



2026 PENGHU OCEANMAN  
國際泳渡澎湖灣



# Athlete Information Guide

## RELATED ENTITIES



### ORGANIZER

**Penghu County Government**



### EXECUTING AGENCY

**LAVA Sports**

### CO-ORGANIZER

- **Coast Guard Administration, OAC**
- **Magong City Office, Penghu**
- **Siyu Township Office, Penghu County**
- **Sports Federation of Penghu**
- **Penghu County Boat Fishing**
- **Penghu Sailing Association** ◦
- **PENGHU COUNTY RESCUE ASSOCIATION**

# SPONSOR

**ZMAX**  
ZILIXTA-FISITURIBIL

YOI  
WATER

Saforelle 絲膚潔

**PULSAR PUMP**  
脈衝星

 蛋白盒子  
THE PROTEIN BOX

**speedo**

**賀眾牌**

  
**聰勁**  
SMARTENERGY



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# EVENT SCHEDULE

DATE	TIME	Activity	Place
6/12 (Fri)	15:00 - 20:00	Registration & Expo	<a href="#">Penghu County Multi-Purpose Sports Center</a>
6/13 (Sat)	07:00-08:30	OCEANMAN & SPRINT(Bag Drop & Timing Chip Pick-up)	<a href="#">Guanyinting Recreation Area</a>
	07:30	OCEANMAN start	
	08:00	Post-race food market start	
	08:30	SPRINT start	
	09:45	OCEANMAN mid-way cut-off	
	10:30	SPRINT awards ceremony	
	11:00	SPRINT cut-off	
	11:30	OCEANMAN awards ceremony	
	12:00	OCEANMAN cut-off and sea area safety clearance	
	12:00-17:00	Registration & Expo	

# EVENT SCHEDULE

DATE	TIME	Activity	Place
6/14 (Sun)	05:30 - 06:00	HALF OCEANMAN & SUP Shuttle	<a href="#">Penghu County Government</a>
	06:00 - 06:50	HALF OCEANMAN & SUP (Bag Drop & Timing Chip Pick-up)	<a href="#">Daguoye</a>
	06:50	SUP assemble at Daguoye Beach	
	06:55	SUP start	
	07:00	HALF OCEANMAN start	
	07:30	OCEANKIDS, OCEANADULTS & OCEANTEAMS (Bag Drop & Timing Chip Pick-up)	
	08:00	Post-race food market start	<a href="#">Guanyinting Recreation Area</a>
	08:10-8:35	Opening Ceremony, Welcome Remarks, Event Warm-up Exercise	
	08:40	OCEANKIDS start	
	09:00	OCEANADULTS start	
	09:40	OCEANNTEAMS start	
	10:00	OCEANKIDS awards ceremony	
	10:30	HALF OCEANMAN awards ceremony	
	11:00	HALF OCEANMAN Cut-off and sea area safety clearance outside Guanyinting	
	11:00	OCEANNTEAMS Awards Ceremony	
12:00	Event ends		

# ATHLETE REGISTRATION

## Important Notice

Regardless of registration method, all athletes must complete the following on race day:

1. Timing Chip: Wear correctly on the left ankle for accurate timing.
2. Official Gear: Wear the official swim cap, athlete wristband, and safety buoy as required.
3. Management: Keep all race materials (baggage tag, swimcap, wristband, chip) safe; bring and wear them on race day.

## Mail-in Registration

1. Delivery: Materials are sent to your registered address. If not received by June 9 (Tue), contact us before 18:00 that day.
2. Chip Collection: The package does not include the timing chip. Collect it at the "Chip Collection Area" on race day.
3. Timing: Collect your chip before your race starts (Saturday for Sat participants; Sunday for Sun participants).

## On-site Registration

1. Location: [Penghu County Multi-Purpose Sports Center](#)
2. Hours:
  - June 12 (Fri) 15:00 – 20:00
  - June 13 (Sat) 12:00 – 17:00
3. ID Required: National ID, Health Insurance Card, Driver's License, or Passport.
4. Proxy: If registering for someone else, you must show a photocopy or photo of the athlete's ID.
5. Chips: Issued during check-in. Keep safe; loss results in a NT\$2,000 fee and invalidated race results.
6. Check: Confirm all materials are complete before leaving the registration counter.



