Message from the President

Fellow Dragon Boaters,

The 2019 USDBF Club Crew National Dragon Boat Championships are coming up in a matter of months. The Directors and Volunteers of the USDBF have been busy preparing for this event. Club Crews from all over the USA will come to Prospect Lake at Memorial Park in Colorado Springs, Colorado on the 24th and 25th of August 2019 to compete for the title of National Champion in their respective divisions. In addition, the top three crews in each division will win an invitation to the Club Crew World Championships held in France in 2020 in either a standard or small boat division. There will be three berths available, one standard and two small boat berths. The winner will have a choice of a small or standard boat berth. Second place will select one of the remaining two berths, and the final berth will be offered to the third place crew in each division. Teams are expected to arrive for practice on Friday August 23rd and should plan for two full days of racing. Additionally, we will be offering a USDBF official’s course on the 23rd. Check our website, www.usdbf.org for more information.

We look forward to seeing you in Colorado Springs next August.

Paddles up!
Andrew J Szymanski
President
United States Dragon Boat Federation

The Organizing Committee Contacts are:

<table>
<thead>
<tr>
<th>USDBF</th>
<th>GWN Dragon Boat</th>
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</thead>
<tbody>
<tr>
<td>Bob Ricks</td>
<td>Carolyn Lee</td>
</tr>
<tr>
<td>2nd Vice President</td>
<td>Director, Sales &amp; Strategic Partnerships</td>
</tr>
<tr>
<td><a href="mailto:vp2@usdbf.org">vp2@usdbf.org</a></td>
<td><a href="mailto:carolyn@gwnevents.com">carolyn@gwnevents.com</a></td>
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</tbody>
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USDBF Club Crew National Championships

The 2019 CCNC are for true club teams based in the United States. A club team is defined as any crew that regularly practices and races together. All members of the club must reside close enough to practice regularly with the club and hold membership with the club for at least six months prior to 2019 CCNC. If your club has members with addresses that do not appear to be from the same area as the club, be prepared to send documentation to justify their inclusion along with the roster, in advance, based on the above requirements. We will follow the IDBF guidelines regarding club membership.
Please see the IDBF regulations below

4.3 Club Crews. In IDBF Championships for Club Crews a Racer can only represent one Dragon Boat Crew. The rules for National Crew Representation need not apply but all competitors must have been bona fide members of the Dragon Boat Crew that they represent, for at least Six (6) months before the Club Crew Championships in question. 4.3.1. A bona fide Club Member is one that has regularly trained and/or competed for the Club Crew that they represent during the minimum period of six months shown in 4.3. A bona fide Club Member will normally be resident in the Country in which the Club Crew is located. A Club Member who trains and competes with a Club Crew from a different Country or Territory or a geographical Region within a Country to the one in which the Club Member himself (or herself) is normally domiciled, will only be considered as a bona fide Club Member if they can prove that they have physically attended their Club to train or compete for a period of at least twelve (12) weeks, over a minimum period of two (2) racing seasons. (Nov 06)

This year, the National Champions will be decided based on 200, 500 and 2,000 meter races. The 2019 CCNC will be conducted under the IDBF Competition Regulations and Rules of Racing. Teams will be awarded points based on performance in each competition class (distance).

In addition, there will be an event for BCS crews. In recognition of Dana Nelson, the BCS Cup Challenge will be continued. Dana’s contribution to the BCS division is well known, and this is a Memorial Cup that will be given each year in her honor. This will recognize the National Champion in the BCS division.

<table>
<thead>
<tr>
<th>USDBF Club Crew National Championship Races</th>
<th>Racing Distances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed (minimum of 8 and maximum of 10 paddlers of each gender)</td>
<td>200, 500, 2,000</td>
</tr>
<tr>
<td>Open (no restrictions)</td>
<td>200, 500, 2,000</td>
</tr>
<tr>
<td>Women’s (all female crew)</td>
<td>200, 500, 2,000</td>
</tr>
<tr>
<td>Breast Cancer Survivors</td>
<td>200, 500, 2,000</td>
</tr>
</tbody>
</table>

* The 2019 CCNC will support age related racing classes. If your club has a Senior or Junior crew, please select the appropriate class through the online registration system. We will do our best to accommodate all crews, however, racing classes with fewer than three entries may be combined.

** The BCS teams will be consulted on the racing classes and distances. Multiple divisions are possible if enough crews enter. BCS teams are also eligible to race in Open and Women’s divisions if they so choose.

IMPORTANT NOTE:
Inflatable PFDs WILL be allowed for use during the CCNC Racing.

The 2019 CCNC will follow the IDBF regulations for age classes:

Junior Class
Races will be held for Single or Mixed gender crews or in Open Competition. With the exception of the Steersperson (Helm) the following age categories will apply to the Junior Class:

- Junior U16 - 13th to 15th birthday falls in the year of the competition
- Junior U18 - 13th to 17th birthday falls in the year of the competition
- Junior U24 - 13th to 23rd birthday falls in the year of the competition
• University crews – 18th or later birthday falls in the year of the competition and is a full-time student of a University or a College (proven by the institute)

Premier Class - No age limit.

Senior Class
Races will be held for Mixed or Single gender crews or in Open Competition. With the exception of the Drummer, all competitors must be aged as follows:
• Senior A - 40th or later birthday falls in the year of the competition
• Senior B - 50th or later birthday falls in the year of the competition
• Senior C - 60th or later birthday falls in the year of the competition

All age groups, ages shown above are as of December 31st, 2020 / Year of competition is 2020.

