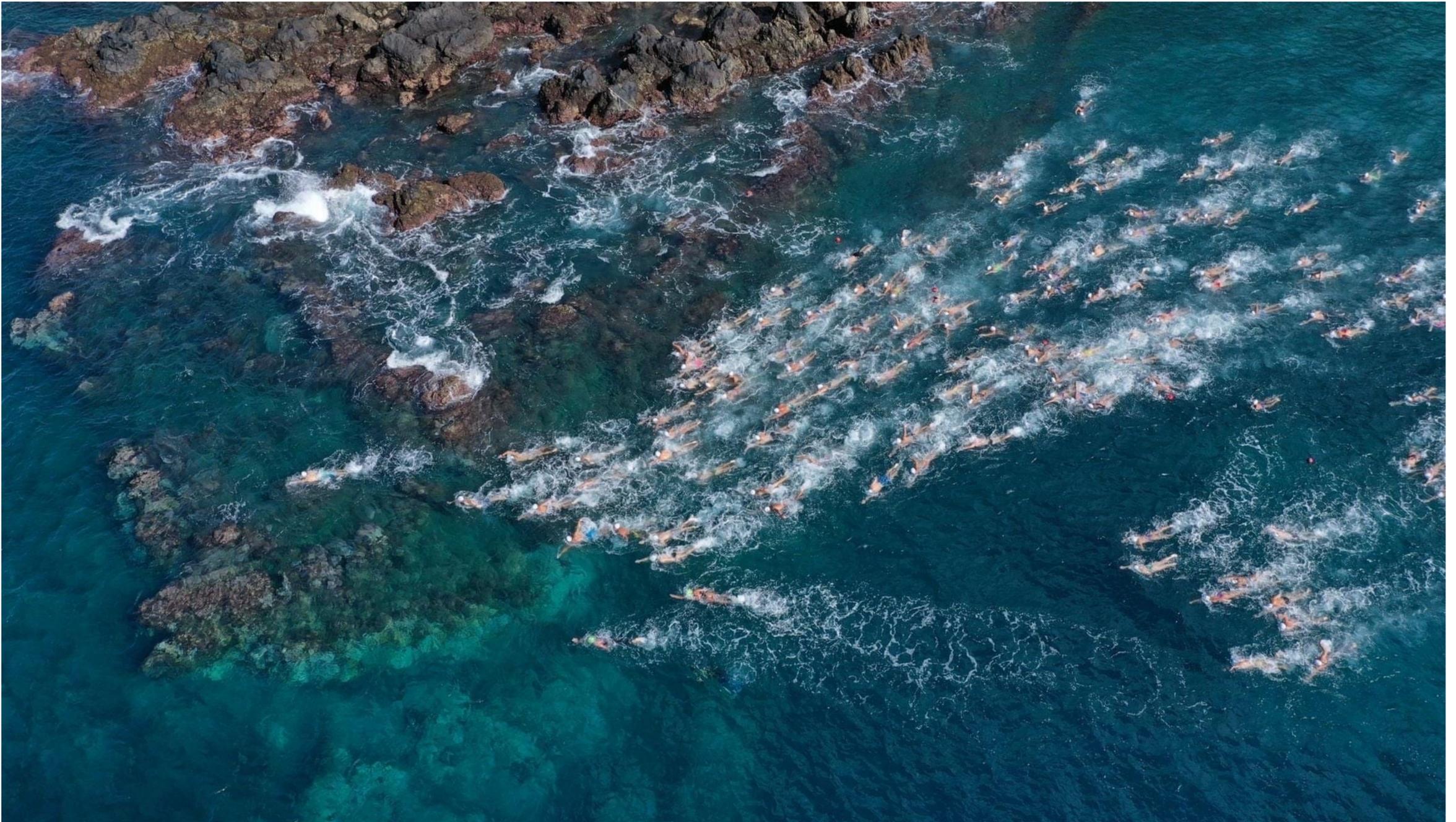




OCEANMAN[®]

WE ARE OPEN WATER SWIMMING

MADEIRA
PORTUGAL



· RACEBOOK ·



PROGRAM

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Sept. 2nd - Saturday

TRANSFERS

Local: Hotel CR7/PESTANA
ULTRAOCEANMAN 30 KM - 6:30 AM

**REGISTRATION IS
REQUIRED!**

Venue: **CAIS 6 of APRAM**
(Administração dos Portos da
Região Autónoma da Madeira)

