



# Dragon Boat ACT

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## ACT Championships - Day 2: 500m (20s & 10s) - Juniors, Premiers & Senior 40+

Sun 29 Mar 2026 · Grevillea Park

Race 1 Premier Women's 20s (500m)							
08:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 1	Canberra Ice Dragons Dragon Boat Club	Komodo Paddle Club Fearless					
Time:	02:36.64	02:36.85					

  

Race 1 Premier Women's 10s (500m)							
08:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 1			Diamond Phoenix	Komodo Paddle Club Brave	Canberra Griffins Dragon Boat Club	NAVMAT Dragon Boat Racing Club	
Time:			02:40.37	02:48.23	02:46.87	03:11.72	

  

Race 2 Premier Open 10s (500m)							
08:15	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 1	Schools club - Canberra Grammar School	NAVMAT Dragon Boat Racing Club	Komodo Paddle Club Resilience	Canberra Griffins Dragon Boat Club	Canberra Ice Dragons Dragon Boat Club	Dragon Flyers	
Time:	02:46.27	02:42.56	02:21.31	02:34.92	02:28.62	02:30.98	

  

Race 2 Senior 40+ Open 10s (500m)							
08:15	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 1							Invictus Dragon Boat Club
Time:							02:31.65

  

Race 3 Senior 40+ Mixed 20s (500m)							
08:30	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 1			Invictus Dragon Boat Club				

Time: 02:27.85

**Race 3 Premier Mixed 20s (500m)**

08:30 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7

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

Time: 02:27.96 02:27.06 02:26.41

**Race 4 Premier Mixed 10s (500m)**

08:45 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7

Heat 1  
Canberra Ice Dragons Dragon Boat Club  
Komodo Paddle Club Spirit  
Canberra Griffins Dragon Boat Club  
Komodo Paddle Club United  
Schools club - Canberra Grammar School

Time: 02:29.01 02:23.80 02:42.62 02:28.50 02:50.76

**Race 5 Senior 40+ Women's 10s (500m)**

09:00 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7

Heat 1  
Dragon Flyers  
Diamond Phoenix Awesome  
Canberra Griffins Dragon Boat Club  
Diamond Phoenix Brilliant  
Invictus Dragon Boat Club  
Dragons Abreast Canberra

Time: 02:44.42 03:02.89 02:57.76 02:40.33 02:44.30 03:09.03

**Race 6 Senior 40+ Mixed 10s (500m)**

09:15 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7

Heat 1  
Canberra Griffins Dragon Boat Club Purple  
Invictus Dragon Boat Club  
NAVMAT Dragon Boat Racing Club  
Canberra Griffins Dragon Boat Club Aqua  
Canberra Ice Dragons Dragon Boat Club

Time: 02:46.59 02:36.94 02:45.16 02:42.73 02:34.45

**Race 7 Premier Women's 10s (500m)**

09:30 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7

Heat 2  
NAVMAT Dragon Boat Racing Club  
Komodo Paddle Club Brave  
Canberra Griffins Dragon Boat Club  
Diamond Phoenix

Time: 03:09.03 02:42.20 02:39.49 02:39.79

**Race 7 Premier Women's 20s (500m)**

09:30 Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7

Heat 2					Komodo Paddle Club Fearless	Canberra Ice Dragons Dragon Boat Club
Time:					02:29.42	02:28.24

Race 8 Premier Open 10s (500m)							
09:45	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 2	Canberra Griffins Dragon Boat Club	Komodo Paddle Club Resilience	Canberra Ice Dragons Dragon Boat Club	Dragon Flyers	NAVMAT Dragon Boat Racing Club	Schools club - Canberra Grammar School	
Time:	02:39.17	02:23.30	02:27.58	02:33.56	02:35.08	02:45.86	

Race 8 Senior 40+ Open 10s (500m)							
09:45	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 2							Invictus Dragon Boat Club
Time:							02:35.68

Race 9 Premier Mixed 20s (500m)							
10:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 2			Komodo Paddle Club Grit	Canberra Ice Dragons Dragon Boat Club	Dragon Flyers		
Time:			02:26.39	02:29.16	02:28.66		

Race 9 Senior 40+ Mixed 20s (500m)							
10:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 2						Invictus Dragon Boat Club	
Time:						02:28.63	

Race 10 Premier Mixed 10s (500m)							
10:15	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 2		Schools club - Canberra Grammar School	Komodo Paddle Club United	Canberra Ice Dragons Dragon Boat Club	Komodo Paddle Club Spirit	Canberra Griffins Dragon Boat Club	
Time:		02:59.39	02:30.40	02:31.40	02:27.01	02:48.89	

Race 11 Senior 40+ Women's 10s (500m)							
10:30	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7

Heat 2	Dragons Abreast Canberra	Canberra Griffins Dragon Boat Club	Diamond Phoenix Awesome	Diamond Phoenix Brilliant	Dragon Flyers	Invictus Dragon Boat Club
Time:	03:15.21	03:01.16	03:01.23	02:44.59	02:51.83	02:48.08

**Race 12 Senior 40+ Mixed 10s (500m)**

10:45	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Heat 2		Invictus Dragon Boat Club	Canberra Griffins Dragon Boat Club Aqua	Canberra Griffins Dragon Boat Club Purple	Canberra Ice Dragons Dragon Boat Club	NAVMAT Dragon Boat Racing Club	
Time:		02:38.50	02:40.20	02:46.35	02:38.27	02:41.68	

**Race 13 Premier Women's 10s (500m)**

11:15	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Grand Finals			Diamond Phoenix	Canberra Griffins Dragon Boat Club	NAVMAT Dragon Boat Racing Club	Komodo Paddle Club Brave	
Time:			02:39.57	02:39.38	03:05.22	02:41.96	

**Race 14 Premier Open 10s (500m)**

11:30	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Grand Finals	Schools club - Canberra Grammar School	NAVMAT Dragon Boat Racing Club	Komodo Paddle Club Resilience	Canberra Ice Dragons Dragon Boat Club	Canberra Griffins Dragon Boat Club	Dragon Flyers	
Time:	02:51.74	02:41.14	02:17.73	02:27.11	02:34.43	02:31.68	

**Race 15 Premier Mixed 10s (500m)**

11:45	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Grand Finals		Canberra Griffins Dragon Boat Club	Komodo Paddle Club Spirit	Komodo Paddle Club United	Canberra Ice Dragons Dragon Boat Club	Schools club - Canberra Grammar School	
Time:		02:41.58	02:24.51	02:25.83	02:31.86	02:42.47	

**Race 16 Premier Mixed 20s (500m)**

12:00	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Finals				Komodo Paddle Club Grit	Dragon Flyers	Canberra Ice Dragons Dragon Boat Club	
Time:				02:26.64	02:27.41	02:27.92	

**Race 17 Senior 40+ Women's 10s (500m)**

12:15	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Grand Finals	Dragons Abreast Canberra	Canberra Griffins Dragon Boat Club	Diamond Phoenix Brilliant	Invictus Dragon Boat Club	Dragon Flyers	Diamond Phoenix Awesome	
Time:	03:13.40	03:02.22	02:42.32	02:44.13	02:49.71	03:03.42	

**Race 18 Senior 40+ Mixed 10s (500m)**

12:30	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Grand Finals		NAVMAT Dragon Boat Racing Club	Canberra Ice Dragons Dragon Boat Club	Invictus Dragon Boat Club	Canberra Griffins Dragon Boat Club Aqua	Canberra Griffins Dragon Boat Club Purple	
Time:		02:42.83	02:40.53	02:39.24	02:43.59	02:56.75	