



ULTRA OCEANMAN TABARCA 2026

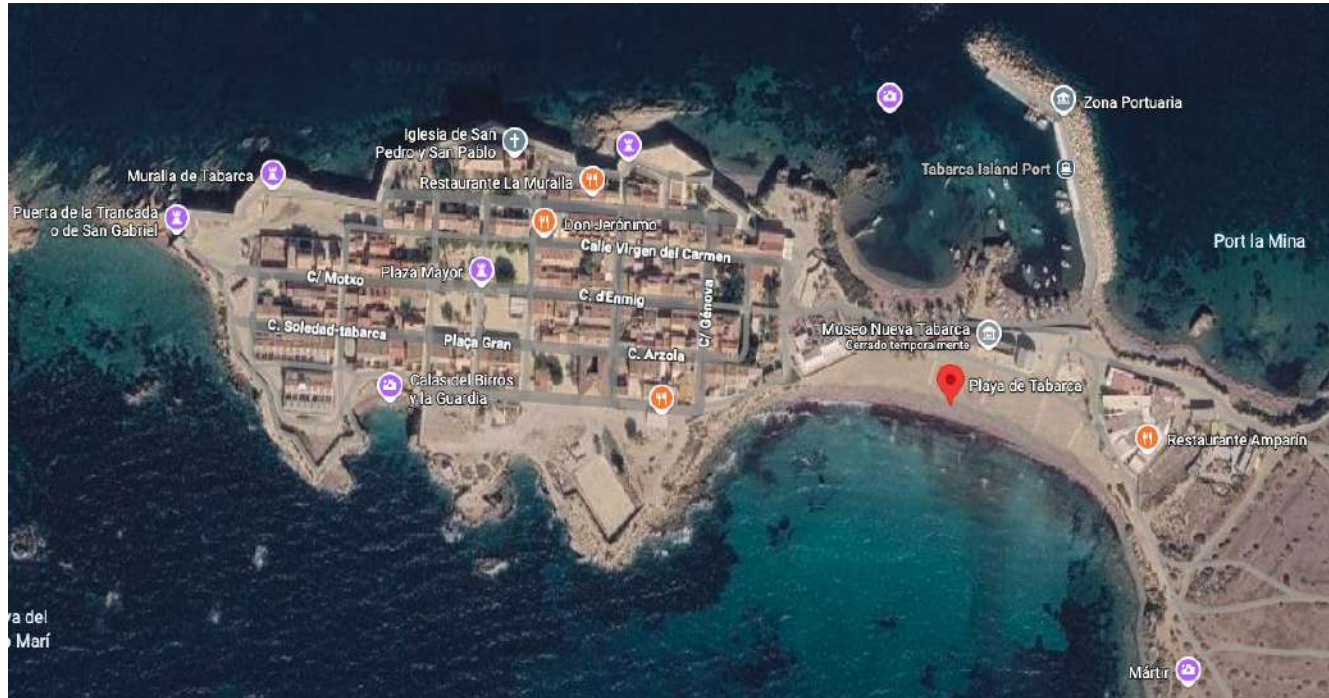
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1. LOCATION

