

OCEANMAN LAGO D'ORTA

OCEANMAN (14 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 – 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 350 swimmers**. To the first 280 registered swimmers the transport will be by motorboat; to others by bus.
8. **Minimum age** to participate: 18 (**swimmers who are already 16 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 Oceanman to Half Oceanman or to Sprint*), this must take place within two months from the event.
10. The organization has 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 (time and/or distance).
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 Omegna Chiuse della Nigoglia to Lido di Gozzano - is completed, in accordance with the directions given and within the limit time **fixed in 6 (six) hours**.

3 – RACE MAP.

The swimmers should carefully look at the race map paying attention to these stops:

1st stop: from Omegna Chiuse della Nigoglia (Start) to Punta di Crabbia (after about 5,3 km) for the 1st feeding point.

Warning: in this part of the race, swimmers must swim within 80 meters from the shore.

2nd stop: from Punta di Crabbia to Orta San Giulio (after another about 4 km), for the 2nd feeding point. This part is open lake.

3rd stop: from Orta San Giulio to Lido di Gozzano (about 4,7 km more).

After the second stop in Orta San Giulio, the swimmers must head for the island for about 50 meters where a directional buoy will be placed. The swimmers will have to overcome this buoy, keeping to their left.

This step is necessary to avoid passing near the port of Orta San Giulio.

Then the swimmers must keep to their left and it will be easy for them to follow the right direction thanks to large buoys that the swimmers will keep to their right.

The next point will be the village of Imolo where there will be a check 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. FEEDING POINTS.

1st point: Punta Crabbia;

2nd point: Orta San Giulio.

5. 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 Starting Area (Omegna); it will be returned at the arrival.

- 2 bags of different colors - on which apply the sticker with race number - in which each swimmer can put what is necessary to reintegrate energy during the race and what can be consumed at the two feeding points.

These 2 bags must be given to the organization at Lido di Gozzano before the departure of motorboat, so that they can be taken to the two feeding points established.

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.***