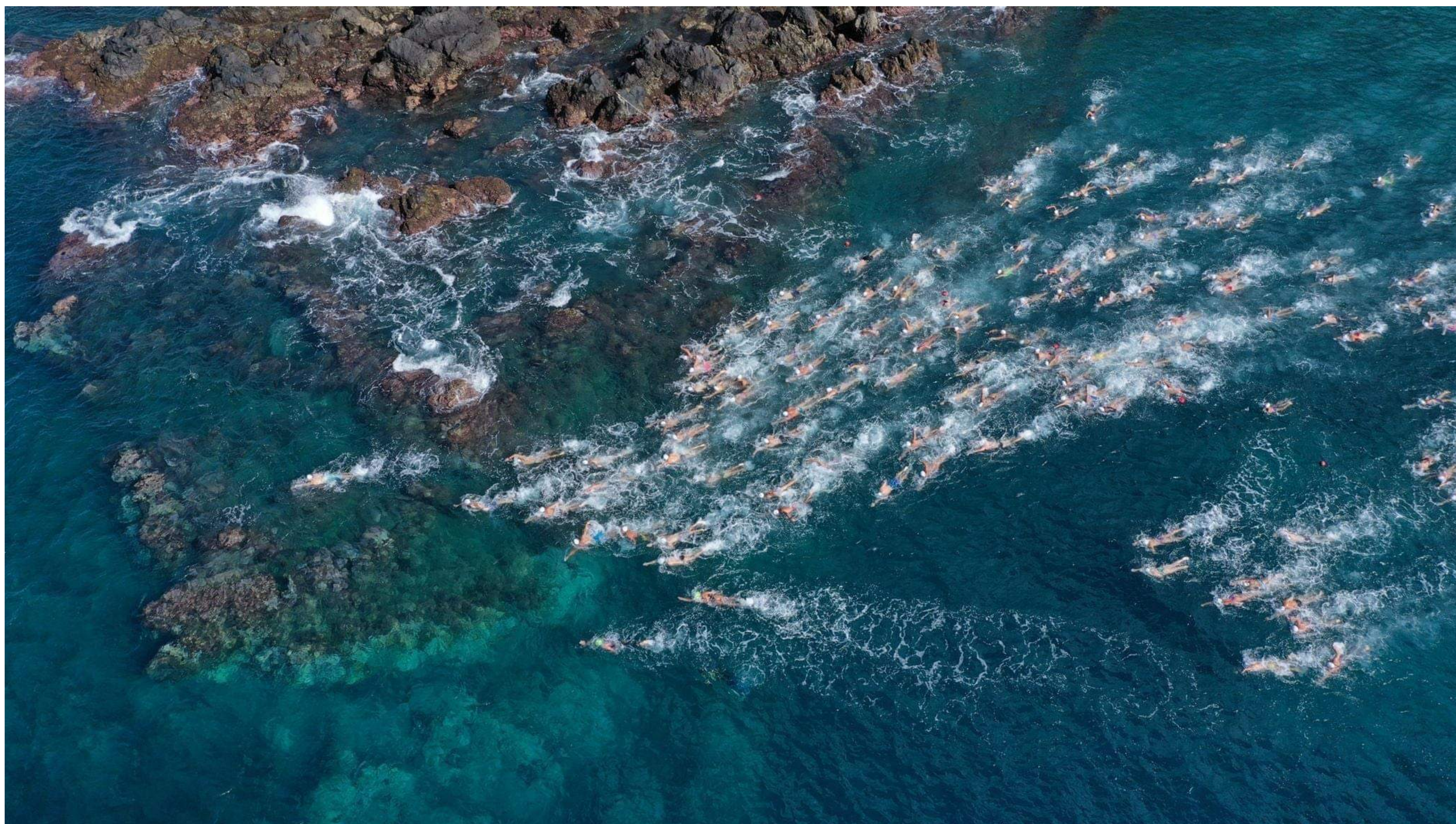




OCEANMAN[®]