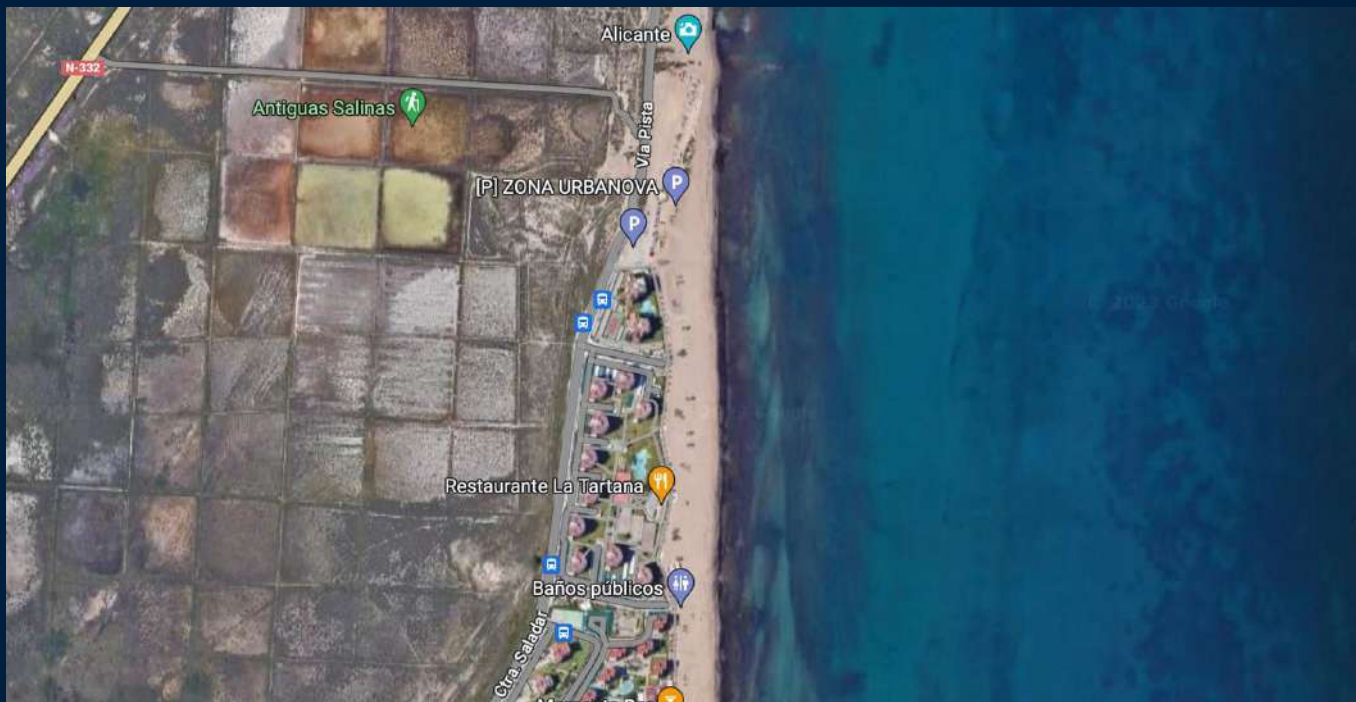
DEPARTURE POINT ULTRAOCEANMAN TABARCA



Departure point from Tabarca Island
Location: Tabarca Beach

<https://goo.gl/maps/87JYPSaqZhYWhXUr5>

FINISH POINT ULTRAOCEANMAN TABARCA



Finish Line in Alicante
Location: Urbanova Beach

<https://goo.gl/maps/VmNrJwj6iLHC3Rfg9>



2. **TIMETABLE**

TIMETABLE



FRIDAY MAY 29TH

16H OPEN REGISTRATIONS OFFICE

The Ocean Race Museum

<https://maps.app.goo.gl/SdDUO2doayPmazwd6>

18H BRIEFING

The Ocean Race Museum

<https://maps.app.goo.gl/SdDUO2doayPmazwd6>

19H FREE DINNER FOR SWIMMERS

La Taverna dell'Artista

<https://maps.app.goo.gl/hemLVmbcO6qh2jfs5>

Companions can join the dinner with the cost of 30 € per person. Reservations need to be done to javier@oceanmanswim.com before THURSDAY MAY 28TH

TIMETABLE



SATURDAY MAY 30TH

06:00H MEETING IN ALICANTE PORT

<https://maps.app.goo.gl/LhbsG2KEAshp48iH6>

06:30H DEPARTURE TO TABARCA ISLAND

07:30H ARRIVAL TO TABARCA (START POINT)

08:00H START OF ULTRAOCANMAN TABARCA

18:00H LAST SWIMMER ARRIVING TO THE FINISH LINE

Award ceremony will take place at the finish line when first three swimmers arrive (14:30-15:00)



3. SERVICES & SUPPORT

SERVICES ULTRAOCEANMAN TABARCA



1. Personal escort boat/kayak
2. Dinner before competition
3. Personalized T-shirt and hoodie
4. Backpack
5. Finish award
6. Athlete insurance
7. Medical support
8. Food and drink during and after race
9. Shuttle transport from finish area to Alicante City Center and departure port

SUPPORT CREW AND FEEDING



Choose your support crew well. Your support crew must include at least one person. Your escort must be comfortable with sitting in a very slow-moving boat for hours. Decide the actions of your supporter crew during the swim.

For your safety and performance you must take care of your feeding during the swim. Take quick feedings every 45-60 minutes. Ask your support crew to refrain from asking you questions during your feedings. Experiment with feeding patterns, types and amounts during trainings before to know how to keep your body performance during the marathon swim.

Try different energy drinks, bananas, peaches, chocolate, cookies. Test your feeds in the pool water and in salt water.

The food and drink for the swimmers must be provided by themselves and delivered to the boats or kayaks before the start.

