

ISSA Single-Handed Championship

For The Cressy Trophy

Hosted by

Old Dominion University

4551 Powhatan Ave.

Norfolk, VA 23529

November 1-2, 2025



NOTICE OF RACE

1. RULES:

- 1.1. The regatta will be governed by the Rules as defined in the Racing Rules of Sailing (RRS) 2025-2028, the current [Interscholastic Sailing Association \(ISSA\) Procedural Rules](#), the [ISSA National Championship General Conditions](#), [the Scholastic Dinghy Class Rules](#), this NOR, and the Sailing Instructions.
- 1.2. The Organizing Authority (OA) is the Interscholastic Sailing Association (ISSA) and the Mid-Atlantic Sailing Association (MASSA) and host Old Dominion University.
- 1.3. RRS Appendix P, Special Procedures for Rule 42, as modified by ISSA Procedural Rule 14(c) will be in effect.

2. SAILING INSTRUCTIONS:

- 2.1 The sailing instructions will be posted on Tech Score prior to the report time for the regatta.

3. COMMUNICATION:

- 3.1 The online Official Notice Board will be in TechScore

4. ELIGIBILITY AND ENTRY

- 4.1. Competing schools must be members of ISSA and meet ISSA eligibility rules as prescribed in the Procedural Rules.
- 4.2. In accordance with ISSA PR 1.3, teams must be accompanied by a designated adult team leader, who may be an advisor, coach or parent recognized by the school.
- 4.3. Selection of competing schools will be by district elimination. The regatta has 12 ILCA 6 female, 12 ILCA male and 12 ILCA 7 open berths. Allocations will be determined by the ISSA Board. Schools should contact their district directors to find out details on district qualifiers.

5. ENTRY AND COMMUNICATIONS:

- 5.1. The Entry Fee is \$150 per competitor payable during online registration via credit card. Entry fee includes racing, post racing snacks on Saturday, post racing pizza on Sunday, and a regatta souvenir.
- 5.2. Eligible schools and sailors must enter by submitting an official online entry form at <https://forms.gle/MA75vkTxug6MK4nj8> and making payment at the time of registration.
- 5.3. The entry deadline is October 20, 2025.
- 5.4. Teams unable to compete must notify the regatta chairperson and ISSA as soon as possible via the MASSA Director below as soon as possible.
- 5.5. ISSA will reallocate vacant district quotas. The first open allocation will go to the host district. A berth becomes vacant when the **qualifying** district becomes unable to fill the berth.

6. BOATS:

6.1 All boats will be through mandatory charter through the official supplier: ZIM Sailing.

6.2 Class legal ILCA 6 & 7 equipment shall be used.

6.3 OA provided sails shall be used.

6.4 OA Provided spars (masts and booms) shall be used.

6.5 Blades, tillers & extensions, and line packages are to be provided by each competitor. Blades may be chartered through ZIM Sailing for an additional fee.

6.6 Charter information can be found at <https://zimsailing.com/cressy/>

6.7 There will be no rotation of boats.

6.8 ILCA Class legal electronic or analog compasses are permitted. This changes PR 7.11.

7. SCHEDULE:

Friday, Oct. 31, 2025

1:00-5:30pm On-site Registration at ODU Sailing Center, Charter boat pick-up, and sail assignment. The venue is open for practice.

Saturday, November 1, 2025

9:00am Report Time, On-site registration.

9:15am Competitors' Meeting

10:15am First Warning Post racing snacks

Sunday, November 17th

9:00am Report Time

10:00am First Warning

3:00pm No Warning Signal will be sounded after this time.

Trophy presentation and pizza will be ASAP after racing concludes.

7.1. Changes to the schedule will be posted on the official notice board located at scores.hssailing.org.

8. RACING AREA: The Racing Area will be in the Elizabeth River west of the Old Dominion University campus near the mouth of the Lafayette River.

9. EVENT SITE:

Physical address:

Old Dominion University Sailing Center
4551 Powhatan Avenue
Norfolk, VA 23529

Mailing Address:

Old Dominion University Sailing
Athletic Administration Building
Norfolk VA 23529

10. SAFETY:

10.1 ISSA PR 2 applies, including 2.4 and 2.5, requiring team uniforms to be worn.

11. TRANSPORTATION and HOUSING:

11.1 Housing is not provided.

11.2 A courtesy event room block has been reserved at **SpringHill Suites by Marriott Norfolk Old Dominion University for 175.00 USD per night** - (4500 Hampton Blvd. Norfolk VA 23508) Phone: 757-423-4100 Reference "Sailing Championships" **Last Day to Book, Wednesday, October 15, 2025** [Book your group rate for High School Singlehanded National](#)

11.3 The Norfolk International Airport (ORF) is 9 miles from ODU's campus. Newport News Airport (PHF) is 27 miles from ODU's campus.

12. COACHING:

- 12.1 ISSA General Conditions – Rule 5 applies. Once a team has qualified for a National Championship, members of that team shall not sail at the site to be used for the event, unless that site is their School's home waters or there is a previously scheduled MASSA regatta. Violation of this condition may be cause for disqualification of the team from the event.
- 12.2 ISSA PR 8 will apply. Coaching may only take place from shore or a host provided boat.

13. PRIZES:

- 13.1 Prizes will be awarded to schools placing 1st, 2nd and 3rd in the regatta in each fleet. The top school in each fleet will have their names engraved on the perpetual Cressy trophy.

14. RIGHTS TO USE NAME AND LIKENESS: ISSA PR 5.3 shall apply.

15. WAIVER OF LIABILITY:

- 15.1 Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk. See RRS 3, Decision to Race.

The race organizers (organizing authority, race committee, protest committee, host club, sponsors, or any other organization or official) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

16. REGATTA CONTACTS:

Regatta Chair:
Mitch Brindley
Head Coach Old Dominion University
757-683-3387 mbrindle@odu.edu

MASSA District Director:
Dr. Randall Nunn
MASSADistrict@gmail.com
732-581-1100