



AUGUST
23-24

TWO THOUSAND TWENTY-FOUR
BARKER'S ISLAND | SUPERIOR, WI

CHARITABLE PARTNER
23rd  VETERAN



SuperiorDragons.org | Paddles Up!

Festival Guide 2024

FAQs, Team Guide, Festival Events

Updated 8/11/24

Table of Contents

Festival Events	3
General Festival Frequently Asked Questions	4
Team Central	8
Team Tips	19
Race Results	20
Official Rules	20

Festival Events

FRIDAY, AUGUST 23, 4:00 – 11:00 p.m. (Festival Park on Barker's Island)

- 4 p.m.: Beer Garden & Food Trucks open
- 5 – 8 p.m.: Cornhole Tournament
- 6 – 7 p.m.: Slope City; blues, Americana, soul-inspired pop band
- 6:30 p.m.: Captain's Meeting (Registration Tent)
- 7 – 7:30 p.m.: Opening Ceremony & Parade of Teams
- 7:30 p.m.: Lake City Smoking Section; variety band
- 9:30 – 11 p.m.: The Mackie Brothers; rock band

SATURDAY, AUGUST 24, 8:00 a.m. – 6:00 p.m.

- 8:00 a.m.: DRAGON BOAT RACES BEGIN! (Barker's Island Beach)
- 9 a.m. – 10:30 a.m.: Sterling Silver Studio (Festival Park Bandshell)
- 10:30 a.m. – 3:00 p.m.: 23rd Veteran DJ/Emcee (Festival Park)
 - 10:30 a.m.: 5K fun run
 - 11:00 a.m.: Food Trucks & Beer Garden Open
 - 11:15 p.m.: Rose Petal Ceremony (Barker's Island Beach)
 - 11:30 a.m.: Tug-of-war Tournament
 - 2:00 p.m.: 5K fun run
- 3:00 – 5:00 p.m.: Born Too Late; rock band (Festival Park Bandshell)
- 4:00 p.m.: CHAMPIONSHIP RACES (Barker's Island Beach)
- 5:00 p.m.: Closing Ceremony with Medals awarded
(Festival Park Bandshell)

General Festival Frequently Asked Questions

What is Dragon Boating?

Dragon Boat History

Though the first Lake Superior Dragon Boat Festival was celebrated in 2002, the history of dragon boat racing itself can be traced to legends that date back more than 2,000 years.

“Dragon boat racing has a rich history of religious and ceremonial traditions. Modern competitive racing represents only a small part of this complex dragon boat culture.

Modern Dragon Boat Racing:

The modern, international sport of dragon boat racing began in Hong Kong in 1976, but the history of dragon boat racing dates back more than 2,000 years.

The first Lake Superior Dragon Boat Festival took place in 2002.

In December 2007, the central government of the People's Republic of China added the Dragon Boat Festival to its schedule of national holidays.

In September 2009, UNESCO officially approved its inclusion in the Representative List of the Intangible Cultural Heritage of Humanity, becoming the first Chinese holiday to be selected for the honor.

Cultural & Geographical Origins:

The races originated in southern central China more than 2500 years ago, in Dongting Lake and along the banks of the Yangtze River, and has been practiced continuously since this period as the basis for annual water rituals and festival celebrations, and for the traditional veneration of the dragon water deity. Over time, the Dragon Boat Festival has also come to honor Qu Yuan, Wu Zixu, and Cao E.

Dragon boat racing was historically situated in the Chinese subcontinent's southern-central "rice bowl". Where there were rice paddies, so too there were dragon boats. The celebration was an important part of the agricultural society, celebrating the summer rice planting, so traditional dragon boat racing coincides with the 5th day of the 5th month in the lunar calendar

(varying from late May to June on the modern Western Calendar). We still celebrate the festival with sticky rice treats.

A notable part of celebrating the Dragon Boat Festival is making and eating zongzi, also known as sticky rice dumplings, with family members and friends. People traditionally make zongzi by wrapping glutinous rice and fillings in leaves of reed or bamboo, forming a pyramid shape. The leaves also give a special aroma and flavor to the sticky rice and fillings. Choices of fillings vary depending on regions. Northern regions in China prefer sweet or dessert-styled zongzi, with bean paste, jujube, and nuts as fillings. Southern regions in China prefer savory zongzi, with a variety of fillings including eggs and meat.

Zongzi appeared before the Spring and Autumn Period and was originally used to worship ancestors and gods. In the Jin Dynasty, zongzi dumplings were officially designated as the Dragon Boat Festival food.

Origin Stories:

The best-known origin story holds that the dragon boat festival commemorates the death of the poet Qu Yuan, a minister of the state of Chu during the Warring States period (c.475-221 BCE). Qu held high offices and wrote poetry dedicated to his native land. When the king of Chu entered an alliance with the powerful state of Qin, Qu was banished for opposing the alliance and accused of treason. Eventually, Qin captured the Chu capital, and in despair, Qu Yuan committed suicide by drowning himself in the Miluo River.

The legend says that the local people, who admired him, raced out in their boats to save him, or at least retrieve his body.

Another origin story says that the festival commemorates Wu Zixu (d. 484 BCE), a Chinese military general and politician of the Wu kingdom in the Spring and Autumn period (722–481 BCE). He saw the long-term danger of the Yue kingdom advised the king to conquer that state. The King, however, listened instead to another advisor, who had been bribed by the Yue state. Concerned with the safety of the kingdom, Wu Zixu pleaded with the king to attack Yue but was ignored, and the king ordered him to commit suicide on

the justification that his behavior amounted to sabotage. His body thrown into the river on the fifth day of the fifth month.