Multiple Rostering and Cross Event Participation
Club Divisions – Participants may race with only one club at the 2019 CNCC. A participant may be on more than one crew within that club, but in no case will racing be held up to allow the transfer of a participant from one crew to another. Shared steerspersons and drummers will be allowed on a case by case basis. In no case will races be held up to allow the transfer of participants from one boat to another.

Race Fees
Registration is now open. Teams can register by visiting the GWN registration site (gwndragonboat.com/registration), selecting the 2019 USDBF Club Crew National Championships under Events.

Each team will compete in 7 races over 2 days: 3 x 500m, 3 x 200m and 1 x 2,000m. Registration fees include one practice and a 10x10 tent rental. Team and rental fees are in USD and no taxes charged.

The following race classes will be contested:
• U16 (Mixed, Women’s, Open)
• U18 (Mixed, Women’s, Open)
• U24 (Mixed, Women’s, Open)
• Premier (Mixed, Women’s, Open)
• Senior A, B, C (Mixed, Women’s, Open)
• Breast Cancer Survivor
• All Cancer Survivor (Mixed, Women’s)

USDBF Club Crew National Championships

Registration includes 10x10 tent and 1 practice

<table>
<thead>
<tr>
<th>CCNC Categories</th>
<th>Races</th>
<th>Before Jan 1st</th>
<th>Before June 1st</th>
<th>After June 1st</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed, Women’s, Open, BCS, ACS</td>
<td>7</td>
<td>$1,445.00</td>
<td>$1,545.00</td>
<td>$1,645.00</td>
</tr>
</tbody>
</table>
Registration Add-Ons
Each team registered for the 2019 CCNC will receive a 10x10 team tent, within the Athletes' Village as part of their entry.

Team sites in the Main Athletes' Village are available for reservation on a first-come, first-served basis. Teams must contact GWN to book their site after they have registered for the festival and paid fees in full.

** Teams wanting to upgrade their rented tent, order tables and/or chairs, can place an order using the Online Crew Management Tool by clicking "Get More". Note: Only Team Captains have access to upgrades and rentals. More details can be found on the GWN website under Athletes’ Village.

<table>
<thead>
<tr>
<th>Product</th>
<th>Price (USDBF CCNC)</th>
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<tbody>
<tr>
<td>10' x 10' Tent</td>
<td>Included with Entry</td>
</tr>
<tr>
<td>10' x 20' Tent</td>
<td>$250.00</td>
</tr>
<tr>
<td>20' x 20' Tent</td>
<td>$400.00</td>
</tr>
<tr>
<td>Chair Rental</td>
<td>$5.00</td>
</tr>
<tr>
<td>Table Rental</td>
<td>$15.00</td>
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Attention Team Captains / Team Managers
Only one person can register a team online. They are known as the team captain. This person will be in charge of managing the team’s registration and will be the key contact for bookings and festival communications.

For all early bird registrations, full payment must be received in full 15 days after the end of the early bird date, i.e. for registrations received before January 1st, payment must be received in full by January 15th 2019.

Booking Practices
Practices for the 2019 CCNC will be held at the event site, on Friday August 23rd. Available timeslots for Club crews will be confirmed.

Practices can only be confirmed once registration fees are received in full. Each paddler must complete an online waiver before attending a practice. Equipment such as paddles and lifejackets will be provided if needed. Teams should arrive at the park at least 30 minutes before their practice time. A GWN representative will be on-site to check teams in, provide assistance and to collect waivers. For more information on what to bring, etc. visit the GWN FAQ Page.

Identification
Club Crew participants must be prepared to show government-issued ID at the event. Junior participants may provide a copy of their birth certificate or other official document showing birth date and name in lieu of government-issued ID.

Event Location
Site Address
Propect Lake at Memorial Park
1605 E Pikes Peak Avenue
Colorado Springs, CO 80910
Accommodations
Room blocks will be secured for the Colorado Springs International Dragon Boat Festival and 2019 USDBF CCNC participants, hotel properties to be determined and posted under “Accommodations” section on www.gwndragonboat.com/colorado.

If your team requires special assistance acquiring accommodations, please contact GWN Dragon Boat.

Travel Discounts

Rental Cars
Discount rates have been negotiated with Hertz Rent-a-Car for all Major League Dragon Boat participants.

Reservations:
To book your vehicle, please click here or call 1-800-654-2240 and quote our CV#052D0003. At the time of reservation, meeting rates will be automatically compared to other Hertz rates and the best rate will apply.

Airlines
GWN is proud to offer Major League Dragon Boat participants discounts on flights with United Airlines. Participants can save 5%-10% on airfares if travelling within US 50 States and between US 50 States and Canada.

Reservations:
To book your travel, visit united.com and enter meeting code ZG6V520615 in the Promotions field.

Additional travel discount offers will be posted on the “Travel” section, please visit www.gwndragonboat.com/colorado.

Preliminary Program Outline
(Subject to change)

<table>
<thead>
<tr>
<th>Date</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Friday August 23</td>
<td>• Club Crew teams arrive</td>
</tr>
<tr>
<td></td>
<td>• Registration</td>
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<tr>
<td></td>
<td>• Practices for Crews at event site (times to be confirmed)</td>
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<tr>
<td></td>
<td>• Race Officials training</td>
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<tr>
<td>Saturday August 24</td>
<td>• Registration</td>
</tr>
<tr>
<td></td>
<td>• 500m heats, semi-finals and finals</td>
</tr>
<tr>
<td>Sunday August 25</td>
<td>• 200m heats, semi-finals and finals</td>
</tr>
<tr>
<td></td>
<td>• 2,000m races</td>
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</tbody>
</table>

Websites:
www.usdbf.org
www.gwndragonboat.com/colorado