

# PCISA Girls' Invitational Regatta

Hosted by PCISA and San Diego Yacht Club

October 22-23, 2011

## Notice of Race

### 1. RULES

- 1.1. The regatta will be governed by the Racing Rules of Sailing (2009-2012), the Prescriptions of US SAILING the ISSA Procedural Rules, the rules of the CFJ Class (except as modified by the Sailing Instructions); the Notice of Race and by the Sailing Instructions, all of which supplement and modify the former.
- 1.2. Class rules requiring CFJ class membership and weight limits shall not apply.
- 1.3. All boats must use PCISA issued sails and be entered in a round robin rotation.

### 2. ELIGIBILITY, ENTRY and COMMUNICATIONS

- 2.1. Competing Schools must be members of ISSA and meet eligibility rules as prescribed in the ISSA Procedural Rules.
- 2.2. The regatta is open to all female High School sailors and eligibility shall be determined by the guidelines of the ISSA Procedural Rules.
- 2.3. Teams must be accompanied by a designated adult team leader, who may be an advisor, coach or parent recognized by the school.
- 2.4. Teams must register online at the regatta website prior to 5:00 PM October 17, 2011.
- 2.5. Registration, Liability forms and entry lists will be available online at: [www.sdy.org/pcisawomen](http://www.sdy.org/pcisawomen)

### 3. FEES

The entry fee shall be \$125.00 payable online at the regatta website prior to 5pm October 17, 2011.

### 4. SCHEDULE

#### Friday October 21

1300-1800	Charter boats are available for practice on Friday afternoon.
1445-1800	High School Practice Session run by John Vandemoer, Head Coach, Stanford University Varsity Sailing Team
1830-1930	Olympic Training Workout (open to all Junior Sailors) run by Harry Legum, Trainer, Annapolis Sailing Fitness

#### Saturday, October 22

0830-0930	Registration/Boat Inspection
1000	Skippers Meeting
1100	Racing Begins

#### Sunday, October 23

0930	Skippers Meeting
1000	Racing Begins
1500	No start after 1500

### 5. CHECK IN AND BOAT INSPECTION

- 5.1. Registration will be open from 0830--0930 in the Jessop Room of the Malin Burnham Sailing Center. Teams must check in prior to boat inspection or receiving sails.
- 5.2. Representatives of the race committee will be available to inspect boats from 0900 to 0945 hours on Saturday morning.
- 5.3. Only teams whose boats have been inspected may pick up their sails.

### 6. LAUNCHING

The launch ramp and docks may only be used by boats that are leaving for or returning from the racing area. Teams may not use the launch ramp or docks for rigging or boat storage. Each team must provide a sufficient trailer or dolly for their boat.

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### 7. SAILING INSTRUCTIONS

Sailing Instructions and boat rotations will be available at the registration table the day of the regatta.

### 8. VENUE AND LODGING

- 8.1. The host facility shall be the San Diego Yacht Club, San Diego, CA. The racing area is the San Diego Bay between Shelter Island and Harbor Island.
- 8.2. We are arranging a block of rooms for competitors at a Shelter Island area hotel. For additional information about lodging please contact Regatta Chair at contacts below.

### 9. CHARTERS

Each team is responsible for providing one class legal CFJ. Charter boats (with dollies) are available from SDYC for teams traveling from more than 150 miles away (Oxnard north). Charter fees are \$125 for the weekend and boats are available on a first come first served basis, with priority to out of state teams. The point of contact for arranging charter boats is Austin Dias, SDYC Head Coach ([austin@sdyc.org](mailto:austin@sdyc.org)). Sails are provided and sail charter fees are included in the regatta entry fee.

### 10. SCORING

The regatta shall be scored in accordance with ISSA Procedural rules.

### 11. COACHES AND SPECTATORS

- 11.1. Coaching shall be in accordance with ISSA, and shall not occur on the water.
- 11.2. Spectator boats shall monitor VHF Channel 71 for instructions from the Race Committee. Spectator boats are asked to check in with the race committee following the Skippers meeting on Saturday morning. Any spectators on the water shall have no contact with any competitor except when rendering assistance under RRS Rule 1.1, or as instructed by the Race Committee. Coaches are not allowed on the water.

### 12. SAFETY

Please ensure that your sailors are dressed adequately for the forecast conditions. Sailors not properly dressed may be sent to shore at the discretion of the race committee. At all times while on the docks or water sailors must wear USCG approved PFD

### 13. DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS rule 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

### 14. INFORMATION

For more information please contact SDYC Junior Program Director John Fretwell at San Diego Yacht Club ([john@sdyc.org](mailto:john@sdyc.org)). Additional contact can be made with Regatta Chairperson, Mary Brigden Snow ([mary.brigden@gmail.com](mailto:mary.brigden@gmail.com)) 619-392-4477.

### 15. OFFICIAL NOTICE

No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, or distilled spirits, each as defined in Chap 51 of the US Internal Revenue Code and intended for beverage use), or marijuana, cocaine, or any other controlled substance (as defined in 21 US Code 802), the possession of which, by that contestant is unlawful under 21 US Code 841. Infringements of this regulation and/or other discipline expectations occurring during the regatta (May 28-30) may be the basis for a hearing under RRS 69.1 The protest committee for such a hearing shall be the regatta chairperson, a member of the ISSA BOD, and the protest committee chairperson. This protest committee shall, at a time and place selected by them, meet to hear said protest, and their decision to impose scoring penalties, or other sanctions they alone deem appropriate, including summary removal from the regatta, shall be final, without appeal.