



ACT Championships - Day 1: 2000m (20s & 10s); 200m (20s & 10s) - Juniors, Premiers & Senior 40+

Sat 28 Mar 2026 · Grevillea Park

Race 1 Premier Women's 20s (2000m)								
08:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Grand Finals	Canberra Griffins Dragon Boat Club	Komodo Paddle Club Fearless						
Time:	12:41.16	11:49.16						

Race 1 Premier Women's 10s (2000m)								
08:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Grand Finals			Diamond Phoenix	Canberra Ice Dragons Dragon Boat Club				
Time:			12:51.38	13:08.75				

Race 2 Premier Open 10s (2000m)								
08:20	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	Canberra Griffins Dragon Boat Club	Canberra Ice Dragons Dragon Boat Club	Komodo Paddle Club Resilience					
Time:	13:19.07	12:38.38	11:39.24					

Race 2 Senior 40+ Open 10s (2000m)								
08:20	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1				Invictus Dragon Boat Club				
Time:				13:03.16				

Race 3 Premier Mixed 20s (2000m)								
08:40	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	Invictus Dragon Boat Club	Dragon Flyers	Canberra Ice Dragons Dragon Boat Club	Komodo Paddle Club Grit				
Time:	12:34.26	12:10.29	12:13.45	11:20.81				

Race 3 Premier Mixed 10s (2000m)								
08:40	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Grand Finals					NAVMAT Dragon Boat Racing Club	Canberra Griffins Dragon Boat Club	Komodo Paddle Club United	Canberra Ice Dragons Dragon Boat Club
Time:					13:00.56	13:16.26	11:56.75	12:35.39

Race 4 Senior 40+ Women's 20s (2000m)								
09:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	Dragons Abreast Canberra							
Time:	14:22.38							

Race 4 Senior 40+ Women's 10s (2000m)								
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09:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Grand Finals		Invictus Dragon Boat Club	Dragon Flyers	Diamond Phoenix Brilliant	Diamond Phoenix Awesome	Canberra Ice Dragons Dragon Boat Club		
Time:		13:30.97	13:27.08	17:44.12	14:25.28	14:25.92		

Race 4 Senior 40+ Mixed 10s (2000m)								
09:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1							Invictus Dragon Boat Club	Canberra Griffins Dragon Boat Club
Time:							13:29.99	13:26.11

Race 5 Premier Women's 20s (200m)								
09:40	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	Komodo Paddle Club Fearless							
Time:	59:19.00							

Race 5 Premier Women's 10s (200m)								
09:40	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1			Canberra Griffins Dragon Boat Club	Diamond Phoenix	Komodo Paddle Club Brave	Canberra Ice Dragons Dragon Boat Club		
Time:			01:03.33	03:02.94	01:04.40	01:02.25		

Race 6 Premier Open 10s (200m)								
09:50	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1			Diamond Phoenix	Komodo Paddle Club Resilience	Canberra Griffins Dragon Boat Club	Dragon Flyers		

Time: 01:06.68 00:54.03 01:00.34 00:56.77

Race 7 Premier Mixed 10s (200m)

10:00 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

Heat 1 Komodo Paddle Club United Canberra Ice Dragons Dragon Boat Club Canberra Griffins Dragon Boat Club NAVMAT Dragon Boat Racing Club Dragon Flyers Komodo Paddle Club Spirit

Time: 00:56.96 00:56.99 01:01.29 01:02.12 00:57.07 00:54.77

Race 8 Premier Mixed 20s (200m)

10:10 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

Heat 1 Komodo Paddle Club Grit Canberra Ice Dragons Dragon Boat Club Invictus Dragon Boat Club

Time: 00:55.72 00:56.70 00:57.16

Race 9 Senior 40+ Women's 10s (200m)

10:20 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

Heat 1 Invictus Dragon Boat Club Dragon Flyers Snap Dragons NAVMAT Dragon Boat Racing Club Diamond Phoenix Brilliant

Time: 01:14.28 01:14.43 01:15.81 01:08.75

Race 10 Senior 40+ Women's 20s (200m)

10:30 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

Heat 1 Dragons Abreast Canberra

Time: 01:19.63

Race 11 Senior 40+ Women's 10s (200m)								
10:30	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 2			Dragon Flyers Fire Dragons	Canberra Ice Dragons Dragon Boat Club	Diamond Phoenix Awesome	Canberra Griffins Dragon Boat Club		
Time:			01:10.66	01:11.60	01:11.29	01:10.48		

Race 12 Premier Open 20s (200m)								
10:40	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1			Canberra Ice Dragons Dragon Boat Club	NAVMAT Dragon Boat Racing Club				
Time:			00:56.49	01:00.31				

