



GWN Sport Regatta Participant Checklist

This document contains important information for **Team Captains and participants**. Please read carefully to help ensure you have a great experience at the Festival on race day.

A Festival Guide Newsletter will be sent to participants in preparation for the event the week leading up. You must be **subscribed** to our email list.

Race Day Info

Race Day Schedule

The race schedule will be posted on **Monday, July 13th**, under the 'Schedule' section of the GWN Sport Regatta festival page. Team Captains must check in on Saturday morning in order to receive racing wristbands.

Check-in will open at approximately **6:30AM** at **Race Headquarters** (please stay tuned for the Festival Guide for exact timing).

For more info, visit the Schedule section of the [festival page](#).

Team Captain's Meeting

There will be a Team Captain's meeting on Saturday morning in the beer garden to discuss race day rules and address any questions, one hour prior to the first race (please stay tuned for the Festival Guide for exact timing).

Parking on Race Day

There is **no parking allowed on Marilyn Bell Park property and all unauthorized vehicles will be towed**. Primary parking is available at **Lot 856 (the OVO Athletic Centre parking lot)**. Once Lot 856 is full, overflow parking will be available at **Lot 854** near the bandshell.

Parking rates will be set by Exhibition Place at their sole discretion. We encourage paddlers to carpool.

For more information, visit the 'Parking' & 'Location' sections of the [festival page](#). For a map of the parking lots, please view this [link](#).

Event & Venue Policies

Crews are expected to respect the rules of Marilyn Bell Park. Unless specifically stated on <http://gwndragonboat.com/>, the following rules apply:

- BBQ or cooking devices are not permitted.
- Where tents are provided to teams or purchased from GWN, no additional tent structures are permitted.
- Alcoholic beverages are prohibited unless purchased from an on-site licensed vendor.
- Dogs are allowed but must be on a 6ft leash at all times.
- All cars must be parked in designated parking areas. **Absolutely no vehicles are allowed in the Athletes' Village or on event grounds.**
- Teams are responsible for picking up their waste within their team sites. In addition to handing out wastebags during team check-in, there will be wastebaskets located throughout the Athletes' Village to maintain the venue's cleanliness. Let's all work together to keep the Marilyn Bell Park clean and green.

Crews in violation of any of the above rules will be given ten (10) minutes to rectify the situation. If not rectified within ten (10) minutes, a Time Penalty or disqualifications from the event may be assessed at the Chief Official or Event Director's sole discretion.

Team Captain's Checklist

Team Roster Rules

Please make sure that your team follows the **roster rules**. A team roster **must not exceed 26 members** - this includes a steer, drummer, and **24 paddlers**. Teams without a steersperson will be provided one by GWN for race day; the roster for these teams cannot exceed 25 members.

Please respect and follow the rules listed below, respective to your team's Race Class:

Mixed Division	<ul style="list-style-type: none">• Maximum 10 male paddlers in the boat.• Any number of female paddlers.
Women's Division	<ul style="list-style-type: none">• All paddlers must be female.
Open Division	<ul style="list-style-type: none">• Any combination of men, women, non-binary, gender fluid, gender non-conforming and gender queer paddlers.
BCP Division	<ul style="list-style-type: none">• All paddlers and drummer must be a breast cancer survivor.
ACP Division	<ul style="list-style-type: none">• All paddlers and drummer of all genders who are survivors of any type of cancer.
Paradragons/Disabled Veterans (PD)	<ul style="list-style-type: none">• Comprised of athletes with some form of physical, psychological, neurological, sensory, developmental, or intellectual impairment.

No paddler may paddle on two teams within the same Race Class. For example, a paddler cannot paddle on two Mixed teams. However, the same paddler can paddle on one Mixed team and one Women's team.

Visit the [FAQ](#) section for more info.

Waivers

Every participant, including drummers and steersperson, must complete and sign a GWN waiver. Waivers must be completed online by **12PM EST on Wednesday, July 15th**. Please note that in order for waivers to be completed online, Captains must first create a roster and invite crew members.

For more info, please visit the [FAQ](#) section.

The registration system will close after **12PM EST on Wednesday, July 15th** and access to change the roster and accept invites will be restricted.

After the deadline, any waivers and changes can be made on race day at Race Headquarters.

Athletes' Village

The Athletes' Village is an all-access area, teams bringing their own tents can set up wherever they like, outside of the Expo Area. Teams who have rented a tent through GWN will be placed in prime spots along the waterfront.

Rentals:

To rent a tent, tables and/or chairs, please [login](#) to your account, click on your team name associated with the event, and click on the 'Get More' button.

Deadline to order any rentals is **Wednesday, July 8th**.

Please note: Teams have the option of renting a tent, or bringing their own, however you cannot do both. Teams cannot bring their personal tents to set up alongside rented event tents.

Lodging Forms

Part of our commitment to our local partners, as is with each community that hosts MLDB events, is to provide them with the economic impact of our festival.

All teams are required to complete and [submit a Lodging Form](#) by **Wednesday, July 8th** to bookings@gwndragonboat.com.

Teams will not be able to check in unless a form is submitted.

Rules of Racing

All Major League Dragon Boat series events follow a standard set of rules of racing. For reference, the Rules of Racing can be found [here](#).