

THE 2023 HIGH LIFE - LAMMA 500 RACE PROGRESSION

Points will be awarded for race placement in Heats 1 and 2 as follows: 1st place will be awarded 6 points, 2nd = 4 points, 3rd = 3 points, 4th = 2 points, 5th = 1 points.

TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER
09:00	1	BNP Paribas Dragon Boat Team 2	Race 1	09:10	1	Blackrock Team Rock	Race 2	09:20	1	Stormy Dragons	Race 3
	2	Lamma Dragons Pink	Heat 1		2	Crédit Agricole Green Tigers	Heat 1		2	Seagods White	Heat 1
	3	Seagods Red	Premier Mix		3	Buzz Dragon Green	Premier Mix		3	Team Mushu	Premier Mix
	4	Smugz			4	Spanish Dragons			4	Guangzhou International DB Team	
	5	Loreley Lightning			5	Flying Kiwis			5	BNP Paribas Dragon Boat Team 1	
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER
09:30	1	Shanghaied Dragons	Race 4	09:40	1	Sea Cucumbers Dragon Boat Team	Race 5	09:50	1	German Dragons	Race 6
	2	Morgan Stanley - Blue	Heat 1		2	South Lantau Paddle Club Buffaloes	Heat 1		2	Morgan Stanley - Red	Heat 1
	3	RHKYC Mixed	Premier Mix		3	Morgan Stanley Black	Premier Mix		3	Tai Tam Tigers Black	Premier Mix
	4	Seagods Black			4	Tai Tam Tigers - Orange			4	Lamma Dragons Blue	
	5	Blackrock Team Black			5	Loreley Thunder			5	Hong Kong Japanese Dragon Boat Club	
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER
10:00	1		Race 7	10:10	1		Race 8	10:20	1		Race 9
	2	VRC Sea Dragons	Heat 1		2	Dragonflies	Heat 1		2	Stormy Dragons	Heat 1
	3	Lamma Dragons Youth	Mixed U18		3	RHKYC Women	Women		3	Lady Buzz	Women
	4	RHKYC Youth			4	Lamma Dragons Women			4	AWA Globe Paddlers	
	5				5	Renegades			5	Tado's Dragons	
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER
10:30	1		Race 10	10:40	1	Stormy Men	Race 11	10:50	1	5th in Race 5	Race 12
	2	Hong Kong Japanese Dragon Boat Clu	Heat 1		2	Guangzhou International Dragons	Heat 1		2	3rd in Race 3	Heat 2
	3	Buzz Dragons	Men's Open		3	The Liechtenstein Princely Navy	Men's Open		3	1st in Race 1	Premier Mix
	4	Rhkyc Men's Blue			4	Rhkyc Men's Yellow			4	2nd in Race 2	
	5	Lamma (North) Dragon Boat Association 南丫北娛			5	祥興藍天龍舟隊 (Blue Sky Dragonboat Team)			5	4th in Race 4	
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER
11:00	1	5th in Race 6	Race 13	11:10	1	5th in Race 1	Race 14	11:20	1	5th in Race 2	Race 15
	2	3rd in Race 4	Heat 2		2	3rd in Race 5	Heat 2		2	3rd in Race 6	Heat 2
	3	1st in Race 2	Premier Mix		3	1st in Race 3	Premier Mix		3	1st in Race 4	Premier Mix
	4	2nd in Race 3			4	2nd in Race 4			4	2nd in Race 5	
	5	4th in Race 5			5	4th in Race 6			5	4th in Race 1	
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER
11:30	1	5th in Race 3	Race 16	11:40	1	5th in Race 4	Race 17	11:50	1		Race 18
	2	3rd in Race 1	Heat 2		2	3rd in Race 2	Heat 2		2	3rd in Race 7	Heat 2
	3	1st in Race 5	Premier Mix		3	1st in Race 6	Premier Mix		3	1st in Race 7	Mixed U18
	4	2nd in Race 6			4	2nd in Race 1			4	2nd in Race 7	
	5	4th in Race 2			5	4th in Race 3			5		
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER
12:00	1	3rd in Race 8	Race 19	12:10	1	3rd in Race 9	Race 20	12:20	1	3rd in Race 10	Race 21
	2	1st in Race 8	Heat 2		2	1st in Race 9	Heat 2		2	1st in Race 10	Heat 2
	3	2nd in Race 9	Women		3	2nd in Race 8	Women		3	2nd in Race 11	Men's Open
	4	4th in Race 9			4	4th in Race 8			4	4th in Race 11	
	5				5				5		