WE ARE OPEN WATER SWIMMING

MADEIRA
PORTUGAL



- RACEBOOK (english) -



OCEANMAN[®]
WE ARE OPEN WATER SWIMMING

02-03 SET
MADEIRA



PROGRAM

Sept. 2nd - Saturday



TRANSFERS

Local: Hotel CR7/PESTANA

Opening: UltraOceanman (**30k**) - 6.30 AM

**REGISTRATION IS
REQUIRED!**

Local: **CAIS 6 OF APRAM**
(Administração dos Portos da
Região Autónoma da Madeira)

Schedule: **SEPTEMBER 1ST**

9am - 7pm

Sept. 3rd - Sunday



TRANSFERS

Local: Hotel CR7/PESTANA

Opening: Oceanman (**7.5k**) - 8.00 AM



**IT IS MANDATORY TO BE, AT LEAST, 30 MINUTES BEFORE THE START OF
THE RACE - ESPECIALLY FOR THOSE WHO DO NOT NEED TRANSFER.**



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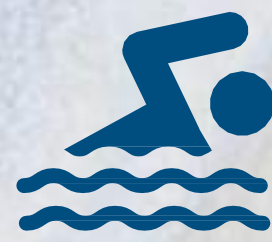
02-03 SET
MADEIRA



· RACE DAY ·

- 1. BE ON TIME!** AT LEAST, 30 MINUTES BEFORE THE START OF YOUR RACE;
- 2. DON'T FORGET THE EQUIPMENT:** SWIM SUIT / WETSUIT, SWIM GOGGLES, SWIM CAP + SAFETY BUOY (MANDATORY AND PROVIDED BY THE ORGANIZATION – SEPTEMBER 1ST, CAIS 6 (Administração dos Portos da Região Autónoma da Madeira), BETWEEN 9.00AM AND 7.00PM). - WATCHES, HEART RATE MONITORS, WATER GPS IS ALLOWED;
- 3. THE ORGANIZATION IS RESPONSIBLE FOR TAKING YOUR BELONGINGS TO THE FINISH LINE. PLEASE, BE PRACTICAL AND RESPONSIBLE. A SECOND OUTFIT IS SUGGESTED;**
- 4. FOR THOSE WHO NEED TRANSFER: HOTEL CR7 / PESTANA - CALHETA (30K) AND HOTEL CR7 / PESTANA - CÂMARA DE LOBOS (7.5K), A REGISTRATION IS REQUIRED HERE:**
 - LOCAL: CAIS 6 - APRAM, NEARBY HOTEL CR7 / PESTANA
 - SCHEDULE: SEPTEMBER 1ST, 9:00AM TO 7.00PM

Saturday - September 2nd



COMPETITION SCHEDULE – 1ST DAY

ULTRA OCEANMAN (30k): Praia da Calheta - 8.00 AM

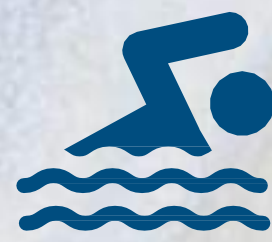
32°43'13.39"N 17°10'42.05"O

OCEANMAN MADEIRA (3.5k): Lido Poente - 10.00 AM

32°38'08.63"N 16°56'02.02"O

IT IS MANDATORY TO BE, AT LEAST, 30 MINUTES BEFORE THE START OF THE RACE - ESPECIALLY FOR THOSE WHO DO NOT NEED TRANSFER.

Sunday – September 3rd



COMPETITION SCHEDULE – 2nd DAY

OCEANMAN (7.5k): Cais de Câmara de Lobos - 9.30 AM

32°38'47.29"N 16°58'31.16"O

HALF (5k): Complexo Balnear do Doca Cavacas - 10.00 AM

32°38'07.93"N 16°56'52.64"O

SPRINT (1.5k): Complexo Balnear da Barreirinha - 11.00 AM

32°38'47.84"N 16°53'51.18"O

OCEANKIDS (0.5k): Cais Cidade do Funchal - 12.00 AM

32°38'45.61"N 16°54'33.08"O

IT IS MANDATORY TO BE, AT LEAST, 30 MINUTES BEFORE THE START OF THE RACE - ESPECIALLY FOR THOSE WHO DO NOT NEED TRANSFER.



