



# **WESTWOOD LAKE**

dragon boat  
regatta

**Sunday July 19th, 2026**  
**500m**

## Westwood Sunday 500m

| Race 1 09:00                                          |                         | Women Standard Heat 1 |      |
|-------------------------------------------------------|-------------------------|-----------------------|------|
| Lane                                                  | Team                    | Place                 | Time |
| 1                                                     | Breast Friends Warriors |                       |      |
| 2                                                     | FCDBC                   |                       |      |
| 3                                                     | INSINK                  |                       |      |
| 4                                                     | Ottermaddness           |                       |      |
| Notes 1st->Race13 2nd->Race17 3rd->Race16 4th->Race14 |                         |                       |      |

| Race 2 09:10                                          |                   | Women Standard Heat 2 |      |
|-------------------------------------------------------|-------------------|-----------------------|------|
| Lane                                                  | Team              | Place                 | Time |
| 1                                                     | Paddling For Life |                       |      |
| 2                                                     | Vic Vixens        |                       |      |
| 3                                                     | VIP PANDA         |                       |      |
| 4                                                     | Easy Riders       |                       |      |
| Notes 1st->Race14 2nd->Race13 3rd->Race17 4th->Race16 |                   |                       |      |

| Race 3 09:20                              |                               | Mixed Small Heat 1 |      |
|-------------------------------------------|-------------------------------|--------------------|------|
| Lane                                      | Team                          | Place              | Time |
| 1                                         | Welly Wave Riders             |                    |      |
| 2                                         | Gorging Dragons Gold          |                    |      |
| 3                                         | Gorging Dragons Black (Mixed) |                    |      |
| Notes 1st->Race15 2nd->Race18 3rd->Race15 |                               |                    |      |

| Race 4 09:30                                          |                     | Women Standard Heat 3 |      |
|-------------------------------------------------------|---------------------|-----------------------|------|
| Lane                                                  | Team                | Place                 | Time |
| 1                                                     | Angels Abreast      |                       |      |
| 2                                                     | Let Her Run         |                       |      |
| 3                                                     | Sync or Swim (SOS)  |                       |      |
| 4                                                     | Sproat Ness Dragons |                       |      |
| Notes 1st->Race16 2nd->Race14 3rd->Race13 4th->Race17 |                     |                       |      |

| Race 5 09:40                                          |                               | Women Standard Heat 4 |      |
|-------------------------------------------------------|-------------------------------|-----------------------|------|
| Lane                                                  | Team                          | Place                 | Time |
| 1                                                     | Island Breaststrokes          |                       |      |
| 2                                                     | Abreast In a Boat - Fortitude |                       |      |
| 3                                                     | FLCC Sun Dragons              |                       |      |
| 4                                                     | WILD                          |                       |      |
| Notes 1st->Race17 2nd->Race16 3rd->Race14 4th->Race13 |                               |                       |      |

| Race 6 09:50                              |                            | Mixed Small Heat 2 |      |
|-------------------------------------------|----------------------------|--------------------|------|
| Lane                                      | Team                       | Place              | Time |
| 1                                         | Gorging Dragons Obsidian   |                    |      |
| 2                                         | Navy Dragon Anchors        |                    |      |
| 3                                         | Paddlers of the Fifth Moon |                    |      |
| Notes 1st->Race18 2nd->Race15 3rd->Race18 |                            |                    |      |

|               |                                     |                              |      |
|---------------|-------------------------------------|------------------------------|------|
| <b>Race 7</b> | 10:00                               | <b>Mixed Standard Heat 1</b> |      |
| Lane          | <b>Team</b>                         | Place                        | Time |
|               | 1 Spirit Point Dragons              |                              |      |
|               | 2 Nanaimo Dragonslayers             |                              |      |
|               | 3 VCKC Dragonflyers                 |                              |      |
| Notes         | 1st->Race19 2nd->Race23 3rd->Race21 |                              |      |

