



# RACEBOOK 2024

A coastal scene featuring a cliffside with several multi-story buildings on the left, a sandy beach in the foreground, and a body of water extending to the horizon. The sky is a clear, pale blue. The text 'RACE BRIEFING' is overlaid on the right side of the image.

# **RACE** **BRIEFING**





  
**OCEANMAN**<sup>®</sup>  
WE ARE OPEN WATER SWIMMING  
SALVADOR·BAHIA  
BRAZIL

2024



**MARCH 29TH, 30TH**

**📍 YACHT CLUBE DA BAHIA**

AV SETE DE SETEMBRO, 3252, LADEIRA DA BARRA

**EXCLUSIVELY ACESS BY THE LADEIRA DA BARRA**

**\*TAKE ELEVATOR AND GO TO THE FIRST FLOOR**

## **REGISTRATIONS, RACE KIT PICKUP & OCEANMAN STORE**

- 📍 LOCAL: YACHT CLUBE DA BAHIA
- 🕒 TIME: 10AM | 7PM FRIDAY, MARCH 29TH
- 🕒 TIME: 3PM | 7PM SATURDAY, MARCH 30TH
- 📍 LOCAL: PORTO DA BARRA BEACH
- 🕒 TIME: 6AM | 12:30PM SATURDAY, MARCH 30TH

**\*MANDATORY IDENTIFICATION TO PICKUP YOUR RACE KIT**

## **BRIEFING MARCH 29TH**

- 📍 LOCAL: YACHT CLUBE DA BAHIA
- 🕒 TIME: 7PM

**\*LIVE TRANSMISSION ON INSTAGRAM  
@OCEANMAN\_BRAZIL**

## **PASTA DINNER** ALL YOU CAN EAT PIZZA & PASTA

- 📍 LOCAL: SALÃO DE EVENTOS  
(YACHT CLUBE DA BAHIA)
- 🕒 DATE: MARCH 29TH  
TIME: 8PM

**\*RESERVATIONS: +55 71- 2105-9111**

**PRICE PER PERSON: R\$ 75,00 (BEVERAGES NOT INCLUDED)**

**MARCH 30TH**

**📍 PORTO DA BARRA BEACH**

**LAST CALL FOR REGISTRATIONS & PICKUP RACE KITS**

*OCEANKIDS, SPRINT, OCEANTEAMS*

**📍 PORTO DA BARRA BEACH**

**🕒 5:30AM | 6:30AM**

**WARDROBE & RACES AREA ACESS**

**📍 LOCAL: PORTO DA BARRA BEACH**

**🕒 TIME: 6:00AM | 12:00PM**

**START OF THE RACES**

**📍 LOCAL: PORTO DA BARRA BEACH**

**🕒 START TIME:**

SPRINT 7:00AM

OCEANKIDS 8:45AM

OCEANTEAMS 9:30AM

**AWARD CEREMONY**

**📍 LOCAL: PORTO DA BARRA BEACH**

**🕒 TIME: 11:30PM**

# INFORMATIONS

**MARCH 30TH**

## SPRINT

2KM

- 🕒 START TIME: 7 AM
- 📍 LOCAL: PORTO DA BARRA BEACH
- 🕒 CUT OFF TIME: NO
- 🚫 BUOY MANDATORY

## OCEANKIDS

500M

- 🕒 START TIME: 8:45AM
- 📍 LOCAL: PORTO DA BARRA BEACH
- 🕒 CUT OFF TIME: NO
- 🚫 BUOY MANDATORY

## OCEANTEAMS

3X5000M

- 🕒 START TIME: 9:30AM
- 📍 LOCAL: PORTO DA BARRA BEACH
- 🕒 CUT OFF TIME: NO
- 🚫 BUOY MANDATORY

## TIDAL CONDITION



HIGH TIDE 6:27AM

LOW TIDE 12:25PM

NEAT TIDES



## MARCH 31ST

📍 PORTO DA BARRA BEACH

### LAST CALL FOR REGISTRATIONS & PICKUP RACE KITS

*OCEANMAN, HALF OCEANMAN*

📍 LOCAL: PORTO DA BARRA BEACH

🕒 TIME: 5:30AM | 6:30AM

### WARDROBE & RACE AREA ACESS

📍 LOCAL: PORTO DA BARRA BEACH

🕒 TIME: 5:30AM | 12:30PM

### START OF THE RACES

📍 LOCAL: PORTO DA BARRA BEACH

🕒 TIME: OCEANMAN 10KM 7AM  
HALF OCEANMAN 5KM 7:30AM

### AWARD CEREMONY

📍 LOCAL: PORTO DA BARRA BEACH

🕒 TIME: 12:30PM

# INFORMATIONS

## MARCH 31ST

### OCEANMAN

10KM

- 🕒 START TIME: 7 AM
- 📍 LOCAL: PORTO DA BARRA BEACH
- 🕒 CUT OFF TIME: 3KM (1H30MIN) | 6 KM (3H)
- 🚫 SAFETY BUOY MANDATORY
- 💧 FEEDING POINT: 2,5KM - 5KM - 7,5KM