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02-03 SET
MADEIRA



EQUIPMENT

THE USE OF A **SAFETY BUOY** AND A **SWIM CAP** IS MANDATORY DURING THE RACE AND WILL PROVIDED BY THE ORGANIZATION – SEPTEMBER 1ST, CAIS 6 OF APRAM (Administração dos Portos da Região Autónoma da Madeira) - NEARBY HOTEL CR7 / PESTANA BETWEEN 9.00AM AND 7.00PM.



SWIM GOOGLES

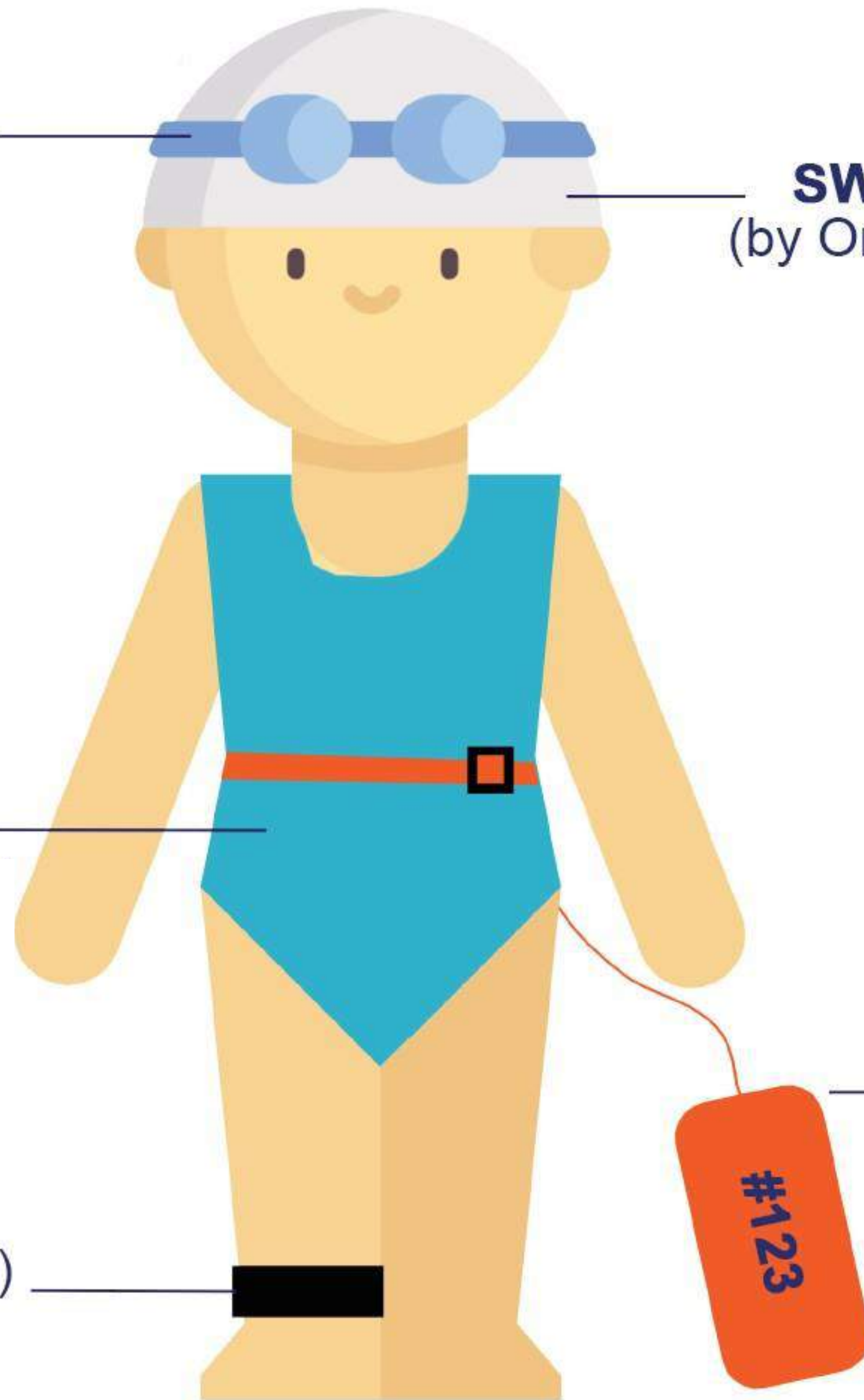
SWIM CAP
(by Organization)