# YOI WATER

## 鹼性水

嘞~以~♪



代言人  
9m88



FACEBOOK



INSTAGRAM



全台各大連鎖藥局

# RACE PACK

## SOUVENIR T-SHIRT



OCEANMAN

HALF OCEANMAN

SUP



SPRINT

OCEANKIDS

OCEANTEAMS

OCEANADULTS

## SAFETY BUOY



OCEANMAN

HALF OCEANMAN

SUP

## SUP STICKERS / PADDLE STICKERS



SUP

# RACE PACK

## SWIMCAP

OCEANMAN



HALF  
OCEANMAN



SPRINT



OCEANKIDS



\*Note: Female athletes use the white logo, and male athletes use the black logo.

OCEANADULTS



OCEANNTAMS



\*Note: Unisex.

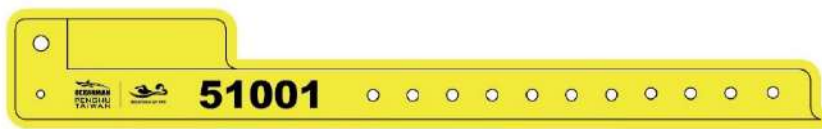
# RACE PACK

## ATHLETE WRISTBAND

OCEANMAN



HALF OCEANMAN



SUP

SPRINT



OCEANKIDS

OCEANADULTS

OCEANNTAMS



## BAGGAGE TAG



# RACE PACK

## PULSAR PUMP Soft Flask



## Saforelle Body Wash



OCEANMAN

HALF OCEANMAN

SUP

SPRINT

# RACE PACK

## Hey New Brown Sugar Cake Merchandise voucher

**黑妞黑糖糕 商品抵用券 (NT\$50) MERCHANDISE VOUCHER (NT\$50)**

活動資訊 (EVENT INFORMATION)  
 使用日期: 2026年6月14日至16日 REDEMPTION PERIOD: JUNE 14TH - 16TH, 2026  
 使用地點: 黑妞原庄小舖 AVAILABLE AT: HEY NEW ORIGINAL SHOP  
 地址: 澎湖縣馬公市中央街 21 號 ADDRESS: NO. 21, ZHONGYANG ST., MAGONG CITY, PENGHU COUNTY

※報關期 (TERMS & CONDITIONS)  
 僅限原裝糕商品使用。 VALID FOR BROWN SUGAR CAKE PRODUCTS ONLY.  
 單筆限用一張。 LIMITED TO ONE VOUCHER PER TRANSACTION.  
 不得兌換現金等。 NON-REDEEMABLE FOR CASH AND NO CHANGE WILL BE GIVEN.  
 不得與其他優惠併用。 CANNOT BE USED IN CONJUNCTION WITH OTHER PROMOTIONS.  
 逾期無效。 VOID AFTER THE EXPIRATION DATE.

★ 2025 ITI AWARD WINNER, CHOCOLATE LOVE BROWN SUGAR CAKE ★

## The Protein Box Discount Coupon

浪浪澎湖灣

蛋白盒子 THE PROTEIN BOX x LAVA

使用效期 2026/07/31

優惠 A 餐盒折價 10元 小圖章 蓋印處

優惠 B 買餐盒贈 30元 飲品一杯 小圖章 蓋印處

優惠 C 買餐盒贈 超值優惠 肉多一份 (指定肉品擇一) 小圖章 蓋印處

本券經塗改、逾期、破損皆視為無效/優惠不重複/外送不適用/每個獎券限用之餐盒/數量蓋完時回收本券/蛋白盒子保有活動最終解釋權

OCEANMAN

HALF OCEANMAN

SUP

SPRINT

OCEANKIDS

OCEANTEAMS

OCEANADULTS

# FINISH PACK

## FINISHER MEDAL



## FINISHER BAYH TOWEL

OCEANMAN

HALF OCEANMAN

SUP



## FINISHER TOWEL

SPRINT

OCEANKIDS

OCEANNTAMS

OCEANADULTS



親膚親密 剛剛好的潔淨  
 溫柔守護 日常私密舒適

★ ★ ★  
 獨家牛蒡  
 植萃精華



Saforelle 絲膚潔

法國私密清潔保養品牌

整外女神  
 賴昕隄醫師

賴昕隄

推薦

# OFFICIAL RESULT RULES

CATEGORY	RACE DISTANCE	WORLD CHAMPIONSHIP QUALIFYING TIME	OVERALL CUT-OFF TIME
OCEANMAN	10KM	4.5hr	4.5hr
HALF OCEANMAN	5KM	2.5hr	4hr
SUP	5KM	N/A	4hr
SPRINT	2KM	1.5hr	2.5hr
OCEANKIDS	500M	N/A	1hr
OCEANADULTS	500M	N/A	1hr
OCEANTEMAS	500M	N/A	1hr

