



# RACEBOOK 2025





This year, OCEANMAN is coming to **Sharjah** for the very first time!

Get ready to take on an epic challenge in open water, where the stunning **Al Khan Beach** will be your racecourse.

This **RACEBOOK** is your guide to mastering the course.





# Table of Content

- Venue
- Event schedule and program
- Registration Process
- Swimmers kit
- Technical Information
- Mandatory Equipment
- General Beach Rules
- Race Day Weather Conditions
- Race course
- Festival Layout
- Awards and Categories
- World Final slots





# RACE VENUE



Al Khan Beach, Sharjah, UAE



# Event Program

## Saturday 19 April 2025

06:00 – 12:00

Registration and EXPO

07:00 – 8:30

SPRINT

08:30 – 9:00

OCEANKIDS

09:00 – 10:00

OCEANTEAMS

11:00

Award ceremony

## Sunday 20 April 2025

06:00 – 12:00

EXPO

07:00 – 11:30

OCEANMAN

08:00 – 10:30

HALF OCEANMAN

12:00

Award ceremony

13:00

End of the activities



# Registration Process

To complete your registration, you must present either your **Passport** or your **National ID**.

Only the registered swimmer is allowed to pick up their race pack. It cannot be collected by anyone else under any circumstances.

All participants, including minors, must sign a **liability** waiver during the registration process.

When checking in, you will receive a **wristband** from our staff, which is required for race access.

If you purchased any items during online registration, please collect them at the OCEANMAN Shop.





# SWIMMERS KIT



TEAMS TATTOO



TATTOO



OCEANMAN



HALF  
OCEANMAN



SPRINT



OCEANTEAMS



OCEANKIDS





# Technical Information

The time limit for the **SPRINT** race is 1 hour and 30 minutes. **OCEANKIDS** and **OCEANTEAM** categories do not have a time limit.

The maximum time to complete the **HALF OCEANMAN** is 2 hours and 30 minutes, with a cut-off time of 1 hour and 30 minutes at the 3 km mark.

The overall time limit for the **OCEANMAN** race is 4 hours and 30 minutes, with the following cut-off times:

- 1 hour and 30 minutes at the 3 km mark.
- 3 hours at the 6 km mark.

The competition's official timing will be managed by the designated provider. No disputes regarding the results will be accepted **under any circumstances**.







# Technical Information



The following are some **disqualification** criteria to be taken into account for the competition:

- Wear a **wetsuit** if the water temperature is above 24 degrees Celsius.
- Wear any piece of **neoprene** or **polyurethane**.
- Use aquatic **music players** or similar devices during the competition.
- Making use, in whole or in part, of **propulsion** or **flotation** equipment such as snorkels, fins, gloves, paddles, pull buoys, etc.
- Not using the **mandatory equipment** required for the race.
- Failure to comply with the instructions of the **referee** and/or **staff**.
- Engaging in any activity that is contrary to the regulations or that endangers the well-being of the **swimmer** or **attendees**.



# Mandatory Equipment

## PROVIDED IN THE RACE PACK

Body **Mark** or **sticker** tattoo with the participant number.

Timing **Chip Tag** which must be returned after the race.

Swimming **Cap** with the competitor race color.

## PARTICIPANTS MUST PROVIDE:

Swimming **Buoy** inflatable with a rope between 20 to 60 cm.

Swimming **Goggles** which must be worn during swimming time.







# General Beach Rules



- Professional photography is prohibited after approval from management.
- No littering.
- No glass.
- No fishing.
- No cycles or motorcycles.
- No open fire.
- Pets are not allowed.
- No unauthorized commercial vending.
- No ball playing.
- No cycles or motorcycles.
- No camping. No overnight stay.
- Any indecent act or over displays of affection is punishable by Law.
- Swimming costumes should not be worn outside the beach area.
- Adults are responsible for the children accompanying them.
- Management accepts no responsibility for loss or damage to any personal belongings.
- No motorized activity on the beach.
- Do not block the lifeguard's way.
- Keep sound amplification devices down.
- Smoking and enter shisha is strictly prohibited.
- Do not drink and enter alcohol.





