



# OCEANMAN

**BENIDORM - SPAIN 20/21<sup>ST</sup> OCTOBER 2018**

DUBAI  
OCEANMAN WORLD CHAMPIONSHIP  
16<sup>TH</sup> NOVEMBER 2018

SPAIN  
TABARCA  
6<sup>TH</sup> MAY

RUSSIA  
SOCHI  
20<sup>TH</sup> MAY

SWITZERLAND  
LAC LEMAN  
2<sup>ND</sup> SEPTEMBER

UKRAINE  
ODESSA  
8/9<sup>TH</sup> SEPTEMBER

MÉXICO  
COZUMEL  
5<sup>TH</sup> AUGUST

ITALY  
LAKE ORTA  
23<sup>TH</sup> JUNE

SPAIN  
BENIDORM  
20/21<sup>ST</sup> OCTOBER

GREECE  
OITYLO BAY  
30/1<sup>ST</sup> JULY

THAILAND  
KRABI  
13/14<sup>TH</sup> OCTOBER

RUSSIA  
MOSCOW  
15<sup>TH</sup> JULY

VALENCIA  
SPAIN  
23<sup>TH</sup> SEPTEMBER

MALAYSIA  
LANGKAWI  
30/1<sup>ST</sup> DECEMBER

NEXT RACE  
INFO SOON

FRANCE  
CAP D'AGDE  
29<sup>TH</sup> SEPTEMBER



1. JURADO DE COMPETICIÓN
2. HORARIOS
3. PROCEDIMIENTOS CONTROL DE MATERIAL
4. PROCEDIMIENTOS DE SALIDA
5. RECORRIDOS
6. PROCEDIMIENTOS AL FINALIZAR LA COMPETICIÓN
7. PREVISIÓN METEOROLÓGICA

1. COMPETITION JURY
2. SCHEDULES
3. MATERIAL CONTROL PROCEDURES
4. START LINE PROCEDURES
5. ROUTE
6. PROCEDURES AT THE END OF THE COMPETITION
7. WEATHER FORECAST

- Delegado técnico: Jose Antonio Espinosa Pérez
- Dirección de Carrera: Fermín Egido Alonso
- Responsable Clubes: Jose Luis Larrosa

- Technical Director: Jose Antonio Espinosa Pérez
- Race Director: Fermín Egido Alonso
- Teams Responsible: Jose Luis Larrosa

# HORARIOS



PROGRAMM			
TIME	ACTIVITIES	PLACE	
20 oct 18			
16.00 am – 20.00 pm	Registration Oceanman & Pack Collection	Malpas Beach Palau d'Esports ( In case of rain / storm) Will be uploaded	
16.00 am – 20.00 pm	Oceanman Shop	Malpas Beach Palau d'Esports ( In case of rain / storm) Will be uploaded	
20.00 pm – 20.30 pm	Oceanman Race Briefing	Palau d'Esports	
21 oct 18			
06.00 am – 07.00 am	Registration Oceanman & Pack Collection	Malpas Beach	
08.30 am	START Oceanman RACE	Malpas Beach	
09.30 am	START HALF Oceanman RACE	Malpas Beach	
11.00 am	START SPRINT RACE	Malpas Beach	
10.10 am	1st finisher Oceanman	Malpas Beach	
10.30 am	1st Finisher Half Oceanman	Malpas Beach	
11.30 am	1st Finisher Sprint	Malpas Beach	
10.00 am – 14.00 pm	Oceanman Shop	Malpas Beach	
13.30 pm	Trophy ceremony	Malpas Beach Palau d'Esports ( In case of rain / storm) Will be uploaded	
14.30 pm	CLOUSURE Oceanman BENIDORM	Malpas Beach Palau d'Esports ( In case of rain / storm) Will be uploaded	