**WATCHES, HEART
RATE MONITORS,
WATER GPS IS
ALLOWED**

WETSUIT

CHIP
(by Organization)

BOUY
(by Organization)





DISTANCES

ULTRAOCEANMAN - 30K



· IMPORTANT ·

Each participant must have a canoeist.

Start: Praia da Calheta

Finish line: Cais da Cidade do Funchal

OCEANMAN - 7.5K



· IMPORTANT ·

Swim between land and buoy.

Start: Cais de Câmara de Lobos

Finish line: Cais da Cidade do Funchal

HALF OCEANMAN - 5K



· IMPORTANT ·

Swim between land and buoy.

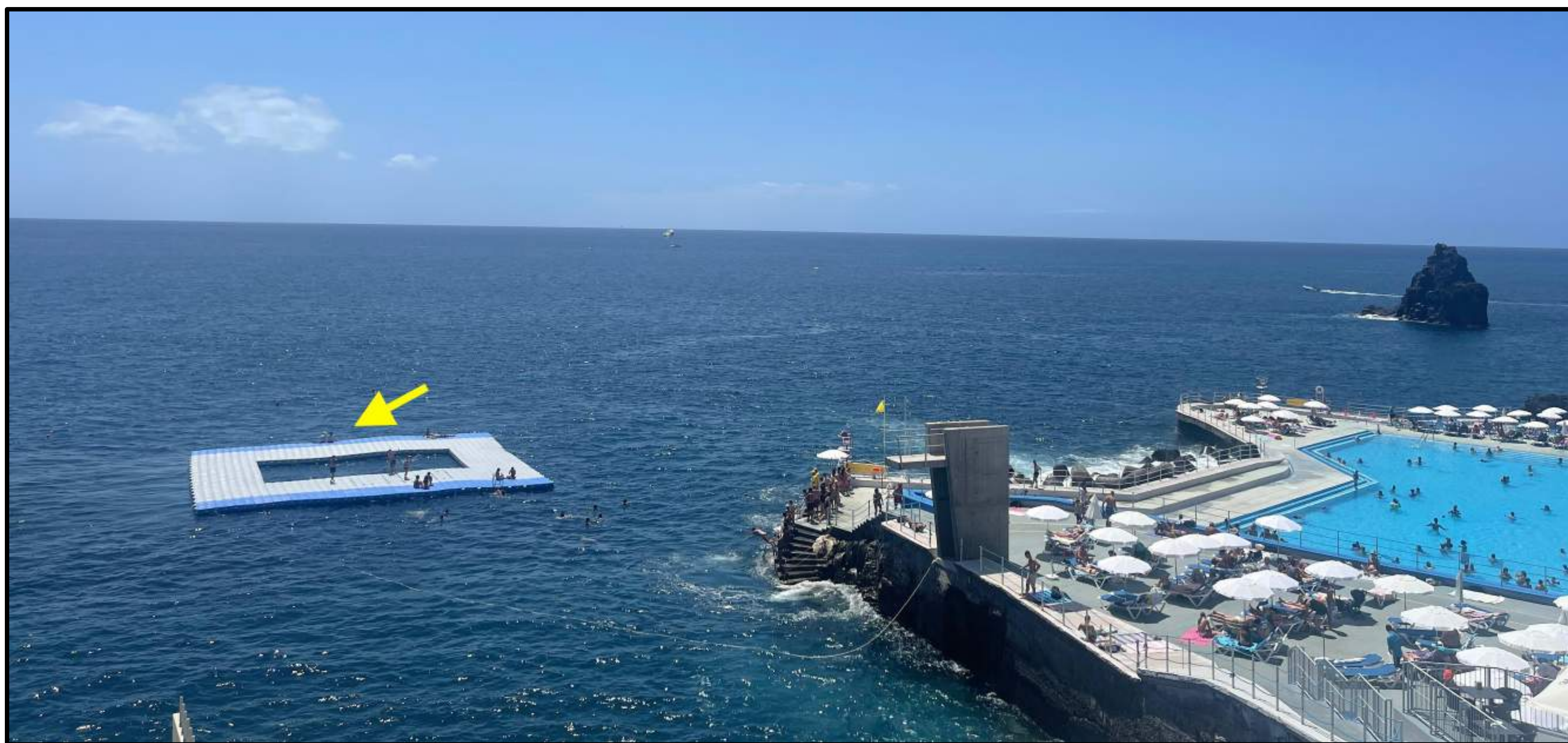
Start: Complexo Balnear do Doca do Cavacas