|               |                                     |                           |      |
|---------------|-------------------------------------|---------------------------|------|
| <b>Race 8</b> | 10:10                               | <b>Women Small Heat 1</b> |      |
| Lane          | <b>Team</b>                         | Place                     | Time |
|               | 1 FLCC River Vixens                 |                           |      |
|               | 2 Gorging Dragons Black             |                           |      |
|               | 3 Hydrafury                         |                           |      |
| Notes         | 1st->Race20 2nd->Race24 3rd->Race22 |                           |      |

|               |                         |                              |      |
|---------------|-------------------------|------------------------------|------|
| <b>Race 9</b> | 10:20                   | <b>Mixed Standard Heat 2</b> |      |
| Lane          | <b>Team</b>             | Place                        | Time |
|               | 1                       |                              |      |
|               | 2 The Kraken            |                              |      |
|               | 3 GD Alumni +           |                              |      |
| Notes         | 1st->Race21 2nd->Race19 |                              |      |

|                |                                     |                           |      |
|----------------|-------------------------------------|---------------------------|------|
| <b>Race 10</b> | 10:30                               | <b>Women Small Heat 2</b> |      |
| Lane           | <b>Team</b>                         | Place                     | Time |
|                | 1 Sea Sisters                       |                           |      |
|                | 2 Gorging Dragons Red               |                           |      |
|                | 3 FLCC Titanium Masters             |                           |      |
| Notes          | 1st->Race22 2nd->Race20 3rd->Race24 |                           |      |

|                |                                     |                              |      |
|----------------|-------------------------------------|------------------------------|------|
| <b>Race 11</b> | 10:40                               | <b>Mixed Standard Heat 3</b> |      |
| Lane           | <b>Team</b>                         | Place                        | Time |
|                | 1 Westwood Warriors                 |                              |      |
|                | 2 Prehistoric Llamas                |                              |      |
|                | 3 FLCC Fort Fusion                  |                              |      |
| Notes          | 1st->Race23 2nd->Race21 3rd->Race19 |                              |      |

|                |                                     |                           |      |
|----------------|-------------------------------------|---------------------------|------|
| <b>Race 12</b> | 10:50                               | <b>Women Small Heat 3</b> |      |
| Lane           | <b>Team</b>                         | Place                     | Time |
|                | 1 Breast Friends Aurora             |                           |      |
|                | 2 FLCC Race Crew International      |                           |      |
|                | 3 Gorging Dragons Cobalt            |                           |      |
| Notes          | 1st->Race24 2nd->Race22 3rd->Race20 |                           |      |

|                |                                               |                              |      |
|----------------|-----------------------------------------------|------------------------------|------|
| <b>Race 13</b> | 11:00                                         | <b>Women Standard Heat 5</b> |      |
| Lane           | <b>Team</b>                                   | Place                        | Time |
|                | 1 4th Place Race 5                            |                              |      |
|                | 2 2nd Place Race 2                            |                              |      |
|                | 3 1st Place Race 1                            |                              |      |
|                | 4 3rd Place Race 4                            |                              |      |
| Notes          | All crews advance to finals by combined times |                              |      |

|                |                                               |                              |      |
|----------------|-----------------------------------------------|------------------------------|------|
| <b>Race 14</b> | 11:10                                         | <b>Women Standard Heat 6</b> |      |
| Lane           | <b>Team</b>                                   | Place                        | Time |
| 1              | 4th Place Race 1                              |                              |      |
| 2              | 2nd Place Race 4                              |                              |      |
| 3              | 1st Place Race 2                              |                              |      |
| 4              | 3rd Place Race 5                              |                              |      |
| Notes          | All crews advance to finals by combined times |                              |      |

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|----------------|-----------------------------------------------|---------------------------|------|
| <b>Race 15</b> | 11:20                                         | <b>Mixed Small Heat 3</b> |      |
| Lane           | <b>Team</b>                                   | Place                     | Time |
| 1              | 3rd Place Race 3                              |                           |      |
| 2              | 1st Place Race 3                              |                           |      |
| 3              | 2nd Place Race 6                              |                           |      |
| Notes          | All crews advance to finals by combined times |                           |      |

