



OCEANMAN REDANG 2023 RACEBOOK

EVENT SAFETY & INFORMATION



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EVENT SCHEDULE & PROGRAM

● 25th August 2023

2:00pm -	Race pack collection
6:00pm	
5:30pm	Race briefing

● 26th August 2023

6:00am	Late race pack collection
6:45am	Body marking for 10km
7:00am	Body marking for 5km
7:15am	Assemble 10km
7:20am	Final briefing for 10km
7:30am	Start of 10km
7:45am	Assemble 5km
7:50am	Final briefing for 5km
8:00am	Start of 5km
1:00pm -	Prize distribution
2:00pm	

● 27th August 2023

6:00am	Late race pack collection
6:45am	Body marking for 2km
7:15am	Assemble 2km
7:20am	Final briefing for 2km
7:30am	Start of 2km
8:00am	Body marking 500 m (kids)
8:45am	Assemble 500 m (kids)
8:50am	Final briefing for 500 m (kids)
9:00am	Start of 500m(kids)
9:15am	Body marking relay 500 m
9:45am	Assemble relay 500 m
9:50am	Final briefing relay 500 m
10:00am	Start relay 500 m
11:30am -	Prize distribution
12:30pm	



RACE DIRECTOR & TEAM

Race Director	: Mr Khairul Na'im bin Ya'akub
Chief Referee Director	: Mr Mohd Syafarim bin Md Ishak Safet
Chief Turning Judge	: Ms Habrina binti Aziz
Chief Timekeeper	: Mr. Hamirul
Chief Finishing Judge	: Ms Rasinah Fatin binti Abdul Rahman
Chief Recorder	: Mr Muhammad Afiq Farhan Bin Mohd Azmi
Course Officer	: Mr Syukry Zawawi
Clerk of Course	: Ms Roseliza Binti Tamam
	: Ms Leong Chieng Nee

OCEANMAN Malaysia

Chief Executive Officer (CEO)	: Sundeep Kumar (SANDI)
Chief Operating Officer (COO)	: Fareez Mukesh
Chief Financial Officer (CFO)	: Darvin Raj
Chief Marketing Officer (CMO)	: Enson Chai
Chief Communication Officer (CCO)	: May Loh



SAFETY

Day 1 (26th August 2023)

- 35 - 40 kayaks (Can also Substitute Paddle Boards close to shore)
- 10 Small boats (Control Traffic & Race)
- 2 Big boat (1 for media coverage)
- 2 Feeding boat Stationed at 2 points in the route
- 2 Emergency boats
- Medical team on site

Day 2 (27th August 2023)

- 25 kayaks
- 5 small boats
- 1 big boat
- 2 emergency boats
- Medical team on site



SWIMMERS KIT

T-shirt



Swimming cap (based on category)



Tattoos number



1 drawstring bag



Disposable timing chip



AWARDS

The awards will be given as follows:

Finishers | Medal

Age Group Winners | Medal

Overall Winners | Medal & Trophy





ROUTE DETAILS - OCEANMAN 10KM



Symbol:

- : Marker buoy
- : Turn buoy
- : Safety device
- ☹ : Kayak



ROUTE DETAILS - HALF OCEANMAN 5KM



Symbol:

- : Marker buoy
- : Turn buoy
- : Safety device
- ☹ : Kayak



ROUTE DETAILS - SPRINT 2KM

Symbol:

● : Marker buoy

● : Turn buoy

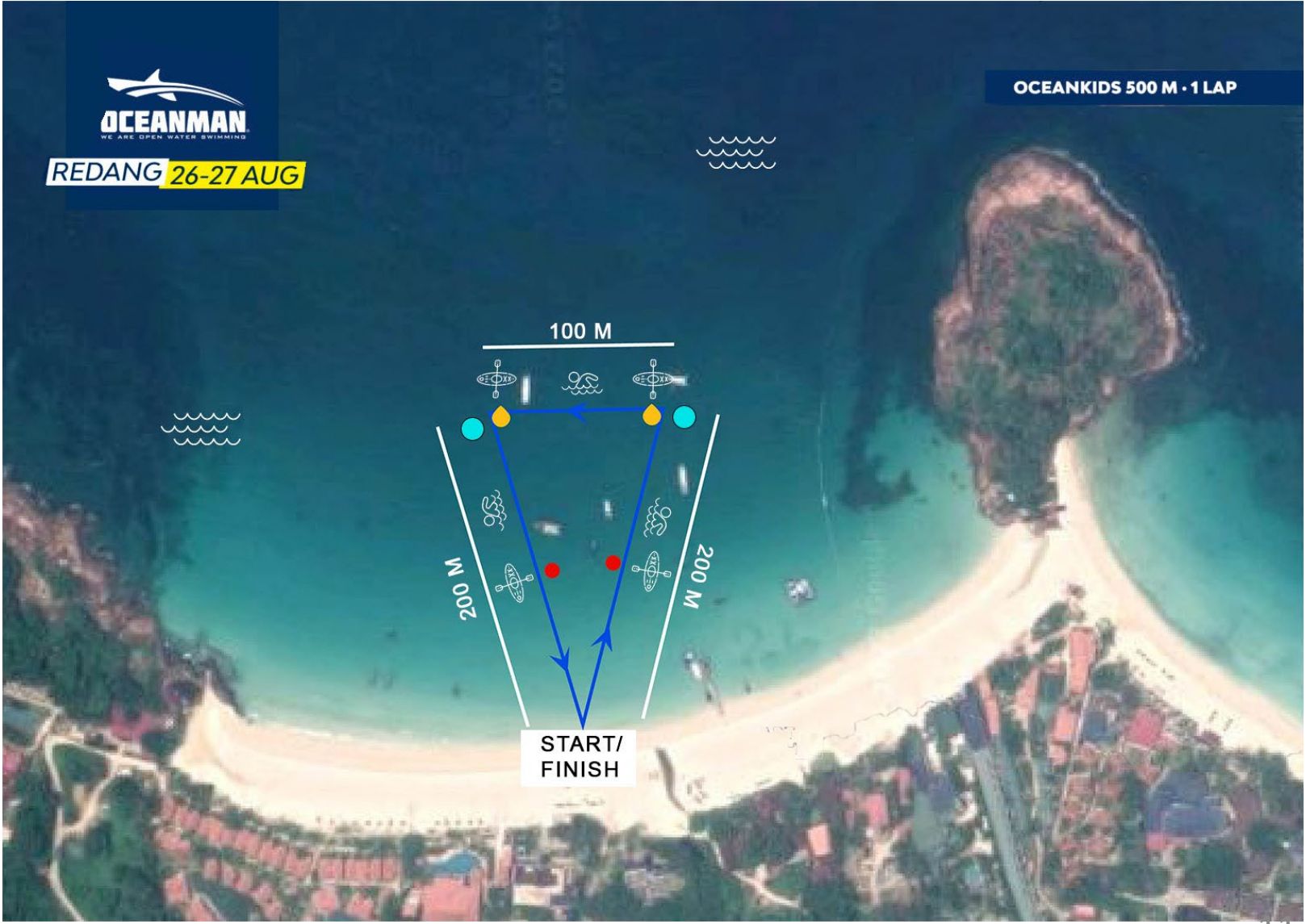
● : Safety device

☎ : Kayak





ROUTE DETAILS - OCEANKIDS 500M



Symbol:

- : Marker buoy
- ◆ : Turn buoy
- : Safety device
- 🛶 : Kayak



ROUTE DETAILS - OCEANTEAMS 3x500 M

Symbol:

● : Marker buoy

● : Turn buoy

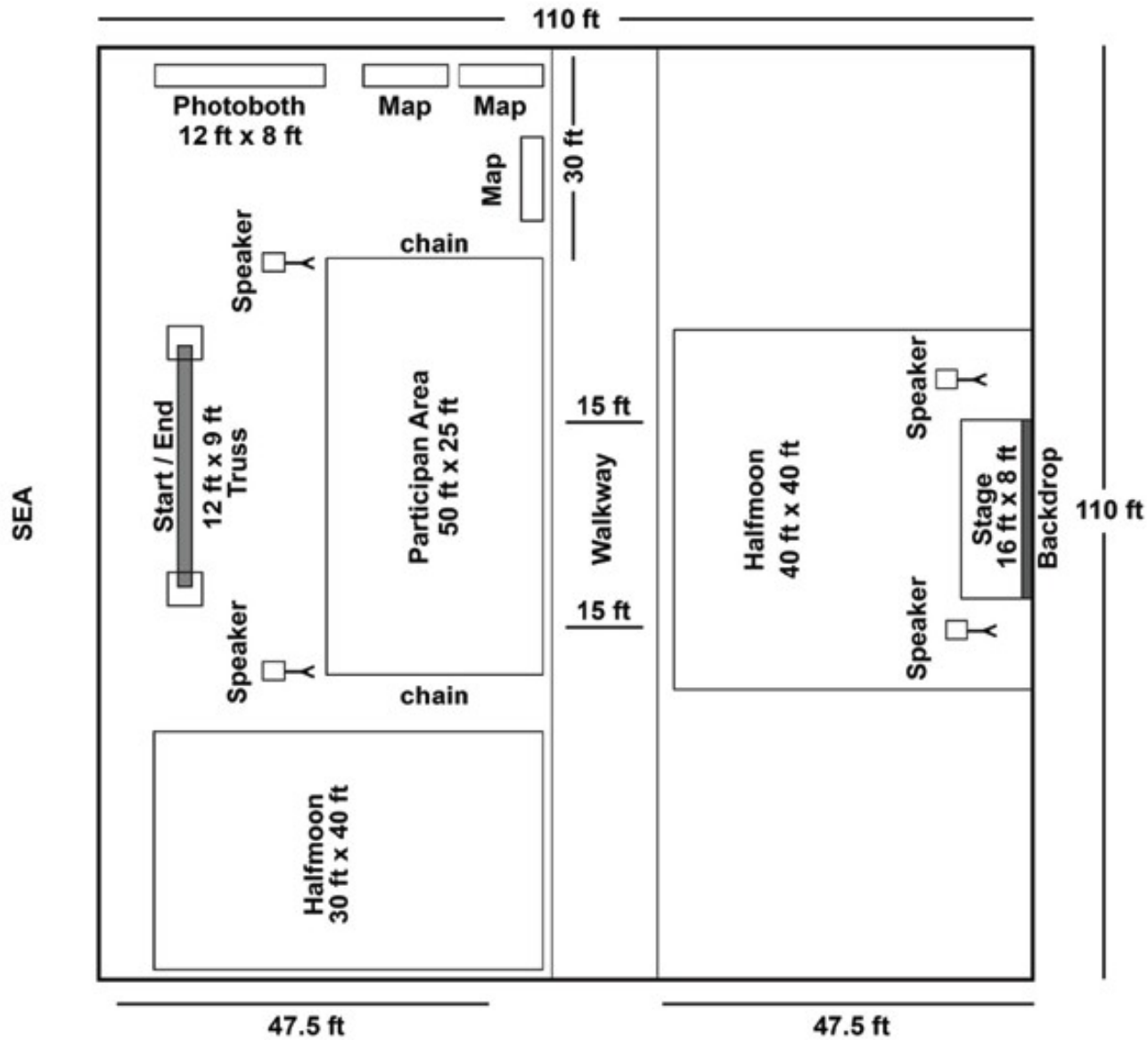
● : Safety device

☞ : Kayak

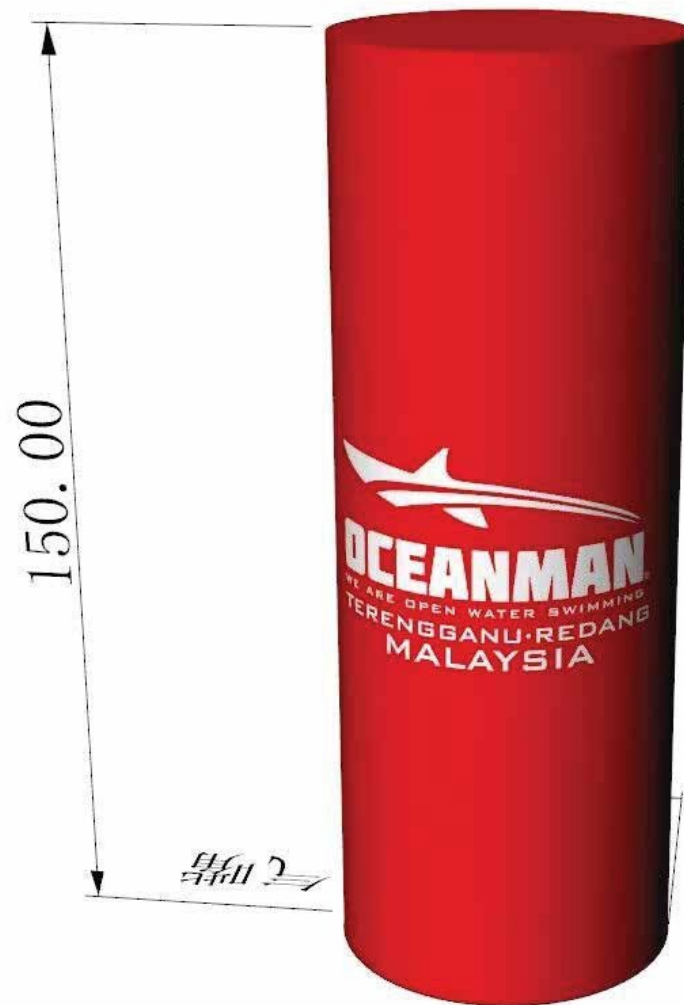




BEACH SETUP



BEACH SETUP (BUOYS)



