

Wadley Regional Medical Center

presents



The Dragon Boat:

- The sport of Dragon Boat racing stems from an ancient Chinese legend and is over 2500 years old!
- Each Dragon Boat has 10 rows and seats 20 paddlers.
- A steersperson uses a 9 foot oar as a rudder, standing in the stern.
- High Five will supply your team with a professional steersperson
- A drummer sits in a seat at the bow, facing the crew, typically lighter in weight and has a loud encouraging voice.

Roster:

- 20 Paddlers, minimum of 8 female paddlers, must be in the boat at all times.
- 1 drummer (minimum age of 14 years old).
- 4 alternate paddlers allowed and can be rotated in any way that your team would like.
- All paddlers must be 14 years of age or older.
- High Five Dragon Boat provides a steersperson for all teams that need one.

Cost:

- Registration Fee is \$1200 per community team, \$900 per Community \$425 per club team, and \$750 Club Teams..
- All of the necessary equipment (paddles, life vests) is included.

Practice:

- 1 practice session is included for each registered team (except Club Teams) and can be scheduled for Friday, September 25th by emailing your first and second choice practice times to: Practice@highfivedragonboat.com.
- Your Coach/Steersperson will be provided. Practices will include the basics of paddling and the basics of racing.

Equipment:

- All racing equipment will be provided for your practice and race.

High Five Dragon Boat, LLC

908 E 131st Avenue, Tampa, FL 33612 | www.highfivedragonboat.com
info@highfivedragonboat.com | 813.426.3544

Race Day – September 26, 2020:

- The event is located at Bringle Park, Texarkana, TX
- Teams will have a rest area in the park to set up a team tent, chairs, tables and coolers.
- Each team will race in 3 heats.
- The course is 300 meters in a straight line.
- Each team will have 60-90 minutes in between heats.
- Medals will be given out at an awards ceremony, based on the number of entries.

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