# UBICACIÓN



<https://goo.gl/maps/QLbbtiKyhYU2>



# LOCATION



<https://goo.gl/maps/QLbbtiKyhYU2>

- ✓ Guardarropa en carpa secretaria playa Mal Pas.
- ✓ Servicio de Fisioterapia en Post-meta.
- ✓ Avituallamientos en MAR
  - Dos para distancia OCEANMAN ( 3 km – 6.6 km)
  - Uno para distancia HALF OCEANMAN ( 1.3 km)
  - NO EXISTE AVITUALLAMIENTO EN DISTANCIA POPULAR
- ✓ Avituallamientos en Tierra
- ✓ Cronometraje todas las distancias.
- ✓ Dispositivo de seguridad en agua, sanitarios en playa.
- ✓ Pack de Bienvenida ( gymbag, camiseta evento, gorro )
- ✓ Medalla Finisher

- ✓ Cloackroom at Secretariat tent at Tabarca´s beach.
- ✓ Physiotherapy service after finish line.
- ✓ Feed point in the water for each race (liquid and solid)
  - Two for OCEANMAN distance (3 km – 6.6 km)
  - One for HALF OCEANMAN distance ( 1.3 km)
  - THERE IS NO FEEDING POINT FOR POPULAR DISTANCE.
- ✓ Electronic timekeeping for all distances
  - ✓ Recovery area with feed point both liquid and solid after the competition
- ✓ Safety device in water, sanitary/ medical assistant at beach.
- ✓ Welcome Pack (Bag, hat, t-shirt Oceanman / Oceanwoman )
- ✓ Finisher Medal for all distances