## RESULTS VALIDATION PRINCIPLES

**WORLD CHAMPIONSHIP QUALIFICATION IS BASED ON THE "WORLD CHAMPIONSHIP QUALIFYING TIME." ATHLETES FINISHING BEYOND THIS BUT WITHIN THE "OVERALL CUT-OFF TIME" ARE RECOGNIZED AS FINISHERS ONLY, NOT QUALIFIERS.**

# AWARD MECHANISM

CATEGORY	AGE GROUP RANGE	ON-SITE AWARDS
OCEANMAN	<ul style="list-style-type: none"> <li>Overall</li> <li>Junior (18-19)</li> <li>ADULT (20-69, 10-yrar intervals)</li> <li>Inspiration</li> </ul>	<ol style="list-style-type: none"> <li>Overall: TOP 3</li> <li>Age Groups: TOP 3</li> <li>Inspiration : TOP 3</li> </ol>
HALF OCEANMAN	<ul style="list-style-type: none"> <li>Overall</li> <li>Junior (18-19)</li> <li>Adult (20-69, 10-yrar intervals)</li> <li>Inspiration</li> </ul>	<ol style="list-style-type: none"> <li>Overall: TOP 3</li> <li>Age Groups: TOP 3</li> <li>Inspiration : TOP 3</li> </ol>
SUP	<ul style="list-style-type: none"> <li>No ranking, no awards</li> </ul>	
SPRINT	<ul style="list-style-type: none"> <li>Overall</li> <li>Junior (10-14, 15-19)</li> <li>ADULT (20-69, 10-yrar intervals)</li> <li>Inspiration</li> </ul>	<ol style="list-style-type: none"> <li>Overall: TOP 3</li> <li>Age Groups: TOP 3</li> <li>Inspiration : TOP 3</li> </ol>
OCEANKIDS	<ul style="list-style-type: none"> <li>U9 ( 7 – 8 )</li> <li>U11( 9 – 10 )</li> <li>U13( 11 – 12 )</li> <li>U15( 13 – 14 )</li> </ul>	<ol style="list-style-type: none"> <li>Age Groups : TOP</li> </ol>
OCEANADULTS	<ul style="list-style-type: none"> <li>No ranking, no awards</li> </ul>	
OCEANTEMAS	<ul style="list-style-type: none"> <li>Male</li> <li>Female</li> <li>Mixed</li> </ul> <p>*Note: Ages 12 and above</p>	<ol style="list-style-type: none"> <li>Each Category: TOP 3</li> </ol>

Note:

All awards are presented separately by gender (except for the Inspiration). Overall ranking winners remain eligible for age group rankings.

# WORLD CHAMPIONSHIP QUALIFYING

CATEGORY	AGE GROUP RANGE	QUALIFICATION SLOTS
OCEANMAN	<ul style="list-style-type: none"> <li>• Junior (18-19)</li> <li>• ADULT (20-69, 10-yrar intervals)</li> <li>• Inspiration</li> </ul>	
HALF OCEANMAN	<ul style="list-style-type: none"> <li>• Junior (18-19)</li> <li>• ADULT (20-69, 10-yrar intervals)</li> <li>• Inspiration</li> </ul>	<ol style="list-style-type: none"> <li>1. 10 slots per age group</li> <li>2. 3 slots for the Inspiration</li> </ol>
SPRINT	<ul style="list-style-type: none"> <li>• Junior (10-14, 15-19)</li> <li>• ADULT (20-69, 10-yrar intervals)</li> <li>• Inspiration</li> </ul>	

Note:

World Championship qualification is categorized by gender (except for the Inspiration).

## World Championship Information

- Date: November 13–15, 2026
- Location: Dominican Republic
- Detailed event information (including registration fees, schedule, and related regulations) is currently under planning and will be announced by OCEANMAN officials in due course.
- Please stay tuned to the official [OCEANMAN website](#) for the latest updates.

黑妞

# 黑糖糕脆脆

酥脆黑糖香  
越吃越涮嘴!



自由搖出  
專屬好滋味!

澎湖黑妞 | 嚴選食材 · 手工製作





# 耐力型賽事補給優惠

# 馬拉松

# 游泳



## 競速雙星組

## 全馬42K 精準補給包

## 半馬21K 精準補給包

### 馬拉松42K賽補給時序建議

適用於 3~5 小時完賽區間跑者

補給原則：穩定碳水輸入、少量多次、避免爆掉

#### 賽前2小時

勁速補 1 包 + 水500ml 

#### 賽前半小時

酷浪檸檬 1 包 + 搖滾話梅 1 包，加入水500ml  
先喝一半，其餘中途補充。運動能量軟糖 2 條



#### 賽中

- 每30~45分鐘：氮能雙效膠 1 包 + 運動能量軟糖 1 條 
- 每小時：勁速補 1 包 + 水500~750ml，無法撐到終點，勁速補 1 包，含20秒再吞下 

## 官網結帳折扣碼 輸入『LAVA』

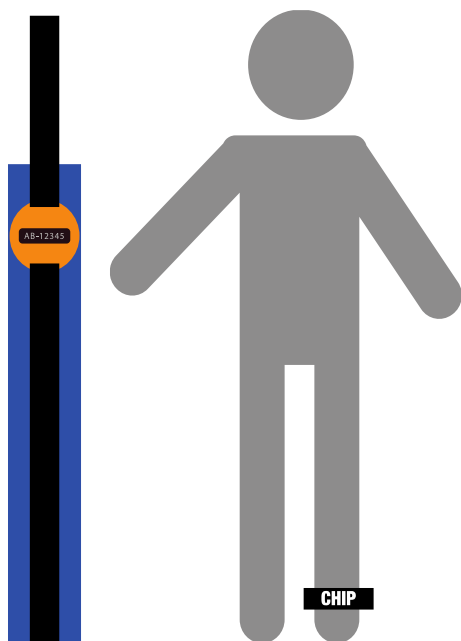


PULSAR PUMP 脈衝星

# TIMING CHIP

## Important Notes

- Please keep your timing chip safe. Without a chip, no finisher certificate or official race time will be provided.
- If you lose your chip during the event, please inform staff immediately upon reaching the finish line. A chip replacement fee of NT\$2,000 will be charged.
- Each athlete is allowed only one chip. Please wear it on your left ankle. It is strictly prohibited to enter the water wearing another athlete's chip.



[Chip Wearing Demonstration Video](#)

# APPROVED BUOYANCY DEVICES

The organizers approve the following buoyancy devices::

Rescue Tube



Inflatable Swim Buoy



Torpedo Buoy



Official Event Buoy



**★ Important Note!!**

**Homemade or modified buoys are strictly prohibited.  
Violators will be denied entry and disqualified.**

# ZMAX PERFORMANCE

RACING SWIM CLOTHES



**ZMAX**  
鐵人三項 IIRONMAN

游泳競賽 · 競技 · 衝浪  
鐵人三項 · 車衣 · 裝備  
瑜珈系列 · 衣褲 · 配件  
潛水裝備 · 面鏡 · 防寒衣  
團隊訂製 · 隊服 · 球帽

**馬克斯國際有限公司**  
ZMAX INTERNATIONAL CO.,LTD

★ 員林店 | 員林市三民東街364號  
No. 364, Sanmin E. St., Yuanlin City, Changhua County 510, Taiwan (R.O.C.)  
電話: 0978-516777

★ 嘉義店 | 嘉義市西區民族路774號  
No. 774, Minzu Rd., West Dist., Chiayi City 60045, Taiwan (R.O.C.)  
電話: 0930-765629

★ 新竹店 | 新竹市東區民族路88號  
No. 88, Minzu Rd., East Dist., Hsinchu City 300004, Taiwan (R.O.C.)  
電話: 0909-568777

# IMPORTANT EVENT REGULATIONS

## 1. Mandatory Equipment

Athletes must wear the official swim cap, timing chip, and wristband throughout the race. A certified safety buoy is also mandatory.

## 2. Prohibited Auxiliary Equipment

Auxiliary aids (e.g., scooters, snorkels, fins, paddles) are **strictly prohibited**. Use will result in disqualification and loss of World Championship qualification.

## 3. Lifeguard Boat Shuttle Regulations

Any athlete assisted or shuttled by a boat will be marked as **"DNF" (Did Not Finish)**. They will receive no ranking or qualification, even if they continue the race.

## 4. Chip Loss Compensation

Lost or unreturned timing chips incur a **NT\$2,000** fee and potential result cancellation.

## 5. Cut-off and Course Clearance

Athletes must finish within time limits. Once the cut-off expires, remaining athletes **must board rescue boats** to clear the course.

## 6. OCEANMAN Cut-off Mechanism

Athletes must start the second lap by **9:45**. Those failing to meet this time must exit the course immediately.

## 7. HALF OCEANMAN Cut-off Mechanism

7.1 Aid Station Cut-offs: Each aid boat has a strict cut-off time. Athletes arriving late will be shuttled to the next area by a rescue boat.