SERVICES ULTRAOCEANMAN TABARCA



Shuttle transport from finish area to Alicante City Center and departure port

- From 3:30 PM and approximately **every 45 minutes**, there will be a **shuttle service** for swimmers, companions, and kayakers from the finish line to the embarkation point, parking near The Ocean Race Museum, or nearby hotels.
- Companions arriving by boat who do not wish to **swim from the boat to the finish area** (it is impossible to access the beach with the boats) can be **transferred from the embarkation point to the finish area upon disembarking using this service.**

LIVE TRACKING



Your family and friends could follow your swim at real time on this link:

<https://app.tracmove.io/race/780>



4. TECHNICAL DETAILS

TECHNICAL DETAILS



START TIME **8:00 AM** <https://maps.app.goo.gl/LhbsG2KEAshp48jH6>

START POINT **TABARCA BEACH** <https://goo.gl/maps/R38KuYYRXGvG1w5t8>

ARRIVAL **URBANOVA BEACH** <https://goo.gl/maps/VmNrJwj6iLHC3Rfg9>

DISTANCE **21 KM**

TIME LIMIT **10 HOURS**

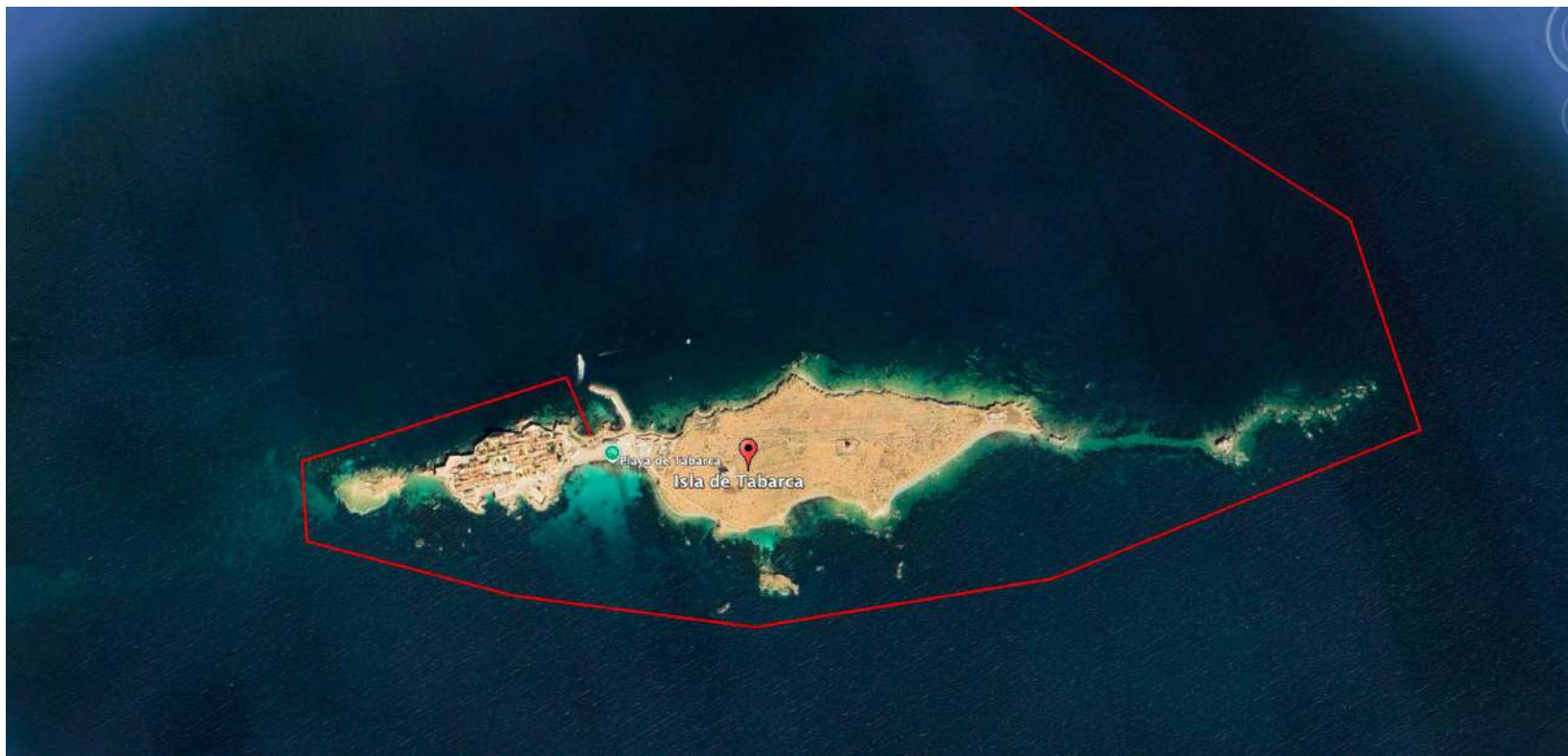
TEMPERATURE **WATER: 21° - 23° ATMOSPHERE: 19° - 28°**