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|----------------|-----------------------------------------------|------------------------------|------|
| <b>Race 16</b> | 11:30                                         | <b>Women Standard Heat 7</b> |      |
| Lane           | <b>Team</b>                                   | Place                        | Time |
| 1              | 4th Place Race 2                              |                              |      |
| 2              | 2nd Place Race 5                              |                              |      |
| 3              | 1st Place Race 4                              |                              |      |
| 4              | 3rd Place Race 1                              |                              |      |
| Notes          | All crews advance to finals by combined times |                              |      |

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|----------------|-----------------------------------------------|------------------------------|------|
| <b>Race 17</b> | 11:40                                         | <b>Women Standard Heat 8</b> |      |
| Lane           | <b>Team</b>                                   | Place                        | Time |
| 1              | 4th Place Race 4                              |                              |      |
| 2              | 2nd Place Race 1                              |                              |      |
| 3              | 1st Place Race 5                              |                              |      |
| 4              | 3rd Place Race 2                              |                              |      |
| Notes          | All crews advance to finals by combined times |                              |      |

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|----------------|-----------------------------------------------|---------------------------|------|
| <b>Race 18</b> | 11:50                                         | <b>Mixed Small Heat 4</b> |      |
| Lane           | <b>Team</b>                                   | Place                     | Time |
| 1              | 3rd Place Race 6                              |                           |      |
| 2              | 1st Place Race 6                              |                           |      |
| 3              | 2nd Place Race 3                              |                           |      |
| Notes          | All crews advance to finals by combined times |                           |      |

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|----------------|-----------------------------------------------|------------------------------|------|
| <b>Race 19</b> | 12:00                                         | <b>Mixed Standard Heat 4</b> |      |
| Lane           | <b>Team</b>                                   | Place                        | Time |
| 1              | 3rd Place Race 11                             |                              |      |
| 2              | 1st Place Race 7                              |                              |      |
| 3              | 2nd Place Race 9                              |                              |      |
| Notes          | All crews advance to finals by combined times |                              |      |

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|----------------|-----------------------------------------------|---------------------------|------|
| <b>Race 20</b> | 12:10                                         | <b>Women Small Heat 4</b> |      |
| Lane           | <b>Team</b>                                   | Place                     | Time |
| 1              | 3rd Place Race 12                             |                           |      |
| 2              | 1st Place Race 8                              |                           |      |
| 3              | 2nd Place Race 10                             |                           |      |
| Notes          | All crews advance to finals by combined times |                           |      |

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|----------------|-----------------------------------------------|------------------------------|------|
| <b>Race 21</b> | 12:20                                         | <b>Mixed Standard Heat 5</b> |      |
| Lane           | <b>Team</b>                                   | Place                        | Time |
| 1              | 3rd Place Race 7                              |                              |      |
| 2              | 1st Place Race 9                              |                              |      |
| 3              | 2nd Place Race 11                             |                              |      |
| Notes          | All crews advance to finals by combined times |                              |      |

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|----------------|-----------------------------------------------|---------------------------|------|
| <b>Race 22</b> | 12:30                                         | <b>Women Small Heat 5</b> |      |
| Lane           | <b>Team</b>                                   | Place                     | Time |
| 1              | 3rd Place Race 8                              |                           |      |
| 2              | 1st Place Race 10                             |                           |      |
| 3              | 2nd Place Race 12                             |                           |      |
| Notes          | All crews advance to finals by combined times |                           |      |

|                |                                               |                              |      |
|----------------|-----------------------------------------------|------------------------------|------|
| <b>Race 23</b> | 12:40                                         | <b>Mixed Standard Heat 6</b> |      |
| Lane           | <b>Team</b>                                   | Place                        | Time |
| 1              |                                               |                              |      |
| 2              | 1st Place Race 11                             |                              |      |
| 3              | 2nd Place Race 7                              |                              |      |
| Notes          | All crews advance to finals by combined times |                              |      |

