

## Challenge:

We invite you to test your speed, strength and teamwork at the Manitoba School Dragon Boat Challenge!



Every year about fifty extracurricular teams from across Manitoba come together to decide who owns the title of fastest on the water.



The Manitoba School Dragon Boat Challenge is the largest school paddling tournament in North America!

## Procedure:

### -Assemble a team:

Teams can compete with up to twenty-one people including the drummer. Team leaders are provided for any event.

### -Come Paddling:

Each team has the opportunity to do two one-hour practices, guided by coaches from the Manitoba Canoe-Kayak Centre. All practices and competitions take place on the Red River at 80 Churchill Road.



### -Competition day:

The extracurricular tournament includes races of 500 m, preliminary and final. Get ready for a day outdoors on the Red River in Don Gerrie Park, next to the Manitoba Canoe and Kayak Centre.

## Details:

### Race categories:

Grades 7 - 9 mixed\* 500m.

Grades 7 - 9 women's 500m.

Grades 10 - 12 mixed\* 500m.

Grades 10 - 12 female 500m.

\*Eight female paddlers per boat are required for the mixed category.

### Final's categories:

Final A: four boats

Final B: four boats

Final C: four boats

Francophone Final: four boats from Francophone schools.

Eight-boat final: the eight most profitable teams to raise funds.

### Equipment:

-Boats paddles and life jackets provided for practices and competitions

### Safety precautions:

-All practices and races are supervised by safety motorboats.

-Life jackets are mandatory for all participants.

### Fees payable:

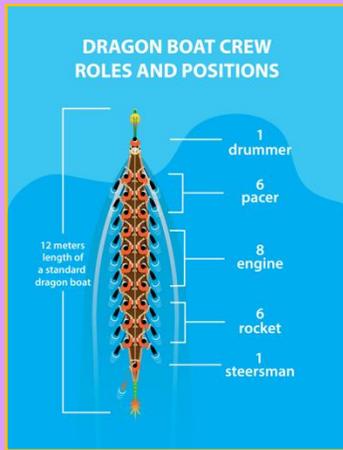
Register by March 31, for the early bird price of \$475 per team. Registrations received after March 31, are \$525 per team.

### Date:

Sunday, June 4, 2023

## What is Dragon Boat?

Dragon boating is a team paddling sport. There are several variations of the sport of paddling around the world and dragon boating is a good one to introduce large groups to water sports in an inclusive way.



### Members of a dragon boat team:

- Paddlers** (10-20): Propel the boat using paddles. Sitting on benches.
- Drummer** (1): Keeps the rhythm of the paddle strokes by playing a drum or counting out loud. Sitting at the bow.
- Steersperson** (1): Steers the boat from the stern using an oar-rudder.

### Paddling Technique:

Paddlers pull water alongside the boat, similar to canoes and kayaks. Paddling in unison is very important to moving the boat forward with speed.

## VISIT THE MANITOBA CANOE - KAYAK CENTER:

80 Churchill Drive

Recommended visiting hours:

Mondays, Wednesdays, and Fridays  
from 4:00p.m. to 6:00p.m.  
Saturdays from 9:00a.m. to 11:00a.m.

### CONTACT US

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## Manitoba School Dragon Boat Challenge

Presented by Manitoba  
Canoe and Kayak Centre  
Come Paddle with Us!