After his death, in places such as Suzhou, Wu Zixu is remembered during the Dragon Boat Festival, and has become a symbol of loyalty in Chinese culture. In much of Northeastern Zhejiang, including the cities of Shaoxing, Ningbo and Zhoushan, the dragon boat festival also celebrates the memory of Cao E. Cao E's father Cao Xu (曹盱) was a shaman who presided over local ceremonies at Shangyu. In 143, while presiding over a ceremony commemorating Wu Zixu during the Dragon Boat Festival, Cao Xu accidentally fell into the Shun River.

Cao E, only 13 years old, searched the river trying to find him. After five days, she appeared above water with her father in her arms, both dead from drowning. This act made her a very famous example of filial piety. Veneration of her started right away, and she received the courtesy name 曹孝女 (Cao Xiaonü; Cao, the filial piety daughter). Eight years later, in 151, a temple and a tomb were built in Shangyu, dedicated to the memory of Cao E and her sacrifice. The Shun River was renamed Cao'e River in her honor.”

- Dr. Krista Sue-Lo Twu
Associate Professor, Medieval &
Renaissance Literature

These ancient legends have formed the modern sport of dragon boat racing, commemorating the tragic death and sacrifice of Chinese patriot and poet Qu Yuan, as well as paying tribute to the Chinese water dragon deity. Moreover, it has developed into a worldwide, fun-filled, family focused team building activity. Since the first dragon boat festival in Hong Kong in 1976, the sport has grown into an event that now draws participants in over 60 countries, including more than 90,000 people in the United States and Canada.

The Lake Superior Dragon Boat Festival is proud to be part of this ancient tradition and bring the custom to the fresh waters of Lake Superior!

Where are the races held?

It's all goin' down at Barker's Island!

The Lake Superior Dragon Boat Festival takes place at Barker's Island, located in the historic port town of Superior, Wisconsin, just across the bridge from Duluth, Minnesota. The island provides access to the Superior Bay racecourse and serves as a majestic venue for both paddlers and spectators alike. **Barker's Island** is located at 300 Marina Drive Superior, WI 54880 **Map It!**

Is parking available and if so, what is the cost?

Free Parking is available on the large grassy area across from Barker's Island. We offer a hay wagon ride and handicapped accessible shuttles for those who would like a ride over the bridge to the festival grounds.

What time are the fireworks on Friday night?

Unfortunately, there won't be fireworks this year.

Is this event kid and family friendly?

Yes, definitely! Kids are more than welcome, and we believe you will find our crowd to be very inviting. We will have games with prizes throughout Saturday's festivities.

When are the races?

The races take place on Saturday. They usually start at 8:00 a.m. and run throughout the afternoon with the medal races taking place at around 4:00 p.m. Each team is guaranteed two races: one in the morning session (8:00 a.m. – 12:00 p.m.) and in the afternoon session (1:00 – 4:30 p.m.). As we get closer to the event, we will post the race schedule.

Team Central

Welcome to Team Central!

Everything you'll need to know about having a team is located right here. If you get stuck and need some help, please call us at (715) 395-6169 or email us at info@superiordragons.org.

Team Structure

Each team consists of a maximum of 25 people: 20 paddlers (eight must be women), a drummer, a steersperson (provided by the festival), a manager and two alternates. Paddlers must be at least 14 years of age, but there are plenty of other ways youngsters can get involved through volunteering and festival events!

Registration

Registration is \$1,000 per team — that's just \$36 per person! This fee includes one coached practice session and boat rental for both the practice sessions and races on Saturday.

Fundraising

The support, enthusiasm, and fundraising efforts of festival participants are the key to the success of our mission of charitable giving. This year's charitable partner is 23rd Veteran. Please click [here](#) to get your team started with fundraising.

Team Page

Find and **edit** your *INDIVIDUAL* and *TEAM* fundraising pages by signing into your account at classy.org

To customize your team's page, sign into your account at classy.org, then follow [these steps](#). Here's an [example](#) of a team page.

After a team's page is created, the URL can be copied and shared with others, allowing direct donations to a team. To see team and individual fundraising progress, check out the dashboard after signing in to classy.org.

Tent Site

Tent Site Assignments

Each year, the Mayor of Tent City assigns tent sites to every participating team that requests one. Request your tent site by emailing the mayor at tentmayor@superiordragons.org. Tent locations are in high demand, so please reserve your spot early in order to obtain your preferred location. Please keep in mind that sometimes changes to tent locations are necessary due to unforeseen circumstances. Check with the registration tent at the festival for the most up to date information. Lists and maps are used for general location. Green marker flags like those used to mark utility lines will be placed with the team name on them in the team tent location. More information is below in setup and finding your location and team list and map sections. And, of course, the Mayor of Tent City will also be around to help.

IMPORTANT NOTE: Teams must be registered for the festival by August 1st to guarantee tent location from prior festival. After August 1st, relocation requests and new teams will be assigned spots along with prior year teams that register after August 1st on a first come, first served basis.

Please note that tents are NOT provided by the festival. Teams will need to bring their own tent.

Tent sites are assigned by the Mayor of Tent City. Maps and a list of team general locations are located at the registration tent. Each team is assigned to a “neighborhood” such as Whaleback Estates East, Northwoods and Boardwalk. These neighborhoods are listed on the map in the team list and map located in the registration tent. The map/list gets you to a general area of the island for your team tent location. The exact location in this general area or neighborhood is marked by a green utility type flag with the team name on it.

The Mayor of Tent City is available during most of the afternoon on the Thursday prior to the festival and all day Friday and Saturday to assist teams with location needs. You can find the Mayor of Tent City by looking

for their red, white & blue, stars & bars hardhat and red, white & blue tie-dyed t-shirt.

Tent Setup Times

Teams can start to setup their site tent area after 4:00 p.m. on Thursday, between 8:00 – 9:00 a.m. on Friday or anytime Saturday morning. If another time is needed, contact the Mayor of Tent City at tentmayor@superiordragons.org and arrangements will be made.

Teams that are having a rental company setup their tents should contact the Mayor of Tent City prior to setup for location info. The Mayor of Tent City will work with the tent rental companies all day Thursday and Friday for tent placement.

Finding your Tent Site

Maps of the Tent City will be available at the registration tent team tent area. You will then find a small flag with your team name on it at your tent site.

Underground Utilities and 811 Digger's Hotline

When setting up any tent with stakes into the ground, PLEASE be aware of utility markings. If your tent stakes are less than 12" in length, please stay at least 18" away from the utility markings. If your tent stakes are over 12" in length please contact the Mayor of Tent City at tentmayor@superiordragons.org prior to setup.

Where to Rent a Tent

Tents are not provided by the festival. Most teams use 10' × 10' pop-ups or 10' × 20' canopies. Larger 20' × 20' tents are available from rental companies. Please be sure to notify the Mayor of Tent City if you are going to have a larger tent as there are limited spaces available.

Local tent rental companies:

- [Encore Event & Party Express](#), 218-724-4646
- [Doucette's Party & Tent Rentals](#), 218-409-7901

Fire Pits & BBQs

BBQs, fire rings and outdoor fireplaces are permitted as long as they do not create a hazard to any tents. The City of Superior Fire Department has jurisdiction within the City of Superior regarding any burning bans.

Deep fryers are **NOT** permitted in tent site locations. Please contact the Mayor of Tent City at tentmayor@superiordragons.org to see if other arrangements can be made to keep everyone safe.

The festival is providing food and beverage vendors onsite and a beer tent.

Recycling and Garbage

Recycling bins and garbage receptacles are provided throughout the festival area. Please use them.

Campers & Trailers

For teams that are looking to bring campers or trailers, there are limited number of spaces in the eastern end of the charter fishing dock parking lot. Please contact the Mayor of Tent City at tentmayor@superiordragons.org for advance arrangements and to determine if space is available. Please note that there is no parking allowed for festival related vehicles in the western half of that lot and is reserved for the charter fishing businesses and their clients.

Official Rules

You are required to know the official festival rules. Following the rules will ensure that your team has a safe and enjoyable festival and will keep you in good with the judges! Please see page 18 for the official rules.

Race Schedule

The race schedule will be posted on www.superiordragons.org one week prior to the festival. It is very important that all paddlers and teams are timely and report for their races 30 minutes prior to race time.

Practice Session

A chance to dip your paddle in the water...

All registered teams must participate in one free practice session, which includes a coach who will provide a paddling lesson and racing tips. Practice sessions take place 1-2 weeks prior to the festival.

Register for your practice session with Belissa Ho, LSDBF Practice Manager and member of Kilohana Hoe Wa'a Superior Paddlers.

- Email: belissa.ho@gmail.com
- (218) 506-8038

Meeting place for all the practices is at the Barker's Island Ship's Store area. Near the Guest Docks.

Directions: <https://maps.app.goo.gl/RXsx6MJpPA526XMfA>

	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23
4:00 pm				
Team 1		Challenging Dragons		
Team 2				
Team 3				
4:30 pm				
Team 1				ChemoSaavy
Team 2				
Team 3				
5:00pm				
Team 1			Noah's Rowers	BARRbarians
Team 2			Loll Aboard	Dragon Divas- MN
Team 3			Lolly Splashers	Exodus- Global Gliders
5:30pm				
Team 1		Epicurean	Holden our Own	MNDBC- Gold
Team 2		Amsoil Saber 2 stroke Dragons	Rolling Dragons (halvor lines)	MNDBC- Blue
Team 3				
6:00pm				
Team 1	Paddles Up!	TPAC Dragons	Dragons Unlimited	DeJaVu
Team 2		Douglas County Blazing Paddles		
Team 3		Cirrus Flying Dragons		
6:30pm				
Team 1	Northern Cruise Now	Revenge of the Nerds	Beer-Did Dragons	Off the Edge
Team 2	Smoke on the Water 2.0 (1/2 team)		Smoke on the water 2.0 (1/2 Team)	UPc Burning Beets
Team 3				

PRACTICE NOTES TO TEAM CAPTAINS from Belissa:

- 1- If your team has its own steers, they will need to meet with Belissa prior to taking your team out on the water to review certain safety issues with them.
- 2- There are still a few straggler teams that have not signed up for practice as of yet. Please do so! If you need to make other arrangements, please email Belissa as soon as possible. **Practice or some kind of arrangement is MANDATORY!**
- 3- Please be sure that all of your team members have registered with your team online and they have signed the waiver prior to practicing. It asks for a \$49 payment, if you give them your password for your team, they will get that waived. So be sure to send out the info to your team!
- 4- Remember, you need 40% women on your team not including your drummer. 16 people minimum on the team to race. Minimum age is 14. You can still race, but just not qualify for the finals.
- 5- WEATHER! This is the Northland; the weather is not predictable. Because of the limited time we have for the practices before race day, we will have practices RAIN or SHINE. Only thunder, lightning, and gale force winds will cancel practice. Remind your team that is a water sport and they should dress accordingly.
- 6- Please arrive ready to practice 10 minutes prior the scheduled time. Example: if your practice time is 5pm, your team will start promptly at 5pm. If you have announcements or "housekeeping" to do with your team, please have them come earlier or save it for after the practice.
- 7- Get your tent location from our Tent Mayor by emailing tentmayor@superiordragons.org. We try to work with Teams who have had specific locations in the past, please reach out early to see if requests can be accommodated.

8- Please remind your teams to refrain from alcoholic beverages until AFTER practicing. Also, the practice location is a non-smoking site.

9- Personal PFDs, that are coast guard approved, are ok! Otherwise, we have PFDs and the paddles.