WETSUIT/BUOY **OPTIONAL/MANDATORY**

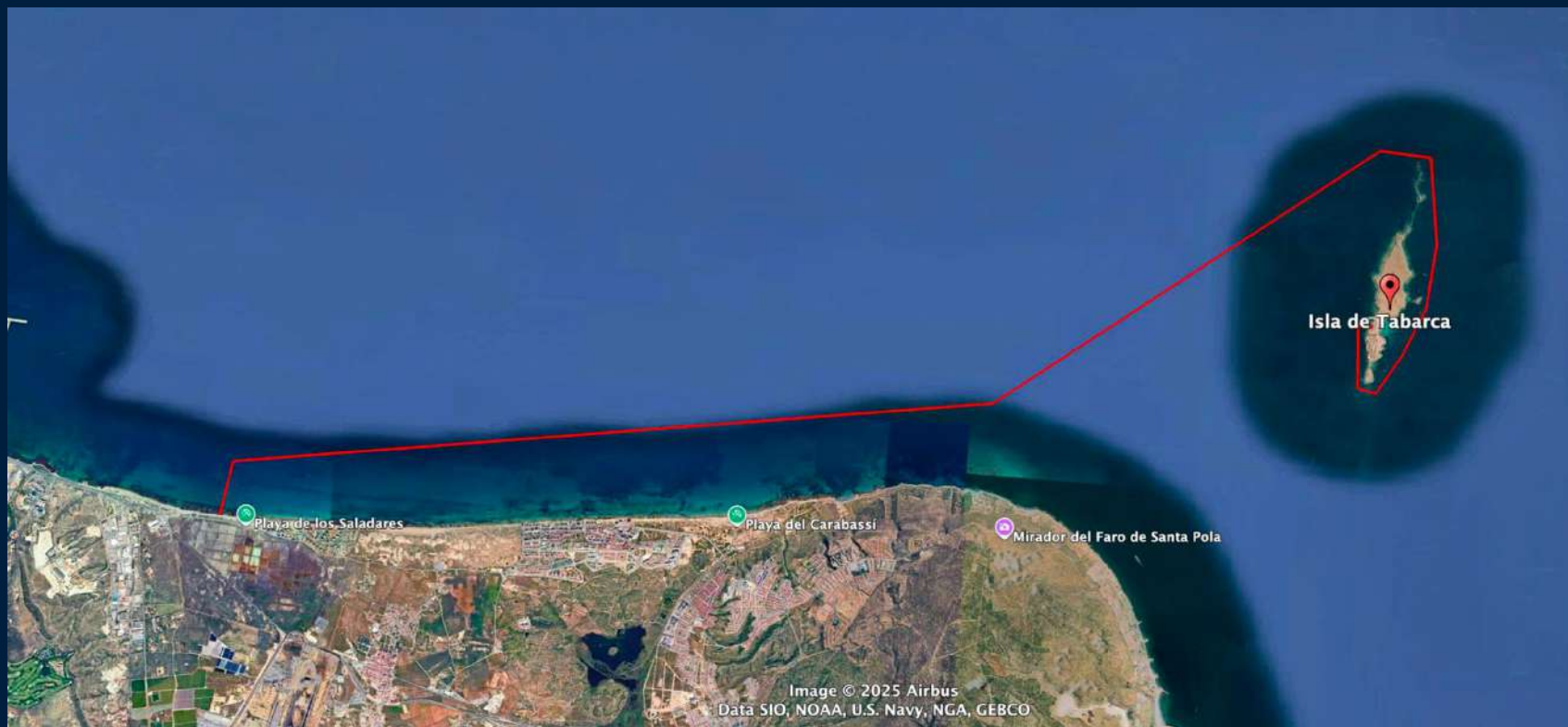


5. ROUTE

ULTRAOCEANMAN ROUTE



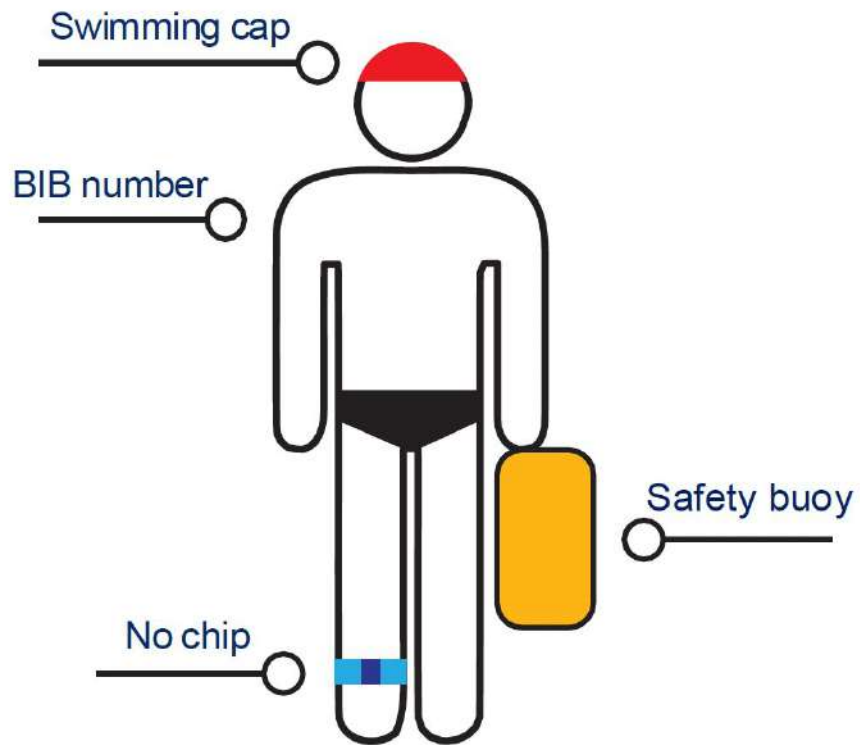
ULTRAOCEANMAN ROUTE





6. EQUIPMENT

EQUIPMENT



BOATS AND KAYAKS EQUIPMENT



INDIVIDUAL PACK (Provided by the organization)

Each kayaker and boats must carry:

1. Lifejacket
2. Active GPS
3. Walkie-talkie with water proof case
4. Mobile phone
5. Emergency contact sheet
6. Personal food and drink
7. Assigned RADIO channel:
-Kayaks: Channel 1 -Boats: marine frequency channel 62



7. EMERGENCIES

HOW TO ACT IN CASE OF EMERGENCY



Swimmer requests to withdraw from the event

The swimmer must inform the kayak or boat of their intention to withdraw and whether they are feeling unwell

The kayak or boat must immediately report the situation to the organization via walkie-talkie or phone

The kayak or boat must stay with the swimmer and wait for instructions from the control team

The swimmer should hold onto the kayak or board the boat while waiting for the evacuation vessel

If the swimmer cannot remain safely on the kayak, a support boat will be requested

The rescue boat will evacuate the swimmer to the intermediate point below the Santa Pola Lighthouse, the finish line, or the Port of San Gabriel, depending on the severity of the situation