# DATOS TÉCNICOS

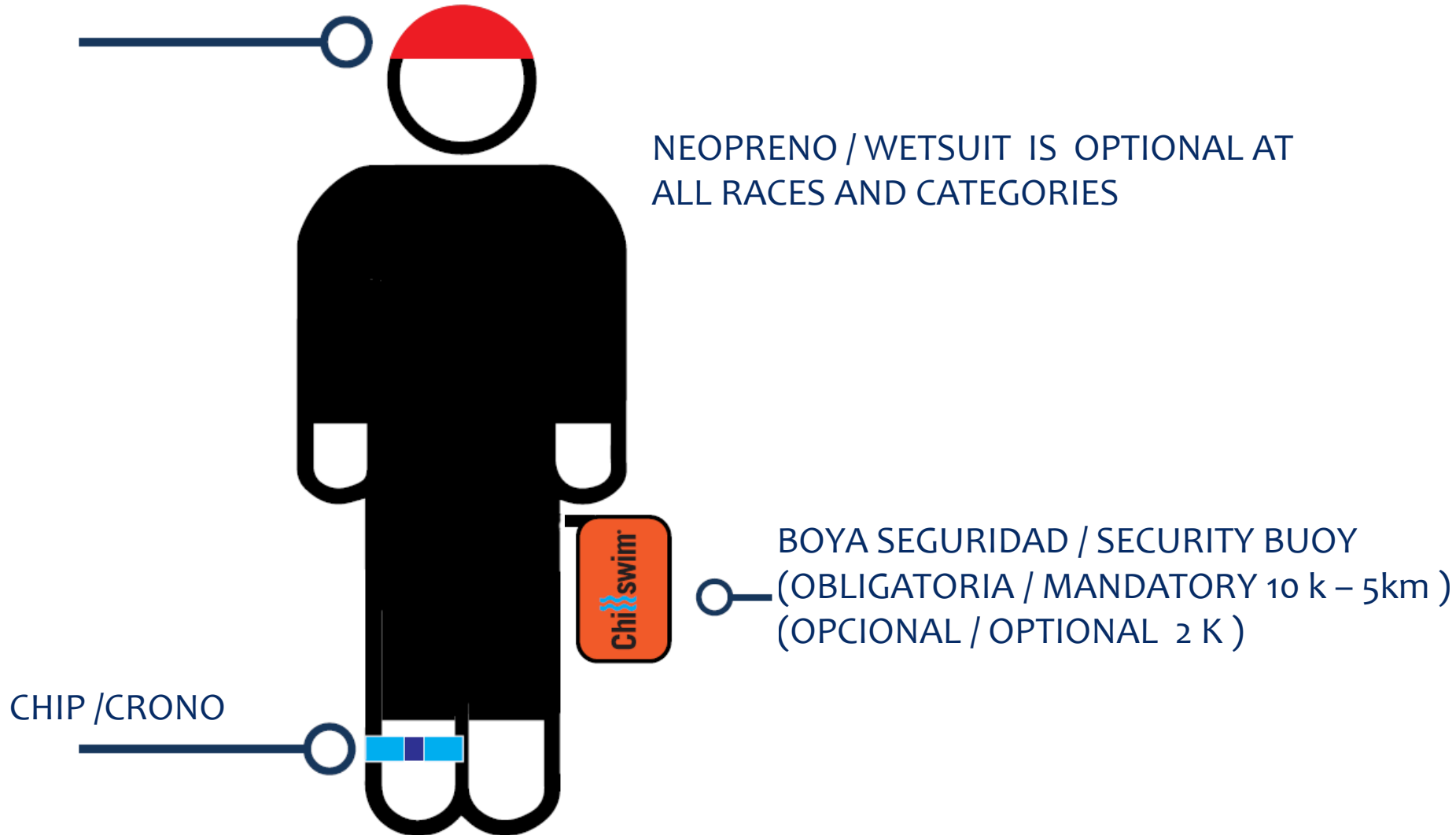


	SPRINT	HALF OCEANMAN	OCEANMAN
Date	21/10/18	21/10/18	21/10/18
Start Time	11:00 am	09.30 am	08.30 am
Start Area	Malpas Beach	Island Benidorm	Malpas Beach
Arrival	Malpas Beach	Malpas Beach	Malpas Beach
Distance	1,5 KM	5,5 KM	10 KM
Maximum Participants	270	300	160
Neutrallised section	No	No	No
Time limit**	1h 30m	2h 30m	4h
Feeding point(s) at sea	No	1	2
Approx. atmosphere Temp.	28/19 degree	28/19 degree	28/19 degree
Approx. water Temp.	24 degree	24 degree	24 degree
Wetsuit	Optional	Optional	Optional
Buoy	Mandatary	Mandatary	Mandatary

# EQUIPAMIENTO OBLIGATORIO / COMPULSORY EQUIPMENT



## DORSAL GORRO / BIB NUMBER SWIMMING CAP



The wearing of wetsuits in both OCEANMAN & HALF OCEAMAN will be regulated depending on the water temperature.

## VENUES

Temperature	
Less than 20°C	Obligatory use of wetsuit
Between 20°C – 24°C	Optional use of wetsuit
More than 24°C	Prohibited use of wetsuit

## WORLD CHAMPIONSHIP FINAL

Temperature	
Less than 21° C	Obligatory use of wetsuit
More than 21° C	Prohibited use of wetsuit

Competitors not wearing wetsuits will still be eligible for opting to the category classification and classification to the World Championship.

The use of swim caps, gloves and wetsuit booties will be permitted with water temperature below 22°C.

# PROCEDIMIENTOS PREVIOS A LA SALIDA ( 1/2 )



Orden de Salida :

✓ **Distancia OCEANMAN**

- PRUEBA (Masculino y Femenina) – SALIDA 08:30 H.

✓ **Distancia HALF OCEANMAN**

- PRUEBA (Masculino y Femenina) – SALIDA 09:30 H.

✓ **Distancia SPRINT**

- PRUEBA – SALIDA 11.00 H.

Start Order

✓ **OCEANMAN Distance.**

Race ( male /female )- Start 08:30 h

✓ **HALF OCEANMAN Distance**

Race ( male /female )- Start 09:30 h

✓ **SPRINT Distance**

Race – Start 11:00 h



- Cámara de llamadas 15 minutos antes de cada salida.
- Pasamos a línea de salida.
- A sus puestos / suena la bocina.
- Inicia la competición.

