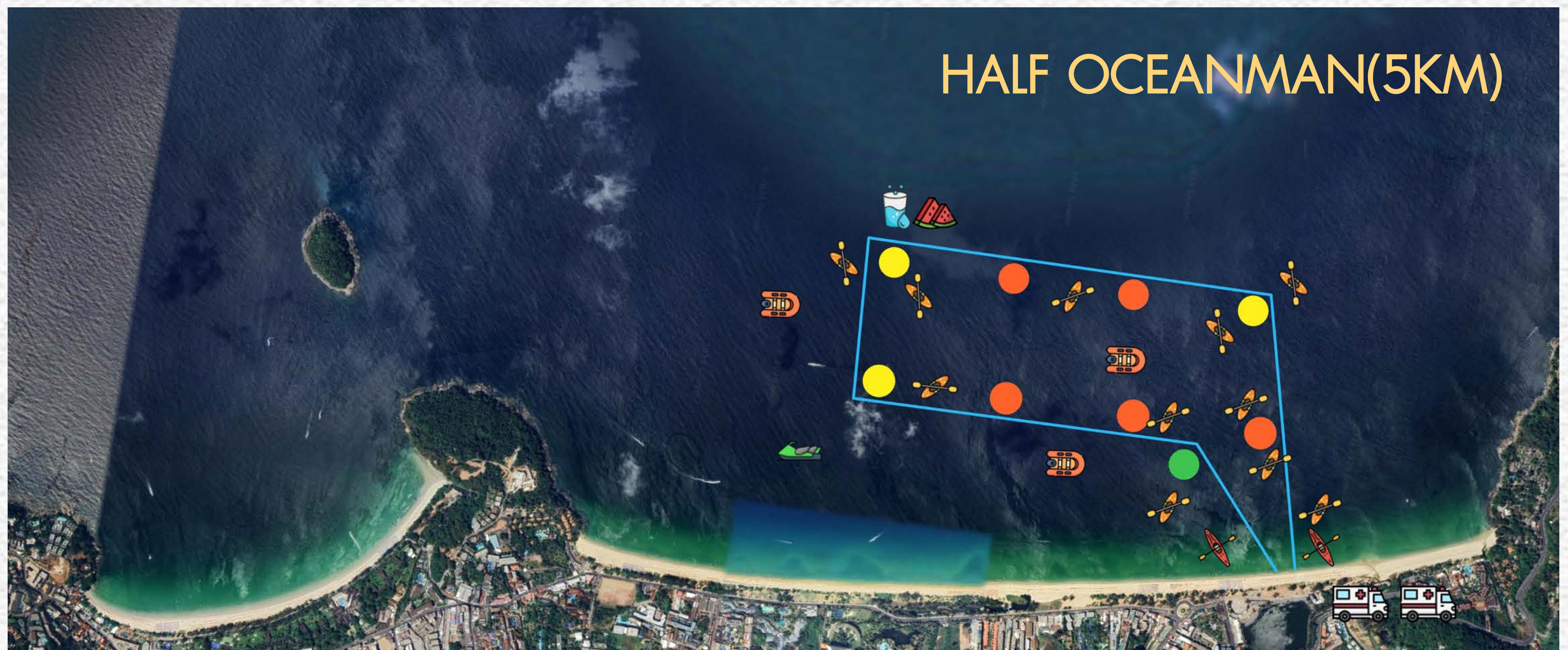
# 6.SAFETY PLAN



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

- 22 kayaks with support staff
- with 50 rescue staff
- 4 dingy boats
- 3 feeding boats
- 1 rescue boats
- 1 Speed boat
- 2 Ambulances with team support
- 19 Big buoys (Hight at least 3 each)
- Drinking water
- Fruit and electrolyte drinks
- provider team.

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- 10 kayaks with support staff
- with 25 rescue staff
- 3 dingy boats
- 1 feeding boats
- 1 rescue boats
- 1 Speed boat
- 2 Ambulances with team support
- 9 Big buoys (Hight at least 3 each)
- Drinking water
- Fruit and electrolyte drinks
- provider team.



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- 4 kayaks with support staff
- with 10 rescue staff
- 1 dingy boats
- 1 Ambulances with team support
- 3 Big buoys (Hight at least 3 each)
- Drinking water
- Fruit and electrolyte drinks at finish line
- provider team.

# 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

- 6 kayaks with support staff
- with 10 rescue staff
- 1 Ambulances with team support
- 2 Big buoys (Hight at least 3 each)
- Drinking water
- Fruit and electrolyte drinks at finish line
- 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.



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)