7.2 Result Status: Any athlete shuttled by boat is considered "Did Not Finish" (DNF) and is ineligible for rankings or World Championship qualification.

7.3 Aid Station Cut-off Times:

- Aid Boat 1: 08:15
- Aid Boat 2: 08:59
- Aid Boat 3: 09:43
- Aid Boat 4: 10:27

# IMPORTANT EVENT REGULATIONS

## 8. WETSUIT REGULATIONS

### 8.1 Wetsuits Prohibited

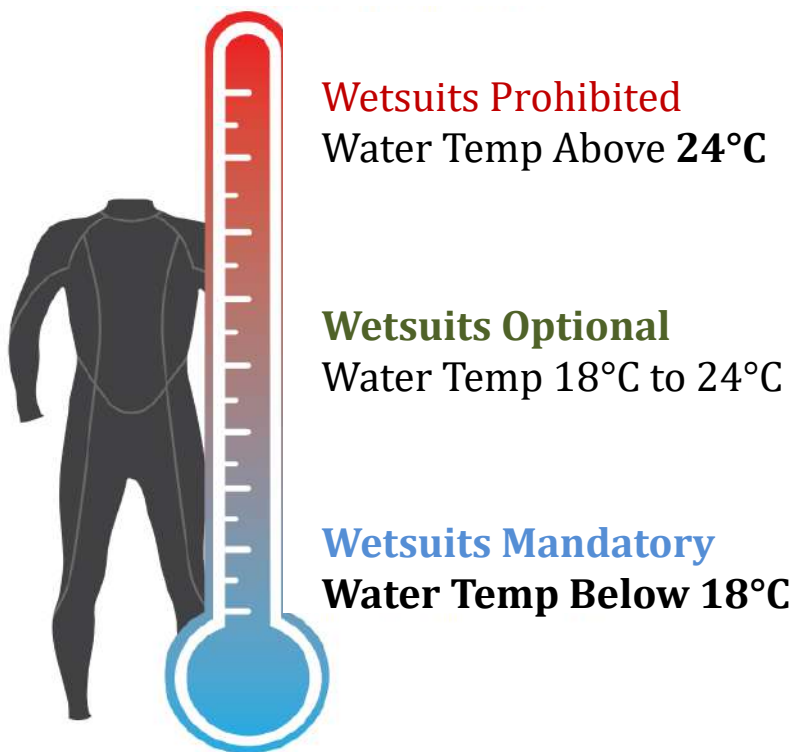
- ① Must wear standard swimwear.
- ② No buoyancy-enhancing materials (e.g., neoprene) allowed.

### 8.2 Wetsuits Optional

- ① Athletes choose freely.
- ② Wetsuit use does not affect rankings, finisher status, or World Final qualification.

#### ※ Temperature Rules:

- ① Permitted: 24°C (75.2°F) or below.
- ② Strictly Prohibited: Above 24°C (75.2°F).



## EVENT PRECAUTIONS

1. Participants are strictly prohibited from carrying any floats or promotional items that may obstruct rescue operations or block officials' visibility. Failure to comply after warning may result in disqualification.
2. Athletes should bring personal essentials such as waterproof bags, flip-flops, clothing, torpedo buoys, and whistles as needed.
3. Please use reef-safe sunscreen only. Protecting the ocean is everyone's responsibility.
4. Athletes who feel unwell should assess their condition carefully and avoid forcing participation. Medical staff may stop an athlete for safety reasons.
5. If feeling unwell during the swim, stay calm, hold your buoy, and wave your swim cap to signal for help.
6. Any misconduct or failure to follow staff instructions may result in disqualification.
7. For HALF OCEANMAN and SUP categories, baggage drop is at the start (Daguoye) and collection at the finish (Guanyinting Recreation Area).
8. Please carry your National Health Insurance Card for medical purposes.
9. In case of typhoon or force majeure, the race may be canceled, postponed, or modified. No refunds will be issued for postponed events.

# SUP PRECAUTIONS

1. Gear Check: Ensure all equipment is ready (leash, fin, paddle).
2. Number Placement: Properly affix bib stickers to your board and paddle.
3. Mandatory Safety: Must carry a life jacket or flotation device.
4. Inspection: Staff will check your leash and safety gear before water entry.
5. Compliance: Athletes failing to meet safety requirements will be refused entry.

