

Barrow Dragon Boat Regatta

River Barrow, Carlow Town Park, Graiguecullen, Carlow
Sunday, 12th June 2016

Race Programme & Event Details



COME RACE THE DRAGON!

Organised by



Supported By



Irish Dragon Boat Association Limited,
The Rookery, Lisnavagh, Rathvilly, Co Carlow, R93 AK38, Ireland
Tel: +353 59 9161685 Mob: +353 85 7422902 Email: info@dragonboat.ie

Information Summary

- Race Venue:** River Barrow, Carlow Town Park, Graiguecullen, Co. Carlow
- Directions:** See attached map. Sat. Nav. Coordinates 52.838191, -6.933698 for the car park off Centaur Street.
- Parking:** Free parking is available at Carlow Town Park (40 spaces) and a further 170 spaces in the car park off Centaur Street on the opposite side of the river. The Park is accessible via a foot bridge from the main car park.
- Course:** The racing course is on the river over a distance of approx. 200m. The start & finish will be marked on & off the water. All starts will be free standing starts.
- Timings:**
- | | |
|-------------------------|-----------------|
| Crew Managers Meeting | 10.00 hrs sharp |
| Crew Briefings Commence | 10.30 hrs |
| First Race | 11.00 hrs |
| Last Race | 15.30 hrs |
| Prize Giving | 15.45 hrs |
- ALL CREWS ARE TO BE ON SITE AT LEAST 1 HOUR BEFORE THEIR FIRST RACE START TIME TO ALLOW FOR THE SAFETY BRIEFING.**
- Rules of Racing:** The races will be conducted under the IDBA Racing Rules and Regulations, extracts from which are contained in this programme and other conditions as published in this programme. A minimum of 12 paddlers and a maximum of 16 paddlers per boat, plus drummer are permitted.
- Prizes Awarded:** Prizes will be awarded for:
- 1st, 2nd, 3rd Place Overall
 - Fastest Breast Cancer Survivor Crew
- Facilities:** There are no changing facilities available at the Carlow Town Park; but toilets will be provided.
- What to Wear:** T-shirt/thermal, shorts/tracksuit, soft soled shoes, waterproof (only if really cold). It is recommended to bring a spare set of clothes as the novice paddler has a tendency to splash more. Denim jeans are not allowed to be worn whilst racing in the boat. Buoyancy aids will be provided and are to be worn by all participants.
- Catering:** Carlow Dragon Boat Club will be providing a cake and beverage stand at the event. Barbeques are not allowed in the park.
- Safety:** No ALCOHOL or DRUGS are to be consumed until racing has finished. Medical conditions which may be brought on through exercise should be advised to the boat helm each time you race.
- Race Day**
Contact No: Julie Doyle - 085 7422902

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Competing Crews

<u>Crew Name</u>	<u>Representing</u>	<u>Crew Manager</u>
1) Carlow Cubs (U18s)	Carlow Dragon Boat Club	Rebekah Hughes
2) Carlow Crusaders	Carlow Dragon Boat Club	Alison Harper
3) Carlow Dragons (W)	Carlow Dragon Boat Club	Anita Comerford
4) Dublin Vikings	Dublin Vikings	Niall Judge
5) Graine Mhaol Dragons (BCS)	Graine Mhaol Dragom Boat Team	Louise Killeen
6) Plurabelle Paddlers (BCS)	Plurabelle Paddlers	Rosemary Phelan
7) Pure Belles (BCS)	Plurabelle Paddlers	Rosemary Phelan
8) Suir Dragon Paddlers – CRC (BCS)	Suir Dragon Paddlers - CRC	Tino Castineira
9) Three Sisters (BCS)	Breast Cancer Survivors SE	Marie Murray
10) Waterford Dragon Warriors (W)	Waterford Dragon Warriors	Mairead Collins
11) White Castle Queens (W)	Athy	Breda Perse-Curtis

Key

U18 – Under 18s

W – All Female Paddlers

BCS – 80% of the Paddlers are Breast Cancer Survivors

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Barrow Dragon Boat Regatta

River Barrow, Carlow Town Park, Graiguecullen, Carlow
 Sunday, 15th June 2014

Lane 1

Lane 2

Lane 3

ROUND 1

Race 1	Carlow Dragons	Waterford Dragon Warriors	Carlow Crusaders
11.00			
Race 2	Plurabelle Paddlers	Three Sisters	White Castle Queen
11.20			
Race 3	Suir Dragon Paddlers	Dublin Vikings	Pure Belles
11.40			
Race 4	Graine Mhaol	Carlow Cubs	-
12.00			

ROUND 2

Race 5	White Castle Queens	-	Waterford Dragon Warriors
12.20			
Race 6	Pure Belles	Carlow Dragons	Three Sisters
12.40			
Race 7	Carlow Cubs	Plurabelle Paddlers	Dublin Vikings
13.00			
Race 8	Carlow Crusaders	Suir Dragon Paddlers	Graine Mhaol
13.20			

LUNCH BREAK

ROUND 3

Race 9	Three Sisters	Pure Belles	Carlow Cubs
14.00			
Race 10	-	Carlow Crusaders	Suir Dragon Paddlers
14.20			

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Lane 1

Lane 2

Lane 3

Race 11	Dublin Vikings	White Castle Queens	Carlow Dragons
14.40			

Race 12	Waterford Dragon Warriors	Graine Mhaol	Plurabelle Paddlers
15.00			

Each crew races three times. The slowest time recorded by each crew is disregarded and the remaining two times are added together. The three crews with the fastest aggregate times go straight to the Major Final; the remaining crews are now out of the competition and determine positions 4 – 11.

MAJOR FINAL

Race 13			
Major Final	2 nd Fastest in Rounds	Fastest in Rounds	3 rd Fastest in Rounds
15.30			

The Major Final determines positions 1 – 3 in the competition.

PRIZE GIVING 15.45hrs.

FINAL POSITIONS

1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
Fastest BCS Team	

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