Finish line: Cais da Cidade do Funchal

FEEDING POINT

OCEANMAN - 7.5K (one)

HALF OCEANMAN - 5K (one)



· LOCAL ·

COMPLEXO BALNEAR DO LIDO

MIUS - 3.5K



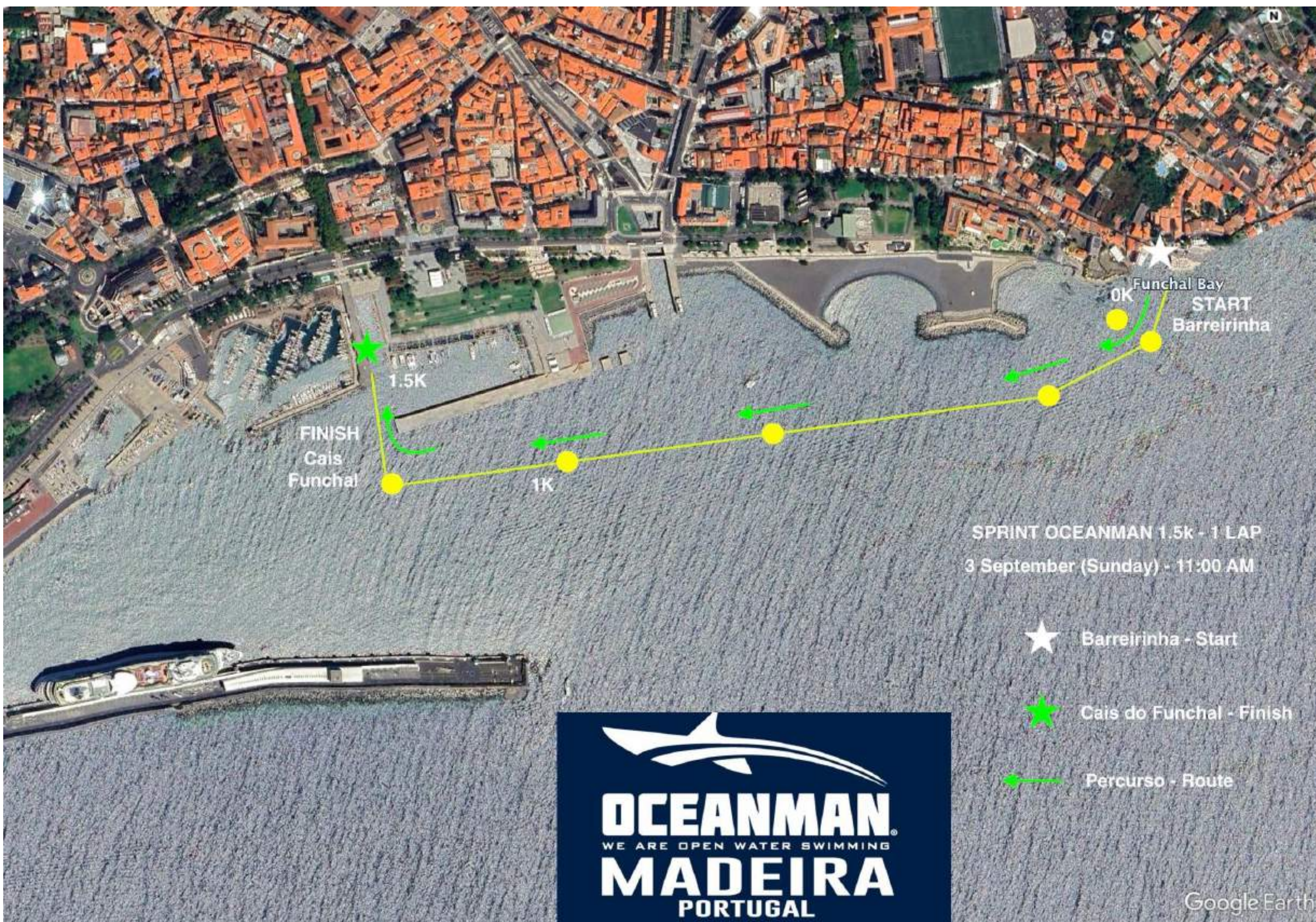
· IMPORTANT ·

Swim between land and buoy.

Start: Complexo Balnear do LIDO POENTE

Finish line: Cais da Cidade do Funchal

SPRINT OCEANMAN - 1.5K



· IMPORTANT ·

Swim between land and buoy.

Start: Complexo Balnear da Barreirinha

Finish line: Cais da Cidade do Funchal

OCEANMAN KIDS - 0.5K



· IMPORTANT ·

As indicated, go around the buoys from your right shoulder.

Start: Cais da Cidade do Funchal

Finish line: Cais da Cidade do Funchal



REGISTRATION POINT

BRIFIENG

REGISTRATION POINT

CAIS 6 (NEARBY HOTEL CR7 / PESTANA)

APRAM - Administração Portos da Madeira

<https://www.apram.pt/>



Setembro 1st: 9.00am to 7.00pm

+ (extra registration point)

September 2nd: 10.00am to 6.00pm

LOCAL: Cais da Cidade do Funchal.

BRIFIENG



GENERAL BRIFIENG: September 1st
- 6.00pm in Cais da Cidade (finish line)