## SUP STICKERS



\*Affix to the front (nose) of the SUP board.\*

## PADDLE STICKERS



\*Affix to the paddle.\*



為選手加油

專屬 8 折優惠



專屬優惠



全台門市

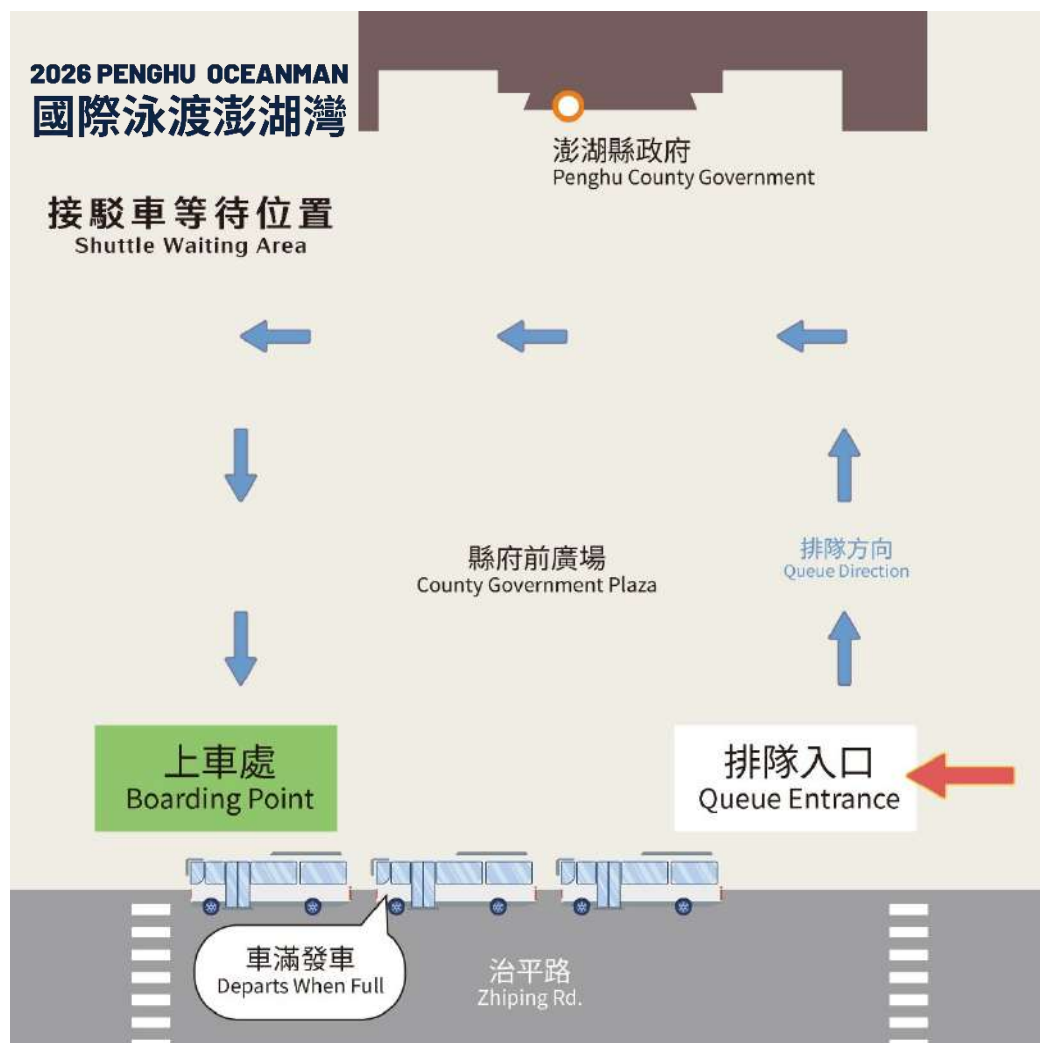
# OFFICIAL SHUTTLE BUS

## Official Shuttle Bus

Shuttle services are provided for **HALF OCEANMAN** and **SUP** participants to reach the race start at **Daguoye**.

## Gathering Information

1. Time: 05:30 – 06:00, June 14 (Sun)
2. Location: [Penghu County Government](#)
3. Procedure: Shuttles will be stationed on the road in front of the plaza. Before boarding, staff will verify that you have your Safety Buoy, Athlete Wristband, and Swim Cap.



# COURSE MAP

## OCEANMAN 10 KM



### Course Description

- This category uses a two-lap course design.
- After the first lap, athletes must exit the water and pass through the timing point under the archway before re-entering for the second lap.
- Cut-off Time: 09:45.
- Athletes must pass the timing point by 09:45 to start the second lap. Those arriving later will not be permitted to continue.

