



2025

OCEANMAN SIARGAO RACEBOOK

THE ULTIMATE GLOBAL
OPEN WATER SWIM CIRCUIT
APRIL 4-6, 2024 | GENERAL LUNA, SIARGAO

DIVE INTO ADVENTURE, CONQUER THE ISLAND WATERS





GOLD SPONSOR



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HOTEL PARTNERS



EVENT PARTNERS





WHAT TO EXPECT WHEN VISITING **SIARGAO?**

Siargao is the surfing capital of the Philippines — an island beloved for its chill vibe and laidback lifestyle. Its most popular tourist draw is Cloud 9, one of the top surfing sites in the world.

But this tear-drop-shaped island has a lot more to offer, to non-surfers too. With pristine beaches, an ethereal lagoon, a palm-tree-lined river, and a rapidly growing food and coffee scene, you cannot go wrong with a visit to Siargao.

SIARGAO AIRPORT

Siargao Airport (officially known as Sayak Airport) is used by many popular airlines in the Philippines, including Philippine Airlines, Skyjet, Cebgo and Cebu Pacific.

The airport is located 45 minutes from General Luna, also known as "The Surfing Capital of the Philippines."



4 WAYS TO GET FROM SIARGAO AIRPORT TO GENERAL LUNA

The distance from Siargao Airport to General Luna is 30 kilometers (19 miles).

- By van (1 hour) or private transport (45 minutes):
Costs 350–400 PHP per person (\$6–7).
- Motorbike taxi (1 hour 45 minutes):
Costs 400 PHP (\$6.90).
- Tricycle (tuk-tuk) (45 minutes to 1 hour):
Costs 600 PHP (\$10.40).
- Private transport (45 minutes):
Costs 3,500–4,000 PHP (\$60–70).

We have partnered with a local transport service in Siargao to bring you to General Luna from the airport or seaport.

- Fare from the airport is 350 PHP per head.
- Fare from the seaport is 250 PHP per head.
- Or you can hire the van for 3500/day (8hrs)

Places to stay in Siargao

Whether you're a budget traveller looking for a simple guesthouse or a luxury seeker in search of a relaxing resort, Siargao has something to offer for everyone.

We've made sure that our favourite accommodations cater for everyone — places in the heart of things in General Luna, but also remote resorts for anyone looking to escape the world and relax.

Here's a bit about the different areas in Siargao, so that you can pick the one that suits you the most:

- General Luna is the most popular area for tourists and is known for its famous surf spots (like Cloud Nine), restaurants and nightlife. This is where most of our favourite stays are.
- Pacifico is a more laid-back area located on the northeastern coast of the island. It's less crowded than General Luna and is known for its quieter beaches and beautiful scenery.
- ***RATES VARY FROM 15-50USD/NIGHT***

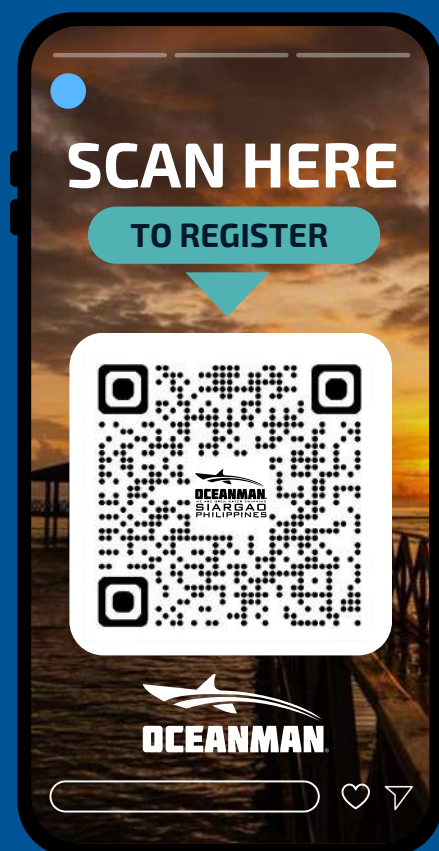
REGISTRATION

Registration can be completed exclusively through the official platform provided by OCEANMAN or by scanning the QR code.

<https://www.rockthesport.com/en/event/oceanmansiangaoR>

Registration fee includes:

- The right to participate in the competition.
- Assistance before, during and after the race.
- Feeding during and after the race.
- Classification & Timing service.



Participants can request changes to their personal data, except for their name and surname, up to one month before the event.

If a registered participant is unable to attend an event, they may transfer their participation rights to another person up to one month before the event, subject to a transfer fee of 25 EUR.