If you are unable to attend your team's schedule practice session, simply show up behind the Ship Store to the right of Barker's Island Inn and ask to practice with another team. There are almost always spaces available ...and you MUST do one practice in order to paddle with your team on Saturday.

Practice Session FAQs

Do you have to practice?

The one practice is MANDATORY. This is to fulfill our safety requirements, as well as give your team a chance to know how to load and unload the boats. You'll be able to get your seating and line up done prior to race day. (You can also ask the trainers for help on that.) Everything else just goes a lot smoother.

"People won't commit to a whole Saturday, IN THE SUMMER!, what to do?"

Remind them that there is still plenty more summer! This is one day (and only a couple of hours on one evening) You will be outdoors, on the water, lots of friends and fun, Cornhole, tug of war, 5K(s), live music, food, Racing on the water! It can't get more summer than that!

"How many people again?"

20 paddlers + 1 drummer: You can paddle with a minimum of 16 paddlers for the race, 20 makes the boat go easier. But you still need a drummer. So, it will be 16+1. 14y/o is the age cut off.

"Can't get people to decide on 1 day for practice?"

Belissa already has one team split into 2 days. We can make it happen!

"a couple of people can't make it on the day almost everyone else can."

Shoot me an email telling me what day they can make it and we will get them trained up and ready to go for you.

"Life and work are making it impossible for a few people, they cannot be there any other day before race day."

Talk to me. We have worked this out countless times before.

"Can't quite reach the minimum women count. What's required again?"

40% of the team are female. Drummer/steers don't count. If you have a full boat of 19-20 you need 8 women, 17-18 you need 7 women and 16 needs 6.

"Still can't reach the women count, can we just paddle?" Yes, but you will not qualify for a final.

"We made it to a final, but a lot of our team left? What to do?" There are always teams around with people who have signed waivers and would love to paddle a final! Just be sure you're good about sharing the medals!

There are a million more questions that we are sure you all have. Send it to them to Belissa! She will do her best to connect you to the people who can answer it!

Need a Team?

If you'd like to participate, but don't have a team, [register online](#), select "Join a team," then select the team called STRAY CATS or JOIN WITHOUT A TEAM. We'll hook you up with a team!

Team Structure

When setting up crew positions, the 20 paddlers in the boat can be thought of as three sections. The sections are the FRONT (the first six paddlers,) the ENGINE ROOM (the middle eight paddlers) and the BACK (the last six paddlers.)

The weight of your team members must be taken into consideration when assigning seats. Failing to position your team by weight will negatively affect how the boat sits in the water and will make steering more difficult.

Place your biggest paddlers in the engine room, and your lighter paddlers in the front and back sections. This also makes your boat safer. Side to side and front to back weight distribution must also be considered when assigning seats in the boat. The steersperson must move paddlers around within their section to improve the overall balance of the boat. When racing, the steersperson must also be aware of wind and currents to keep the boat stable and moving straight ahead. Knowing how the boat reacts under certain

conditions is key to speed and safety. For this reason, the LSDBF provides experienced steers people for any teams that need them.

The “Strokes”

The two paddlers at the front of the boat are called the STROKES. These are the pacesetters whom the rest of the team follows. The water at the front of the boat is undisturbed, presenting strong resistance. Therefore, it is more difficult to pull the paddle through the water at the front of the boat. For this reason, the strokes need to be strong and steady.

Place your smaller, lighter paddlers in the strokes position and ensure that they have great form, good timing and are team oriented. The stroke on the right is considered to be the lead stroke. However, the two stroke paddlers must work in unison to set the pace and stay in time with each other.

Your paddlers in the strokes positions provide a visual example for the rest of your team to follow.

Technique of the strokes paddlers is crucial to setting the pace for the rest of the team. The paddling rate of the team is affected by the length of the paddling of the strokes. If the strokes have short and choppy paddle techniques, the row immediately behind the strokes cannot paddle at full range. The stroke technique of the two front paddlers can affect the strokes of the entire team.

The “Drummer”

The drummer is seated at the front of the boat with his/her back to the finish line and watches the lead STROKE and then relays that pace to the rest of the boat via verbal commands and beating the drum. It is very important that your drummer keeps time with the stroke (if they can't dance, they probably can't drum!).

Any variation between the sound of the drum and the paddling of the lead stroke will cause confusion amongst the rest of your team. You may find that some paddlers watch those paddling in front of them, while other listen to the drum beat to set their pace. In any case, strokes and the drum must be in sync.

In most cases, it is best to use a smaller, lighter person who has a big voice in the drummer position. It is not the drummer's role to set the pace instead to echo it with the drum and verbal commands in time with the lead stroke. The ability of your drummer to do this is key to a fast boat.

The drummer can also rely on other methods to lead the team, such as visual cues and a booming voice! He/she should remind paddlers to reach forward and to keep looking to the front. Other boats racing alongside of yours will no doubt be making a lot of noise too. For these reasons, the drummer is best served by being vocal and assertive. A good drummer works together with the steersperson to keep the paddlers in sync and the boat tracking properly.

The "Pacers"

By following the stroke paddlers, the six paddlers in the front section of your boat will help set the pace for the rest of the team. You'll want to have paddlers with good long paddling strokes in the front section. Although the front paddlers will be smaller than their teammates in the engine room, they must be strong paddlers if they are to be seated in the front.

The "Engine Room"

The middle eight paddlers, or the engine room, is usually reserved for the heavier, stronger paddlers. The water will have already been disturbed by the front paddlers who are leading the charge, and since it is moving more quickly that allows those in the engine room to pull their paddles through the water more quickly and easily.

There may be a tendency for the engine room paddlers to rush the exit of their paddlers from the water compared to the front paddlers. For that reason, engine room paddlers must have the strength to dig deep into solid water which will yield a more effective and powerful stroke. This digging deep helps the engine room to maintain their stroke rate and provides much power to the boat.