# START LINE PROCEDURES ( 1/2 )



- Marshalling Call 15 minutes before each race begins.
- Go to startline.
- On your marks / Horn sounds
- Competition starts.



# HALF OCEANMAN



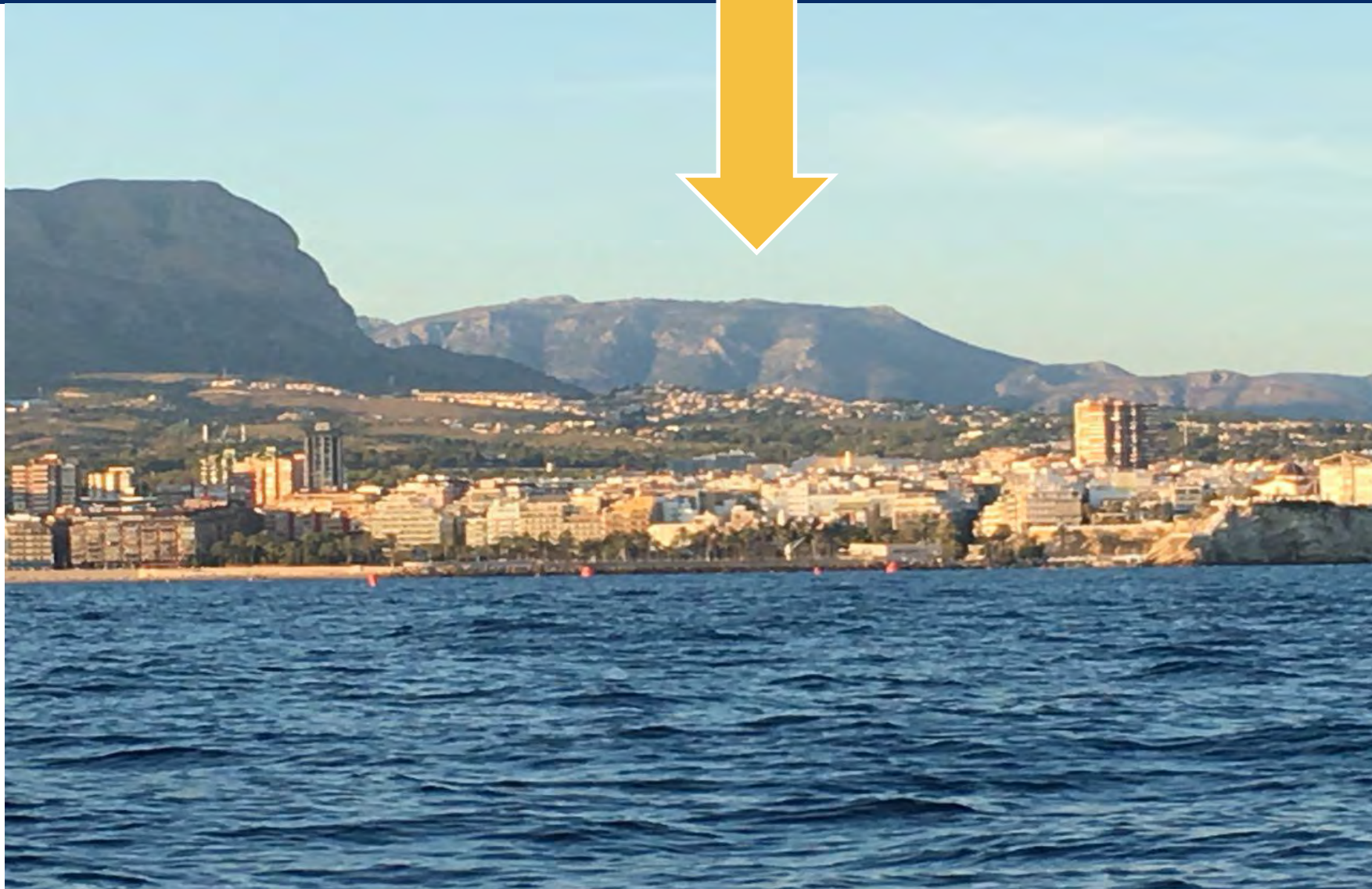
# SPRINT



# SWIMMERS REFERENCE POINT



# PUNTO DE REFERENCIA NADADORES



## OCEANMAN 9.3 K:

- 1º avituallamiento en el km 3 / *1st refreshment at km 3*
