

OCEANMAN Puerto Rico 2025 Athlete's Guide



June 27–28, 2025
Location: Balneario Sun Bay,
Vieques, Puerto Rico

Event Overview



OCEANMAN Puerto Rico is part of the global open water swimming series, offering a world-class experience in the Caribbean. Vieques, with its crystal-clear waters and vibrant marine life, provides the perfect backdrop for endurance athletes and ocean lovers alike.

Regulations



OCEANMAN Puerto Rico 2025 follows Oceanman Rules. By participating in OCEANMAN Puerto Rico 2025 you accept that you know and adhere to the existing OCEANMAN Regulations.

The following are some of the most important points:

- In the event of a dispute, only the OCEANMAN 2025 regulation will be taken into account.
- It is the responsibility of each participant to know and adhere to all aspects of the competition rules.
- Each swimmer is responsible for competing in good physical condition and sufficient training.
- Receiving help from a family member, friend or coach during the route is prohibited.
- Wetsuit or any neoprene suit is not allowed.
- The use of a personal safety buoy is mandatory in all distances.
- The use of special equipment is limited to swimmers who have the express endorsement of the organization in relation to a specific need.
- Oceanman Puerto Rico reserves the right to remove a participant from the water to ensure its safety following the guidelines set out in the regulations.
- Only the chief official can handle the swimmers' grievances. Any claim must be filed in writing in the format provided by the chief official, together with a bond of EUR 40. The bond shall be refunded if the decision is favorable.
- No more than one claim may be filed for the same reason.
- The event can be canceled without notice if the weather conditions pose a risk to competitors.

Personal Security Buoy



The use of a certified, inflated and visible security buoy is mandatory throughout the course.

It is the swimmer's responsibility to place it correctly and not having it at any point in the course can cause disqualification.

Swimmers can use any buoys they have previously purchased. The use of other floating objects designed for other activities will not be accepted.

Race Categories & Distances



All races take place on Saturday, June 28, 2025 at Balneario Sun Bay:

EVENT	DISTANCE	START TIME	TIME LIMIT	WETSUIT	BUOY
OCEANMAN	10K	7:00 AM	4h 30m	Not Allowed	Mandatory
Half OCEANMAN	5K	7:00 AM	2h 30m	Not Allowed	Mandatory
Sprint	2K	11:00 AM	1h	Not Allowed	Mandatory
OCEANKIDS	500 M	12:00 PM	No Limit	Not Allowed	Mandatory

Cut-off Times



All competitors must complete each trip within the maximum time determined by distance.

To ensure the safety of all competitors in the water, swimmers who cannot complete each of the following cut-off times will be disqualified and removed from the water by an officer.

The cut-off times for each distance are:

OCEANMAN (10 KM)

Km 3 -1h. 30'.

Km 6 -3h.

Km 10 -4h. 30'.

Half OCEANMAN (5 km)

Km 3 -1h. 30'.

Km 5 -2h. 30'.

Sprint

Km 2 -1h. 30'.