### HALF OCEANMAN

5KM

- 🕒 START TIME: 7:30 AM
- 📍 LOCAL: PORTO DA BARRA BEACH
- 🕒 TIME CUT OFF: 3KM (1H30MIN)
- 🚫 SAFETY BUOY MANDATORY
- 💧 FEEDING POINT: 2,5KM

### TIDAL CONDITION



HIGH TIDE 7:21 AM

LOW TIDE 13:18 PM

NEAT TIDES





# RACE ROUTES



**OCEANMAN**  
WE ARE OPEN WATER SWIMMING  
SALVADOR·BAHIA  
BRAZIL



# OCEANMAN

SALVADOR BAHIA  
BRAZIL

2024

SPRINT  
**2K**

MARCH  
**30TH**

START TIME **7H**

**PORTO DA  
BARRA BEACH**

🕒 TIME LIMIT **01H30**

SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY

■ **ALL THE BUOYS ARE  
MANDATORY**

\*SWIMMERS WILL TURN MANDATORY  
BUOY WITH LEFT SHOULDER





**OCEANMAN**  
SALVADOR BAHIA  
BRAZIL  
2024

OCEAN  
KIDS  
500M

MARCH  
**30TH**  
START TIME 8H45

PORTO DA  
BARRA BEACH

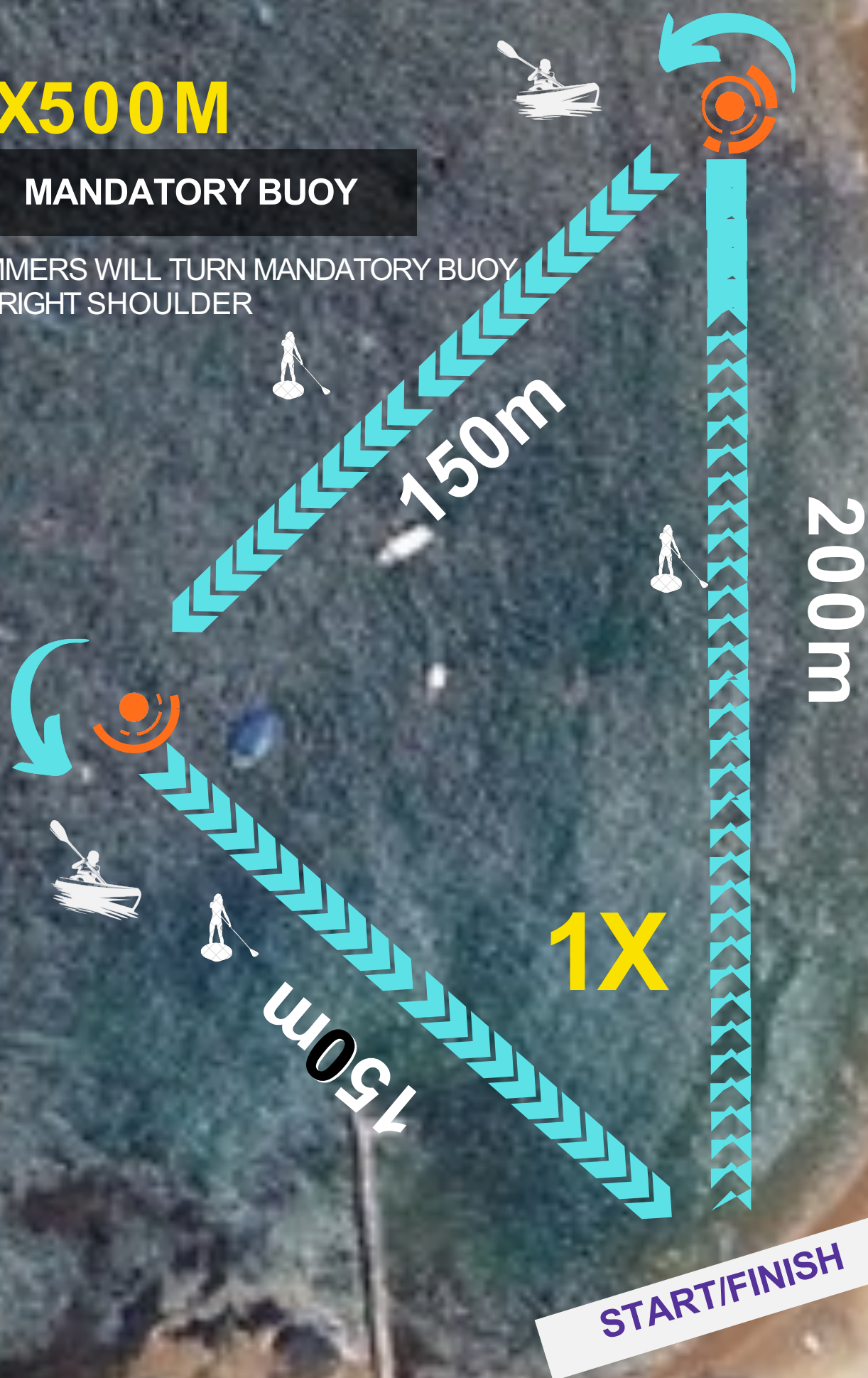
SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY

**1X500M**



**MANDATORY BUOY**

\*SWIMMERS WILL TURN MANDATORY BUOY  
WITH RIGHT SHOULDER







2024

OCEAN TEAMS  
3X500M

MARCH  
30TH

START TIME: 9H30

PORTO DA BARRA BEACH

SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY

3X500 MTS



MANDATORY BUOY

\*SWIMMER WILL TURN MANDATORY BUOY WITH LEFT SHOULDER



START/TURN/FINISH







OCEAN  
MAN  
10KM

MARCH  
31ST  
START TIME: 7AM

PORTO DA  
BARRA BEACH

CUT OFF TIME: 3KM (1H30MIN) | 6 KM (3H)

SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY



■ ALL THE BUOYS  
 ◎ ARE MANDATORY

\*SWIMMER WILL TURN MANDATORY BUOY WITH LEFT SHOUDER







OCEAN  
MAN  
10KM

2024  
MARCH  
31ST  
START TIME: 7AM

PORTO DA  
BARRA BEACH

CUT OFF TIME: 3KM (1H30MIN) | 6 KM (3H)

SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY

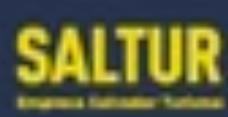


5K

FEEDING POINT

 ALL THE BUOYS  
 ARE MANDATORY

\*SWIMMER WILL TURN MANDATORY BUOY WITH LEFT SHOULDER







**OCEANMAN**  
SALVADOR BAHIA  
BRAZIL  
2024

**HALF**  
OCEANMAN  
**5KM**

**MARCH**  
**31ST**  
START TIME: **7:30AM**

**PORTO DA**  
**BARRA BEACH**  
CUT OFF TIME: 3KM (1H30MIN)

SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY SAFETY BUOY MANDATORY



**■ ALL THE BUOYS**  
**● ARE MANDATORY**

\*SWIMMERS WILL TURN MANDATORY BUOY WITH LEFT SHOULDER



# SERVICES & PRODUCTS





## RACE KIT



FINISHER T-SHIRT, TIMING CHIP, SWIMMING CAP, BAG, RACE TATOO .



## FIRST AID & MEDICAL SERVICE

FIRST AID INSIDE WATER AND AMBULANCE ON THE GROUND

## WARDROBE



STORE YOUR PERSONAL BELONGINGS



## AWARD

FINISHER MEDAL FOR ALL PARTICIPANTS  
AWARD FOR THE 1ST, 2ND & 3RD PLACE FOR  
OVERALL AND AGE GROUP WINNERS

## FEEDING POINT



WATER FOR ALL ATHLETES AT 5KM & 10KM,  
ISOTONIC, FRUITS AND FROZEN AÇAÍ AT THE  
GROUND.



## INSURANCE

INSURANCE AGAINST ACCIDENTS FOR  
ALL ATHLETES

## FISIO & RECOVERY



MOBILITY & RECOVERY AREA BEFORE  
AND AFTER RACES.



## ACCESSIBILITY

ALL ACCESSIBLE AREA FOR  
PEOPLE WITH DISABILITIES.



