

OFFICIAL TEAM ROSTER



JULY 13, 2019 • WADDINGTON, NY

St. Lawrence River
**DRAGON
 BOAT**
Challenge

BOAT SIZE:

Select only 1

_____ 10-paddler

_____ 20-paddler

Team Name:			Team Captain:		
Company Name:			Drummer:		T-SHIRT SIZE
PADDLERS:			M/F	T-SHIRT SIZE	
1.			11.		
2.			12.		
3.			13.		
4.			14.		
5.			15.		
6.			16.		
7.			17.		
8.			18.		
9.			19.		
10.			20.		
ALTERNATE PADDLERS:			M/F	T-SHIRT SIZE	
1.					
2.					
3.					

Shirt sizes available:
Small - 3XL (unisex)

all team members get a shirt but sizes can't be guaranteed on orders received after June 25

All paddlers' waivers must be signed electronically on the St. Lawrence River Dragon Boat Challenge waiver website no later than Wednesday, July 10, 2019. Team rosters must be submitted by the time the team practices. Paddlers without proper documentation (waiver) on file will not be able to participate in the scheduled 90-minute practice session or receive a wrist band on race day, and therefore will not be allowed in the Marshaling Area. All paddlers wishing to race with your team must be registered on this document and be wearing a wrist band. **Only 3 alternates allowed. 20-paddler teams are required to have at least 8 women; 10-paddler teams are required to have at least 3 women. Changes to boat size must be made prior to June 30.**



Registration deadline: June 30, 2019

lsha@chmed.org
 Phone: 315.713.5249
 Claxton-Hepburn Medical Center
 214 King Street
 Ogdensburg, NY 13669