Schedule of Activities



Friday, June 27 – Registration & Expo - **Crab Island Placita at El Blok**

14:00 – 19:00 OCEANMAN Shop & Expo

18:00 Race Briefing

Saturday, June 28 – Race Day - **La Esperanza**

6:00 AM – 12:00 PM: Wardrobe Drop-off

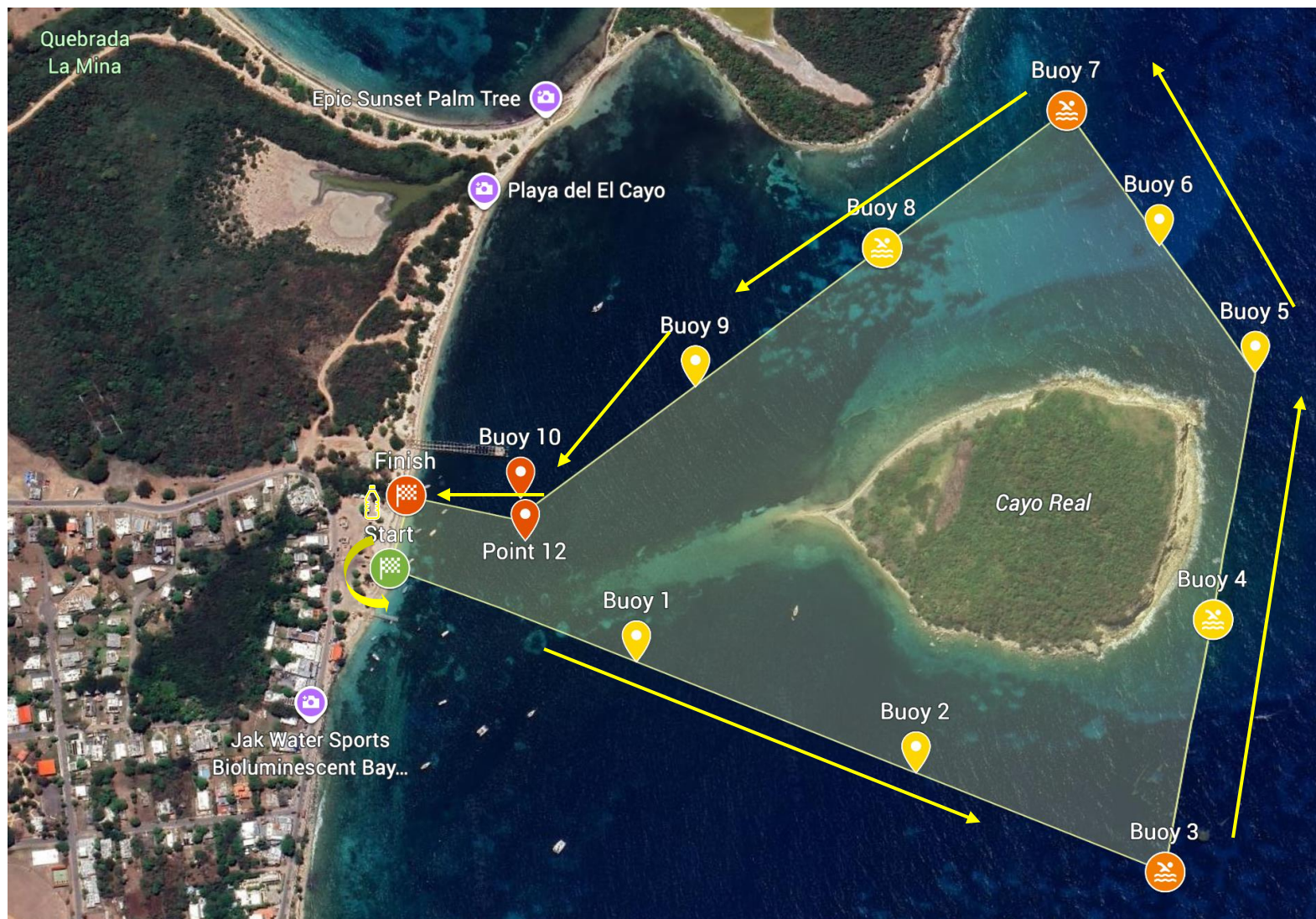
7:00 AM – OCEANMAN AND Half OCEANMAN Start