Participants may request a full refund of the registration fee, services, and products purchased through the registration platform only within one month of completing their registration.

REGISTRATION

The swimmer can change the distance of the event they are registered for. Downgrading from a longer distance to a shorter one does not incur any additional fees, nor does it qualify for a refund. Upgrading from a shorter distance to a longer one will require payment of the fee difference.

Changing registration from one event to another is not permitted unless offered as a solution by OCEANMAN in the case of a race cancellation or postponement.

PARTICIPATION

All participants must sign the discharge of liability form at the registration table while participants under 18 years of age have to have their parent/s sign the parental consent form. (Or bring a copy of the attached). No swimmers will be allowed to participate without the signed document.

INCLUSIONS:

•EVENT BAG, EVENT SHIRT, EVENT TOWEL, EVENT CAP, FINISHER MEDAL, ITEMS FROM SPONSORS (IF ANY)



RACE BREIFING




APRIL 4, 2025 (FRIDAY)

09:00 -17:00 REGISTRATION & EXPO RACE
KIT COLLECTION at KAWA Resort

18:00-20:00 OPENING CEREMONY & RACE BRIEFING

VENUE: SIARGAO BEACH CLUB – Brgy Malinao, General Luna, Surigao Del Norte



	SPRINT	OCEAN KIDS	OCEAN TEAMS	OCEANMAN	HALF OCEANMAN
DATE	APRIL 5, 2025	APRIL 5, 2025	APRIL 5, 2025	APRIL 6, 2025	APRIL 6, 2025
START TIME	7:00 AM	8:30 AM	9:30 AM	7:00 AM	7:30 AM
DISTANCE	2KM	500 METERS	3X500M	10KM	5KM
CUT-OFF TIME	1hr 30m	NO	1hr 30m		2hrs 30min
TIME LIMIT	1hr 30m	NO	1hr 30m	4hrs 30m	2hrs 30min
FEEDING POINTS	NO	NO	NO	3	1
WETSUIT	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED
SAFETY BOUY	MANDATORY	MANDATORY	MANDATORY	MANDATORY	MANDATORY





RACE RULES AND REGULATIONS

- A safety buoy is mandatory for all participants.
- Crossing the finish line without a personal safety buoy may result to disqualification.
- The race chip must be worn on either ankle.
- The race chip must be returned immediately after the race; failure to do so will incur a fine of 50 EUR.
- Participants must follow route bouy (orange) and turn bouy (yellow).
- Judges have the authority to remove swimmers from the water if they deem it unsafe to continue or if the swimmer exceeds the maximum time allocated for their race.
- It is the swimmer's responsibility to read and understand the race rules available online.





OBLIGATORY EQUIPMENT



- Swimming cap (provided by organizer)
- Goggles (personal)
- Number marker (provided by organizer)
- Safety buoy (personal)
- Timing chip (provided by organizer)

NOTE: PARTICIPANTS CANNOT ENTER THE RACE VENUE IF ANY EQUIPMENT IS MISSING.



SAFETY

Security on land and in the water is provided by the OCEANMAN event organizer. During the competition, swimmers' safety will be monitored by boats and kayaks following the course.

The organizational and safety team is authorized to withdraw any participant for medical reasons.

OCEANMAN events have a Referees Committee that oversees timing, the start and finish lines, mandatory turning buoys, and makes the final decisions.

The Referees and Organizers have the right to pullout or disqualify participants for the following reasons:

- Exceeding the time limit
- Avoiding mandatory buoys
- Signs of dehydration, hypothermia, or extreme fatigue
- Extremely slow pace or any other indication that the swimmer is not in good physical condition
- The swimmer signaling an emergency by performing a safety gesture (e.g., rotating one or both arms)
- Kayakers and boats will monitor swimmers' health and safety and report to the technical team
- Not following organizational instructions
- Use of forbidden gear

