

**Nepean Sailing Club/National Capital Able Sail Association**  
**National Capital Cup 2010**  
**Nepean Sailing Club**  
**3259 Carling Avenue, Ottawa, ON**  
**K2H 1A6**  
**July 9- 11, 2010**  
**Notice of Race**

**1. Rules**

The regatta will be governed by the rules as defined in *the Racing Rules of Sailing*, the class rules of the Martin 16 class and the sailing instructions

**2. Eligibility**

2.1 The regatta is open to sailors with a disability. Sailors shall elect to sail in gold fleet with or without a companion or silver fleet with a companion. Gold fleet is for sailors who have normally competed in three or more previous regattas while silver fleet is for sailors who have previously competed in three or fewer regattas.

2.2 Upon review, the regatta organizers may assign a sailor to either gold or silver fleet or require a gold fleet sailor to sail with a companion.

**3. Entry**

All competitors should complete online the entry form by 5:00pm Wednesday July 7th and pay the required entry fees prior to 0900 hrs July 10, 2010. Sailors registering late should recognize the organizers may not be able to accommodate all special needs they may have.

**4. Entry Fees**

The fee for participating in the regatta is \$ 40.00. A late registration fee of \$ 10.00 will be required for those who register after 5:00pm Wednesday July 7, 2010.

**5. Borrowed Boats**

5.1 A limited number of borrowed Martin 16's may be available for out-of-town competitors. Please contact the organizer for further information.

- 5.2 Gold fleet sailors may “test sail” 2.4mR sailboats on Friday afternoon July 9<sup>th</sup> and Saturday afternoon July 10<sup>th</sup>

## 6. Schedule

<b>Friday, July 9<sup>th</sup>, 2010</b>	
1200 hrs – 1900 hrs	Launching and rigging visiting boats
1300 hrs-1700 hrs	2.4mR demonstration sails
1600 hrs -1900 hrs	On-site Registration and distribution of sailing instructions
<b>Saturday July 10<sup>th</sup>, 2010</b>	
0800 hrs – 0900 hrs	On-site registration and distribution of sailing instructions
0915 hrs-0945hrs	Rigging of boats and transfer of gold fleet sailors, harbour start
1015 hrs	First race of the day gold fleet, with subsequent races to follow
1300hrs – 1330 hrs	Transfer of Silver fleet sailors, harbour start
1400 hrs	First race of the day Silver fleet with subsequent races to follow
1730 hrs	On shore sailors debrief in NSC clubhouse with dinner to follow
1830 hrs	Banquet Dinner
<b>Sunday, July 11, 2010</b>	
0915 hrs-0945hrs	Rigging of boats and transfer of silver fleet sailors, harbour start
1015 hrs	First race of the day Silver fleet with subsequent races to follow
1200hrs – 1230 hrs	Transfer of Gold fleet sailors, harbour start
1300 hrs	First race of the day gold fleet, with subsequent races to follow
1530hrs – 1700 hrs	Haul out and derig visiting boats
1630	Prize presentation

## 7. Sailing Instructions

Sailing instructions will be available at registration.

## 8. Safety

- 8.1 All competitors shall wear Ministry of Transport approved personal floatation devices while launching, transferring and sailing. Failure to comply with this instruction may result in disqualification of the boat.
- 8.2 All companions shall wear Ministry of Transport approved floatation devices while sailing. Failure to comply with this instruction may result in disqualification of the boat
- 8.3 Competitors are required to provide the Organizing Committee with all pertinent medical information including any allergies as part of the registration process.

## 9. Disclaimer of Liability

Competitors participate in the regatta entirely at their own risk. See Racing Rules of Sailing 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.

## 10. Insurance

Each participating boat shall be insured with valid third party liability insurance with a minimum cover of one million dollars (\$ 1,000,000) Canadian per event or the equivalent.

## 11. Prizes

- 11.1 National Capital Cup “Gold Fleet” trophy will be awarded to the sailor with the lowest points in “Gold Fleet” Keeper prizes will be awarded to first, second and third place finishers.
- 11.2 National Capital Cup “Silver Fleet” trophy will be awarded to the sailor with the lowest point in the “Silver Fleet”. Keeper prizes will be awarded to first, second and third place finishers.
- 11.3 The “Fraser tray” will be awarded to the highest placing competitor who is competing at the National Capital Cup regatta for the first time.

## 12. Contact Information

Regatta chairs:

Laurie Alphonse	Tel 613-737-9716	e-mail <a href="mailto:laurie.alphonse@gmail.com">laurie.alphonse@gmail.com</a>
Peter Wood	Tel 613-820-7618	e-mail <a href="mailto:pwood@magma.ca">pwood@magma.ca</a>