HOW TO ACT IN CASE OF EMERGENCY



Problems with the kayak or kayaker

Fatigued or unwell kayaker → Request a replacement via walkie-talkie or phone

Damaged or sinking kayak → A control boat will be requested or the kayak will be towed or brought on board if possible

In any of these cases, the SWIMMER MUST REMAIN NEXT TO THE KAYAK OR BOAT while waiting for a replacement .They must NEVER leave the kayak or boat, even if it is stationary ,and must wait for the relay in order to continue the competition

HOW TO ACT IN CASE OF EMERGENCY



Basic instructions

In case of an incident, group the swimmer with the one ahead to avoid them being left unattended

The swimmer must always remain next to the kayak or support boat

It is essential to keep the GPS location active at all times to facilitate tracking. This is achieved by staying close to the kayak or boat, as they carry the GPS device

SOS SIGNS



1. I REQUIRE ATTENTION: RAISE YOUR ARM
2. TAKE ME OUT OF THE WATER: SPIN AN ARM IN A CIRCLE
3. I'M FINE: HIT THE HEAD WITH A CLOSED FIST





8. REGULATIONS

ULTRAOCEANMAN RULES AND REGULATIONS



<https://oceanmanswim.com/rules-and-regulations/>



ULTRAOCEANMAN®

WE ARE OPEN WATER SWIMMING

TABARCA

SPAIN

THANK YOU FOR YOUR TIME