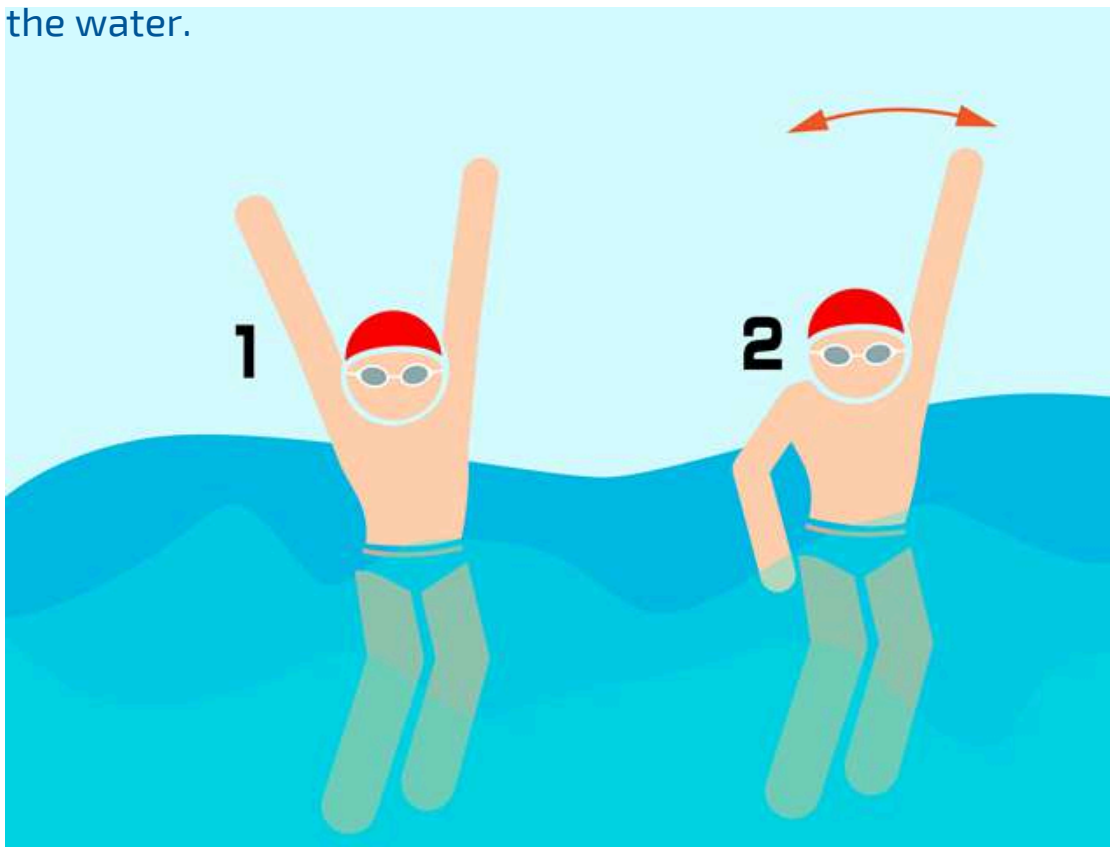
SAFETY

Security on land and in the water is provided by the OCEANMAN event organizer. During the competition, swimmers' safety will be monitored by boats and kayaks following the course.

The organizational and safety team is authorized to withdraw any participant for medical reasons.

SWIMMERS EMERGENCY SIGNAL ON THE WATER

- Sound whistle to catch attention from the rescue team
- Raise one hand if you need assistance, while holding the personal buoy with the other hand.
- Rotate or wave multiple times to signal for assistance to be taken out of the water.



SPRINT, OCEANKIDS AND OCEAN TEAMS

2KM, 500M & 3X500M



SAFETY TEAM

- 20 paddler (Phil. Navy Reserve/Dragon Boat Team
- 4 Outriggers boats with Coast Guard Personnel
- 1 rubber boat (Coast Guard)
- 1 rubber boat (Risk disaster team)
- 1 Medical Boat with Medical team
- 2 Media Boats
- 2 ready ambulance
- 1 water station
- 4 turn bouys
- 8 reference bouys

