



Dragon Boat Regatta – Race Day - June 3rd 2017

Race Day Registration: 2:30 to 3:30 PM

All team Captains must register and submit a final team roster that includes any newly signed waiver forms for alternates and substitutes added to the roster since the evening practice session.

Upon registration the Captains will receive regatta specific wristbands for their team. For each team member to board their Dragon Boat and participate in the Regatta, they must be wearing a wristband. This includes Captains and Drummers.

Team members should plan to be at their team area *at least one hour* before their first race. Registration volunteers will be on hand to assist Captains with the registration process. Captains, be sure each member of your team wears their wristband!

(Approximately one week in advance of the regatta, Captains will be emailed the race schedule along with a schedule for the early morning Captain's Registration. These documents will also be posted on the Regatta website <http://dragonboatregatta.canaldock.org/>)

Race Information



Race information and any updates will be posted at the Long Wharf Pier Building on Race Day. Captain and team members, your responsibility is to get your team organized and ready to line up for racing. Your team host/steersperson will give you a paddling refresher course race day afternoon. Races will be sprints, approximately 200-250 meters, lasting 1-2 minutes, but race officials from 22Dragons reserve the right to adjust races as they see fit to maximize safety.

Marshaling

Give regular attention to the Athlete Area PA System for calls to marshal your team for racing. Teams typically marshal about 30 minutes prior to their races.

- *First - assemble in your Team tent area near the Pier Building (facing the Harbor)*
- *Second - warm up as a team. Yee-Haaa!*
- *Third - when called, your team will walk down the pier as a team, double file, and stop at the staging area near the end of the pier. Here you will receive your equipment.*
- *Last - staff will direct your team to load your boat. Get ready to race your hearts out!*

Racing

Teams will race three at a time, side-by-side, and each team will paddle in at least two or three races.

After your first race, listen for and become aware of your next race time. Enjoy the music & cheer for other races! Stay hydrated, and keep out of the sun if it's hot. Be ready to marshal for your second race 30 minutes beforehand.



The Championship Round!

After the first two rounds, the three top performing teams will race head to head for the Canal Dock/New Haven Dragon Boat Regatta Trophy.

Spirit Awards



Your team should be ready to show its spirit on Race Day. Consider decorating your tent site with identifying colors or signage, write down your songs and chants, add a few dance steps, and wear team T-shirts or costumes! All will be judged for the Team Spirit Award. Your time to perform your songs & chants and show off your spirit will be as you muster for your first racing heat. Judges will also select the best team names and the best Athlete Village campsites, so bring you're A-game! Spirit Award winners will be announced middav.

Overall, remind your team to enjoy the spectacle of the event, the camaraderie of participating and competing together, and spending the day at New Haven's waterfront. The spirit of dragon boating is hopefully here to stay. Don't let your team be shy – spirits should be roaring!

The regatta will award prizes to our community teams in the following categories:

1. Best Team Song/Cheer (Dance moves totally count!)
2. Best Costume/Uniform
3. Best Campsite