The "Rockets"

There's no shame being in the back of the boat! The back is where your captain will place six paddlers who are smaller people but still capable of making strong strokes through the water.

Since they are 14 people stroking in front of the back, the water is moving faster and as a result it is softer. This means that it takes a little more effort to add to the power of the boat when one is seated in the back.

Back of the boat paddlers need more skill to paddle well and to get a good catch. For that reason, they need to paddle deeper and longer.

Water at the back usually moves out and away from the hull. To stay in contact with the water, back paddlers need to keep their paddles close to the hull and should avoid the tendency to be drawn out into a wide, circular return stroke.

Due to the speed of the water at that position, it is easy for the back of the boat to begin paddling faster. This may result in them chasing the engine room and front. Some teams find it helpful to use the paddlers in either row seven (last row of the engine room) or row eight (first row of the back) as strokes for the back of the boat. Their role is to keep the pace the same as the rest of the boat while ensuring the back doesn't chase or push the front.

The back paddlers sometimes have a tendency to pause at the end of their strokes due to the speed of the water. To counteract that tendency, their strokes should be long in order to drive the paddle into the water harder, which will slow down the paddle and make for a more effective stroke.

What are "Paddle Pants?"

Paddle pants \p a d l · p a nts\ *noun*: Akin to party pants; the metaphorical traditional garb donned prior to the Lake Superior Dragon Boat Festival in preparation for participation in, and enjoyment of, the races and accompanying celebratory events.

How is the event timed?

Races at the Lake Superior Dragon Boat Festival are so fast and furious that we use an electronic time system. A professional timing company

shoots a narrow band camera along the finish line with a time clock attached to each frame. At the end of heats, boats surge and finish within a fractional second of each other!

How long is the race?

The 350-meter competitive and recreational races take place Saturday morning and afternoon.

Do I need to know how to swim?

Each team member should be able to swim 50 meters while wearing a personal flotation device (PFD). PFDs are provided to all participants as part of the race fee and must be worn at all times during practices and races. Though PFDs are required, participants should note that water wings are optional equipment (but highly recommended for those wishing to reclaim their inner juvenile jubulance!).

Do I need to bring any equipment to race?

Nope! Dragon boats, paddles and PFDs are all included in your race fee. All you need to bring is a smile! Oh, and maybe some sunscreen.

What about weather?

While late August tends to be warm in the Twin Ports, Lake Superior has a mind of its own. We will do our best to update you if things are needing adjustment for either practice or race day due to weather. However, do note that rain will not stop us!

If you have not submitted a personal cell phone when you registered, please pass that along to Belissa Ho at belissa.ho@gmail.com so that she can reach you if needed.

Team Tips

1. Establish a captain as the “go to” person for the group. This person will be in charge of coordinating the team’s practice sessions and making sure registration forms, the team roster, waivers and any additional materials are completed and turned in on time.

2. Weight distribution: For maximum speed, the lightest people should be seated in the front and very back of the boat. The heaviest people should be placed in the middle.
3. Pick a small fry for your drummer — you want someone who is light weight and not afraid to sit high up on a raised seat. Better yet, pick someone who isn't afraid to wear some crazy paddle pants to reflect your team's spirit and make you stand out amid the rest of the dragon boaters!
4. Bring a canopy to provide shelter from the sun and camp chairs to sit on. You can also **reserve a tent site** for your team through the Mayor of Tent City at tentmayor@superiordragons.org. Sunglasses, sunscreen and a hat are helpful, too.
5. Drink lots of water to keep hydrated both before and after the races.
6. We provide the boats, paddles and PFDs, but you might want to bring some cushioning for your derriere. The wood dragon boat benches are downright hard, and a keister cushion can be your best friend on race day. We recommend a gardening knee pad wrapped in a nonslip drawer liner.
7. Prior experience is not a substitute for attending practice sessions. It's been nearly a year since most teams have paddled, and teams always have new members. Each team is therefore a new team, and it's important for the boat to be "full" so that you know how it will paddle/feel on race day.

Race Results

Race results will be available during the festival on the festival grounds the day of the event.

Official Festival Rules

It is very important that sponsors, captains and team members be aware of and follow Festival Rules.

Rules – Updated July 20, 2022

ADMINISTRATION

1. Eligibility

1.1 Each Team must compete with a minimum of eight women per boat per race. If any Team is short the required eight women, it shall race shorthanded to correspond to such deficiency. For example: If a team has six women, it will be allowed to race with no more than 18 paddlers. Each team must race with a minimum of 16 paddlers per boat.

1.2 Each Team must race with a drummer.

2. Registration

2.1 The registration fee is \$900 per team. Each team must register and pay the balance of the fee by August 13, 2023. Checks shall be made payable to the Lake Superior Dragon Boat Festival. Completed forms and payments shall be mailed to:

Rotary Club of Superior

Lake Superior Dragon Boat Festival

P.O.Box 1605

Website registration: superiordragons.org

Credit cards accepted

2.2 Final team rosters need to be submitted to the Lake Superior Dragon Boat Festival by Registration the Friday of the Festival. Teams may replace or fill out rosters after that date under these guidelines:

2.2.1 A paddler or drummer may be on more than one team roster. The completed Team Roster form will function as the official notification to the Lake Superior Dragon Boat Festival. The Lake Superior Dragon Boat Festival will not be responsible for scheduling conflicts for paddlers on two or more teams.

2.3 Team Manager (or Captains) will self-seed their teams into one division (Competitive, Intermediate, Beginner, and All Women) at the time of registration so that teams can race against other teams of the same caliber for the morning and afternoon races. Self-seeding shall comport with the following guidelines:

1) Any team that finished within the top 30 in the last festival should enter

the Competitive division.