Schedule: **SEPTEMBER 1ST**
9am - 7pm

Sept. 3rd - Sunday

TRANSFERS

Local: Hotel CR7/PESTANA
Opening: OCEANMAN 7.5 KM - 8:30 AM



**IT IS MANDATORY TO BE AT LEAST 30 MINUTES BEFORE THE START OF
THE RACE START, ESPECIALLY FOR THOSE WHO DO NOT NEED A
TRANSFER.**



· RACE DAY ·



TRANSFER: 6:30 AT HOTEL CR7 / PESTANA

TIME LIMIT: 12 HOURS

You need to prepare your feeding and drinks in advance and bring it with you on the race day. Your escort must be comfortable with sitting in a very slow-moving boat/kayak for many hours. Decide the actions and communication signs with your support crew before the race.

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1. **BE ON TIME!** AT LEAST 30 MINUTES BEFORE THE START OF YOUR RACE;

2. DON'T FORGET THE EQUIPMENT: SWIMSUIT, WETSUIT, SWIM GOGGLES, SWIM CAP, SAFETY BUOY). TIMING CHIP.

WATCHES, HEART RATE MONITORS, WATER GPS ARE ALLOWED;

3. THE ORGANIZATION IS RESPONSIBLE FOR TAKING YOUR BELONGINGS TO THE FINISH LINE. PLEASE, BE PRACTICAL AND RESPONSIBLE. A SECOND OUTFIT IS SUGGESTED;

4. FOR THOSE WHO NEED TRANSFER: HOTEL CR7 / PESTANA - CALHETA (30KM) AND HOTEL CR7 / PESTANA - CÂMARA DE LOBOS (7.5KM)

Saturday - September 2nd



COMPETITION SCHEDULE – 1ST DAY

ULTRAOCEANMAN (30k): Praia da Calheta - 8.00 AM

32°43'13.39"N 17°10'42.05"O

MIUS (3.5k): Lido Poente - 10.00 AM

32°38'08.63"N 16°56'02.02"O

IT IS MANDATORY TO BE AT LEAST 30 MINUTES BEFORE THE START OF THE RACE START, ESPECIALLY FOR THOSE WHO DO NOT NEED A TRANSFER.

Sunday – September 3rd

COMPETITION SCHEDULE – 2nd DAY

OCEANMAN (7.5km): Cais de Câmara de Lobos - 9.30 AM

32°38'47.29"N

16°58'31.16"O

HALF OCEANMAN (5km): Complexo Balnear do Doca Cavacas - 10.00 AM

32°38'07.93"N

16°56'52.64"O

SPRINT (1.5km): Complexo Balnear da Barreirinha - 11.00 AM

32°38'47.84"N

16°53'51.18"O

OCEANKIDS (500m): Cais Cidade do Funchal - 12.30 PM

32°38'45.61"N

16°54'33.08"O

IT IS MANDATORY TO BE AT LEAST 30 MINUTES BEFORE THE START OF THE RACE START, ESPECIALLY FOR THOSE WHO DO NOT NEED A TRANSFER.