ESPECIFIC BRIFIENG: September 2nd and 3rd
- **30 MINUTES BEFORE EACH RACE.**



TIME LIMITS



ULTRAOCEANMAN

30Km: 12h | **Limit: 20h00m**



OCEANMAN

7.5Km: 4h00m | **Limit: 13h30m**



HALF

5Km: 2h30m | **Limit: 12h30m**



MADEIRA OCEANMAN

3.5km: 2h00 | Limit: 12h00m



SPRINT

1.5Km: 1h00m | Limit: 12h00m



OCEANKIDS

0.5Km: 0h30m | Limit: 12h30m

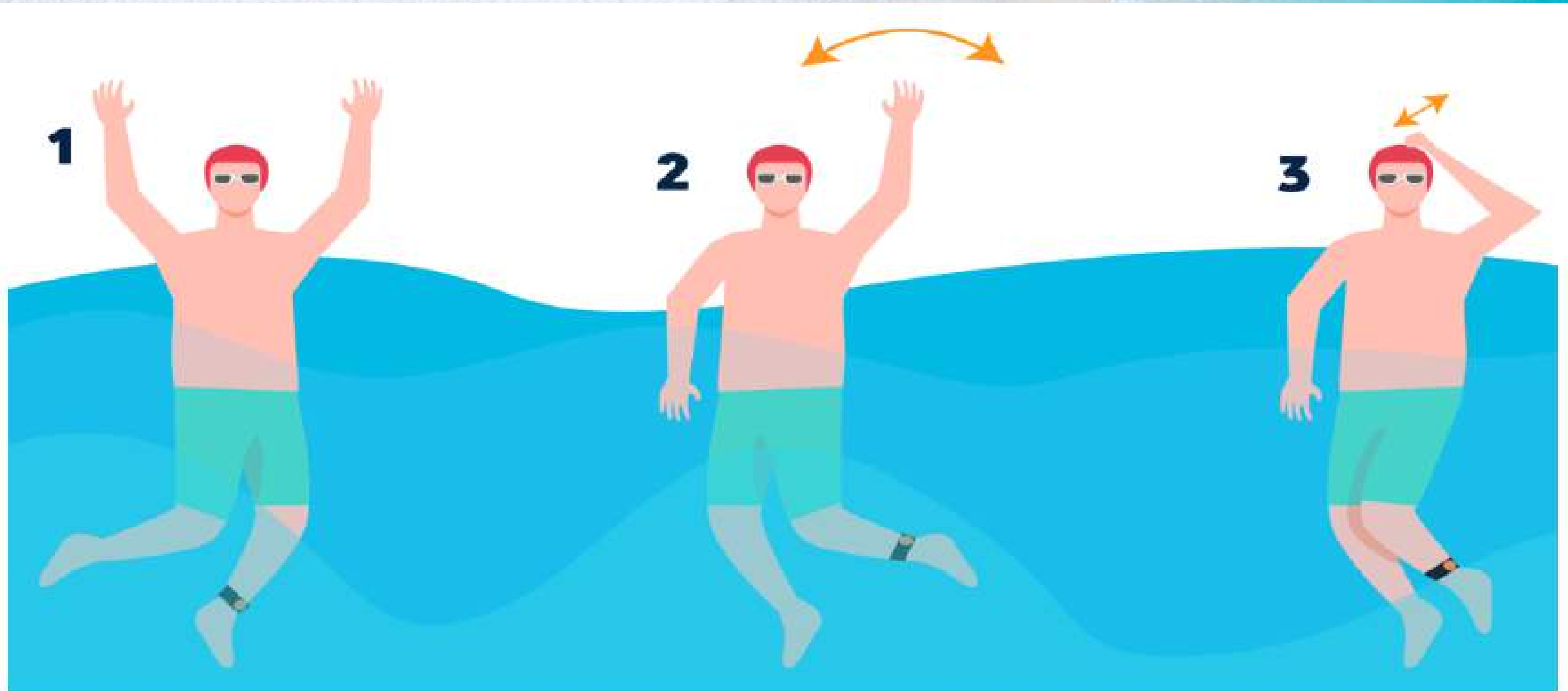


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02-03 SET
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SIGNALS - SOS



SITUATION N° 1: I REQUIRE ATTENTION

- Raise your arm

SITUATION N° 2: TAKE ME OUT OF THE WATER

- Spin an arm in circle

SITUATION N°3: I'M FINE

- Hit the head with a closed fist



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SAFETY PROCEDURES

- 3** “LOOKOUT” BOATS FOR EACH RACE
- 1** REFERE BOAT FOR EACH RACE
- 1** RESCUE BOAT FOR EACH RACE
- 1** AMBULANCE FOR EACH RACE
- 5** KAYAK FOR EACH RACE (7.5K, 5K, 3.5K AND 1.5K)
- 1** KAYAK FOR EACH SWIMMER (30K)
- 15** STAND UP PADDLE (7.5K, 5K, 3.5K e 1.5K)
- 15** BUOYS
- 1** MAIN COMMAND - GARE MARÍTIMA DO PORTO DO FUNCHAL

