



Race Schedule

Klong Muang Beach, Krabi, Thailand

Saturday 13 October 2018

Dusit Thani Krabi Beach Resort, Krabi, Thailand

Time	Activities
10am-6pm	Race equipment collections
2pm	Swim Course open for practice
6-8pm	Welcome and high crab load party by Krabi Governor(Free for all competitor and 650Thai baht for family please contact to our crew to buy the ticket)
	Race briefing starts at 06.30pm

Sunday 14 October 2018

Dusit Thani Krabi Beach Resort, Krabi, Thailand

Time	Activities
05.30am	All area open, personal belonging open for competitors
06.30am	Flag off for Oceanman Distance(10km swimming)
06.45am	Flag off for Half Oceanman Distance (5km swimming)
07.00am	Flag off for OceanmanKids (2km swimming for kids)
07.15am	Flag off for Sprint Oceanman Distance(2km swimming for adult)
12.00am	Lunch by Klong Muang district
6-9pm	Trophy ceremony
	Cozy beach Gala dinner a relaxing dinner (Free for all competitor and 650Thai baht for family please contact to our crew to buy the ticket)



Course

Oceanman

The course begins at Klong Muang beach, The clockwise swim course begins with a 4,800 meter swim participant can stop for recharge there energy feeding point drinking water and fruits are provide at first 2,400 meters, then making right turn leading to the 400 meter part of the course. There are other second feeding point at the 5,000 meters part of the course. Participants will make another right turn leading them to 4,800 meter part of course go to the finish line at the beach. Third feeding point will provide at 7,000 meters part of the course. (**PS.** 3 Feeding points provide by organizer with bottle of drinking water and local banana please returned the bottle to the boat after drinks).

Half Oceanman

The course begins at Klong Muang beach, The clockwise swim course begins with a 2,400 meter swim participant can stop for recharge there energy feeding point drinking water and fruits are provide before the right turn, then making right turn leading to the 300 meter part of the course. Participants will make another right turn leading them to 2,400 meter part of course go to the finish line at the beach.(**PS.** 1 Feeding point provide by organizer with bottle of drinking water and local banana please returned the bottle to the boat after drinks).

Sprint and OceanmanKids

The course begins at Klong Muang beach, The clockwise swim course begins with a 930 meter swim, before making right turn leading to the 110 meter part of the course. Participants will make another right turn leading them to 960 meter part of course go to the finish line at the beach(**PS.** No Feeding point for this distance there is only one water area at the finish).

Rescue Equipment

- 50 water marshals
- 3 Dingy boats
- 3 Feeding point
- Radio communicators
- Life guards
- 2 Ambulances
- 2 of 4 meters high marking buoys
- 4 of 3 meters high marking buoys
- 5 of 3 meters high Triangle marking buoys



- 6 of 4 meters long swim bar buoys
- 2,000 bottle of Drinks water
- Banana and watermelon at feeding point

Registration are included

- Accident Insurance
- Assistance during and after the race
- Feeding point depend on distance
- Race result and timing chip
- Dinner coupon on 13 October 2018
- Dinner coupon on 14 October 2018
- Swim cap depend on distance
- Race souvenir T-Shirt
- Souvenir medal
- Shuttle van service from Krabi International Airport to Dusit Thani Krabi Beach Resort on 13 October 2018 between 1-9pm
- Shuttle van service from Dusit Thani Krabi Beach Resort to Krabi International Airport on 15 October 2018 between 10am-6pm

Swimming Time limit

- Oceanman 10km 4.30 hours
- Half Oceanman 5km 3 hours
- Sprint Oceanman 2km 1.30 hours
- OceanmanKids 2km 2 hours

Under the current the organiser will considering to add up time limit and will be announce on the race day before starts time.



Organizer note,

Oceanman Krabi the first

Ocean Man Krabi is held for the first time in Thailand. With the differences in terrain and culture, there may be some factors that are not the same as those in other countries. We would like to thank all of you for participating in this event and look forward to the fun and excitement of the event. If anything is defective. The Board of Directors welcomes and improves on the next occasion. Have a nice trip in Thailand

Thank you

Oceanman Thailand