



ROSS REGATTA 2024

Saturday 24th August

Dragon Boat – Entry Form

Crew List

This crew list MUST be handed in to Race Control BEFORE the crew's first race of the competition along with an Acknowledgment of Risk Form from each crew member. A crew will not be permitted to race if a crew list is not submitted. Payment of £100 has to be made before first race.

Dragon Boat Crew Name

Crew Manager

Paddler 1

Paddler 3

Paddler 5

Paddler 7

Paddler 9

Drummer

Paddler 2

Paddler 4

Paddler 6

Paddler 8

Paddler 10

Crew Managers Declaration

I certify that the crew members named above are water competent and can swim in light clothing. They are the only people who will take part in the races. No others will be substituted without them being added to this list. I accept that an incorrect crew list may invalidate my crew's public liability insurance cover.

Signature

Date

Crew Information Sheet

The information requested below is required for the race commentator so that when you are racing they have some light-hearted background on your crew

Crew Name	
Representing	
Town	
Crew Manager	
Type of Business	

1) Interesting information on Crew members

2) Race Strategy

3) Background on the Business / Pub / Sporting Team

Competition Format

- 1) The Dragon Boat Race is open to all. Previous experience of Dragon Boat Racing is not necessary to enter a crew but all crew members **MUST BE WATER COMPETENT AND ABLE TO SWIM AT LEAST 50M IN LIGHT CLOTHING**. Competitors under 18 years must supply parental consent in writing to the Race Organisers and all competitors must be 11 years or over. All competitors must wear a buoyancy aid (provided by the event organisers) and be entered on the Crew List they are racing for, to validate their public liability insurance cover.
- 2) Equipment - All boats, necessary equipment for racing and buoyancy vests are supplied.
- 3) Race Results - All race results, apart from the semi-finals and final, will be based on times. Each crew will receive three races, weather permitting, and their fastest two times will count. The crews with the fastest times go through to the semi-finals. From the semi-finals, the winning crews and the fastest loser(s) will proceed to the Grand Final in three boat races.
- 4) Boats & Race Course - Each crew will get the opportunity to race in a different boat and racing lane in each heat to ensure complete fairness. The race distance will be approximately 200m.
- 5) Notice of Entries can be sent to commercialdirector@rossrowingclub.co.uk
- 6) Entry fee of £100 per boat paid prior to racing. Entries Close 5pm on Friday, 23 August 2024.