

OCEANMAN LAGO D'ORTA

OCEANMAN REGULATIONS

1 - BASIC RULES.

1. The race is included in the **OCEANMAN Championship Series**. It is the only Italian appointment of the Series and has the objective to value the land surrounding the Lake Orta, which offers its beautiful scenery beyond national borders.
2. The event is non competitive (*that means 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 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 are in a state of good health, that they have appropriate swimming skills to cover a long distance and they free the organization of any liability for possible damages before, during and/or after the event.*
5. The swimmers, as well as the mandatory use of swimming cap OCEANMAN Lago d'Orta and their goggles, **can use (the organisation recommends it even if it's optional) the wetsuit** with a water temperature of 21-22 degrees;
If the water temperature is below 20 degrees or above to 22 degrees will apply the indications of the Oceanman 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 250 swimmers**.
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 Popular*), this must take place within two months from the event.
10. The organization has the **right to interrupt or modify the event** at its sole discretion, if the security conditions are not guaranteed.
11. In case the race should be stopped due to bad weather or other serious reasons, it could be cancelled or postponed to the next day, **Sunday 25st June 2017**, 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 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 METRES FROM THE SHORE.

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

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

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 TOWARDS LIDO DI GOZZANO, THE SWIMMERS MUST SWIM WITHIN 80 METRES 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. RACE BAG.

Each swimmer will receive a numbered safety buoy and a race bag composed by:

- 1 bag for clothes that must be left to the organization at the Starting Area (Omegna); it will be returned at the arrival after presenting the small safety buoy numbered.

- 2 bags of different colors and to be numbered, 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 organization **is not responsible for any theft, damage or loss caused** before, during and/or after the event.

OCEANMAN LAGO D'ORTA

HALF OCEANMAN REGULATIONS

1 - BASIC RULES.

1. The race is included in the **OCEANMAN Championship Series**. It is the only Italian appointment of the Series and has the objective to value the land surrounding the Lake Orta, which offers its beautiful scenery beyond national borders.
2. The event is non competitive (*that means 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 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 are in a state of good health, that they have appropriate swimming skills to cover a long distance and they free the organization of any liability for possible damages before, during and/or after the event.*
5. The swimmers, as well as the mandatory use of swimming cap OCEANMAN Lago d'Orta and their goggles, **can use (the organisation recommends it even if it's optional) the wetsuit** with a water temperature of 21-22 degrees;
If the water temperature is below 20 degrees or above to 22 degrees will apply the indications of the Oceanman 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 300 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 Popular*), this must take place within two months from the event.
10. The organization has the **right to interrupt or modify the event** at its sole discretion, if the security conditions are not guaranteed.
11. In case the race should be stopped due to bad weather or other serious reasons, it could be cancelled or postponed to the next day, **Sunday 25st June 2017**, 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.

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 TOWARDS LIDO DI GOZZANO, THE SWIMMERS MUST SWIM WITHIN 80 METRES FROM THE SHORE, BEFORE THE "DEVIATION" - TOWARDS FINISH LINE - INDICATED BY A BIG BUOY.

4. RACE BAG.

Each swimmer will receive a numbered safety buoy and a race bag composed by:

- 1 bag for clothes that must be left to the organization at the Finish Area (Lido di Gozzano) and which will be returned at the arrival after presenting the small safety buoy numbered.

The organization **is not responsible for any theft, damage or loss caused** before, during and/or after the event.

OCEANMAN LAGO D'ORTA

POPULAR REGULATIONS

1 - BASIC RULES.

1. The race is included in the **OCEANMAN Championship Series**. It is the only Italian appointment of the Series and has the objective to value the land surrounding the Lake Orta, which offers its beautiful scenery beyond national borders.
2. The event is non competitive (*that means open to all*) and provide the crono results for each participant, as a service offered to the swimmers.
3. To participate at the race the swimmers must present a **current medical certificate/declaration** that certifies the ability to practice sports with a high cardio-vascular effort (better for 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 are in a state of good health, that they have appropriate swimming skills to cover a long distance and they free the organization of any liability for possible damages before, during and/or after the event.*
5. The swimmers, as well as the mandatory use of swimming cap OCEANMAN Lago d'Orta and their goggles, **can use (the organisation recommends it even if it's optional) the wetsuit** with a water temperature of 21-22 degrees;
If the water temperature is below 20 degrees or above to 22 degrees will apply the indications of the Oceanman 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 250 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 Popular to Half Oceanman or to Oceanman*), this must take place within two months from the event.
10. The organization has the **right to interrupt or modify the event** at its sole discretion, if the security conditions are not guaranteed.
11. In case the race should be stopped due to bad weather or other serious reasons, it could be cancelled or postponed to the next day, **Sunday 25st June 2017**, 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 Spiaggia Miami (Miami beach) to Lido di Gozzano - is completed, in accordance with the directions given and within the limit time fixed in 1 (one) hours.

3 – RACE MAP.

The swimmer must carefully look at the race map. There aren't any feeding points and it's only important to consider the following information:

after the start the swimmers must follow the directional buoy that will keep on their right.

4. RACE BAG.

Each swimmer will receive a numbered safety buoy and a race bag composed by:

- 1 bag for clothes that must be left to the organization at the Finish Area (Lido di Gozzano) and which will be returned at the arrival after presenting the small safety buoy numbered.

The organization **is not responsible for any theft, damage or loss caused** before, during and/or after the event.