TECHNICAL DETAILS



Category	OCEANMAN	HALF OCEANMAN	SPRINT	OCEANKIDS	OCEANTEAMS
Date	Aug 26, 2023	Aug 26, 2023	Aug 27, 2023	Aug 27, 2023	Aug 27, 2023
Start Time	7:30 AM	8:00 AM	07:30 AM	09:00 AM	10:00 AM
Start Area	Long Beach Redang Island	Long Beach Redang Island	Long Beach Redang Island	Long Beach Redang Island	Long Beach Redang Island
Finish Area	Long Beach Redang Island	Long Beach Redang Island	Long Beach Redang Island	Long Beach Redang Island	Long Beach Redang Island
Distance	10 KM	5 KM	2 KM	500 M	3×500 M
Max Participants	200	400	400	100	90
Cut off time	3 KM (1h 30min) 6 KM (3h)	3 KM (1h 30min)	No	No	No
Time Limit	4h 30min	2h 30min	1h 30min	No	1h 30min
Feeding Points	2	1	No	No	No
Wetsuit	Not allowed	Not allowed	Not allowed	Not allowed	Not allowed
Buoy	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

CATEGORY & AGE





OCEANMAN 10KM MALE | FEMALE

CATEGORY	AGE RANGE
Overall	Top 3 Swimmers
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 5 KM MALE | FEMALE



CATEGORY	AGE RANGE
Overall	Top 3 Swimmers
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 2KM MALE | FEMALE

CATEGORY	AGE RANGE
Overall	Top 3 Swimmers
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 500M MALE | FEMALE

CATEGORY	AGE RANGE
U9	Swimmer from 7 – 8 years of age
U12	Swimmer from 9 – 11 years of age
U15	Swimmer from 12 – 14 years of age

OCEANTEAMS 500M MALE | FEMALE | MIXED



CATEGORY	AGE RANGE
Male / Female / Mixed	Swimmers from 12 years of age



CATEGORY BASED SWIMMING CAPS



SPRINT 2 KM



OCEANMAN 10 KM



HALF OCEANMAN 5 KM



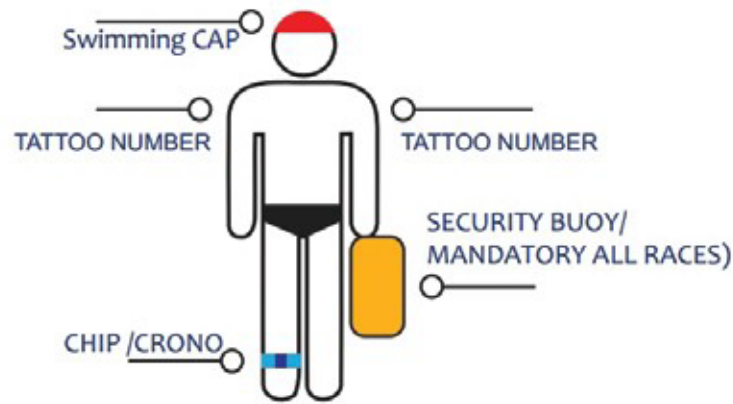
OCEANTEAMS 3 x 500 M



OCEANKIDS 500 M



SWIMMER & WEATHER



Friday 25 August 2023

Tide	hour	tidal height
high tide	03:20	1.47m
low tide	19:13	0.45m

Saturday 26 August 2023

Tide	hour	tidal height
high tide	04:57	1.6m
low tide	20:07	0.38m

Sunday 27 August 2023

Tide	hour	tidal height
high tide	06:12	1.75m
low tide	21:17	0.31m

Monday 28 August 2023

Tide	hour	tidal height
high tide	07:06	1.91m
low tide	22:33	0.24m

Water and normal seasonal temperatures in Redang Island in august

	July		August		September
Average sea temperature	29.6°C	↓	29.3°C	↑	29.1°C
Minimum sea temperature	28.8°C	↓	28.4°C	↓	28.5°C
Maximum sea temperature	30.6°C	↓	29.9°C	↓	30°C
Average outside temperature	29°C	→	29°C	→	29°C
Maximum outside temperature	30°C	→	30°C	→	30°C
Minimum outside temperature	28°C	→	28°C	↑	27°C
Wind speed	13km/h	↑	14km/h	↑	13km/h
Wind temperature	28°C	→	28°C	↑	27°C
Precipitation	334mm	↑	356mm	↑	335mm
Number of days of rain	23 jour(s) (75%)	↑	26 jour(s) (83%)	↑	22 jour(s) (74%)
Humidity	81%	→	81%	→	81%
Visibility in kilometers	8.96km	↓	8.95km	↑	8.94km
Cloud cover	34%	→	34%	↓	37%
Our opinion			ideal swimming		ideal swimming



