

Dragon Boat Racing

1. **Categories:** Women 55 years of age and older
Mixed 55 years of age and older

2. **Events:**
Racing will commence at approximately 9:00 a.m. on Thursday and Friday.

3. **Participation:**
 - (a) Unlimited.
 - (b) Official Dragon Boat Teams consist of 26 team members.
 - (i) Team Manager
 - (ii) 26 racers maximum: Drummer, Steerer, and 20 Paddlers. May have up to four alternates (spare, substitutes or reserves), one member of the crew must be designated as Team Captain and one as Team Manager.
 - (iii) Mixed Crews - must be comprised of a minimum of eight (8) female paddlers, with the remainder being either male or female.

4. **Competition:**

The event will be run under "Go Rowing Paddling Association of Canada" rules:

 - (a) Requirements:
 - (i) Boats - racing fleet of closed foam core Fibreglass "Millennium Edition" form "Go Rowing Paddling Association".
 - (ii) Paddles - wood "Gray Owl" paddles will be supplied. Paddlers may supply their own paddles as long as all specific regulations are met.
 - (iii) PFD's - Competitors may supply their own, provided that they are approved by Department of Transport (DOT), Canadian Coast Guard (CCG) OR Department of Fisheries and Oceans (DFO).
 - (b) Competition:
 - (i) Racing program will be organized into different Divisions, as determined by the Committee.
 - (ii) Crew placements in initial heats and lane assignments shall be random or seeding. Subsequently, the standing of the crew will be determined either by order of finish or finish time. Each team will advance or be eliminated in accordance with the structure of the competition rounds.
 - (iii) Lanes will be allocated by placing the fastest team in lane #3, second fastest team in lane #2 and so on, alternating between the next outer vacant lanes.
 - (iv) If a team incurs a penalty and a time penalty is applied to the actual finish time, then the adjusted time will be used to alter the order of finish placement and the resulting standing of that team.

5. Medals:

In each Division:

- (a) Lowest timed team shall win the Gold Medal.
- (b) Second lowest timed team shall win the Silver Medal.
- (c) Third lowest timed team shall win the Bronze Medal