2) New teams or teams that finished in the bottom 20 in the last festival should enter the Beginner division.

3) Other teams that have had racing experience should be in the Intermediate division.

These are guidelines and it is up to the team Manager to decide self-seeding into divisions.

2.3.1 Team Manager (or Captains) will self-select one of a list of authorized challenge categories at the time of registration. No team will be allowed to have a challenge category of one team.

2.3.4 The Festival reserves the right to modify divisions and or challenge categories and select and or move a team if appropriate. The Festival is the sole arbiter of seeding, race times, and lane assignments. Note: but for the All Women division, self-seeding or Festival changed seeding will not affect how teams are selected for the finals. Teams may also enter the women's or youth challenge category. Women's teams must have all female paddlers; the steersperson and drummer may be male. All paddlers on youth teams must be at least 12 years as of the first practice session, but not greater than 18 years old as of the race. Youth competitors will provide dates of birth; the team manager must be an adult.

2.4 Failure to pay fees on time or file requisite documents or information on time shall result in termination of registration subject to the discretion of the Lake Superior Dragon Boat Festival.

2.5 Teams withdrawing from the event after registering must submit notice in writing prior to August 13, 2022. All registration fees and deposits are nonrefundable notwithstanding termination of team registration, team cancellation or disqualification, race cancellation, race re-scheduling, or any other reason.

3. Waivers

3.1 All team members must sign waivers stating that they have read and understand the conditions of the waiver and are aware of and accept all risks associated with the event, and waive all rights to take legal action

against any of the sponsors, their volunteers and employees, the Lake Superior Dragon Boat Festival, its volunteers and employees, the Lake Superior Dragon Boat Festival organizing committee, its volunteers and employees, the Kilohana Hoe Wa'a, its directors and volunteers, and any other person, partnership, corporation or association in any way associated with the Lake Superior Dragon Boat Festival, for injury or death, or for loss or damage to property, howsoever caused. For participants 18 years of age or less, parents or guardians must also read, understand and sign the waivers. Waivers are signed on the website during registration at: superiordragons.org.

3.2 Team Managers must submit to the Lake Superior Dragon Boat Festival properly signed, dated and witnessed waivers for all team members at Registration the Friday of the Festival. The Lake Superior Dragon Boat Festival may accept late submission of waivers at its discretion; however, waivers must be read, understood, signed and witnessed well in advance of any on-water activity, this includes practice activity prior to the festival.

4. Dragon Boats and Equipment

4.1 The Lake Superior Dragon Boat Festival shall provide Dragon Boats, paddles, drums and life jackets.

4.2 All equipment shall be returned in good condition immediately following practices and races. In the event that the Lake Superior Dragon Boat Festival determines negligence, replacement or repair costs shall be charged to the team responsible.

4.3 Any teams or members wishing to use paddles or personal flotation devices not provided by the Lake Superior Dragon Boat Festival must first have these items approved by the Lake Superior Dragon Boat Festival at its discretion.

4.4 The drum and drumsticks provided by the Lake Superior Dragon Boat Festival shall be used to signal the stroke rate in addition, a team may use electrically assisted voice commands.

5. Teams

5.1 A person shall be a registered team member of only one team unless volunteering to race with another team under the guidelines in section 2.2.

5.2 All team members must be registered.

5.3 A registered team member must be 14 years old prior to the first practice session.

5.4 A registered team member must be listed on the team roster by the Team Manager, must have read, understood, signed, dated, and have had witnessed the waiver, and must have had such waiver filed by the Team Manager with the Lake Superior Dragon Boat Festival.

5.5 Teams are allowed a maximum 26 registered members, comprising of:

- * 1 Drummer

- * 1 Lake Superior Dragon Boat Festival Qualified Steers-persons

- * 20 Paddlers

- * 4 Spares

Of any of the above, one person must be registered as the Team Manager.

5.6 Each team must race with a Drummer.

5.7 The Steers-person will be provided by the Festival unless the team has an experienced Steers-person who has competed in a previous Dragon Boat Race. At its discretion, the Lake Superior Dragon Boat Festival may at any time replace any team's Steers-person at with another Steers-person, despite that replacement not being a registered member of that team. At its discretion, the Lake Superior Dragon Boat Festival may at any time direct that a team not participate further in on-water activity due to its Steersperson not being capable.

5.8 At its discretion, the Lake Superior Dragon Boat Festival may at any time require a check of crew members against their team rosters.

5.9 Team Managers shall ensure that only registered team members participate in on-water activities. Any team permitting a non-registered person

to participate in any on-water activity shall be subject to disqualification and be prohibited from further on-water participation, subject to the discretion of the Lake Superior Dragon Boat Festival.

5.10 At its discretion, the Lake Superior Dragon Boat Festival may disqualify and prohibit from further participation any team member or team if such a team member or team displays unsportsmanlike or dangerous conduct.

5.11 Each team and each team member is required to follow these rules.

5.12 The Team Manager shall be responsible for:

- * Team Conduct
- * Communication and Distribution of Information to the Team
- * Communication with the Lake Superior Dragon Boat Festival.
- * Collection and filing of all requisite information and forms with the Lake Superior Dragon Boat Festival
- * Liaison with race officials
- * Attendance at the Team Managers' meeting prior to the commencement of the Team coaching clinics. The meeting will be held at 6:00 p.m. on Friday, at the Stage Area of the Festival Grounds on Barker's Island. All team managers or representatives from the team from the Duluth-Superior area should attend this meeting.

SAFETY PROCEDURES, EMERGENCY PROCEDURES AND GENERAL SANCTIONS

1. Application

Safety Procedures, Emergency Procedures, and General Sanctions apply throughout the Lake Superior Dragon Boat Festival, including but not limited to practices and races.

