

at NAUTICUS, 1 Waterside Drive, Norfolk, Virginia 23501

RACE WEEK SCHEDULE

Dragon Boat Team Practices: Monday - Friday, September 21-25

- Each team is eligible to receive 2 x 1-hour practices with a professional dragon boat coach
- All necessary equipment and instruction will be provided by the race organizer
- Convenient afternoon & evening time slots are available once team registration is received

Welcome Event: Team Captain Check-In & Paddler Party! Friday, September 25th

- Upon registration, each team will receive an invitation to the Welcome Event at the Pagoda & Oriental Garden, 265 W Tazewell St, Norfolk, VA 23510

Race Day: Saturday, September 26

-	7:30 A.M.	Teams arrive and assemble in Athlete Village
-	8:30 A.M.	Team Captain's Meeting
-	9:00 A.M.	Racing Begins: First Round Qualifying Heats – 350m
-	10:30 A.M.	National Anthem & Opening Ceremonies
-	11:30 A.M.	Semi Final Round Racing Begins
-	1:30 P.M.	Championship Round Racing Begins
-	3:30 P.M.	Championship Final!
-	4:00 P.M.	Awards & Medal Presentations; Closing Ceremony