# Race Day Weather Conditions



- Air Temperature: ~29°C (Warm & Comfortable)
- Water Temperature: ~26°C (Ideal for Open Water Swimming)
- Wind Speed: 10.3 km/h (Light Breeze)
- Max Wind Gusts: 20 km/h (Moderate Gusts)

## Race Impact:

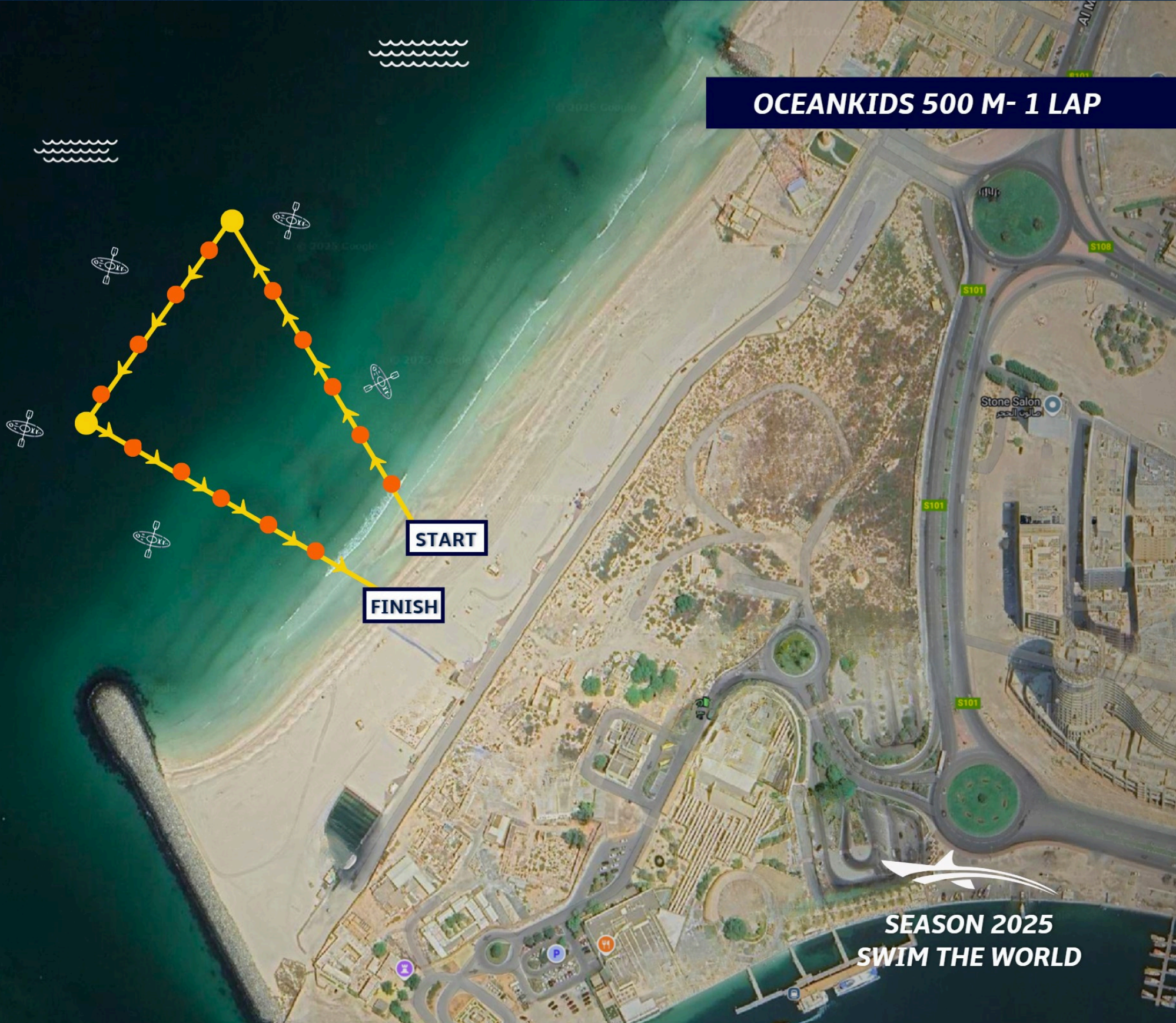
- Ideal swimming conditions with warm water temperatures.
- Light wind should have minimal effect on swimmers.
- Gusts up to 20 km/h may create small waves, adding a slight challenge.