EQUIPMENT

THE USE OF A **SAFETY BUOY** AND A **SWIM CAP** IS MANDATORY DURING THE RACE AND WILL BE PROVIDED BY THE ORGANIZATION

SAFETY BUOY ROPE MUST BE FROM 20 TO 60 CM LONG

YOU MUST WEAR ONLY 1 OFFICIAL SWIM CAP



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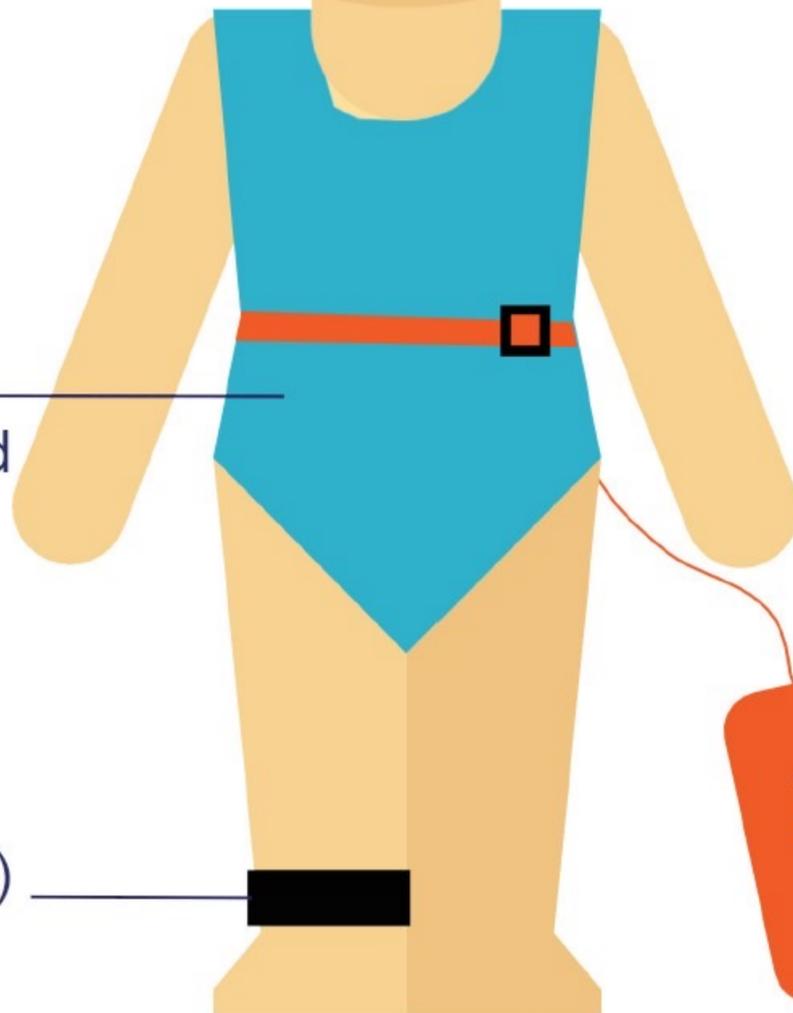
SWIM GOOGLES



SWIM CAP
(by Organization)

**WATCHES, HEART
RATE MONITORS,
WATER GPS ARE
ALLOWED**

WETSUIT
(Highly recommended
for 5k & 10k)



CHIP
(by Organization)

(by Organization)
*You are responsible to
stick your swim set tattoo



DISTANCES

ULTRAOCEANMAN - 30K



· IMPORTANT ·

Each participant must have a canoeist.

Start: Praia da Calheta

Finish line: Cais da Cidade do Funchal

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OCEANMAN - 7.5K



· IMPORTANT ·

Swim between land and buoy.

Start: Cais de Câmara de Lobos

Finish line: Cais da Cidade do Funchal

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HALF OCEANMAN - 5K



· IMPORTANT ·

Swim between land and buoy.

Start: Complexo Balnear do Doca do Cavacas

Finish line: Cais da Cidade do Funchal

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FEEDING POINT

OCEANMAN - 7.5K (one)

HALF OCEANMAN - 5K (one)



· LOCATION ·
COMPLEXO BALNEAR DO LIDO

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MIUS - 3.5K



· IMPORTANT ·

Swim between land and buoy.

