Day of the LongBoat FAQs: General

RACE DAY

What happens if I'm late for my race?
The Registration captain will attempt to move your team into an open heat. There is no guarantee that your team will be able to race. Your team will not be allowed to advance (Competitive).

Can I wear open-toed shoes?
No. You must wear closed-toed shoes for both the practice day and your race.

Do I need to have a physical student card?
Yes. We do NOT accept digital student cards.

> *Note: If you are already on your team's roster, we will also accept a physical government-issued photo ID at check-in.*

Can I change my heat time?
Possibly. Send requests to IM.Longboat@ubc.ca as soon as possible and we will do our best to accommodate you. Please note that we cannot guarantee that we will be able to move your heat time, as it is dependent on availability.

ADVANCEMENTS – Competitive teams only

How does my team advance?
Mixed and Open teams: The first-place team from each heat will advance to semi-finals, and the top three teams from semi-finals will advance to finals.

Women (Trans Women Welcome): the top two teams from each heat will go to the finals.

Where do I find the advancement information for my team?
At the Timing and Advancements tent, next to the finish arch.

Do we have to compete in our advancement heat?
No, you do not. A member of the Day of the Longboat crew will ask you whether you wish to compete in your advancement heat when your initial heat finishes.

CLINICS

What is a safety clinic?

A Day of the Longboat clinic has two components:

1. A **Mandatory on Campus Safety Clinic** on Wednesday, September 23rd, 2026 or Thursday, September 24th, 2026.
2. An **In-Person Practice Session** at Jericho Sailing Club on Saturday, September 26th, 2026 or Sunday, September 27th, 2026.

The **Mandatory on Campus Safety Clinic** will occur on the UBC Vancouver campus and will provide your team with all of the necessary information needed on race safety and logistics to ensure your team is prepared come race day.

The **In-Person Practice Session** will occur at Jericho Sailing Center and is a great opportunity for your team to get comfortable with the race procedure, event location, and operating a longboat. It also gives your team an opportunity to practice the race-day route so that your team is familiar with it beforehand.

When do the Day of the Longboat clinics happen?

The **Mandatory on Campus Safety Clinic** will occur on the UBC Vancouver campus **on Wednesday, September 23rd, 2026** and **Thursday, September 24th, 2026**.

The on-water practice sessions will run at Jericho Sailing Center on **Saturday, September 26th, 2026** or **Sunday, September 27th, 2026.**

What happens if my whole team is not available to attend the Mandatory On Campus Safety Clinic?

Only one person per team is required to attend the On Campus Safety Clinic.

What if my whole team is not available for the In-Person Practice Session?

A minimum of 8 individuals is required to operate a longboat during the In-Person Practice. Individuals do not need to be from the same team. Coordinate with other teams as needed.

I missed my In-Person Practice Session time. Can my team attend a different Session?

Email IM.Longboat@ubc.ca and we will try to fit you in pending capacity. Additionally, if you come later in the day, we will try to fit your team in, pending capacity. However, we cannot guarantee that your team will be able to practice.

ROSTERS

Can I be on more than one team?
Yes! Just be aware that if you are on multiple competitive teams in the same gender category, your advancement heats may overlap. We will not be moving races to accommodate potential race conflicts.

How do I submit my team's roster?
After registration is closed, the team captain will receive an email containing information on how to submit your team's roster. This email will contain the Team Access Code and Team ID. With this information, rosters can be submitted via the Roster Portal, which will be included in the captain's email. When adding team members include their emails so that they receive the waiver. Captains must also add themselves to the roster.

Do I need to add myself to the roster if I am the captain?
Yes, everyone on the team must be added to the roster.

I'm having issues inputting my team roster online, what do I do?
If you are experiencing issues inputting some team members' student numbers, it is possible that your teammate is not eligible to participate. Follow these next steps:

1. Double check with your team member that the student number they gave is correct
2. Check that they have a **UBC Rec login.** They can create an account **here**
3. Email IM.Longboat@ubc.ca with your team's name, heat time, AND the names and student numbers of the team members who can't be added to the roster online.

I can no longer input my roster. How do I do it?
The Roster deadline has likely passed and we will have to input it on your behalf. Please send an email to IM.Longboat@ubc.ca with your team's name, heat time, and the names and student numbers of each team member on your roster **(Including yourself!)** and we will update your roster for you.

> *Note: If you are on a competitive team, your team will not be able to advance to Semis or the Final if you missed roster deadline.*

WAIVERS

I did not receive an email about the waiver, what should I do?

1. First, check your junk/spam folder for the email.
2. If it's not there, contact your team captain and make sure that they put you on the team roster and that they included your email.
3. If you have successfully been added onto the team roster but still have not received the email, please email us at IM.Longboat@ubc.ca. Include your name, student number and team name. If you can include a screenshot or description of the issue you're facing, that will help us to solve the issue faster!

TEAM TYPE AND COMPOSITION

What are the different team types Day of the Longboat offers?

There are two types of teams that participants can be a part of:

1. *Just For Fun* – If you're here to try something new, or you just want to have fun completing the event, the Just For Fun category may be right for you! There are no gender composition requirements for teams. These teams do not qualify for advancements or championships.

2. *Competitive* – Competitive teams are eligible for advancements and ultimately the potential for winning a championship shirt! There are different gender compositions for the competitive categories, so be sure to check those before registering.

What team compositions does Day of the Longboat offer?

Team captains should think about their team members and how they all self-identify when choosing which team composition is best for them. There are three options to choose from:

1. *Open* – This category welcomes all individuals to participate regardless of gender.

2. *Women (Trans Women Welcome)* – This category welcomes all trans and cis women who are comfortable in a space that centers the experiences of women.

3. *Mixed* – Teams with and even number of participants (10 or 8 participants) may have no more than half of their team members be self-identifying males. Teams with nine (9) members may have no more than four (4) self-identifying males.

How many people participate in the race?

You must have a minimum of eight (8) people participating in the race, with a maximum of ten (10) individuals competing on race day.

How many people can we have on our roster?

Team captains must add at least eight (8) people **(including themselves!)** onto the team's roster. You are allowed to have up to twelve (12) people on your roster in case of substitutions (particularly for illnesses or advancement heats). Regardless, no more than ten (10) people may be in the boat on race day.

I have a friend who is not a UBC student, but would like to race. Can they participate?

Yes – but you will have to participate in the community heat and pay the community price.

What do I do if I feel like I have an exceptionality when it comes to participating in Day of the Longboat?

UBC Intramurals works hard to provide an accommodating and inclusive program experience. Please fill out **This Form** so that we can work together to ensure you have a positive experience.