# TROPHIES & MEDALS

TOP 3 (OVERALL), MALE AND  
FEMALE IN SPRINT, HALF  
OCEANMAN AND OCEANMAN  
WILL BE AWARDED WITH  
TROPHIES;

TOP 3 IN AGE GROUP  
(CATEGORIES), MALE AND  
FEMALE IN ALL RACES WILL  
BE AWARDED WITH  
TROPHIES;

ALL COMPETIDORS WHO  
COMPLETE THE RACE WILL BE  
AWARDED A FINISHER MEDAL







exito arte  
medalhas troféus chaves

**FINISH**  
**10K**

FRENTE



**OCEANMAN**  
SALVADOR-BAHIA  
BRAZIL

VERSO





# MANDATORY EQUIPMENT







**SWIMMING CAP**

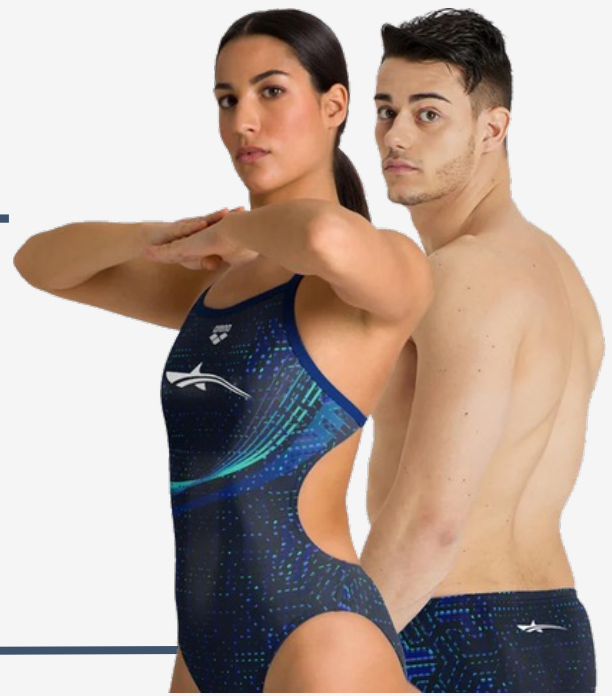


**SWIMMING GOGGLES**



**SAFETY BUOY**

WITH A ROPE MINIMUM 20CM FROM THE BELT



**SWIMSUIT**

0  
0  
1

**RACE TAT00**



**TIMING CHIP**

**CLIMATE AND WATER TEMPERTURE**

**28°**

- \* FORBIDDEN
- WET SUIT
- MUSIC HEADFONES
- DOUBLE CAP
- SNORKEL, FINS, GLOVES, PADDLES, PULL BUOYS

**WATCHES ARE PERMITTED**



# **TIMING CHIP**

# **INSTRUCCIONES**





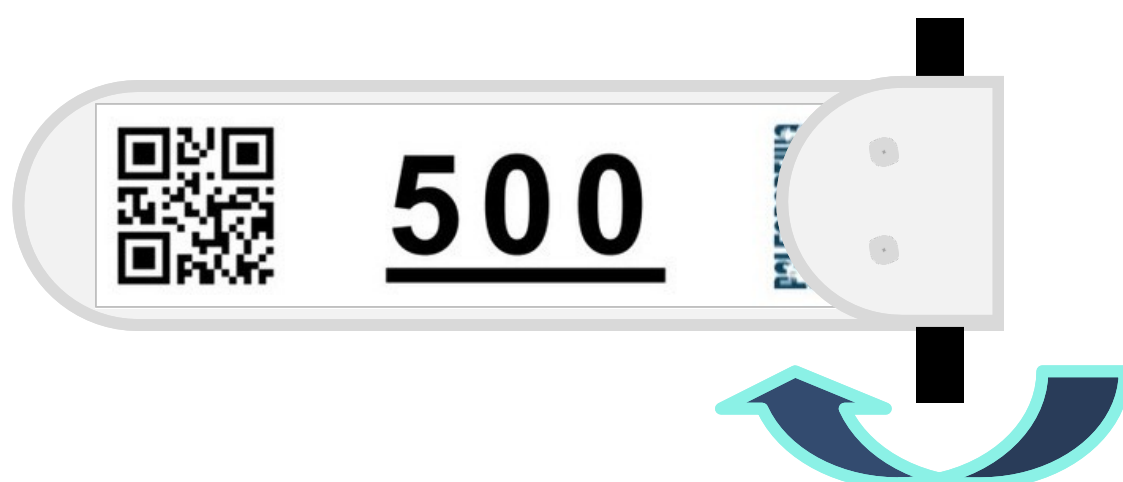
1

Pass the goggle strap under the fold of the timing chip



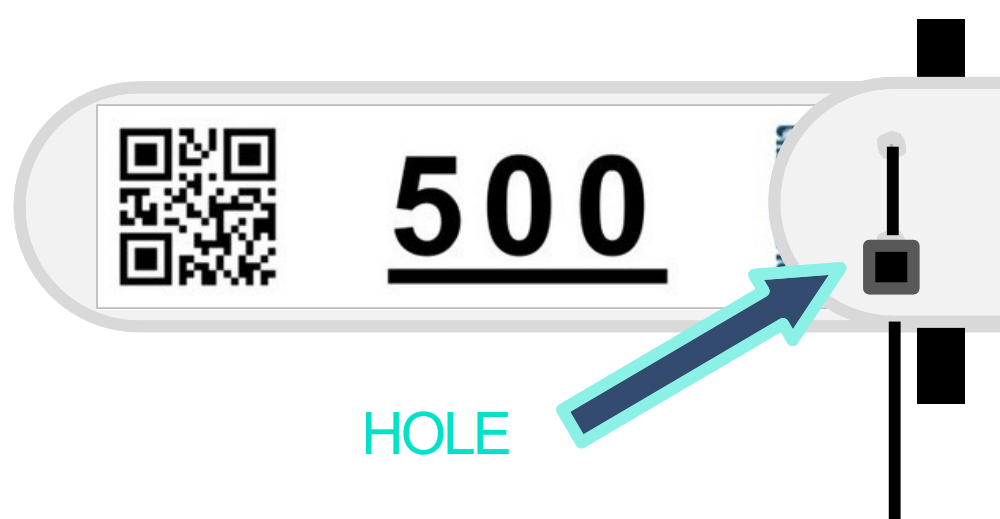
2

Fold the tip of the chip cover the strap of the goggle.



3

Pass the clamp through the holes and lock to close



4

During use of the goggles put the chip for the top of your head



\*The timing chip must be returned at the end of each race

\*\* For OCEANTEAMS RACE there will be 1 timing chip for team, which will be used by the swimmer who close the race.

\*\*\*ATHLETES WHO PARTICIPATE IN 2 RACES WILL RECEIVE 1 CHIP FOR EACH RACE, PLEASE BE CAREFUL NOT TO EXCHANGE THEM