|                |                                               |                           |      |
|----------------|-----------------------------------------------|---------------------------|------|
| <b>Race 24</b> | 12:50                                         | <b>Women Small Heat 6</b> |      |
| Lane           | <b>Team</b>                                   | Place                     | Time |
| 1              | 3rd Place Race 10                             |                           |      |
| 2              | 1st Place Race 12                             |                           |      |
| 3              | 2nd Place Race 8                              |                           |      |
| Notes          | All crews advance to finals by combined times |                           |      |

|                |                 |                                        |      |
|----------------|-----------------|----------------------------------------|------|
| <b>Race 25</b> | 13:00           | <b>Open Exhibition Small Boat Race</b> |      |
| Lane           | <b>Team</b>     | Place                                  | Time |
| 1              | TBD             |                                        |      |
| 2              | TBD             |                                        |      |
| 3              | TBD             |                                        |      |
| Notes          | Exhibition Only |                                        |      |

|              |             |                                     |
|--------------|-------------|-------------------------------------|
| <b>LUNCH</b> | 13:10-14:10 | Lunch / Announcements / Recognition |
|--------------|-------------|-------------------------------------|

|                                      |                            |                               |      |
|--------------------------------------|----------------------------|-------------------------------|------|
| <b>Race 26</b>                       | 14:10                      | <b>Women Standard Final D</b> |      |
| Lane                                 | <b>Team</b>                | Place                         | Time |
| 1                                    | 16th Fastest Combined Time |                               |      |
| 2                                    | 14th Fastest Combined Time |                               |      |
| 3                                    | 13th Fastest Combined Time |                               |      |
| 4                                    | 15th Fastest Combined Time |                               |      |
| Awards based on results in this race |                            |                               |      |

|                                      |                           |                                 |      |
|--------------------------------------|---------------------------|---------------------------------|------|
| <b>Race 27</b>                       | 14:20                     | <b>Mixed Small Silver Final</b> |      |
| Lane                                 | <b>Team</b>               | Place                           | Time |
| 1                                    | 6th Fastest Combined Time |                                 |      |
| 2                                    | 4th Fastest Combined Time |                                 |      |
| 3                                    | 5th Fastest Combined Time |                                 |      |
| Awards based on results in this race |                           |                                 |      |

|                                      |                            |                                    |      |
|--------------------------------------|----------------------------|------------------------------------|------|
| <b>Race 28</b>                       | 14:30                      | <b>Women Standard Bronze Final</b> |      |
| Lane                                 | <b>Team</b>                | Place                              | Time |
| 1                                    | 12th Fastest Combined Time |                                    |      |
| 2                                    | 10th Fastest Combined Time |                                    |      |
| 3                                    | 9th Fastest Combined Time  |                                    |      |
| 4                                    | 11th Fastest Combined Time |                                    |      |
| Awards based on results in this race |                            |                                    |      |

|                                      |                                                      |                                |      |
|--------------------------------------|------------------------------------------------------|--------------------------------|------|
| <b>Race 29</b>                       | 14:40                                                | <b>Mixed Small Grand Final</b> |      |
|                                      | <b>Presented by Valhalla Pure Outfitters Nanaimo</b> |                                |      |
| Lane                                 | <b>Team</b>                                          | Place                          | Time |
| 1                                    | 3rd Fastest Combined Time                            |                                |      |
| 2                                    | Fastest Combined Time                                |                                |      |
| 3                                    | 2nd Fastest Combined Time                            |                                |      |
| Awards based on results in this race |                                                      |                                |      |

|                                      |                           |                                    |      |
|--------------------------------------|---------------------------|------------------------------------|------|
| <b>Race 30</b>                       | 14:50                     | <b>Women Standard Silver Final</b> |      |
| Lane                                 | <b>Team</b>               | Place                              | Time |
| 1                                    | 8th Fastest Combined Time |                                    |      |
| 2                                    | 6th Fastest Combined Time |                                    |      |
| 3                                    | 5th Fastest Combined Time |                                    |      |
| 4                                    | 7th Fastest Combined Time |                                    |      |
| Awards based on results in this race |                           |                                    |      |

