



Sail East Regatta with Racing Clinic July 30 to August 3, 2008



Notice of Race

1. Rules

- 1.1. The regatta will be governed by the rules as defined in The Racing Rules of Sailing (RRS), except as they may be amended by this Notice of Race, and the Sailing Instructions. The Class association rules will apply for each fleet.
- 1.2. The regatta will be hosted by the Club de Voile des Laurentides (CVL), Oka, Québec in conjunction with the Fédération québécoise de voile and the Canadian Yachting Association (CYA). Sail East will include on July 30 and 31 a racing clinic with national coaches. The coach names will be posted on the notice of race update 2 months before the event. The regatta will be on August 1 to 3.
- 1.3. Advertising will be restricted to Category A for all classes.

2. Language

If there is a conflict between languages, the French text will take precedence.

3. Eligibility and Entry

- 3.1. The Organizing Authority reserves the right to restrict class entry. A class must have a minimum of six boats.
- 3.2. The Regatta will be open to all Canadian citizens and landed immigrants and must be members of a CYA recognized club or affiliate. The competitors in Optimist must be member of the Coda.
- 3.3. All sailors must present proof of age, club membership, waivers and medical release forms signed by a parent or legal guardian at the Registration Check-in Desk. (The age of majority in Quebec is 19)
- 3.4. The regatta will be limited to the following classes of boats:
 - Byte (standard rig)
 - Byte CII (be sure to have at least the minimum number of competitors or bring your standard rig)
 - Laser 4.7
 - Laser Radial
 - Laser
 - 420
 - 29er
 - Optimist
 - Optimist Green (first year racing and without to be first, second or third place in the last 3 regatta)
 - Wind surf
- 3.5. Eligible boats shall enter by completing the registration form and paying the registration fee by July 31, 2008, 18h00.
- 3.6. Entries after July 31, 2008 will not be accepted.

4. Fees

- 4.1. Entries and payment are due on or before July 7, 2008.
- 4.2. The entry fee of **135\$** per person includes: 2 days of clinics, 3 days of racing, dinner on Wednesday and Saturday, fresh water and lunch for competitors during each race and regatta souvenir.
- 4.3. The entry fee of **70\$** per coach includes: dinner on Wednesday and Saturday, fresh water for competitors during each race and regatta souvenir.
- 4.4. For entries and payment received after July 7, 2008 a late entry fee of **40\$** will apply.
- 4.5. Camping fee is **30\$**/ person for the period.
- 4.6. Registration forms and information will be available on the regatta website <https://usa.regatta-manager.com/ClubdeVoiledesLaurentides>.
- 4.7. 100% of fee will be refunded if the advice is sent before July 7. 50% if the advice is sent before July 15. The advice should be sent at Compet-juniors@cvl.qc.ca.
- 4.8. Check should be made payable to *Club de Voile des Laurentides* and send at time at *Club de voile des Laurentides*
2 rue Racicot
Oka (Québec) J0N 1E0

5. Schedule

- 5.1. Registration.
The registration check in desk will be open July 30th and July 31th between the hours of 0800 and 1800.

- 5.2. Schedule:

Date	Time	Event
Wednesday July 30	0800	Registration Check In
		Coaches Meeting
	1200	Welcome Ceremonies
	1300	Clinics start
	1700	On land debriefing by coaches
	1800	Dinner
	1930	Evening Event
Thursday July 31	1000	Training on water
	1700	On land debriefing by coaches
	1730	Regatta opening information
	18h00	End of registration
Friday August 1	0830	Sailors meeting
	1000	Warning Signal – First Race of Day
Saturday August 2	1000	Warning Signal – First Race of Day
	1800	Regatta Banquet (Mechoui)
Sunday August 3	1000	Warning Signal – First Race of Day
	1430	No warning signal after 14h30
	1600	Prize Giving/Closing Ceremony

6. Inspection and Measurement

Boats entered in the Sail East Regatta may be subject to measurement. The class measurement rules will be in effect.

7. Sailing Instructions

Official Sailing Instructions will be available at the Registration Check-in Desk.

8. Courses and Racing Area

- 8.1. The courses to be sailed will be detailed in the Sailing Instructions.
- 8.2. All races will be approximately 30 to 45 minutes in duration
- 8.3. Training and Race Areas will be on the Lake of Two Mountains adjacent to the Club de voile des Laurentides.

9. Scoring

- 9.1. The Low Point Scoring System, RRS Appendix A, will be used except as modified below.
- 9.2. 13 races are scheduled; a minimum of 3 races must be completed to constitute a regatta.
- 9.3. When 6 or more races are completed a sailor may discard their worst score. When 11 or more races are completed, a sailor may discard their two worst scores.

10. Support Boats

- 10.1. Coach and support boat drivers shall register at the registration desk that will give a flag to be installed on board allowing the category of support boat: Coaching or support boat.
- 10.2. The access of coach and support boats will be restricted during the race.