2. Safety Procedures

2.1 The Steers-person is responsible for the Dragon Boat and the team.

2.2 The Steers-person shall communicate the safety procedure and emergency procedure to each team member before each practice session and before each race.

2.3 Dragon Boats shall give way to each other and must give way to all other persons and vessels.

2.4 Each team member shall wear a personal flotation device during all on water activities, including all practices and races.

2.5 Each team member shall be capable of swimming 50 meters while wearing a personal flotation device. The Team Manager shall ensure that all team members are capable of complying with this rule.

2.6 Each team member is responsible for his or her own safety at all times while engaging in activities related to practicing and racing in Dragon Boats.

2.7 Individuals or teams deemed unsafe by the Lake Superior Dragon Boat Festival or its designate shall not be permitted to continue on-water activities, including all practices or races.

2.8 It is an unsafe practice for team members to jump out of the Dragon Boat and into the water. This activity will result in a team being disqualified from competition.

3. Emergency Procedures

In the event of a Dragon Boat swamping or capsizing, the following shall apply.

3.1 The Steers-person shall retain charge of the team until rescue personnel arrive.

3.2 The Steers-person shall immediately determine if any persons are trapped in the Dragon Boat, and act accordingly.

3.3 Each team member must ensure that the team members immediately in front, behind, and beside, are not trapped in the Dragon Boat.

3.4 Each team member must follow directions given by the Steers-person, until such time as rescue personnel arrive, after which each team member must follow directions given by rescue personnel.

3.5 The crew must hold onto the Dragon Boat. Individuals must not swim to shore.

3.6 Upon ensuring that no persons are in distress, the rescue personnel shall direct the team to swim the Dragon Boat to shore, with or without towing assistance by the rescue personnel.

4. General Sanctions

4.1 Participants are expected to compete in a sportsmanlike and safe manner during the Lake Superior Dragon Boat Festival, including practices and all related events. Sportsmanlike and safe conduct includes:

4.1.1 Paddling in a safe manner, including obeying commands from steerspersons.

4.1.2 Maintaining sobriety and not carrying alcohol while participating or attempting to participate in on-water activities.

4.1.3 Obeying the rules of the festival.

4.1.4 Treating other competitors, officials and spectators in a respectful and sportsmanlike manner.

4.1.5 Handling and using equipment in a reasonable manner to avoid damage or loss.

4.1.6 Obeying request and instructions by officials or their designates.

4.1.7 Competing with honorable intent and avoiding conduct likely to bring the sport into disrepute.

4.2 Race officials shall warn participants that an offense has occurred either verbally or by raising a black flag and notifying them of the specific offense. Participants will have an opportunity to respond. The offense will be reported to the Race Director. The Race Director will issue a formal warning, assess time penalties of between 1-5 seconds for each offense, or

disqualify the offending crew.

4.2.1 When equipment is damaged or lost through the willful, reckless, or negligent actions of a person or team, then that person or team shall be responsible for financially reimbursing the Lake Superior Dragon Boat Festival.

PRACTICES

1. Location

Practices will take place at Barker's Island Marina transient docks. Teams shall meet at the parking lot near the Barker's Island Ship's Store.

2. Schedule

2.1 As part of the registration fee, each team shall be granted a practice sessions during the evenings or weekends of the two weeks immediately preceding the race. Additional sessions may be available for a further fee, as scheduling and staffing may permit. Arrangements for scheduling practice sessions or extra practice sessions shall be made through Lake Superior Dragon Boat Festival Team Training Coordinator (Kilohana Hoe Wa'a) or such persons as the Lake Superior Dragon Boat Festival shall otherwise designate.

2.2 All practices shall be limited blocked in 50-minute periods. Teams shall assemble twenty minutes prior to their scheduled practice start time.

2.3 All practices shall be coordinated by the Lake Superior Dragon Boat Festival or such persons or organizations as it may designate, and team members and teams shall follow the directions given by the Lake Superior Dragon Boat Festival or such persons or organizations as it may designate.

2.4 By the completion of its final practice, each team's manager shall either inform the Lake Superior Dragon Boat Festival of which two members on its roster have been qualified as Steers-persons by the Lake Superior Dragon Boat Festival, or shall make arrangements with the Lake Superior Dragon Boat Festival for the Lake Superior Dragon Boat Festival to provide a Steers-person for the race.

2.5 Teams assembling with less than sixteen Paddlers plus Drummer plus Steers-person shall forfeit their practice without right to rescheduling.

RACES

1. Location

Races will take place at Barker's Island on the north side of the Barker's Island inlet. Teams shall assemble at the designated areas noted on maps provided in the team packet.

2. Race Scheduling

2.1 The starting order for all races will be determined prior to race day by the Lake Superior Dragon Boat Festival and be issued to Team Managers. The starting order will also be at the marshalling area.

2.2 Team Managers will have previously self-seeded their teams into one division (Competitive, Intermediate, Beginner, and All Women) so that teams can race against other teams of the same caliber for the morning and afternoon races.

2.3 Race times and lanes will be assigned within these divisions by a random draw for the morning session, unless there is a special request for teams to race each other (e.g. bank sponsored teams may want to race each other or teams from four different local university/colleges may want to race each other). Race times and lanes for the afternoon session shall be selected by Festival staff to comport with the following guidelines:

- 1) To the extent possible, a team should not compete in the afternoon against the teams which competed in the morning.
- 2) To the extent possible, a team should not compete in the afternoon in the same lane in which it competed in the morning.

2.4 Each race will start as soon as possible following the race preceding it. Although the order of races shall remain constant, the start times shall be approximate. Each team must be prepared to race significantly before its estimated race time. Team Managers are responsible for monitoring the progression of the races and ensuring that their team is ready to race when called upon, regardless of the estimated start time. In its discretion, the Lake Superior Dragon Boat Festival shall not wait for teams which are not

ready to start prior to their estimated race times.