### Buoy Guidance

- Orange Buoy: Indicates a right turn.
- Pink / Yellow / Green Buoy: Indicates a straight path.

# COURSE MAP

## HALF OCEANMAN / SUP 5 KM



### Course Description

- This category starts at **Daguoye**, crosses approximately **5.5 km**, and finishes at **Guanyin Pavilion**.
- **Aid Station Cut-off Times:**  
 Aid Boat 1: 08:15  
 Aid Boat 2: 08:59  
 Aid Boat 3: 09:43  
 Aid Boat 4: 10:27
- Each aid station has a strict cut-off time. Athletes must arrive within the allotted time; those arriving late will be shuttled to the next area by a rescue boat.

### Buoy Guidance

- Start to 2.5 km: Red buoy guidance.
- 2.5 km to Finish: Green buoy guidance.

# COURSE MAP

## SPRINT 2 KM



### Course Description

- This category uses a lap-style course design, consisting of a single lap.

### Buoy Guidance

- **Pink Buoy:** Indicates a right turn.
- **Yellow / Green Buoy:** Indicates a straight path.







蛋白盒子

THE PROTEIN BOX



獨家秘醬

減鹽味噌烤鱈魚

經典不敗

香煎雞胸

# 優質蛋白 陪你上山下海

市面上最好吃的健康餐



所有圖片皆為示意，請以實際商品為準

健康 · 低脂 · 高纖 · 高蛋白

# EVENT AMBASSADOR

## Ms. Hsu, Wen-Eer

As Taiwan's first **"Triple Crown of Open Water Swimming"** achiever, she is a dedicated advocate for marine safety and education. This year, she joins as both an athlete and a mentor, leading her students to Penghu to experience the grandeur and achievement of this cross-sea challenge. °



## Mr. Huang Daniel

A Jianguo High School alumnus and the school's first deaf swimmer, he represented Taiwan in the Deaflympics. Though retired from the national team, he continues to embrace sports in daily life. This is his first time joining the Cross-Penghu Bay Swim to start a new chapter in this stage of his journey.



# EVENT AMBASSADOR

## Adaptive Sports Team

Led by adaptive physical education professionals, this group creates inclusive swimming environments for children with special needs, including autism, cerebral palsy, and visual impairments. This year at Penghu Bay, these children will challenge stereotypes and overcome limitations, rediscovering pure joy and confidence in the open sea.



# 賀眾牌

NEW ARRIVAL

## 新登場

# PREMIER 尊爵不凡 賀眾牌廚下冰溫瞬熱 旗艦飲水機

UR-3902AW-1 / UR-3902AW-2

原價\$49,800-

促銷價

### \$39,800-

### PFAS

SGS檢驗去除率

### 99.7%

RO濾芯

賀眾牌響應環境部監測  
持久性有機污染物



※產品不包含自來水龍頭



水龍頭

智能觸控龍頭

## PREMIER 雙源淨化 冰溫瞬熱飲水新體驗 廚下飲水新進化！

### 觸控智慧 · 享受極致飲水

- 冰溫熱水快捷設定：9段水溫選擇。
- 水量設定：6段水量設置。
- IPX4防水等級 · 180°靈活旋轉 · TDS水質監控

### 革新飲水 · 冰溫瞬熱 · 體驗升級

- 廚下多水溫設計：同時提供溫熱水及冰水！生活所需一次滿足。
- RO大水量600加侖：即濾即飲無需等待，提供多人家庭的用水需求。
- 超大出水量2.5L/min：取水超快速。

### 多重防護 · 恆淨水系統 每杯都是新鮮純水

- 杯杯鮮活 恆淨水系統：純水回流再濾技術，解決濾芯殘水TDS值過高問題。有效防止濾芯堵塞，不留殘水。
- 先進RO過濾技術：1:0.5低廢水比，安全無慮。
- UV自動殺菌：淨水箱設置UVC紫外線定時殺菌。

用水全面防護



高效前置濾淨系統



600G大流量RO淨化



前置過濾淨水

※前置裝置取得設計專利

冰溫瞬熱飲水

※外觀取得飲水機設計專利



# Athlete Travel Discounts

## Official Travel Guide

"OCEANMAN PENGHU" is more than a race—it's a complete island getaway. Partnering with top local vendors, we offer island-hopping adventures, marine activities, and local culinary tours. We invite athletes and their families to fully experience the natural beauty and vibrant culture of Penghu.