OCEANMAN AND HALF OCEANMAN

10KM & 5KM



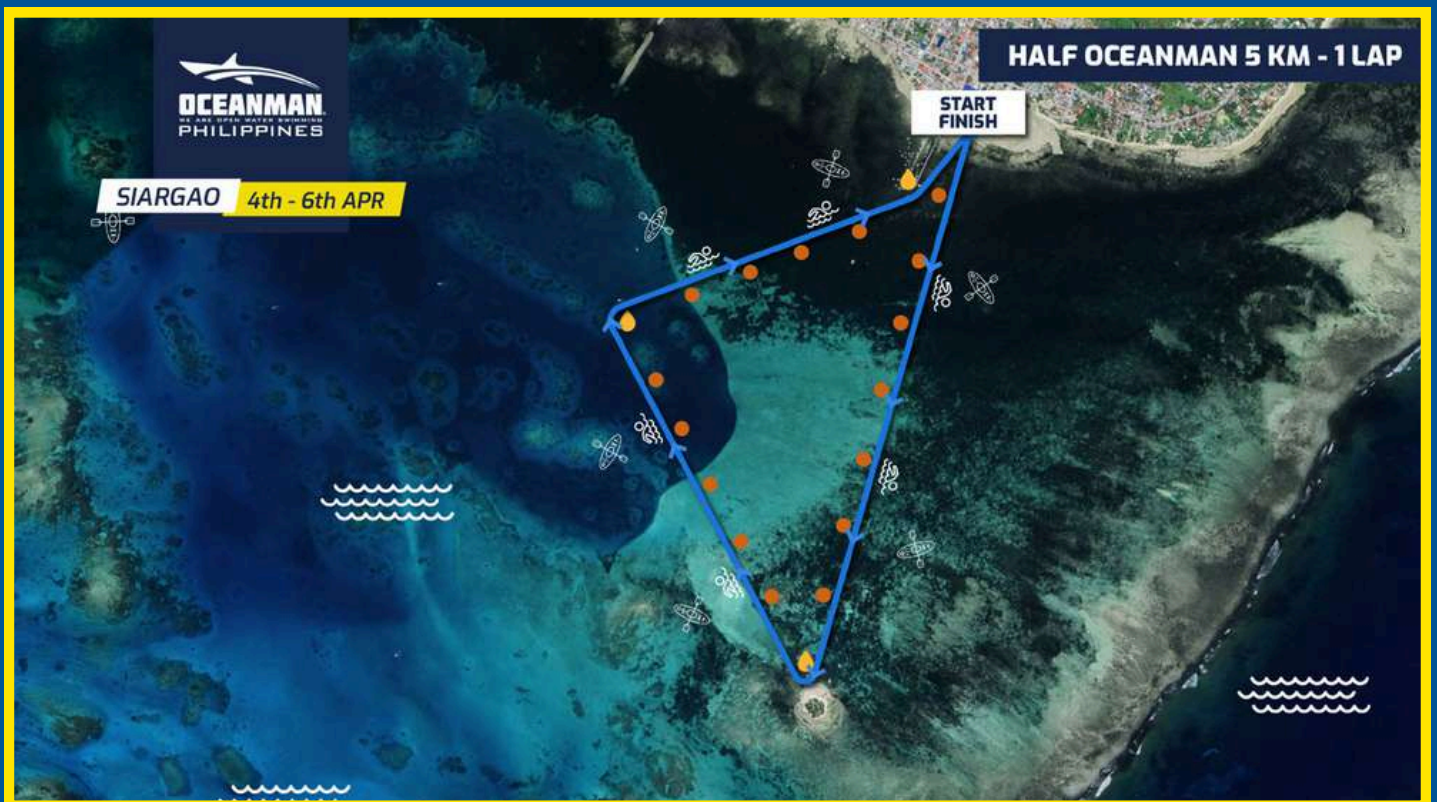
SAFETY TEAM

- 20 paddler (Phil. Navy Reserve/Dragon Boat Team
- 18 Outriggers boats with Coast Guard Personnel
- 1 rubber boat (Coast Guard)
- 1 rubber boat (Risk disaster team)
- 1 Medical Boat with Medical team
- 2 Media Boat
- 2 ready ambulance
- 4 water station
- 23 reference Bouys (orange)
- 4 turn bouys (yellow)

RACE ROUTE



RACE ROUTE



RACE ROUTE





AWARDS

OCEANMAN (MALE & FEMALE) **CATEGORY AGE RANGE** **OVERALL 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%

- *Top 3 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.*





AWARDS

HALF OCEANMAN (MALE & FEMALE)

CATEGORY AGE RANGE

OVERALL 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%

- *Top 3 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.*





AWARDS

SPRINT (MALE & FEMALE)

CATEGORY AGE RANGE **OVERALL 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%

- Top 3 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.





AWARDS

OCEANKIDS (MALE & FEMALE)

CATEGORY AGE RANGE

OVERALL 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

- *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.*





AWARDS

OCEANTEAMS (MALE & FEMALE)

CATEGORY AGE RANGE

OVERALL AGE RANGE

Male, Female, Mixed

Swimmers from 12 years of age

- *All competitors who complete the race will be awarded a finisher medal*





AWARDS

OCEANMAN WORLD FINAL CHAMPIONSHIP SLOTS

**OCEANMAN WORLD FINAL CHAMPIONSHIP
2025 . TOP 10 SWIMMERS WILL BE ELIGIBLE TO
QUALIFY FOR A PARTICIPATION SLOT.**

The slots will be allocated according to the following categories:

OCEANMAN | HALF OCEANMAN | SPRINT | OCEANKIDS

CATEGORY	RACES
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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