- 2º avituallamiento en el km 6.6 / *2nd refreshment at km 6.6*

## HALF OCEANMAN 5.5 K:

- 1º avituallamiento en el km 1.3 / *1st refreshment at 1.3km*



AGUA



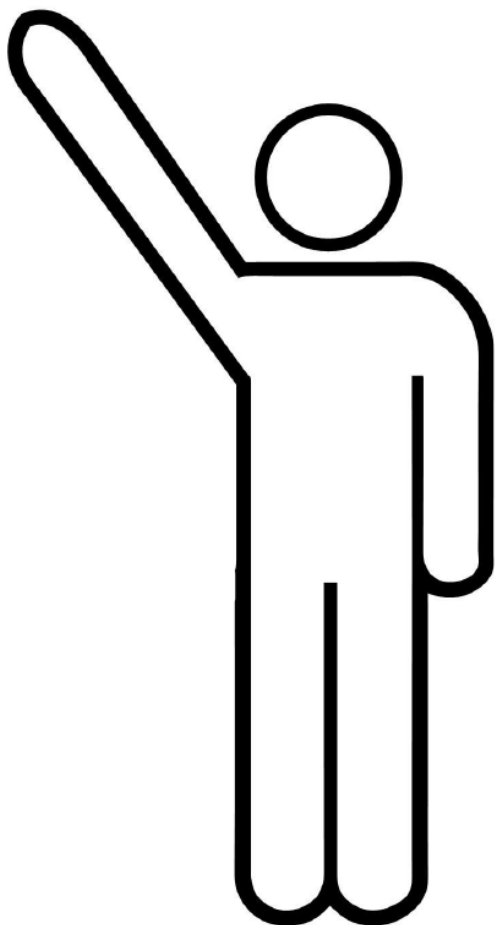
BANANAS



GELES  
ISOTONICO



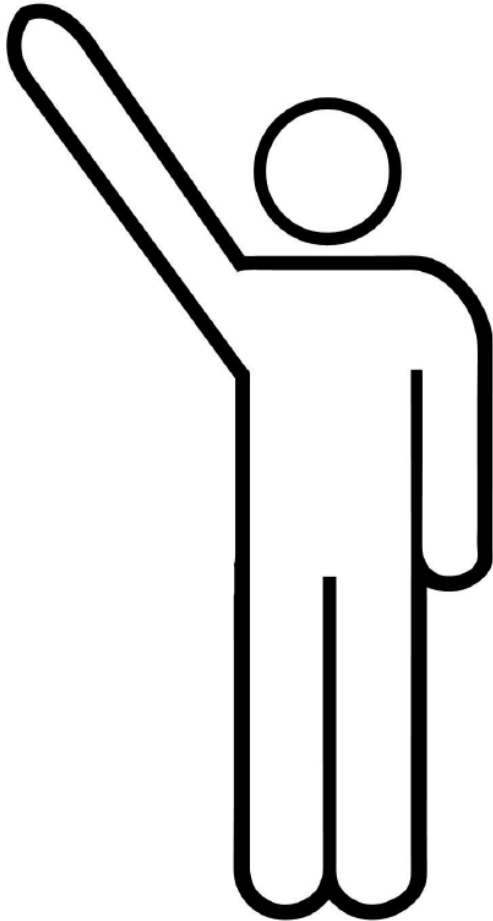
- OCEANMAN: 4 horas / hours
- HALF OCEANMAN: 2 hours / horas 30 ´
- POPULAR OCEANMAN: 1 hour / horas 30 ´