Race 12 Senior 40+ Open 10s (200m)								
10:40	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1						Invictus Dragon Boat Club		
Time:						01:04.44		

Race 13 Senior 40+ Mixed 10s (200m)								
10:50	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1		Invictus Dragon Boat Club Soul	Dragon Flyers	Canberra Griffins Dragon Boat Club Aqua	Canberra Griffins Dragon Boat Club Purple	Invictus Dragon Boat Club Fate		
Time:		01:03.60	01:04.22	01:04.26	01:04.92	01:11.85		

Race 14 Premier Women's 10s (200m)								
11:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8

Heat 2	Canberra Griffins Dragon Boat Club	Canberra Ice Dragons Dragon Boat Club	Diamond Phoenix	Komodo Paddle Club Brave
Time:	01:09.11	01:05.74	01:05.01	01:08.37

Race 14 Premier Women's 20s (200m)

11:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 2						Komodo Paddle Club Fearless		
Time:						01:00.41		

Race 15 Premier Open 10s (200m)

11:10	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 2			Komodo Paddle Club Resilience	Dragon Flyers	Diamond Phoenix	Canberra Griffins Dragon Boat Club		
Time:			00:55.93	01:00.08	01:10.58	01:03.79		

Race 16 Premier Mixed 10s (200m)

11:20	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 2	Dragon Flyers	Canberra Griffins Dragon Boat Club	Komodo Paddle Club Spirit	Komodo Paddle Club United	Canberra Ice Dragons Dragon Boat Club	NAVMAT Dragon Boat Racing Club		
Time:	01:13.85	01:18.53	01:04.54	01:05.27	01:06.36	01:13.42		

Race 17 Premier Mixed 20s (200m)

11:30	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 2				Invictus Dragon Boat Club	Komodo Paddle Club Grit	Canberra Ice Dragons Dragon Boat Club		

Time:

Race 18 Senior 40+ Women's 20s (200m)

11:40 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

Heat 2 Dragons Abreast
Canberra

Time:

Race 19 Senior 40+ Women's 10s (200m)

11:40 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

Heat 3 Dragon Flyers Fire Dragons Diamond Phoenix Brilliant NAVMAT Dragon Boat Racing Club Canberra Griffins Dragon Boat Club

Time:

Race 20 Senior 40+ Women's 10s (200m)

11:50 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

Heat 4 Canberra Ice Dragons Dragon Boat Club Diamond Phoenix Awesome Dragon Flyers Snap Dragons Invictus Dragon Boat Club

Time:

Race 21 Senior 40+ Open 10s (200m)

12:00 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

Heat 2 Invictus Dragon Boat Club

Time:

Race 21 Premier Open 20s (200m)

12:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 2					Canberra Ice Dragons Dragon Boat Club	NAVMAT Dragon Boat Racing Club		
Time:								

Race 22 Senior 40+ Mixed 10s (200m)								
12:10	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 2		Canberra Griffins Dragon Boat Club Aqua	Invictus Dragon Boat Club Fate	Invictus Dragon Boat Club Soul	Dragon Flyers	Canberra Griffins Dragon Boat Club Purple		
Time:								

Race 23 Senior 40+ Open 10s (200m)								
12:40	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 3			Invictus Dragon Boat Club					
Time:								

Race 23 Premier Open 20s (200m)								
12:40	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 3					NAVMAT Dragon Boat Racing Club	Canberra Ice Dragons Dragon Boat Club		
Time:								

Race 24 Premier Women's 10s (200m)								
12:50	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8

Grand Finals			Canberra Ice Dragons Dragon Boat Club	Canberra Griffins Dragon Boat Club	Diamond Phoenix	Komodo Paddle Club Brave		
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Time:

Race 25 Premier Open 10s (200m)

13:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
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Grand Finals			Komodo Paddle Club Resilience	Dragon Flyers	Diamond Phoenix	Canberra Griffins Dragon Boat Club		
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Time:

Race 26 Premier Mixed 10s (200m)

13:10	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
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Grand Finals	Canberra Griffins Dragon Boat Club	Dragon Flyers	Komodo Paddle Club Spirit	Komodo Paddle Club United	Canberra Ice Dragons Dragon Boat Club	NAVMAT Dragon Boat Racing Club		
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Time:

Race 27 Premier Mixed 20s (200m)

13:20	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
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Grand Finals				TBD	TBD	TBD		
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Time:

Race 28 Senior 40+ Women's 10s (200m)

13:30	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
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Grand Finals	TBD	TBD	TBD	TBD	TBD	TBD		
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Time:

Race 29 Senior 40+ Mixed 10s (200m)

13:40 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8

Grand Finals TBD TBD TBD TBD TBD TBD

Time: