

Hello NW High School sailors! Below are two notices of race. First you will see the NOR for the SSP HS Open which will be sailed on 3/13. Below that you will find information about a Womens only clinic at SSP for High School and College ladies on 3/14. It is also worth noting that on Saturday at the Open event we plan to have a collegiate event happening too. This provides a great opportunity for sailors to see what NW college sailing looks like and provide an opportunity for NW collegiate sailors to answer questions about their college's program to high school sailors.

Alex

Sand Point Spring Open
Sail Sand Point - Seattle
March 13, 2010

NOTICE OF RACE

RULES

The regatta will be governed by the Racing Rules of Sailing (RRS) for 2009-12, the prescriptions of US Sailing, the ISSA Procedural Rules, the rules of the CFJ class, and this Notice of Race (accept as any of these are changed by the Sailing Instructions) and the Sailing Instructions.

ELIGIBILITY/ENTRY

This event is open to all high school teams. Multiple teams per school are welcome. There is no entry fee. Schools may "mix and match" sailors to form full teams, this is an "Open" event.

BOATS

Sail Sand Point will provide 12 FJ's for this event. Any teams who can bring additional FJ's are encouraged to do so. Entry will be limited to 12 schools unless more teams can bring boats. Contact Alex Jones if you can bring boats.

SCHEDULE

Saturday, March 13, 2010
Registration 9:30 AM
Competitors Meeting 10:00 AM
First Race Warning 10:30 AM
No Starts After 4:00 PM

SAILING INSTRUCTIONS

Sailing Instructions will be available at the Competitor's Meeting.

SAILING AREA

Racing will take place on Lake Washington, in Seattle, in the waters near Sail Sand Point. Rotations will happen off the Sand Point pier.

SCORING/FORMAT

This will be a 2-division fleet racing event. Each team's score will be the total of the "A" and "B" scores in all races.

INFORMATION

Please RSVP by 3/9/10. Please indicate how many sailors you are expecting to bring. For information and RSVP, contact Alex Jones, alexjones123@gmail.com or (360) 434-0188.

High School/Collegiate Cascadia Cup
University of Washington & Sail Sand Point - Seattle
March 13, 2010

1st Annual Women's Clinic
With Jen Glass and other Northwest Women Sailors
Sail Sand Point - Seattle
March 14, 2010

NOTICE OF RACE

RULES

The regatta will be governed by the Racing Rules of Sailing (RRS), the rules of the CFJ class, and this Notice of Race (accept as any of these are changed by the Sailing Instructions) and the Sailing Instructions.

ELIGIBILITY/ENTRY

This event is open to all college teams. Two teams per school are welcome, Women's and Co-ed. Saturday is a good opportunity for talking with high school competitors about your respective college. There is a \$10 entry fee for the clinic per boat (one skipper and one crew).

BOATS

Any teams who can bring FJ's are encouraged to do so, the Sail Sand Point FJs are being used for the concurrent high school regatta. However, FJs will be available for the Women's Clinic on a first come first serve basis. Contact Hannah Darrin (hdarrin@gmail.com) if you can bring more FJs.

SCHEDULE

Saturday, March 13, 2010
Registration 0930 AM
Competitors Meeting 1000 AM
First Race Warning 1030 AM
No Starts After 1600 PM

*Saturday's races will include both high school and college sailors at the same venue. The two events will be scored and sailed separately but will

share the same race course. The format is intended to allow high school sailors to see first hand what NW college sailing has to offer. College sailors will be available all day to answer questions about their program and their school for prospective high school sailors.*

Sunday, March 14, 2010

Women Only

Report Time 0900

Launching 0930

Lunch break 1130

Final De-brief 1600

Sunday's clinic is designed to build stronger female sailors both in high school and college. Sailors will get one on one coaching from some of the NW's best former college sailors and will cater to all talent levels. College and high school sailors will share the water and the classroom on Sunday for this women's only event partially sponsored by the Northwest Intercollegiate Sailing Association (NWICSA).

Jen Morgan Glass (Head Coach): Jen is from Seattle, a Dartmouth Alumn and member of Seattle Yacht Club, where in 2008 was named Sailor of the year. At Dartmouth she was awarded All-American honors as well as a win at the Women's Collegiate Championships. She is an accomplished match racer and has sailed a wide variety of sailboats, primarily the 29erXX.

Molly Jackson (Assistant Coach): Molly is from Bainbridge Island, and an alum of the high school sailing team there. She is a recent graduate and sailing alum of Western Washington University. She has been named an All-Northwest Skipper three times in her four seasons of college sailing, and has competed three times in the Women's Collegiate Singlehanded Nationals. Molly is currently living in the Northwest sailing J-24s.

SAILING INSTRUCTIONS

Sailing Instructions will be available at the Competitor's Meeting.

SAILING AREA

Racing will take place on Lake Washington, in Seattle, in the waters near Sail Sand Point on the same course as the high school racers. Rotations will happen off the Sand Point pier.

SCORING/FORMAT

This will be a 2-division fleet racing event on Saturday. Collegiate racers will be separate from the high school teams. Each team's score will be the total of the "A" and "B" scores in all races.

INFORMATION

Please RSVP by 3/9. Please indicate how many sailors you are expecting to bring for both the racing on Saturday (co-ed) as well as the Clinic (women

only). For information and RSVP, contact Hannah Darrin, hdarrin@gmail.com,
or (518) 527-7961