SHARJAH 19-20 APRIL

OCEANKIDS 500 M- 1 LAP



SEASON 2025  
SWIM THE WORLD



# SPRINT



SHARJAH 19-20 APRIL

SPRINT 2 KM - 1 LAP



SEASON 2025  
SWIM THE WORLD

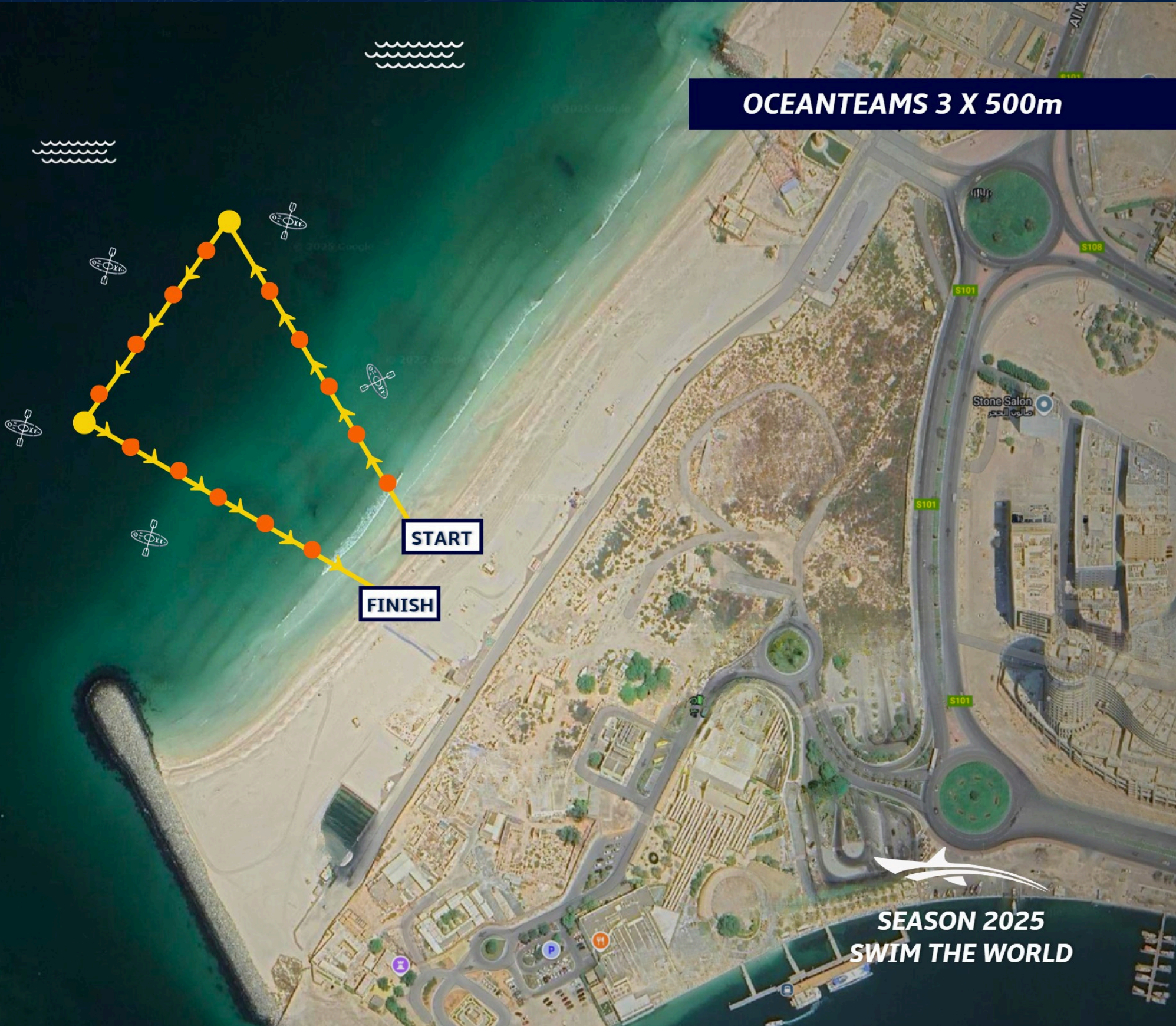


# OCEANTEAMS



SHARJAH 19-20 APRIL

OCEANTEAMS 3 X 500m



SEASON 2025  
SWIM THE WORLD



# OCEANMAN



**SHARJAH** **19-20 APRIL**

**OCEANMAN 10 KM - 2 X 5 KM**



**SEASON 2025**  
**SWIM THE WORLD**



# HALF OCEANMAN



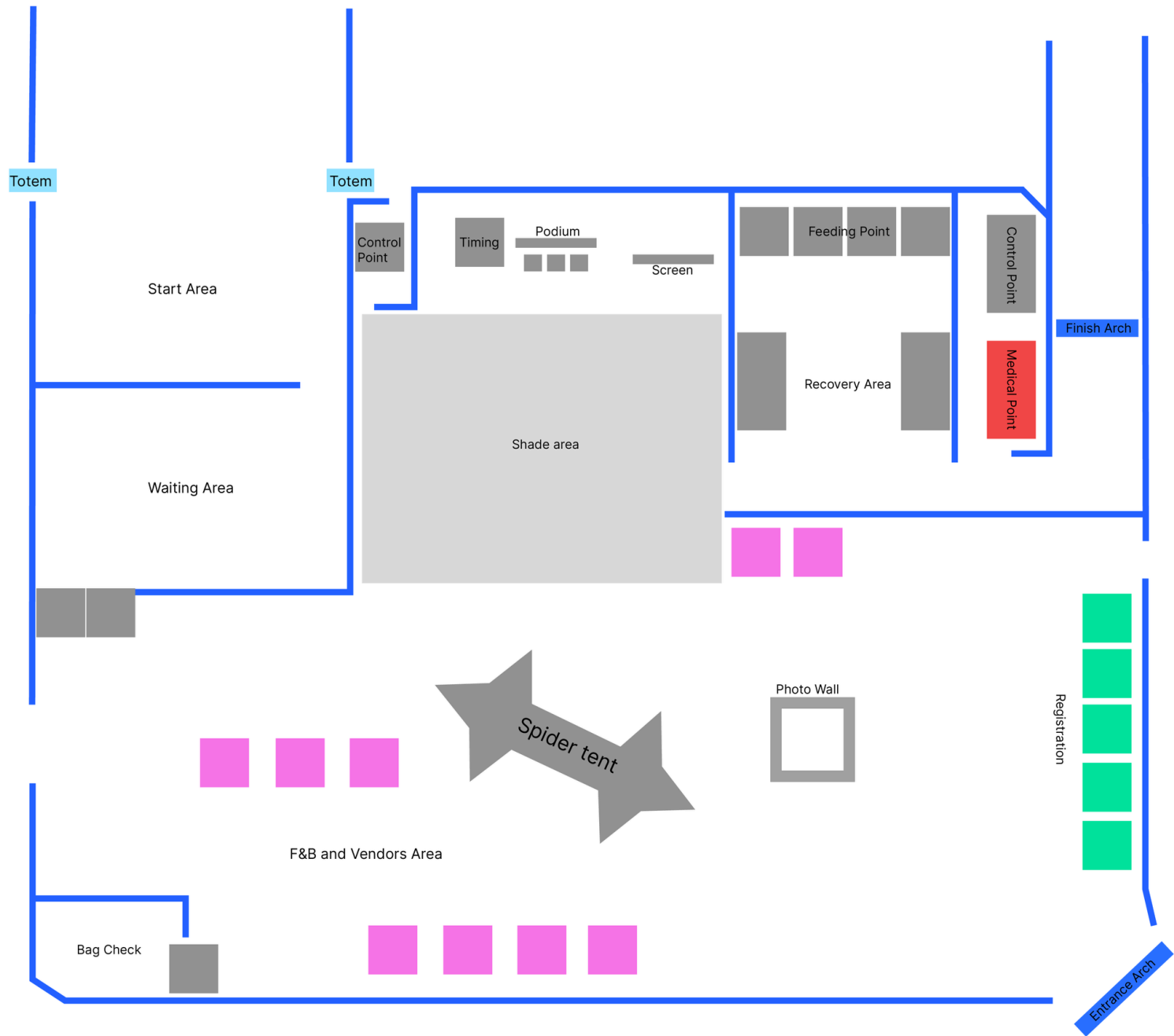
SHARJAH 19-20 APRIL

HALF OCEANMAN 5 KM - 1 LAP



SEASON 2025  
SWIM THE WORLD







# AWARDS

## MALE AND FEMALE: OCEANMAN – HALF OCEANMAN – SPRINT

CATEGORY	AGE RANGE
Junior	From 16 to 19 years of age
Master 20 – 29	From 20 to 29 years of age
Master 30 – 39	From 30 to 39 years of age
Master 40 – 49	From 40 to 49 years of age
Master 50 – 59	From 50 to 59 years of age
Master 60 – 69	From 60 to 69 years of age
Master +70	From 70 years of age

The top 3 finishers in each age group, male and female, will be awarded with medals.  
All participants who finish the race will be recognized with a finisher medal.



# AWARDS

## MALE AND FEMALE: OCEANTEAMS

CATEGORY	AGE RANGE
Male, Female, Mixed	From 12 years of age

## MALE AND FEMALE: OCEANKIDS

CATEGORY	AGE RANGE
U9	From 7 to 8 years of age
U11	From 9 to 10 years of age
U13	From 11 to 12 years of age
U15	From 13 to 14 years of age

The top 3 finishers in each age group, male and female, will be awarded with medals.  
All participants who finish the race will be recognized with a finisher medal.



# WORLD FINAL SLOTS

CATEGORY	QUALIFICATIONS
Junior	10
Master 20 – 29	10
Master 30 – 39	10
Master 40 – 49	10
Master 50 – 59	10
Master 60 – 69	10
Master +70	10