2025 PENGHU OCEANMAN  
國際泳渡澎湖灣

**波賽頓海洋運動俱樂部**  
Poseidon Water Sports Club



◆ 活動期間 Period: 6/11-6/15  
◆ 折扣優惠 Discount Offer

**8折優惠  
20% OFF**

◆ 報名請洽 Reservation  
■ Line: @poseidon.tw

2025 PENGHU OCEANMAN  
國際泳渡澎湖灣

**珊瑚礁旅行社**  
Coral Reef Travel



◆ 活動期間 Period: 6/11-6/15  
◆ 折扣優惠 Discount Offer

**95折優惠  
5% OFF**

◆ 折扣碼 Promo Code  
**PenghuBay2026**

◆ 報名請洽 Reservation  
■ <https://www.excitingpenghu.com.tw/>

2025 PENGHU OCEANMAN  
國際泳渡澎湖灣

**海洋途徑-潛水體驗**  
Ocean Channel Diving




◆ 活動期間 Period: 6/11-6/15  
◆ 折扣優惠 Discount Offer

**400元折扣優惠  
NT\$400 OFF**

◆ 報名請洽 Reservation  
■ Line: @oceanchannel ■ Instagram: oceanchanneldiving

2025 PENGHU OCEANMAN  
國際泳渡澎湖灣

**陽光阿有-浮潛&潛水**  
Sunny Au - Snorkeling & Diving



◆ 活動期間 Period: 6/11-6/15  
◆ 折扣優惠 Discount Offer

◆ 浮潛體驗: 7折 Snorkeling Experience: 22% OFF  
◆ 潜水體驗: 9折 Diving Experience: 10% OFF  
◆ SUP/獨脚 成人以上每人NT\$1500—組 / 單人艇NT\$1400—組  
SUP(Groups of 4+): Double Board: NT\$1,800 per board; Single Board: NT\$1,400 per board

◆ 報名請洽 Reservation  
■ Facebook: 陽光阿有專業浮潛 ■ Instagram: sunnyau99 ■ Line: @sunnyau

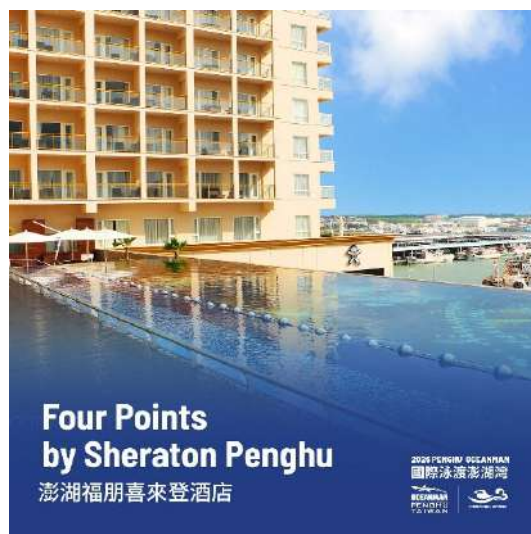


[Read More](#)

# Athlete Accommodation Discounts

## Official Travel Guide

"OCEANMAN PENGHU" is more than a race—it's a complete island getaway! We've partnered with official hotels to provide athletes and families with comfortable, convenient lodging. Staying at these hotels ensures seamless transportation and easy access to all event activities, letting you prepare and relax with peace of mind.



[Read More](#)

# PUBLIC LIABILITY INSURANCE

## Insurance Coverage

1. Public Liability Insurance: NT\$5 million per person.
2. Scope: Covers emergency medical aid and injuries caused by external accidents only.
3. Exclusions: Personal/pre-existing illnesses (e.g., heart disease, heatstroke, diabetes) are not covered. Claims depend on the insurance policy.

## Participant Responsibilities

1. Data Accuracy: Ensure all registration info is correct to maintain insurance validity.
2. Preparation: Get sufficient sleep and eat breakfast 2 hours before the event.
3. Health Declaration: By participating, you declare you are in good health and assume all personal risks.

## Important Health Warnings

1. The following high-risk groups should consult a doctor and avoid overexertion:
2. Symptoms: Unexplained chest pain, breathing difficulties, dizziness, or loss of consciousness.
3. Conditions: Hypertension (>140/90mmHg), High Cholesterol (>240mg/Dl), Heart/Kidney disease, Diabetes, or Epilepsy.
4. Family History: History of heart disease or sudden death (1st-degree relative before age 60).

\*Note: Injuries resulting from personal medical conditions are not eligible for public liability claims. Participants are advised to obtain personal accident insurance.



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## ENERGY GEL 能量膠

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表現

延續  
耐力

能量  
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白葡萄風味