

NWISA District High School Island Cup Championship Race

**To Be Held At
Roche Harbor --San Juan Island, WA**

**Hosted By
NWISA, San Juan Island Sailing Foundation and
Friday Harbor High School Sailing Team**

March 28-29, 2009

NOTICE OF RACE

1. RULES

1.1 The regatta will be governed by the 2009-2012 ISAF Racing Rules, the prescriptions of US SAILING, this Notice of Race, the 2009-2012 ISSA Procedural Rules, and by the Sailing Instructions.

2. ELIGIBILITY

2.1 A team shall be comprised of a minimum of 4 and a maximum of 8 sailors who are full time students in the 9th grade or higher. A responsible adult leader must accompany teams. There are no numerical or age restrictions on JV competitors.

4. ENTRY AND COMMUNICATIONS

4.1 Eligible schools shall enter by submitting an official entry form, including the entry fee, funds for meal ticket purchases and the refundable boat damage deposit. These shall be sent to the Regatta Chairperson, postmarked no later than March 15, 2009.

4.2 Current ISSA and NWISA membership will be verified at the time of final registration at the regatta site.

4.3 Teams unable to compete shall notify the Regatta Chairperson as soon as possible.

5. ENTRY FEE

5.1 The entry fee is \$40 per team.

6. BOATS

6.1 Vanguard 15s are provided.

6.2 Junior Varsity racing boats and venue will be announced upon allocation of boats for varsity teams.

7. BOAT DAMAGE DEPOSIT

7.1 A refundable boat-damage deposit of \$150 shall be submitted with each entry. In the event that damage to a boat cannot be attributed to a particular team, the repair cost will be divided evenly between all the teams competing.

8. SCHEDULE

8.1

Saturday, March 28, 2009

0800 Last Minute registration
0830 Rigging of Boats/Construction of Lunch Sacks.
1100 Skippers' Meeting
1200 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 High School Dining Hall in Friday Harbor.

Sunday, March 29, 2009

0915 Rigging of Boats.
1000 First Warning. Racing will continue throughout the day.
Eat during boat rotation - no lunch break.
1500 No race will be started after this time, except for tie-breakers (see paragraph 6.3).
1500 After race snack and Awards Presentation.

Changes to schedule will be posted on the Notice Board.

9. RACING AREA

9.1 The racing area will be the waters West of Roche Harbor docks.

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

10. COURSES

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

11. FORMAT

11.1 The format will consist of two races in A Division, followed by boat rotation, and two races in B Division.

12. SCORING

12.1 The regatta will be scored using ISSA Procedural rules.

13. BILLETING

13.1 Billeting is available at the Friday Harbor High School's Hall gym and provided free of charge Friday and Saturday evenings. Bring a sleeping bag and pad. Showers are available.

14. FOOD

14.1 Meal tickets are available and should be purchased at the time of entry.

Friday arrivals: There are numerous restaurants and grocery stores available. An impromptu potluck beach barbecue may occur if weather permits.

Saturday arrivals: \$30 for Saturday dinner and Sunday breakfast.

Note: Teams are responsible for their own lunches on Saturday and Sunday.

15. COACHING

15.1 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.

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

18. 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.

19. REGATTA CONTACT

Scott Boye

Phone: 360 378-8548

email: fhsailcoach@hotmail.com

Mail Entries to:

Scott Boye,

P. O. Box 2265

Friday Harbor, WA 98250

ADDITIONAL INFORMATION

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

Directions to Friday Harbor High School (billeting and meals)

Depart ferry at Friday Harbor

Turn RIGHT on Front Street, travel ONE short block.

Turn LEFT on Spring Street, travel TWO blocks and turn RIGHT on GUARD STREET
Drive TWO blocks and through a stop sign. You will see Friday Harbor High
School's parking lot on your left.

Billeting is in the main building, through the Dining Hall entrance nearest the Flag
Pole.

Directions to Roche Harbor Village:

From the Ferry – Follow directions to the High School.

Exit the High School Parking lot, turning LEFT, away from the town center. Take
the FIRST RIGHT onto Tucker. Tucker becomes Roche Harbor Road. Follow it
approximately 8 miles to a fairly sharp RIGHT curve. Continue on until you see the
Roche Harbor airstrip. Watch for the LEFT turn down into the Village. Continue
sharply downhill until you reach the parking area. Parking rules are strictly
enforced.