11:00 AM – Sprint Start

12:00 PM – OCEANKIDS Start

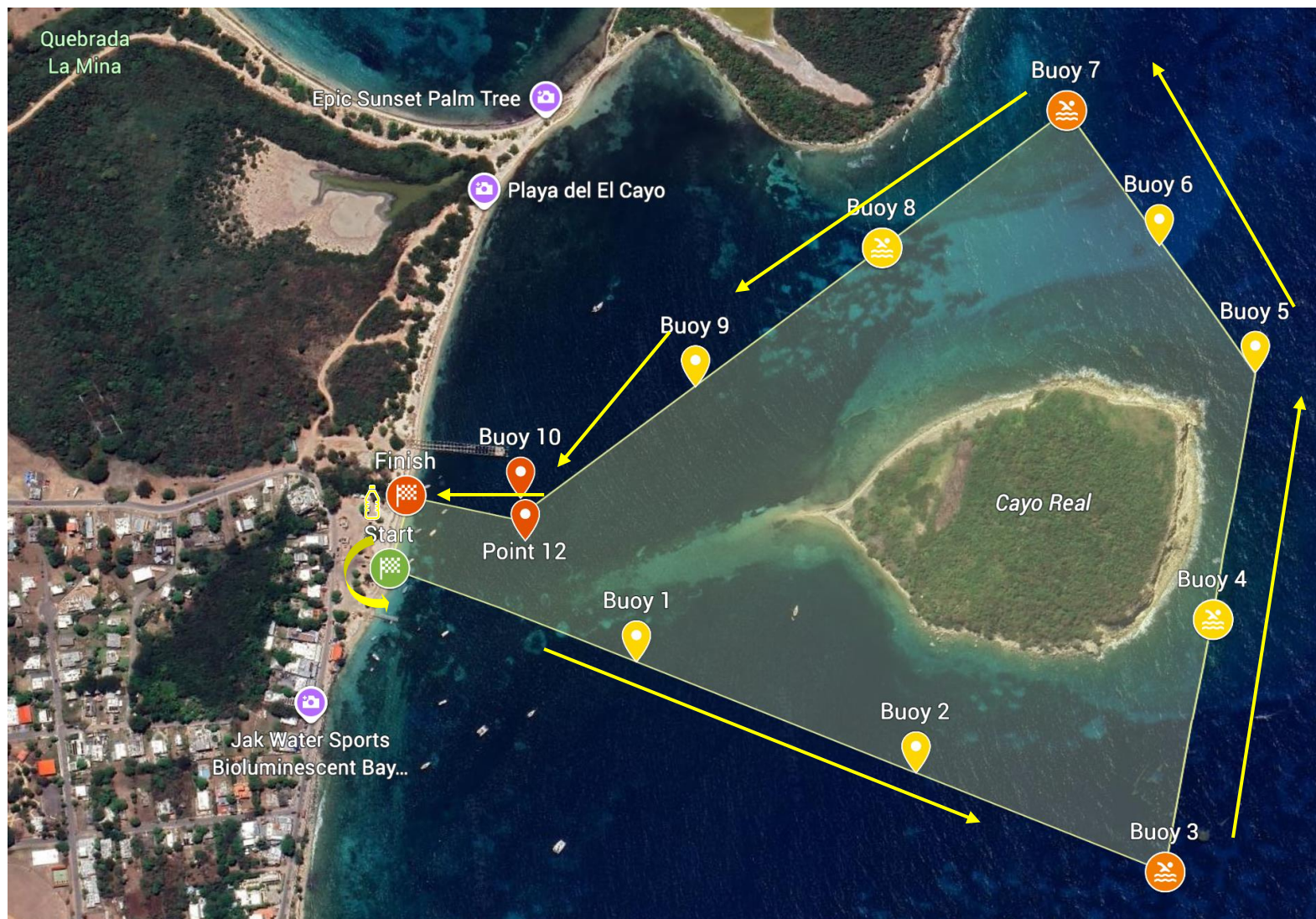
12:30 PM – Award Ceremony - **Crab Island Placita at El Blok**