# **WORLD** **CHAMPIONSHIP**



**OCEANMAN**<sup>®</sup>  
WE ARE OPEN WATER SWIMMING  
**SALVADOR·BAHIA**  
**BRAZIL**  
**2024**



WORLD FINAL

# OCEANMAN MALE FEMALE

## CATEGORY

## OCEANMAN WORLD FINALS

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	03 SLOTS

# WORLD FINAL HALF OCEANMAN MALE FEMALE

## CATEGORY

## OCEANMAN WORLD FINALS

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	03 SLOTS

# WORLD FINAL SPRINT MALE FEMALE

## CATEGORY

## OCEANMAN WORLD FINALS

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	03 SLOTS

# WORLD FINAL OCEANKIDS MALE FEMALE

## CATEGORY

## OCEANMAN WORLD FINALS

UNDER 9	10 SLOTS
UNDER 11	10 SLOTS
UNDER 13	10 SLOTS
UNDER 15	10 SLOTS



# HOTEL VILA GALE



THE VILA GALE HOTEL IN SALVADOR IS AN  
OCEANMAN BRAZIL PARTNER, PROVIDING  
ACCOMMODATION FOR  
SWIMMERS WITH 10% DISCOUNT

CONTACT FOR RESERVATIONS: [SALVADOR.RESERVAS@VILAGALE.COM](mailto:SALVADOR.RESERVAS@VILAGALE.COM)  
RUA MORRO ESCRAVO MIGUEL, 320 - ONDINA | CEP: 40170-000 SALVADOR, BA



2024



# SPONSORS:

**SALTUR** Empresa  
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Secretaria de  
Promoção Social,  
Combate à Pobreza,  
Esportes e Lazer



# PARTNERS:



**REDE BAHIA**



2024





# SAFETY TEAM

15 LIFE GUARDS | 06 BOATS | 02 JETSKY | 5 SUPS | 3 FIRST AID  
02 DOCTORS | 02 AMBULANCES | 01 MEDICAL BOAT | 03 FLEX BOATS  
10 REFERENCES BUOY | 3 FEEDING POINTS



# SAFETY

## THROUGHOUT THE RACE



# GOOD LUCK!

TAG US IN SOCIAL MEDIA :



@OCEANMAN\_BRAZIL



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