HAND WARNING SIGNALS



Wave hand for
assistance



All OKAY



I am OKAY
(thumb's up)



RACE PACK COLLECTION & RACE DAY (10KM/5KM)

- On the race pack collection office and on the day of the race only the participants can be in the area.
- You can enter in the event area with your number tattoo and with your race chip.
- During the race we will have 2 feed station for the 10K race, and this will be at 2.5km marker buoy and at end of the first loop of the 5K.
- 1 feed station for the 5k race which is at half point turn buoy marker.
- If you need water all the Kayak/Escort boats will have water to provide you.
- Take care of your feeds during the race



RACE PROCEDURE

- Marshalling Call 15 minutes before each race begins.
- Open the warm-up area.
- Control and revision of competition.
- Briefing from the race director.
- Go to start-line/Arch, water start.
- The starting waves are max 50 swimmers by Random Order.
- We will announce the waves (based on participating numbers on race day)
- The start is with waves (depending on number of participants)
- On your marks, horn sounds.
- Race starts.



EVACUATION & EMERGENCYPROCEDURE

- If any evacuation is based on weather or other conditions are decided by the Race Director.
- Medical Tent will have a Doctor other than the Emergency Crew
- There will also be a senior Doctor at the Clinic which is in the main island
- The safety location is marked and briefed by Race Director to the whole team
- If any participant is having an emergency:
 - Will be picked up and brought to safety area on the beach
 - Based on assessment by medical team will be moved to Medical tent on the Beach or transported to clinic
 - All participants not crossing the designated check point on time will be picked up brought to same safety location
 - Medical team will check all participants coming to this safety location
 - Medical team will check assist all participants who need assistance crossing the finish line

WORLD
CHAMPIONSHIP
RACE QUALIFYING
SLOTS





OCEANMAN 10KM MALE | FEMALE

CATEGORIES	OCEANMAN EVENTS SLOTS	OCEANMAN CONTINENTAL EVENTS SLOTS
Junior	10 Slots	15 Slots
Master 20 – 29	10 Slots	15 Slots
Master 30 – 39	10 Slots	15 Slots
Master 40 – 49	10 Slots	15 Slots
Master 50 – 59	10 Slots	15 Slots
Master 60 – 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots



HALF OCEANMAN 5KM MALE | FEMALE

CATEGORIES	OCEANMAN EVENTS SLOTS	OCEANMAN CONTINENTAL EVENTS SLOTS
Junior	10 Slots	15 Slots
Master 20 – 29	10 Slots	15 Slots
Master 30 – 39	10 Slots	15 Slots
Master 40 – 49	10 Slots	15 Slots
Master 50 – 59	10 Slots	15 Slots
Master 60 – 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots



SPRINT 2KM MALE | FEMALE

CATEGORIES	OCEANMAN EVENTS SLOTS	OCEANMAN CONTINENTAL EVENTS SLOTS
Junior	10 Slots	15 Slots
Master 20 – 29	10 Slots	15 Slots
Master 30 – 39	10 Slots	15 Slots
Master 40 – 49	10 Slots	15 Slots
Master 50 – 59	10 Slots	15 Slots
Master 60 – 69	10 Slots	15 Slots
Master +70	10 Slots	15 Slots
Inspiration	3 Slots	5 Slots

WORLD CHAMPIONSHIP SLOT WINNER'S COIN

All qualified participants will receive the OCEANMAN Redang World's Slot Winner's Coin.



WORLD CHAMPIONSHIP IN PHUKET



Visit [WORLD CHAMPIONSHIP VIDEO](#)



OCEANMAN REDANG 2023 MERCHANDISE

OCEANMAN
WE ARE OPEN WATER SWIMMING
TERENGGANU-REDANG
MALAYSIA

WOWSA
CERTIFIED EVENT

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FINIS **Sarva** **DOORRY 2023** **RUNNERS UNITE** **WOWSA** **Redang Bay** **Redang Island** **NUTRITON**

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END