## ***SEÑALES DE SOCORRO :***

- ✓ **REQUIERO ATENCIÓN** ( aproximación de embarcación ) : Mano alzada
- ✓ **EXTRACCIÓN** : Girar brazo en circulo
- ✓ **ESTOY BIEN** : Golpear la cabeza con el puño invertido

Existen socorristas en cada embarcación



## ***WARNING SIGNALS***

- ✓ **NEED SUPPORT** ( boat will come ) :  
raise your hand
- ✓ **OUT OF THE WATER** : Rotate Arm
- ✓ **I AM OK** : Hit your head with closed fist

There are life guards in each boat

- Recoger medalla Finisher.
- Entregamos chip al Voluntario.
- Pasamos a la zona de Recuperación
- Ceremonia entrega de Trofeos

- Finisher medal for all distances
- Give back racer chip to volunteers
- Go to the recovering area
- Awards ceremony

# PLAZAS CLASIFICATORIAS



- \* Los **10 primeros clasificados** y **10 primeras clasificadas** en cada categoría en las modalidades **OCEANMAN** y **HALF OCEANMAN** en cada una de las pruebas precedentes a la final conseguirán una plaza para el campeonato de Mundo Oceanman.
  
- \* Tan sólo es necesario clasificar en UNA sola travesía precedente para optar a participar en el campeonato del mundo. Oceanman. En ningún caso es necesario participar en todas las travesías del circuito Oceanman.
  
- \* **CATEGORIAS :**
  - Elite
  - Junior
  - Master 20-29
  - Master 30-39
  - Master 40-49
  - Master 50-59
  - Master + 60
  - Inspiration

Nota : Competir en categoría Elite excluye competir en grupo de edad

# CATEGORIES & QUALIFYING PLACES WORLD CHAMPIONSHIP



✓ The first **10 male classified** and **first 10 female classified** in each category for both **OCEANMAN & HALF OCEANMAN** from each of the competitions held before the FINAL event will be offered a place for the World Championship.

✓ To consider participating in the Oceanman World Championship, it is only necessary to classify in ONE of the qualifying races. In NO CASE is it necessary to participate in all of the competitions of the Oceanman circuit.

## ✓CATEGORIES :

- ✓ Elite
- ✓ Junior
- ✓ Master 20-29
- ✓ Master 30-39
- ✓ Master 40-49
- ✓ Master 50-59
- ✓ Master + 60
- ✓ Inspiration

Swimmers who have decided to compete in Elite Category can not compete in group of age

# PREVISIÓN METEOROLÓGICA / WEATHER FORECAST



mié 17			jue 18			vie 19		sáb 20		dom 21	
06-12 h	12-18 h	18-24 h	00-06 h	06-12 h	12-18 h	18-24 h	00-12 h	12-24 h	00-12 h	12-24 h	
21°C	20°C	18°C	17°C	21°C	19°C	18°C					
Probabilidad de precipitación											
100%	45%	5%	15%	100%	100%	95%	75%	60%	85%	100%	90%
Cota de nieve a nivel de provincia (m)											
Temperatura mínima y máxima (°C)											
17 / 23			16 / 22			17 / 21		17 / 24		18 / 24	
Sensación térmica mínima y máxima (°C)											
17 / 23			16 / 22			17 / 21		17 / 24		18 / 24	
Humedad relativa mínima y máxima (%)											
50 / 80			60 / 100			50 / 100		60 / 85		70 / 85	
Dirección y velocidad del viento (km/h)											
N	N	N	N	N	N	NE	NE	SO	N	N	NE
20	10	5	10	20	30	40	40	10	20	20	20
Racha máxima (km/h)											
				40	45	60	60		55	55	
Sensación térmica (°C)											
21	20	18	17	21	19	18					





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**BUENA SUERTE**

**GOOD LUCK**