

17th Indoor Paddling Regatta

Saturday – March 25, 2017

Public School 1 @ 8 Henry Street – NYC 10038 off Catherine Slip

Time – 9:00 AM – 3:00 PM (Racing Starts at 10:00 AM)

Sponsored by Eastern Regional Dragon Boat Association



Race Events for Individuals:

In Men & Women;

In various weight divisions (TBD);

In following Age Groups:

Team Races

Teams of Four

Individual Divisions	AGE	1000M	500M	250M	Team Divisions	Distance
Senior B	50 & over	Yes	Yes	Yes	Men	500 M
Senior A	40 & over	Yes	Yes	Yes	Women	500 M
Open	25 to 39	Yes	Yes	Yes	Mixed	500 M
Collegiate Student	19 to 24	Yes	Yes	Yes	Student Mixed	500 M
High School Student	15 to 18		Yes	Yes	MS Student	250 M
Middle School Student	11 to 14		Yes	Yes	BCS Women	500 M
Breast Cancer Survivor			Yes	Yes		

Each participant can compete in two individual races and one team event

Please fill out the Registration/Waiver Form and the deadline is

Sunday – March 19, 2017

Contact Information: Lewis Ben Lau

Email: ibenlau@optonline.net

Phone: 718-986-6796 (M)

Practice dates at PS1 – Saturday: March 11, 18, 2017 – 9:45 AM to 11:45 AM

If attending the practice sessions teams must reserve with L. Ben Lau or Frank Dumlao