



**Three Rivers
Rowing
Association**

Welcome to the 6th Annual Pittsburgh Dragon Boat Races. We thank all of the competitors who have joined us to make our races a true celebration of Pittsburgh's rivers and of community spirit.

Pittsburgh Dragon Boat Races June 16, 2007



LOCATION

The Pittsburgh Dragon Boat Races will take place at Station Square in Pittsburgh, PA on June 16th, 2007. The race course will run along the Monongahela River just a few hundred meters upstream from where the Allegheny and Monongahela Rivers join to form the beginning of the Ohio River, right in Downtown Pittsburgh.

REGISTRATION

Registration window is open from April 1st to June 6th

Registration must be completed on-line via www.RegattaCentral.com by June 6th.

1. Registration should be completed only once the team is confirmed and final. Teams who are interested should register via Regatta Central (www.regattacentral.com). Contact Chris Tator: christator@ThreeRiversRowing.org or 412.231.8772 for any questions.
2. Teams should consist of 1 steersperson, 1 drummer, 20 paddlers (16 minimum) and 2 alternates.
 - a. TRRA Leagues and Quick Start teams may have Drummers and Steerers provided upon request.
3. A team must designate 1 team captain, who may or may not be a crewmember.
4. The captain shall be responsible for the conduct of her or his team and for communicating and distributing all practice and race information to the team. S/he alone is responsible for collecting and submitting all forms and waivers and liaison with TRRA. The captain will ensure the team's conduct is consistent with good sportsmanship, friendship and respect for the traditions of the Dragon Boat and culture of participating countries, organizations and individuals.
5. Each participant MUST sign and submit a waiver form (see TRRA website for copy) prior to participation in any practice session or race.
6. Entries accepted after the deadline are at the discretion of the race director and will be assessed a \$50 late fee per boat.

Note: For all community teams that participate in TRRA's QuickStart program or Dragon Boat League, TRRA staff will assist with registration for your team. However, the captain must submit to TRRA all necessary information prior to June 6th.

Entry Fees

- Fee:
- Premier Teams - \$440
Do not need practice sessions. Supply their own Drummer and Steerer
 - TRRA Dragon Boat League - \$70/person
Contact TRRA to learn more about the Dragon Boat League. (see URL below)
 - TRRA Quick Start Team - \$850
Includes two (2) fully coached practice sessions, plus race registration, and a Drummer & Steerer if needed. Contact TRRA to learn more about the "Quick Start" package. (see URL below)
 - Student Teams - \$440
Same deal as the TRRA Quick Start Team, but with a reduced price so you can still pay for your books.

See Links section on page 5 to connect to the URL for more information on TRRA's Dragon Boat League and Quick Start Classes.

Races organizers will provide use of a dragon boat on race day, paddles, PFDs, and awards. Those who want to wear their own PFDs or bring their own paddles may do so as long as the equipment is USDBF & Coast Guard approved.

Payment & waivers are due no later than June 6th. Payment options include:

- ◆ Payment through Regatta Central. Credit Card is available. Please make sure to read the RC invoice thoroughly. Consult Scott at Regatta Central for any payment concerns or questions.
support@regattacentral.com
- ◆ Check made out in full to TRRA. Address on last page.

On-site check in

Each team's captain is required to check in at the registration desk at the race site. Check in will open at 9am. A copy of the final race heat sheet will be provided at check in.

COURSE

Race course will be 500 meters in length starting just below the Monongahela River Bridge (Panhandle Bridge, or trolley / "T" bridge) and finishing at the railroad pedestrian bridge at Station Square.

LODGING

Special rates have been arranged with various local hotels. Contact TRRA for more information.

EVENTS & QUALIFICATIONS

All races are open to paddlers with the following criteria:

- ◆ For Mixed Races, a minimum of ten (10) paddlers must be women.
- ◆ Final race schedule is set up based on number and type of teams that have entered events.
- ◆ Races are subject to change based on participation levels.

Heat sheet with lane assignments will be provided the day of the event and will also be posted on TRRA website the Wednesday prior to race day. (find link on page 5 for website)

Categories:

Teams can enter in the following categories:

Category	Description/Rules	Heats or Finals	Awards
Mixed	Men and Women paddlers; at least half the paddlers are women.	Heat and Final	Awards to 1 st and 2 nd places in Finals
Women's	All female paddlers; women can drum and/or steer	Finals only; no heats	Award to 1 st place team
Men's	all male paddlers; women can drum and/or steer	Final only, no heats	Award to 1 st place team
Masters	Mixed boat; all paddlers 40+ as of race date	Final only, no heats	Award to 1 st place team
Youth	paddlers under 20; steersperson and drummer can be of any age	Youth teams may race in Mixed Division	Awards to 1 st , 2 nd , & 3 rd places in Finals
Survivors	Breast Cancer Survivors	Final only, no heats	Award to 1 st place team

Race Progression:

Race	Heats or Finals	Progression method
Women's	Final only; no heats	n/a
Men's	Final only; no heats	n/a
Masters	Final only; no heats	n/a
Mixed Division	Heats first; finals based on heat times.	Heats will occur during first part of the day. Final races will be based on the ranking of ALL heat times with the fastest 3 times being seeded 1, 2, 3 and so on. A winner will be declared in each final race.
Survivors	Final only; no heats	n/a
Youth	Heats in Mixed division; Final	n/a

PARKING & DIRECTIONS

Race Site is behind Bar Louie in Station Square.

