



## Welcome Paddlers to the 2019 Nanaimo Dragon Boat Festival!

On behalf of the Nanaimo Dragon Boat Festival Society, we would like to welcome you to the 2019 Save On Foods Nanaimo Dragon Boat Festival. We are looking forward to having you attend this event and hope that you thoroughly enjoy the Festival and your visit to Nanaimo.

This year we have 61 teams registered, including 23 mixed teams and 38 women's teams of which 11 are Breast Cancer Survivor Teams. This event is a breast cancer fundraiser with 100% of the net proceeds donated in support of cancer treatment and care in Nanaimo. All of the information for the weekend (July 5-7) is posted on the event website at [www.nanaimodragonboat.com](http://www.nanaimodragonboat.com). This includes the schedule of events, transportation, merchandise, accommodation information, maps and directions and more. Also, there is racing information ("Race Info" section) which includes race format, rules and regulations, race schedule, etc.

### Some key points before the weekend begins:

#### Racing

There is a mixed division and a women's division. Everyone is guaranteed 4 races, weather permitting. Note that the system for advancements is based on placement and time. A draft of the Race Schedule (V1) is attached to this package. Please review and contact [race@fgpaddle.com](mailto:race@fgpaddle.com) if there are any errors. No changes, other than technical errors, are permitted.

There is a set of 3 **Breast Cancer Survivor's Challenge Races** as well as awards for top finishers overall.

This year we are introducing both women's and mixed **Guts & Glory Challenges**. The women's 1.5km guts and glory challenge will be held at 4:00 pm on Saturday, and the mixed 1.5km challenge will be held at 4:00 pm on Sunday, immediately after the finals. The women's and mixed Guts & Glory Challenge races are approximately 1500M and involve a total of 5 buoy turns over two circuits of the course. Participating crews line up at and start from the finish line and begin the course in 15 second intervals. Overlap rules apply and be enforced by the water marshalls. The fastest time wins!

Results boards are posted on site - please check for your placement and advancement to the next heat. Stay on top of the results and when your team is racing. The festival/race committee is not responsible for teams missing races. Missed races will not be made up. PLEASE NOTE WE MAY GET UP TO 30 MINUTES AHEAD OR BEHIND SCHEDULE.



## Steersperson's Meeting

The steers' meeting is mandatory and will be held at 8.15 am on Saturday 6 July, at the top of the main loading dock in the park. Attendance will be taken.

## Registration and Check-in

Race packages can be picked up outside the entrance/exit to the Paddlers' Village in Maffeo Sutton Park as follows:

- Friday, 5 July from 3:00pm to 7:00pm
- Saturday, 6 July from 7:00am to 8:00am
- Note: registration is open for one hour only on Saturday so please plan accordingly.

Race packages include most of the information on the website, race schedule and wristbands. **One representative from each team must confirm any last minute changes or additions to your roster, confirm that all participants have completed an individual waiver, pick up a race package and check in.** Wristbands must be worn by all racers on the wrist - THIS IS NOT OPTIONAL. No wristband = no racing. Note that sterns and drummers, like all participants, may NOT be rostered on more than one team in the same division. Sterns and drummers may register at the registration tent with the volunteer sterns / drummers pool, which may permit them to drum or stern for a second team providing no hot-swapping results. NDBF and FGPC will not hold the race schedule for hot-swapping under any circumstances.

## Paddlers' Village

Tents are provided for teams and the tents are randomly allocated by the Registrar. No changes are permitted - your tent number is your address for the weekend. Just a reminder that smoking and/or pets are not allowed within the Paddlers' Village (guide dogs for the disabled or visually impaired ARE permitted). Please protect your belongings; the festival is not responsible for lost or stolen items.

**\*\*Please Note:** For security and liability, non-registered paddlers WILL NOT be permitted in the Paddlers Village. If you are travelling with children please make prior arrangements for their supervision. Thanks you for your cooperation – NDBFS\*\*

**Paddlers' Party** - will be held on-site at 5:30pm on Saturday, 6 July. Tickets are \$25 and must be purchased in advance. Invitations have been sent to each team captain on how to purchase tickets.

## Drop-off and Parking

There is a designated drop-off area on the race site for teams to drop off equipment, team members. There is NO available parking on site for race participants. See map on the event website for parking options.

Remember to download and read the information on the website. If you have any questions, please call 778.432.3472 and check the website daily for updates.



Thank you again for participating and good luck!

Best regards,

Race Director  
Save on Foods Nanaimo Dragon Boat Festival 2019

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