TIME	LANE	TEAM NAME	RACE NUMBER										
12:30	1	3rd in Race 11	Race 22										
	2	1st in Race11	Heat 2										
	3	2nd in Race 10	Men's Open										
	4	4th in Race 10											
	5												
12:45	LUNCH BREAK				LUNCH BREAK				LUNCH BREAK				
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER		
13:45	1	South Lantau Paddle Club Buffaloes	Race 23	14:00	1	Seagods White	Race 24	14:15	1	Morgan Stanley - Red	Race 25		
	2	Shanghaied Dragons	1,000m		2	Morgan Stanley - Blue	1,000m		2	Loreley Thunder	1,000m		
	3	Hong Kong Japanese Dragon Boat Clu	Premier Mix		3	Lamma Dragons Pink	Premier Mix		3	Blackrock Team Black	Premier Mix		
	4	Flying Kiwis			4	Guangzhou International Dragon Boat Team			4	BNP Paribas Dragon Boat Team 1			
	5	Stormy Dragons			5	BNP Paribas Dragon Boat Team 2			5	Seagods - Red			
	6	Morgan Stanley - Black			6	Buzz Dragon Green			6	Sea Cucumbers Dragon Boat Team			
	7	Smugz			7	Tai Tam Tigers - Orange			7	RHKYC Mixed			
	8	Seagods - Red			8	Loreley Lightning			8	Spanish Dragons			
	9				9	Team Mushu			9	Tai Tam Tigers - Black			
	10				10				10				
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER						
14:30	1	Guangzhou International Dragons	Race 26	14:45	1	Dragonflies	Race 27						
	2	Hong Kong Japanese Dragon Boat Clu	1,000m		2	Renegades	1,000m						
	3	RHKYC Men's Yellow	Open Men		3	Tado'S Dragon	Women						
	4	Lamma Dragons Men			4	Stormy Dragons Paddling Club							
	5	Stormy Dragons (TBC)			5	RHKYC Women's							
	6	RHKYC Men's Blue			6	AWA Globe Paddlers							
	7	The Liechtenstein Princely Navy			7								
	8				8								
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER		
15:00	1		Race 28	15:15	1	17th highest score by points from Heats	Race 29	15:30	1		Race 30		
	2	3rd highest score by points from Heats	Cup Final		2	15th highest score by points from Heats	Bowl Final		2	7th highest score by points from Heats	Plate Final		
	3	Highest score by points from Heats	Mixed U18		3	13th highest score by points from Heats	Premier Mix		3	5th highest score by points from Heats	Women		
	4	2nd highest score by points from Heats			4	14th highest score by points from Heats			4	6th highest score by points from Heats			
	5				5	16th highest score by points from Heats			5	8th highest score by points from Heats			
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER		
15:45	1		Race 31	16:00	1		Race 32	16:15	1		Race 33		
	2	7th highest score by points from Heats	Plate Final		2	3rd highest score by points from Heats	Cup Final		2	3rd highest score by points from Heats	Cup Final		
	3	5th highest score by points from Heats	Open Men		3	Highest score by points from Heats	Women		3	Highest score by points from Heats	Open Men		
	4	6th highest score by points from Heats			4	2nd highest score by points from Heats			4	2nd highest score by points from Heats			
	5	8th highest score by points from Heats			5	4th highest score by points from Heats			5	4th highest score by points from Heats			
TIME	LANE	TEAM NAME	RACE NUMBER	TIME	LANE	TEAM NAME	RACE NUMBER						
16:30	1	11th highest score by points from Heats	Race 34	16:45	1	5th highest score by points from Heats	Race 35						
	2	9th highest score by points from Heats	Plate Final		2	3rd highest score by points from Heats	Cup Final						
	3	7th highest score by points from Heats	Premier Mix		3	Highest score by points from Heats	Premier Mix						
	4	8th highest score by points from Heats			4	2nd highest score by points from Heats							
	5	10th highest score by points from Heats			5	4th highest score by points from Heats							
	6	12th highest score by points from Heats			6	6th highest score by points from Heats							