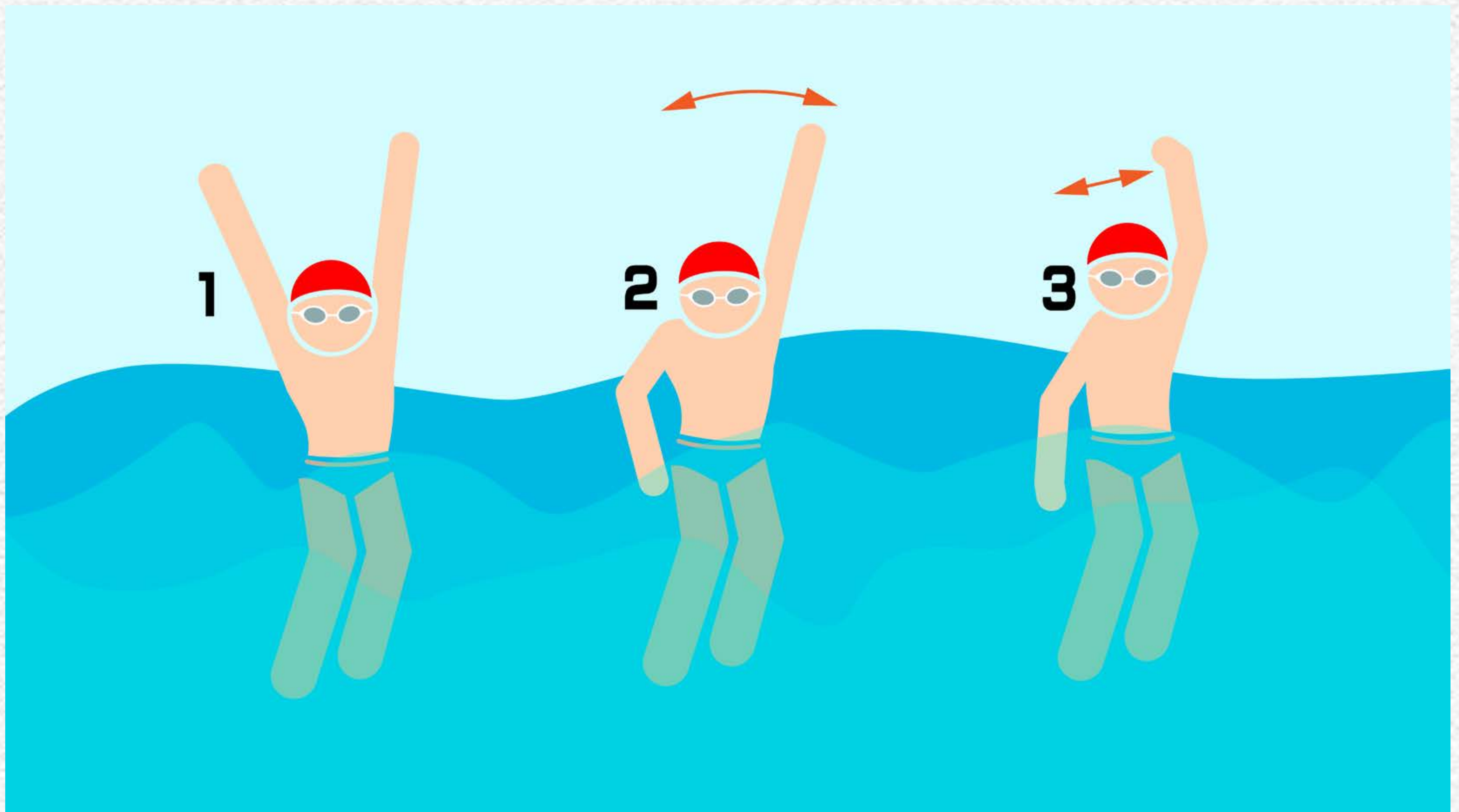


Water Drink a lot of water when your body loses more fluids than it takes in. To prevent dehydration.



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

# 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

**MARCH 28th-30th, 2025**

**KLONGMUANG BEACH, KRABI**



**OCEANMAN**®

WE ARE OPEN WATER SWIMMING

**KRABI**

**THAILAND**

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**VARANA**

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your promotion code  
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WE ARE OPEN WATER SWIMMING

**KRABI**

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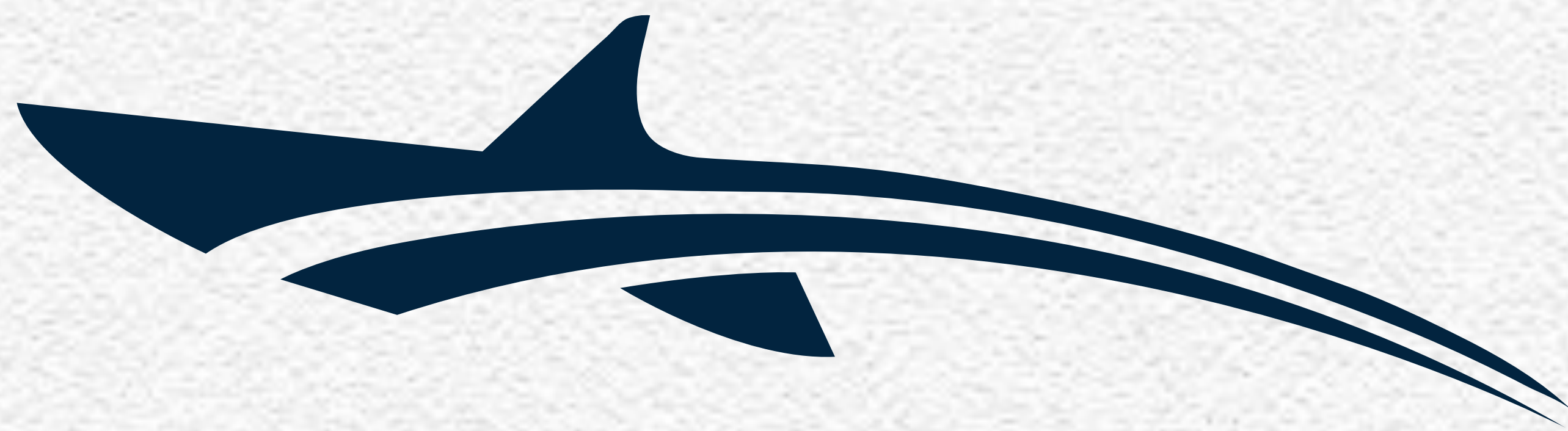
**BLACK**

15% off for all rate

**FRIDAY**

Promo code : BlackFridayTH

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