

2007 Girl's Optimist Clinic & Regatta of Long Island Sound
Noroton Yacht Club
July 8 and 9, 2007

Organizing Authority: *Noroton Yacht Club*

Location: *23 Baywater Drive, Darien, CT 06820*

Clinic: *The clinic coaches will include a number of top women sailors. The coach to sailor ratio will be targeted at 1:10 to provide a very positive and intensive experience.*

NOTICE OF RACE

1 Rules

The regatta will be governed by the rules as defined in The Racing Rules of Sailing 2005-2008, the rules of the U. S. Optimist Dinghy Association (USODA), and the 2007 Rules for JSA Events and the Sailing Instructions.

2 Eligibility

- 2.1 All competitors are required to be members of the United States Optimist Dinghy Association (USODA).
- 2.2 All participants shall be certified as competent for this event by either the head instructor or the program head of their member program. Competency is defined by the JSA as follows: Each entrant is able to sail her Optimist to windward and to leeward in a variety of wind conditions, is able to right the boat after a capsize, and has previously sailed a race course.

3 Entry Requirements

- 3.1 A completed entry form with entry fee of \$120 per sailor. If a sailor will not be in the clinic, the entry fee is \$45 per sailor.
- 3.2 A completed JSA Standard Waiver and Medical Release Form for each competitor.
- 3.3 The entry fee and all forms must be received by Girl's Clinic & Regatta, Noroton Junior Sailing at 23 Baywater Drive, Darien, CT 06820 no later than 5 pm on Tuesday, July 3, 2007. One check, payable to Noroton Yacht Club is appreciated.
- 3.5 Late entries may be accepted if there is room. To inquire about registering after the date listed above, contact Bob Monro at 203-554-1053. The entry fee for late entries is \$135 per sailor. If a sailor will not be in the clinic, the entry fee is \$60 per sailor.

4 Registration and Sailing Instructions

- 4.1 Each participant must appear in person at the registration table during the registration period. Sailing instructions will be available before or during this time.

4.2 Competitors will be assigned to fleets according to their age on the day of the regatta as follows:

White Fleet	10 and under
Blue Fleet	11 and 12
Red Fleet	13, 14, and 15

These fleets may race together or separately.

The race committee will supply colored streamers to be displayed by each boat.

5 JSA Qualifying

This event is not a qualifying event for the 2007 JSA Optimist Championship.

6 Changes to the Racing Rules

6.1 Upon finishing each race, a boat intending to protest shall as soon as possible, without consultation with instructors or spectators, notify the race committee of her intent to protest and, if possible, the sail number of the protested boat. Also, a protesting boat does not need to lodge a written protest. (These add to or change rule 61.)

6.2 The JSA Arbitration Procedure (Appendix C of the 2007 Rules for JSA Events) shall be used for hearing protests. (This changes Rule 63.)

7 Schedule

7.1 The race committee will run as many races as is reasonably possible. At least one race must be completed to constitute a series.

7.2 The schedule of events is as follows:

Sunday, July 8 – Clinic

Registration: 0800 in the “Breezeway” at Noroton Yacht Club

Clinic – sailors should be rigged and ready to sail by 0900;

lunch on the water, bring your own lunch and drinks;

clinic runs no later than 1900.

Monday, July 9 – Regatta

Coaches’ Meeting: 0900

Skippers’ Meeting: 0915

Harbor Start: 0930

First warning signal: approx. 1015

Presentation of Awards immediately following the races.

7.3 No warning signal will be made after 1600.

8 Equipment and Safety Requirements

Each boat must comply with the USODA rules and with the 2007 JSA Optimist Inspection Checklist (Appendix A of the 2007 Rules for JSA Events). An inspection of some or all boats may be carried out at any time during the event.

9 Racing Area

The racing area will be approximately ½ mile southwest of Long Neck Point.

10 Scoring

The Low Point Scoring System, Appendix A of The Racing Rules of Sailing, will apply. A boat's worst race will be excluded if at least five races are completed.

11 Sail Numbers

Sail numbers must be complete and clearly visible from both sides of the sail. Entries of boats not complying with this instruction may be rejected in compliance with Rule 76.1. If racing has already started, boats not complying with this instruction will be subject to protest by the race committee only.

12 Discipline

All junior sailors are expected to behave in accordance with recognized principles of sportsmanship, good manners and fair play. The regatta organizer or protest committee may discipline and/or penalize a junior sailor for actions that include, but are not limited to, the following:

- a) swearing at, intimidating or harassing anyone, including teammates, on or off the water; or
- b) stealing or borrowing, without permission, anything that does not belong to them; or
- c) possessing, consuming or being under the influence of alcohol or illegal drugs.

13 Support Craft and Coaches

Any club entering three or more boats shall supply a support craft equipped with a working VHF Radio, an anchor and a first aid kit. An instructor or other adult shall drive the support craft in accordance with JSA 9.4 (c) and (d) and shall check with the regatta organizers before the first day's harbor start about safety patrol assignments and responsibilities. Spectator and coach boats shall stay well clear of the course area while boats are racing. Additionally, coaches shall help coach the clinic on July 16th and assist with towing and moving racing marks on July 17th.

14 Food and Drink

Each sailor is responsible for her own lunch and refreshments.

15 Prizes

Prizes will be awarded to the top 5 finishers in the Red, Blue & White fleets and top 10 overall.

16 Responsibility for Safety

As a condition of participation of any boat in any race or related activity sponsored or undertaken by the Noroton Yacht Club, the owner and the helmsperson of each boat agree that the safety of the boat and the helmsperson and the decision whether or not to start or continue to race is solely their responsibility. Each of them waives all claims which he or she or any heir, representative, successor or assignee, may have against the Noroton Yacht Club and the JSA of LIS, and their officers, trustees, members, committees, employees or agents, arising out of or in any way connected with participation in such race or activity. Responsibility for evaluating wind, sea and weather conditions rests with each participant as does the responsibility for the safe condition of the boat including safety equipment and rigging and wearing a life jacket. Assistance from the race committee, patrol boats, or other support boats and from personnel aboard them is at the risk of the participant.

17 Web Site

The Notice of Regatta, Sailing Instructions, results and other information are available on the Noroton web site at www.norotonyc.org and at the JSA web site at www.jsalis.org.

Regatta Chairperson: *Bob Monro, rmonro@kaz.com or cell, 203-554-1053* Principal
Race Officer: *Bill Crane, bcrane@us.loreal.com*