

NWISA Island Cup Regatta

**Hosted By NWISA, Sail Orcas &
Orcas High School Sailing Team**

Date: Saturday & Sunday March 27-28, 2010

Location: Orcas Island Yacht Club 850 Deer Harbor Rd., Eastsound WA, 98245

NOTICE OF RACE

1. RULES: The regatta will be governed by the Racing Rules of Sailing (RRS) for 2009-2012, the prescriptions of US Sailing, the ISSA Procedural Rules, the rules of the Vanguard 15 class; and this Notice of Race (except as any of these are changed by the Sailing Instructions); and by the Sailing Instructions.

2. ELIGIBILITY, ENTRY & ENTRY FEE, REGISTRATION

2.1 This regatta is open to all High School Teams. Teams may enter by filing an entry with Sail Orcas using the accompanying Entry form. Entry fee may be paid on regatta day.

2.2 All Competitors must sign the liability release form.

2.3 Entry Fee: The entry fee is \$25.00 per competitor. Make checks payable to Sail Orcas. Fee will include 2 Continental breakfasts, 2 lunches and one dinner.

2.4 Entry fees will be waived for teams who bring their own Vanguard 15(s). (Four entry fees per boat)

2.5 Schools may enter as many teams as they chose. If your school does not have sufficient sailors to form the necessary teams, you may "mix and match" sailors from different schools. If your school has more than one team please enter as team 1, 2, 3 etc.

3. BOATS

3.1 Sail Orcas and San Juan Sailing Foundation will provide 20 Vanguard 15s. Please let us know if you can bring more Vanguards.

3.2 Entries will be limited to this number of teams unless more boats can be brought by other organizations. Please notify Burke Thomas if you plan to bring boats at (360)317-6427 or by email at orcassailingcoach@gmail.com

3.3 The Regatta will be sailed with one division on the water at a time.

3.4 Rotations will be every 2 races from the end of the OIYC Dock.

4. SCHEDULE

Saturday, March 27, 2010

0800 Breakfast & registration

0930 Rigging of Boats

1030 Skippers' Meeting

1100 First Warning. Racing will continue throughout the day.

Eat during boat rotation - no lunch break.

Racing will continue until late, weather permitting.

Dinner will be served after boats are de-rigged, at the West Sound Community Hall.

Sunday, March 28, 2010

0900 Rigging of Boats.

0930 First Warning. Racing will continue throughout the day.

Eat during boat rotation - no lunch break.

1500 No race will be started after this time

Changes to schedule will be posted on the Notice Board.

5. RACING AREA

5.1 The racing area will be the waters West Sound, rotations off OIYC dock.

5.2 Team members, coaches and spectators will be able to watch the racing from the docks.

6. COURSES

6.1 Based on weather conditions, the Race Committee will determine the courses. Short collegiate style courses will be used.

7. FORMAT

7.1 Format will consist of two races in A Division, followed by boat rotation, and two races in B Division.

8. SCORING

8.1 The regatta will be scored using ISSA Procedural rules.

9. BILLETING

9.1 Billeting is available and will be provided by Orcas families, Bring a sleeping bag and pad. Contact Burke Thomas by March 19th if you require billeting orcassailingcoach@gmail.com

10. FOOD

10.1 \$25 Meal tickets per sailor are available and should be purchased at the time of entry.

Friday arrivals: Impromptu BBQ potluck at OIYC picnic shelter

Meals provided for Saturday & Sunday inc. 2 continental breakfasts, 2 lunches, 1 dinner Saturday eve.

11. COACHING

11.1 Unless it is with the permission of the Race Committee, team leaders, coaches and other support personnel shall not go afloat in the racing area other than at rotation float, spectator boat or water taxi transiting from rotation float to boat launch on March 27-28-29.

11.2 Competitors may receive coaching including instructions, assistance, equipment or sustenance only while on the designated rotation float or on shore.

12. OFFICIAL NOTICE FOR ALL PARTICIPANTS:

No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, distilled spirits), or use any controlled substance (marijuana, cocaine, etc.), the possession of which is unlawful. An alleged breach of this rule and/or other disciplinary matters that occur on March 27-28-29 may be the basis for a hearing under rule 69.1. The protest committee for such a hearing will be the Regatta Chairperson, a member of the NWISA Board of Directors and the chairperson of the protest committee.

13. REGATTA CONTACT

Burke Thomas

Tel: 360 317 6427 Fax 360 376 29247

orcassailingcoach@gmail.com

ADDITIONAL INFORMATION

Because of the need to travel to Orcas Island by ferry, it is suggested that your school make reservations for the Anacortes – Orcas Island run. Your school administrator can assist with this. If your team chooses to walk on the ferry, the Orcas Island team has enlisted volunteers to help with transportation. Email the regatta contact for information.

Event map at <http://www.oicy.org/facilitiesPage.php>

NWISA Island Cup Regatta Entry Form

High School(s) _____

Coach or parent in charge:

Name _____

Phone# _____

Team A

SKIPPER _____

CREW _____

Team B

SKIPPER _____

CREW _____

Alternates _____

Registration fee is \$ 25 per person includes 2 continental breakfasts, 2 lunches & 1 Dinner

AMOUNT PAID \$ _____

FAX COPY OF REGISTRATION to (360) 376 2926 or email to orcassailingcoach@gmail.com

Payment may be made at registration. Checks payable to Sail Orcas.

Sail Orcas

Participant Information & Liability Release Form

Name of participant _____

Emergency Contact Information:

Contact First _____ Relationship _____

Allergic Reactions/Medications _____

Waiver of Liability Agreement

I recognize boating can be a hazardous sport that can result in serious injury or death. I accept the risks inherent in boating and its environment. **Since I may be signing on behalf of a minor,** I recognize that I may not release any claims the minor may have. However, I accept full responsibility for all medical expenses and claims incurred as a result of participation in any activity of Sail Orcas, and the Orcas High School Sailing Club. I also agree to **release, hold harmless and indemnify** Sail Orcas, the Orcas High School Sailing Club and the Orcas Island Yacht Club, their advisory councils, officers, members, agents, employees, and insurers for any claims brought by the minor for any injury or damage resulting from any cause, including negligence, which arise out of participation in these programs. This release is binding as to any other persons including family members, heirs, and executors. This release does not apply to gross negligence or intentional acts. I also authorize the program organizers or their employees to sanction emergency treatment if none of the above named contacts can be reached at the time of an emergency. We also permit Sail Orcas to use photos and quotes of our child in publications. **My signature below means I have read, understood, and agree to the conditions and responsibilities as outlined in this Agreement.**

Signature (Parent if under 18) _____ Date _____