11. Berthing and Launch

- 11.1. All boats shall be kept in their assigned places in the boat park.
- 11.2. Boats shall launch at their assigned ramps, under the direction of regatta staff.

12. Prizes

- 12.1. Keeper prizes will be awarded for first through third places in every qualifying fleet, minimum six boats per fleet, except the Opti Green Fleet.
- 12.2. Opti Green Fleet will receive participation prizes.
- 12.3. A certificate will be awarded for first five places in each class.
- 12.4. A certificate will be awarded for the first man and first woman in each class.

13. Disclaimer of Liability

- 13.1. Competitors participate in the regatta entirely at their own risk.
- 13.2. It is the competitor's decision to enter the regatta and to start or continue any race. The competitor is ultimately responsible for the risks. The competitor will accept full responsibility for all his/her actions during any activity related to the event. This includes on-shore activities before, during, and after the regatta.
- 13.3. The Club de Voile des Laurentides and all other individuals and entities involved in the organization of this regatta shall accept no liability whatsoever for any injury, damage or loss or claim, whether personal or material, incurred or inflicted to participants before, during or after this regatta.

14. Insurance

The competitor is responsible for ensuring that adequate third party coverage is in place for the event. The organizing authority does not accept any responsibility for verifying that a competitor is insured.

15. Notice to competitors

Notices to competitors will be posted on the official notice board located on the Clubhouse veranda.

16. Accommodations and food

- 16.1. A limited number of camping sites will be available at the Club de Voile des Laurentides. Allocation of camping sites will be on a first come basis on receipt of registration and fees.
- 16.2. Note that food and restaurants are about 5 to 8 km from the club.
- 16.3. Furthermore, breakfast and lunch will be available on place and provided by Subway.
- 16.4. The Club is far from important agglomerations. It is necessary to reserve as soon as possible for hotel, camping during the holiday period. The following accommodation choices are also proposed.

Camping d'Oka:

Parc national d'Oka
2020, chemin d'Oka
Oka (Québec) J0N 1E0
Téléphone : (450) 479-8365
Télécopieur : (450) 479-6250
parc.oka@sepaq.com

Hôtels:

For general information :
www.laurentides.com

L'impéria

570, rue Dubois, Saint-Eustache (Québec) Canada, J7P 3B0
1-888 472-3336
www.imperiahotel.com

Motel Auberge Saint-Estache

40, rue Dubois, Saint-Eustache, (Québec) Canada, J7P 4W9
Ligne sans frais : 1 866 498-6825
Téléphone : 450 473-6825
Télécopieur : 450 473-8808
www.aubergesteustache.com

17. Further Information

A few sailing suppliers and Subway will be on place.

Regatta Chairman : Marc André Corbeil

Email: Compet-juniors@cvl.qc.ca

Website: <http://www.cvl.qc.ca> including localization

Phone for information about registration:

Phone to the Club: 450-479-6127

Inscriptions : <https://usa.regatta-manager.com/ClubdeVoiledesLaurentides>.

Other accommodations

Type	Nom	Adresse	Téléphone	Distance	Site
B&B	La Capucine	42, rue de l'Église, St-Placide, J0V 2B0	(450) 258-0202	7 km	www.geocities.com/gitelacapucine
B&B	Le Zibou	119, rue des Cèdres, OKA, JON 1E0	(450) 479-6407	10 km	http://www.gitedupassant.com/zibou/
B&B	Chez David	115, route du Long-Sault, St-André d'Argenteuil, J0V 1X0	(450) 537-3734	20 km	http://pages.istar.ca/~dlevy/index_english.htm
B&B	La Seigneurie	14, de la Seigneurie, St-André d'Argenteuil, J0V 1X0	(450) 537-1771	20 km	http://www.gitedelaseigneurie.com/pages/5/
Motel	Motel Eddy	99, roue des Seigneurs, St-André d'Argenteuil, J0V 1X0	(450) 537-3297	20 km	
Chalets	Domaine Familial	566 rue Duquesne, Montréal, Qc., Canada, H1N 2W1	(450) 537-3234	20 km	http://www.domainefamilial.com/chalet.htm
B&B	Gite Cocorico	147, rue Théoret, St-Joseph-du-Lac, J0V 1X0	(450) 623-0452	25 km	www.gitecocorico.com
B&B	Gite des jardins de la Montagne	2371, Chemin Principal, St-Joseph-du-Lac, J0N 1M0	(450) 623-0574 (866) 623-0574	25 km	http://pages.videotron.com/jardinsm/
Info Touristique	Bureau d'information touristique d'Oka	183, rue des Anges, Oka, JON 1E0	(450) 479-8389		
Info Touristique	Office Touristique des Basses Laurentides	600, rue Dubois, St-Eustache, J7P 5L2	(450) 491-4444		www.basseslaurentides.com