OCEANMAN – 10k



- 4 Laps
- Aussie Exit
- Hydration on land every 2.5k
- Cut-off time 4:30 hrs

Half OCEANMAN – 5k



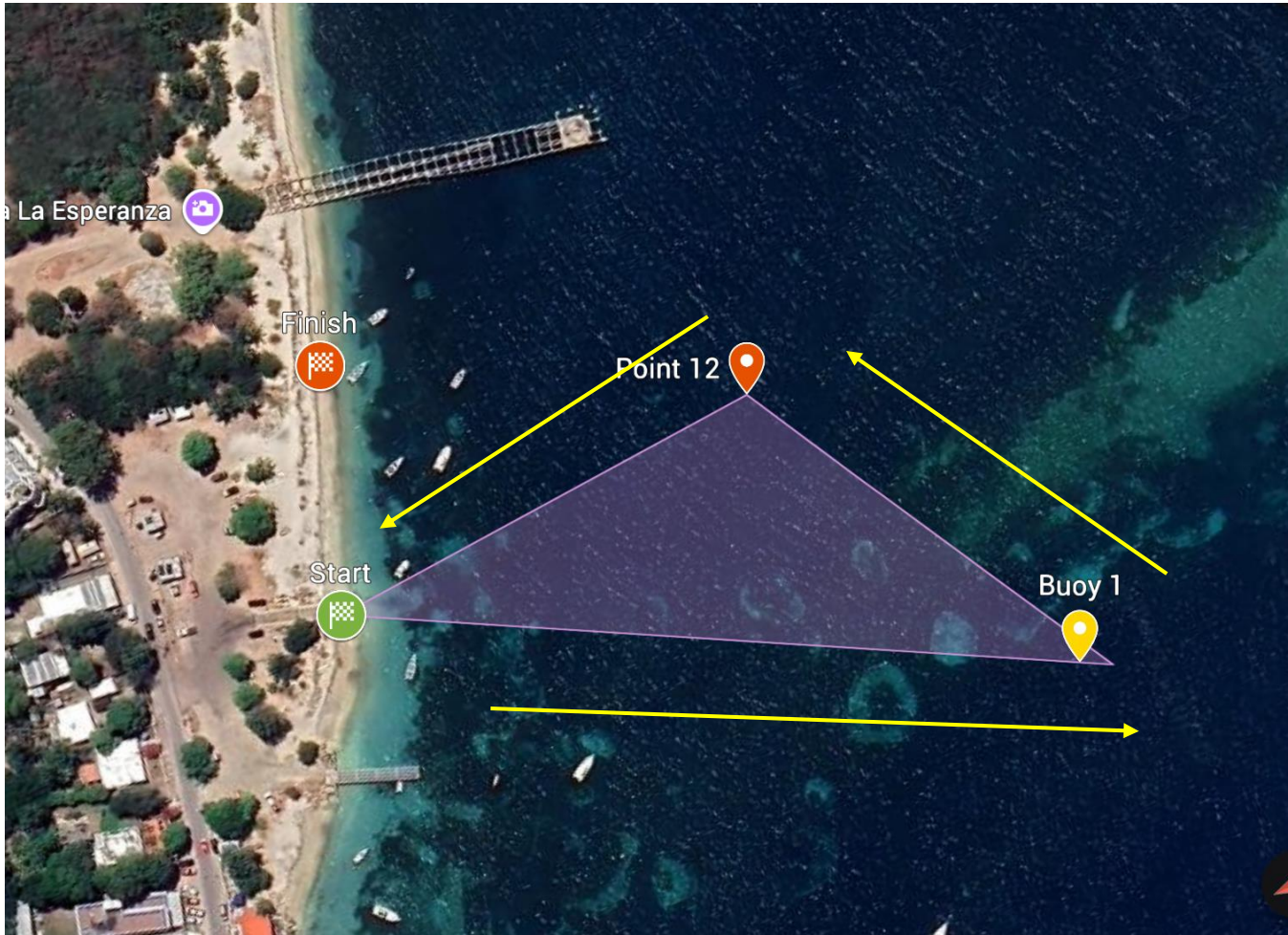
- 2 Laps
- Aussie Exit
- Hydration on land every 2.5k
- Cut-off time 2:30 hrs

Sprint – 2k



- 1 Lap
- Hydration on land
- Cut-off time 1:30 hrs

OCEANKIDS 500m



- 1 Lap
- Hydration on land
- No Cut time

