

OCEANMAN LAGO D'ORTA

HALF OCEANMAN (4,5 KM) REGULATIONS

1 - BASIC RULES.

1. The race is included in the **OCEANMAN World Circuit**. It is the only Italian appointment of the Circuit and has the objective to value the land surrounding the Lake Orta, which offers its beautiful scenery beyond national borders.
2. The event is open to all and provide the crono results for each participant, to permit the best swimmers to be part of the World Final of the OCEANMAN Championship Series – Half Oceanman modality.
3. To participate at the race the swimmers must present – during the registration or after but not later than 15 days before the event - a **current medical certificate/declaration** that certifies the ability to practice long competitive swimming.
4. The swimmers, during the registration, **are required to fill in the Registration Form** with which they declare under their sole responsibility that: *they have no psycho-physical contraindication to swim the expected distance, they free the organization of any liability for possible damages suffered or caused before, during and/or after the event and nothing will be charged and requested to the organization, by himself or his family, in case of injury and / or death suffered during the event.*
5. The swimmers, as well as the mandatory use of OCEANMAN Lago d'Orta **official swimming cap** and their goggles, must obligatorily apply the electronic chip for the time measurement to the right ankle and use the **safety buoy** with attached **whistle**.
With regard to the use of the wetsuit, will apply the indications of the **Oceanman General Rules** (*to be observed also about clothing and accessories allowed*).
6. The organization will constantly monitor **the conduct of the race**.
Participants may be forced to leave the race at the discretion of the organizers or the medical service. Participants must follow any additional security measure indicated by the organization.
7. For organizational and security reasons, **the race will be limited to 400 swimmers**.
8. **Minimum age** to participate: 18 (**swimmers who are already 14 years old can participate only with their parents' consent (form of disclaimer of liability)*).
9. Once made the registration, the fee **will not be refunded**.
9.1 If a swimmer want to change the race (*ex from Half Oceanman to Oceanman or to Sprint*), this must take place within two months from the event.
10. The organization the **right to modify, interrupt or cancel the event** at its sole discretion, if the security conditions are not guaranteed.
11. In case the race could not take place due to bad weather or other serious reasons, it could be cancelled or postponed to the next day, **Sunday 24th June 2018**, at the sole discretion of the organization and with a new program.
12. In case of definitive cancellation, **the registration fee will not be refunded** but the gadget of the event will be given.

2 – DISTANCE TIME.

The race is considered accomplished only if the entire distance - from Isola di San Giulio to Lido di Gozzano - is completed, in accordance with the directions given and within the limit time fixed in **2,5 (two and a half) hours**.

3 – RACE MAP.

The swimmers must carefully look at the race map.

There aren't any feeding points but only a refreshment stop after about 1,5 km close to village of Imolo.

It's important to consider the following information:

- 1) leaving the pier of San Giulio Island, the swimmers must follow the directional buoy towards Orta San Giulio;
- 2) they will have to overcome the buoy keeping it to their right;
- 3) then the swimmers must remain on the left and it will be easy for them to follow the right direction thanks to large buoys will keep on their right;
- 4) the next point will be the village of Imolo where there will be a check point with an optional refreshment point.

The swimmers who will go off course and not pass this check point will be disqualified and immediately rescued by a boat of the organization.

Warning: from Orta San Giulio toward Lido di Gozzano, the swimmers must swim within 80 meters from the shore, before the "deviation" – towards Finish Line – indicated by a big buoy.

4. BASIC EQUIPMENT.

Each swimmer will receive – into the race bag – these objects to be used mandatory:

- 1 safety buoy with pocket where to insert the race number;
- 1 plasticized cardboard representing the race number;
- 1 approximately 2.5 meters lanyard to be used for the safety buoy;
- 1 nautical whistle to be used in case of emergency;
a deposit of 4.00 euro will be requested at the delivery of the buoy and of the whistle, which will be returned after their redelivery.
- 1 electronic chip for the time measurement that must be returned, intact; its failure to return or its damage will determine **a sanction of 15,00 euro**;
- 1 bag for clothes on which apply the sticker with race number.

This bag must be left to the organization at the Finish Line area (Lido di Gozzano), before the start of motorboat; it will be returned at the arrival.

The swimmers must to be sure to have swimming cap, goggles, safety buoy with whistle and the electronic chip before boarding the boat.

*The organization **is not responsible for any theft, damage or loss caused or suffered before, during and/or after the event, by the swimmers and/or by their family/friends.***