|                                      |                                         |                                   |      |
|--------------------------------------|-----------------------------------------|-----------------------------------|------|
| <b>Race 31</b>                       | 15:00                                   | <b>Women Standard Grand Final</b> |      |
|                                      | <b>Presented by Chartwell Edgewater</b> |                                   |      |
| Lane                                 | <b>Team</b>                             | Place                             | Time |
| 1                                    | 4th Fastest Combined Time               |                                   |      |
| 2                                    | 2nd Fastest Combined Time               |                                   |      |
| 3                                    | Fastest Combined Time                   |                                   |      |
| 4                                    | 3rd Fastest Combined Time               |                                   |      |
| Awards based on results in this race |                                         |                                   |      |

|                                      |                           |                                 |      |
|--------------------------------------|---------------------------|---------------------------------|------|
| <b>Race 32</b>                       | 15:10                     | <b>Women Small Bronze Final</b> |      |
| Lane                                 | <b>Team</b>               | Place                           | Time |
| 1                                    | 9th Fastest Combined Time |                                 |      |
| 2                                    | 7th Fastest Combined Time |                                 |      |
| 3                                    | 8th Fastest Combined Time |                                 |      |
| Awards based on results in this race |                           |                                 |      |

|                                      |                           |                                    |      |
|--------------------------------------|---------------------------|------------------------------------|------|
| <b>Race 33</b>                       | 15:20                     | <b>Mixed Standard Bronze Final</b> |      |
| Lane                                 | <b>Team</b>               | Place                              | Time |
| 1                                    |                           |                                    |      |
| 2                                    | 7th Fastest Combined Time |                                    |      |
| 3                                    | 8th Fastest Combined Time |                                    |      |
| Awards based on results in this race |                           |                                    |      |

|                                      |                           |                             |      |
|--------------------------------------|---------------------------|-----------------------------|------|
| <b>Race 34</b>                       | 15:30                     | <b>Women Small Silver B</b> |      |
| Lane                                 | <b>Team</b>               | Place                       | Time |
| 1                                    | 6th Fastest Combined Time |                             |      |
| 2                                    | 4th Fastest Combined Time |                             |      |
| 3                                    | 5th Fastest Combined Time |                             |      |
| Awards based on results in this race |                           |                             |      |

|                                      |                           |                                |      |
|--------------------------------------|---------------------------|--------------------------------|------|
| <b>Race 35</b>                       | 15:40                     | <b>Mixed Standard Silver B</b> |      |
| Lane                                 | <b>Team</b>               | Place                          | Time |
| 1                                    | 6th Fastest Combined Time |                                |      |
| 2                                    | 4th Fastest Combined Time |                                |      |
| 3                                    | 5th Fastest Combined Time |                                |      |
| Awards based on results in this race |                           |                                |      |

|                                      |                                                      |                                |      |
|--------------------------------------|------------------------------------------------------|--------------------------------|------|
| <b>Race 36</b>                       | 15:50                                                | <b>Women Small Grand Final</b> |      |
|                                      | <b>Presented by Valhalla Pure Outfitters Nanaimo</b> |                                |      |
| Lane                                 | <b>Team</b>                                          | Place                          | Time |
| 1                                    | 3rd Fastest Combined Time                            |                                |      |
| 2                                    | Fastest Combined Time                                |                                |      |
| 3                                    | 2nd Fastest Combined Time                            |                                |      |
| Awards based on results in this race |                                                      |                                |      |

|                                      |                                         |                                   |      |
|--------------------------------------|-----------------------------------------|-----------------------------------|------|
| <b>Race 37</b>                       | 16:00                                   | <b>Mixed Standard Grand Final</b> |      |
|                                      | <b>Presented by Chartwell Edgewater</b> |                                   |      |
| Lane                                 | <b>Team</b>                             | Place                             | Time |
|                                      | 3rd Fastest Combined Time               |                                   |      |
|                                      | Fastest Combined Time                   |                                   |      |
|                                      | 2nd Fastest Combined Time               |                                   |      |
| Awards based on results in this race |                                         |                                   |      |