



Lake James DRAGON BOAT FESTIVAL

Fast Facts for Forming a Dragon Boat Team

The Dragon Boat:

- Sport stems from an ancient Chinese legend
- Each Dragon Boat is 42 feet long
- 10 rows seat 20 paddlers
- Paddlers each paddle on one side during the race – on the left or on the right
- A steersperson uses a 9 foot oar as a rudder, standing in the stern
- A drummer sits in a seat at the bow, facing the crew

Roster:

- 20 Paddlers, minimum of 10 female paddlers must be in the boat at all times
- 1 drummer (minimum age of 12 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 your team with a steersperson

Cost:

- \$ 1,000 for a corporate sponsored team
- \$ 600 for a community or nonprofit team
- \$ 750 for a club or in-state visiting team
- \$ 700 for a BCS (Breast Cancer Survivor) team
- All of the necessary equipment (PFD/Life Vest, paddle) is included.
- Proceeds from this event will benefit the Patient Service Programs at the Carolinas HealthCare System Blue Ridge Cancer Center.

Practice:

- 1 practice session is included for each registered team and can be scheduled during the week leading up to the event by emailing: practice@highfivedragonboat.com.
- Practices will include the basics of paddling and the basics of racing.

Equipment:

- Paddles, life vests, boats, drums, and steerspersons will be provided to each team at practice and on the day of the race.

Race Day – October 13, 2018

- The event is located at Paddy's Creek in Lake James State Park, NC.
- Teams will be assigned a rest area in the park to set up a team tent, chairs, tables and coolers.
- Each team will race in 3 heats, there is no elimination.
- The course is 250 meters in a straight line with 2-4 lanes.
- Each team will have 60 minutes in between heats.
- Division winners will be awarded in a post-racing awards ceremony.

High Five Dragon Boat, LLC

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