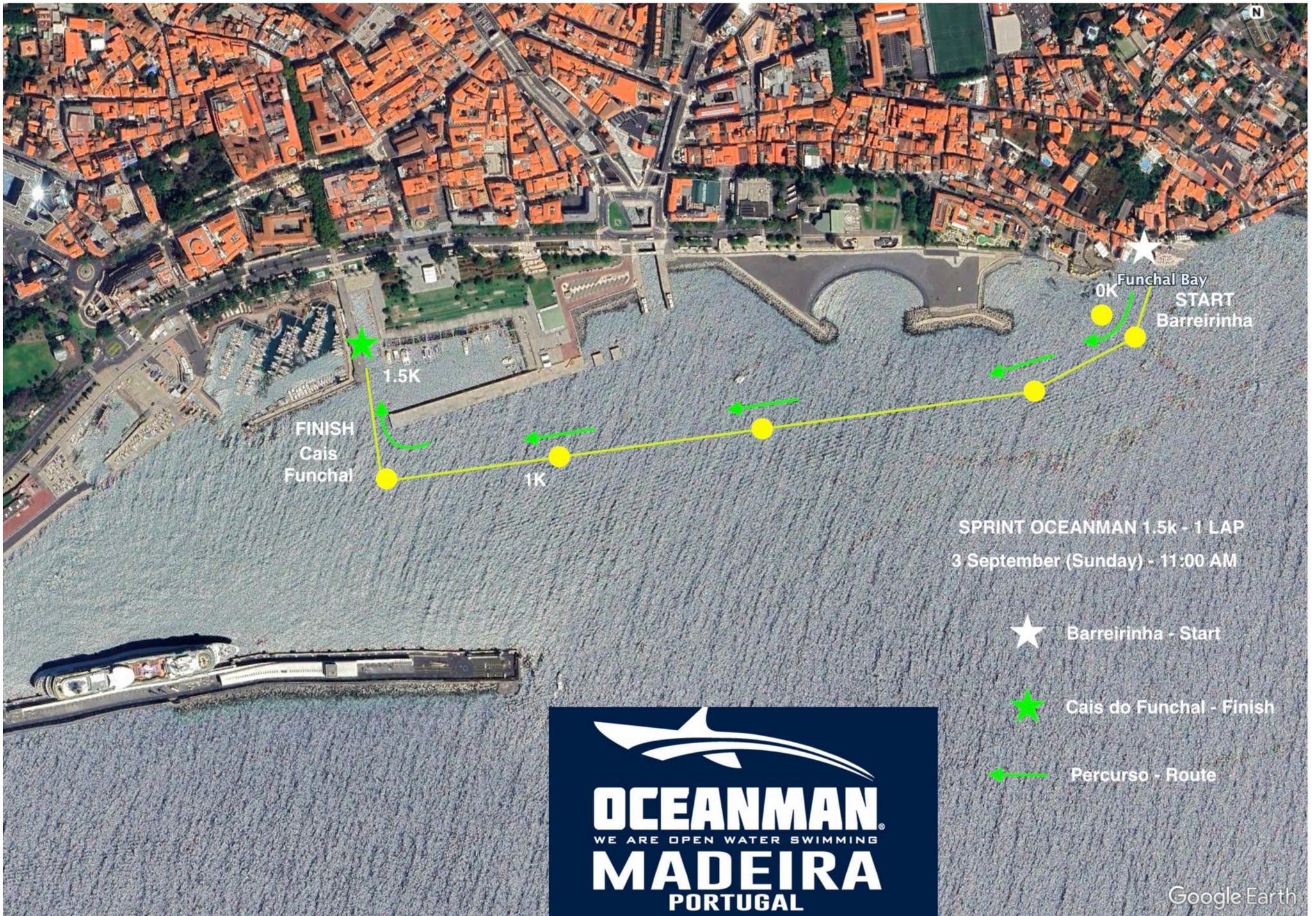
Start: Complexo Balnear do LIDO POENTE

Finish line: Cais da Cidade do Funchal

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SPRINT - 1.5K



· IMPORTANT ·

Swim between land and buoy.

Start: Complexo Balnear da Barreirinha
Finish line: Cais da Cidade do Funchal

OCEANKIDS – 500M



· IMPORTANT ·

As indicated, go around the buoys from your right shoulder.

Start: Cais da Cidade do Funchal

Finish line: Cais da Cidade do Funchal

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REGISTRATION POINT

BRIEFING

REGISTRATION POINT

CAIS 6 (NEAR HOTEL CR7 / PESTANA)
APRAM - Administração Portos da Madeira

<https://www.apram.pt/>



September 1st: 9.00 am to 7.00 pm

+ (extra registration point)

September 2nd: 10.00 am to 6.00 pm

BRIFIENG



30 MINUTES BEFORE EACH RACE.

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TIME LIMITS

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ULTRAOCEANMAN

30 km: 12h



OCEANMAN

7.5 km: 4h 00m



HALF OCEANMAN

5 km: 2h 30m

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MIUS



3.5km: 2h

SPRINT



1.5 km: 1h 30m

OCEANKIDS



500 m: 45m

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SOS SIGNALS



SITUATION N° 1: I REQUIRE ATTENTION

- Raise your arm

SITUATION N° 2: TAKE ME OUT OF THE WATER

- Spin the arm in circle

SITUATION N°3: I'M FINE

- Hit the head with a closed fist

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SAFETY PROCEDURES

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3 “LOOKOUT” BOATS FOR EACH RACE

1 REFEREE BOAT FOR EACH RACE

1 RESCUE BOAT FOR EACH RACE

1 AMBULANCE FOR EACH RACE

5 KAYAK FOR EACH RACE (7.5K, 5K, 3.5K, 1.5K)

1 KAYAK FOR EACH SWIMMER (30K)

15 STAND UP PADDLES (7.5K, 5K, 3.5K, 1.5K)

15 BUOYS

1 MAIN COMMAND - GARE MARÍTIMA DO PORTO DO FUNCHAL

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**WEATHER
PREDICTION**

**WATER
TEMPERATURE**

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24°

Max. 25° Min. 18°

WATER TEMPERATURE: 23,0.°

<https://www.ipma.pt/pt/otempo/obs.superficie/>

<https://www.ipma.pt/pt/maritima/currents/index.jsp?area=madeira>



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ENJOY!