2.5 Teams in the finals will be determined by the best single time for each team. Teams will be ranked according to their best race time and divided into groups, Gold, Silver, Bronze, All Women, with the 3 fastest All Women teams to race in the All Women final. From the remaining teams, the number of such teams shall be divided into equal thirds with any fraction rounded down. The three fastest teams in each third shall race in the Gold, Silver, and Bronze finals, respectively. Any teams remaining after selection of the All Women, Gold, Silver, and Bronze groupings will not participate in a final.

3. Pre-race Procedure

3.1 Teams shall report to the marshaling area at least 45 minutes prior to the estimated start time of their race. Team Managers are responsible for reporting in.

3.2 Teams members shall board the Dragon Boat in accordance with the instructions of the Dock Personnel.

3.3 Teams shall board the Dragon Boat designated to them and will proceed to the start area on instructions from the Dock Official.

3.4 No more than two spare paddles may be boarded.

3.5 Teams shall follow the race course route as designated on the official course map provided to team Managers or, if changes are necessary, according to directions provided by the Chief Marshall.

3.6 Once in the start area, teams shall follow directions of the Chief Starter.

4. Race Procedure

4.1 The starting procedure will be determined by the Race Director and communicated to the teams before the race. Depending on conditions, the starting procedure may be changed and will be communicated to teams on race day. Managers are responsible for ensuring that all team members know and understand the starting procedure. A false start shall be indicated

by the starter sounding the start horn a second time. The Course Umpire shall assist in stopping the boats and bringing them back to the start.

4.2 After a fair start, the Course Umpire shall resume control of the race.

4.3 The correct course for each boat is a straight line down the middle of its marked racing lane, from the start to the finish line. Crews are responsible for their steering and leave the racing lane or deviate from their line at their own risk. Even when crews are in their racing lanes or following a racing line, at least two (2) meters of clear water must be maintained between paddlers of each boat. Crews must give clear water when directed by the Course Umpire.

4.4 The Course Umpire shall follow the dragon boats down the course, and if necessary and where possible, direct steerers to maintain the middle of their lanes.

4.5 If a dragon boat appears to be losing directional control, is crossing out of its lane, is encroaching on the side of its lane, or is riding the wake of another dragon boat, the Course Umpire may either stop that dragon boat, or any or all other dragon boats, so as to avoid possible collisions.

4.6 If progress of a dragon boat is materially affected by another dragon boat, the Course Umpire may halt the race and issue a re-start or halt the boats involved and issue a re-start for those boats.

4.7 If for any reason, circumstances arise such that the Course Umpire, in the Course Umpire's discretion, determines that a race should be halted, then the Course Umpire shall halt the race and issue a re-start.

4.9 If a dragon boat is not steering straight down the course and is in jeopardy of colliding with another boat, its crew shall immediately hold the dragon boat (jam their paddles into the water and stop the dragon boat) so as to prevent the dragon boat from crossing out of its lane or spinning out.

4.10 In the case of a collision, the Course Marshal shall report the

circumstances to the Race Director, who will order one or more boats to rerace, or disqualify the offending boat(s). When, in the judgment of the Race Director, a crew could have avoided a collision but failed to take corrective action, the crew shall be disqualified from the competition.

4.11 Restarts make take place immediately, or may be held later in the day, at the discretion of the Race Director.

4.12 At the finish, the Course Umpire will signal a clean race with a white flag, and a penalty with a red flag. Penalties shall be reported by the Course Umpire to the Race Director.

5. Post-race Procedure

5.1 Teams shall follow the instructions of the race officials after finishing the race and avoid actions that put other boats at risk of collision.

5.2 Paddlers with access to bailing buckets shall bail continuously from the finish until back at the dock. Paddlers shall not splash or otherwise deliberately bring water into the Dragon Boat. Upon arrival at the dock, each Dragon Boat shall be substantially free of water and be ready for the next race.

5.3 Teams shall approach the docks at a dead slow pace so as to avoid collision damage.

6. Race Penalties

6.1 Teams missing the start of their race shall be disqualified from that race. Race officials are not obliged to wait for tardy teams.

6.2 Any Dragon Boat false starting will be issued a warning. A second false start will result in disqualification from the competition.

6.3 Any Dragon Boat materially affecting the progress of another Dragon Boat, such as by leaving its lane, will be assessed a penalty of 5 seconds. (A crew that has gone out of lane due to an involuntary steering error and in correcting the error leaves its lane, shall not normally be penalized under this rule unless another crew is impeded and the race is materially affected.

6.4 General sanctions continue to apply in addition to race penalties.

6.5 A team may not qualify for a gold, silver, or bronze final with a race result that includes a time penalty.

7. DISPUTES, PROTESTS and DISQUALIFICATIONS

7.1 Disputes. Disputes that arise during a competition between Crews shall be addressed to the Race Director and dealt with in the same way as a Protest.

7.2 Racing Protests. In the event of a crew wishing to make a protest following a race, concerning the conduct of another crew or the race result, the Manager, and only the Manager must lodge the protest with the Chief Official and post a protest fee within fifteen (15) minutes of the end of the race. The protest fee is \$100, which will be refunded should the protest be upheld.

7.4 Decisions. The Race Jury shall consist of the Race Director, the Course Umpire, LSDBF Representative (Lead Dock, or Lead Registration person), and one other race official drawn from the officiating team. The Race Director may consult with the Race Jury before reaching a decision. After reaching a decision the Race Director must inform all the parties involved of the decision and of the reasons for the decision. The decision of the Race Director is Final.

7.5 The officiating team shall consist of the Race Director, Chief Starter, Course Umpire, Chief Marshall / LSDBF Representative. An official may be appointed to multiple positions by the Race Director with notice to Chief Marshall / LSDBF Representative.