- ◆ From 279 N – Before the Fort Pitt Tunnel, exit right on to Saw Mill Run Blvd (US 19/route 51). Continue 1.2 miles. Exit Right onto W. Carson Street Continue 1.2 miles. Turn Left into Station Square.
- ◆ From 279 S – Merge onto I-579 S via exit 8A to Veterans Bridge. Exit onto 7th/6th Ave and continue on 7th Ave (right at the fork). Turn Left onto Grant Street. Continue .4 mile. Turn Right onto Blvd of the Allies. Continue 1 block and turn Left onto Smithfield Street. Continue straight over the bridge. Turn Right onto W. Carson St. Continue .2 mile and turn Right into Station Square.
- ◆ From PA Turnpike and 376 East - Exit the turnpike at Pittsburgh Interchange (#6 Monroeville). Follow I-376 West to the Grant Street Exit. Make a left turn from Grant Street onto Fort Pitt Blvd. Then, turn left onto the Smithfield Street Bridge. At the end of the bridge make a right turn into Station Square.
- ◆ From Three Rivers Rowing Assoc. Boathouse – Make way to PA-28 South. Exit onto I-579 S toward Veterans Bridge. Exit onto 7th/6th Ave and continue on 7th Ave (right at the fork). Turn Left onto Grant Street. Continue .4 mile. Turn Right onto Blvd of the Allies. Continue 1 block and turn Left onto Smithfield

Street. Continue straight over the bridge. Turn Right onto W. Carson St. Continue .2 mile and turn Right into Station Square.

SAFETY

TRRA has arranged to have Pittsburgh EMS on-site from 9am till the last race in case of any medical emergencies. EMS will be positioned near the docks area.

- ◆ Races may be cancelled due to hazardous weather or marine conditions. This will be at discretion of head race official and regatta director and will be communicated to all those on water and land if required. In this case, attempts will be made to wait and continue racing when safe.
- ◆ A safety boat and referee boat will follow each race. If your dragon boat veers off course or becomes swamped, please remain with the boat and wait for the referee and/or safety boat to arrive. Follow their instructions!
- ◆ All participants will behave in a safety-conscious manner at all times. Unsafe behavior such as standing up in the boat away from the dock, splashing with paddles, etc. can be grounds for disqualification and ejection from the festival.

RACE DAY PROCEDURES

The following information will assist your team during day. A copy of this will be also available on race day and provided to each team captain/manager at check-in.

At the Dock:

Competitors will be called by event and are expected to be on time! Please note that calls will be made via the dock announcer, as well as posted on the schedule board. Expect the races to be on time and you should arrive at the staging area ready to load into your boat at least **45 minutes** from your race time.

To facilitate a timely launch, please observe these rules:

- Race times on posted schedules indicate actual start time of race on water, not arrival time at dock area.
- Be dressed to paddle and ready to go when you arrive at dock area
- Look for your team and stay together as a team
- Teams and captains are responsible for seating order, dockmaster and dock hands will ask for teams to line up in their seating arrangement 5-10 minutes prior to launch, all teams are to respond quickly to the commands of dock hands. Teams who fail to comply with dock commands will be assessed a 10 second penalty on their race.

Paddling to the Start:

- Direct your boat away from the dock and along shore
- As you approach starting line, look for race officials to provide starting instructions
- Be sure to stay pointed upstream and do NOT turn your boat until instructed by an official.

Warm-ups:

Competitors may use this time traveling upstream for warm-up, however please note there are only 3 boats per event and if you are the last boat, keep the warm-up to a minimum and move your boat up to the start line quickly so the race can start quickly. As water warm up time is limited, please use the trail and open space on land to warm up prior to loading into boat.

At the Start

- Upon arrival to starting area, all competitors must follow the directions of the officials who will assist arranging boats in lane sequence.
- It is the responsibility of each team to arrive at the start on time. The race officials will not delay the race for teams arriving late to the start. Teams that arrive late to the start and miss the start will race exhibition and will be disqualified for remaining progression races.

On the Course

- IDBF rules will govern all racing activity.

After the finish:

- After crossing the finish line, paddle your boats directly back to the docks.
- Once docked, quickly and carefully exit the boat for the next race, exit boat one seat at a time from front to back.
- Leave your paddles in the boat blade down for the next group of competitors. Pile your life jackets on the dock or hand to the next team according to directions given by the dock master. It is the team exiting the boat that is responsible for bailing the boat.

CONTACTS & LINKS

Club hosting regatta:

Three Rivers Rowing Association

300 Waterfront Drive
Pittsburgh, PA 15222
Phone: 412.231.8772
Fax: 412.231.5337

Three Rivers Rowing Association website:

<http://www.threeriversrowing.org>

Three Rivers Rowing Association email address:

RowandPaddle@threeriversrowing.org

Station Square (race location – includes directions)

<http://www.stationsquare.com/main.asp>

Official Race website:

<http://www.threeriversrowing.org/PDBR/index.htm>

TRRA Dragon Boat League:

<http://www.threeriversrowing.org/db-communityleague.html>

TRRA Quick Start Class:

<http://www.threeriversrowing.org/db-festivalTEAM.html>