WEATHER PREDICTION

&

WATER TEMPERATURE



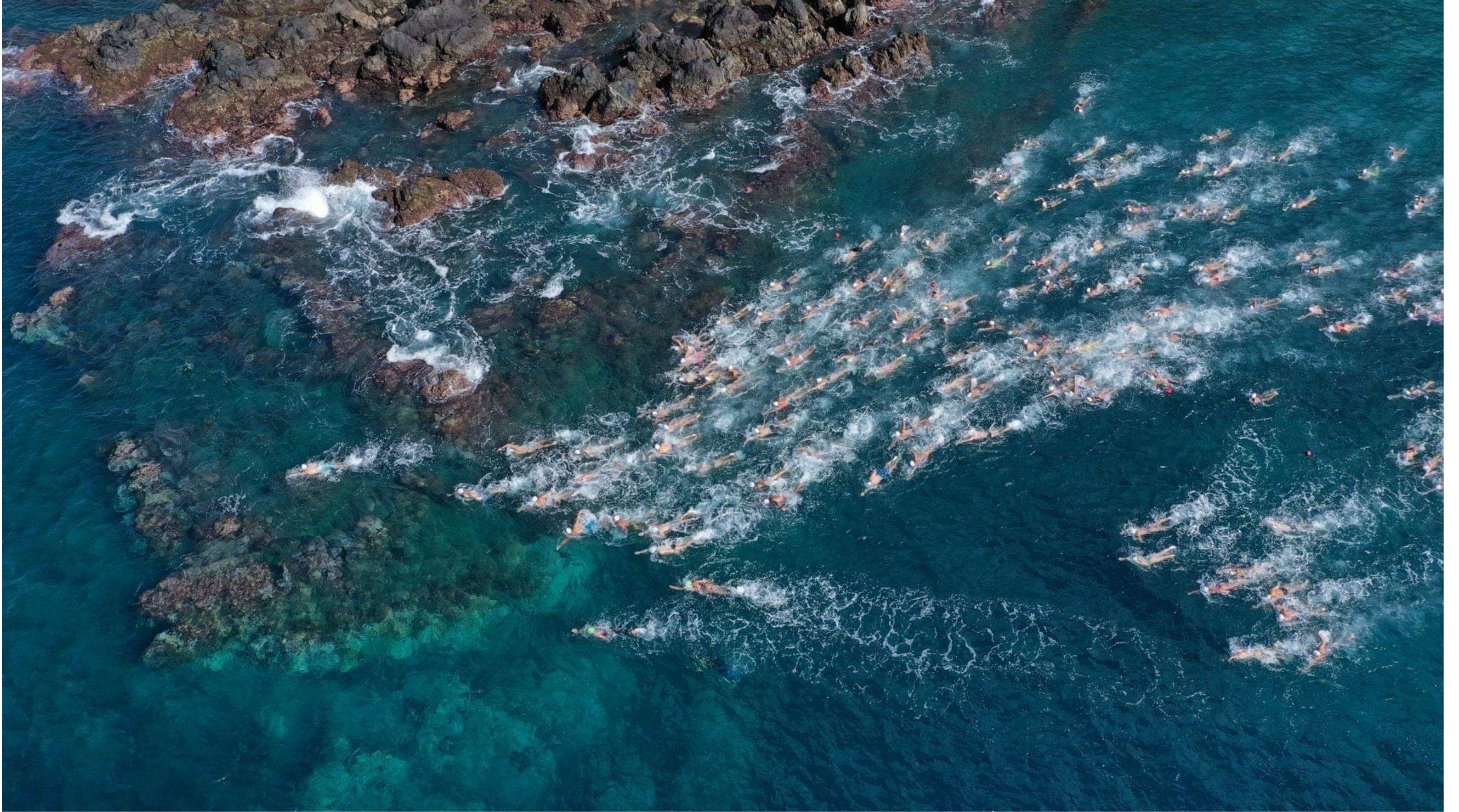
24°

Max. 25° Min. 18°

WATER TEMPERATURE: 23,0.°

<https://www.ipma.pt/pt/otempo/obs.superficie/>

<https://www.ipma.pt/pt/maritima/currents/index.jsp?area=madeira>



¡ENJOY!