

Fairfield County Sailing League

2025 Girls Fleet Racing Championship

SINGLE DIVISION FLEET RACE

SAIL BLACK ROCK
Captain's Cove Seaport, Black Rock, CT
Wednesday, May 7th, 2025

NOTICE OF RACE

1. RULES:

- 1.1. The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*, the Interscholastic Sailing Association ("ISSA") [Procedural Rules](#) ("PRs") and [the Scholastic Dinghy Class Rules](#).
- 1.2. The Organizing Authority (OA) is SAIL BLACK ROCK. SAIL BLACK ROCK hosts the intercollegiate sailing team of Sacred Heart University.
- 1.3. **Participating teams are limited to 6 team members - 5 sailors and 1 coaches.** Additional coaches may be permitted to participate in the regatta as members of the Race Committee. Teams that have a critical need to have a second coach on site must email the Event Chair to request approval no later than the entry deadline. Spectators are welcome.

2. **SAILING INSTRUCTIONS:** The sailing instructions will be posted on the notice board prior to the report time for the regatta.

3. **COMMUNICATION:** The online official notice board will be on TechScore.

4. ELIGIBILITY:

- 4.1. Competing sailors must be female.
- 4.2. Competing sailors must be in the 9th grade or higher. Sailors in 8th or 7th grade may participate pending approval by the Event Chair. The Event Chair shall at any point, and at their sole discretion, reserve the right to prohibit further sailing by 7th and/or 8th grade competitors.
- 4.3. Competing teams must be one of the following:
 - A current member of ISSA, the New England Schools Sailing Association ("NESSA"), and the Fairfield County Sailing League ("FCSL") that meets ISSA eligibility rules.
 - A team that is not a member of ISSA, NESSA, and/or the FCSL, but is composed entirely of sailors that all attend the same school, and which is approved by both the Event Chair and the FCSL Representative to the NESSA Executive Committee ("FCSL Rep")
 - A team that is composed of sailors from different schools that are each unable to form their own team for this event, and which is approved by both the Event Chair and the FCSL Rep.
 - When considering whether to approve the entry of a team formed using this criteria, the Event Chair and FCSL Rep shall consider whether sailors on such a team made **all** reasonable efforts to form a team that fulfills one of the other categories listed here.

5. REGISTRATION.

- 5.1. Schools wishing to compete must complete the on-line registration form available at the following URL

<https://forms.gle/vyYt71aN2hW9tCkV8>

- 5.2. Registration window closes at 2359 on Tuesday May 6, 2025.

- 5.3. Regatta is limited to the first 9 eligible teams to register. All others will be added to a wait-list.
- 5.4. If a team is going to NO SHOW the Event Chair must be notified by phone prior to 9AM the morning of the regatta. Dave White – 203 249-4434.
- 5.5. **IMPORTANT:** Schools must complete a venue waiver for each sailor prior to the regatta. Waivers can be found on the Notice Board. **NO WAIVERS WILL BE ACCEPTED AT THE REGATTA.** **Sailors are subject to not being permitted to sail if waivers are not properly submitted in advance.**

6. **ENTRY FEE:** There is no entry fee.

7. BOATS:

- 7.1. Z420s with 2021 North Blue-Ribbon sails shall be provided for all competitors, who shall not modify any boat nor cause a boat to be modified in any way, except that competitors may adjust lines and controls normally adjustable.
- 7.2. No modifications to rigging are allowed except that mainsheets may be rigged either 3:1 or 4:1

8. SCHEDULE:

- 8.1. 1530 - Check-In
1545 - Sailor's Meeting (First warning will be confirmed at Sailor's Meeting)
1915 - No first warning for any race will start after this time.
- 8.2. Changes to the schedule will be announced verbally by Race Committee.

9. **FORMAT:** The regatta shall be run as a single division feet race without rotation of boats.

10. **RACING AREA:** The race area will be defined at Sailor's Meeting but will most likely be in the vicinity of St. Mary's Point at the western entrance to Black Rock Harbor, on Long Island Sound. **STAY IN CHANNEL DEPARTING/ENTERING HARBOR UNLESS OTHERWISE INSTRUCTED.**

11. **COACHING:** Each team may have one on the water coach in the OA provided coach boat or boats. No private coach boats are permitted without RC advance approval. Additional coaches and/or spectators can view the racing from a shore-based vantage point to be announced at the Competitor's meeting.

12. WAIVER OF LIABILITY:

- 12.1. 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 4, Decision to Race.
- 12.2. 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.

13. RIGHTS TO USE NAME AND LIKENESS:

By participating in this event, competitors automatically grant to the Organizing Authority and the event sponsors the right, in perpetuity, to make, use and show, at their discretion, any photography, audio and video recordings, and other reproductions of them made at the venue or on the water from the time of their arrival at the venue, until their final departure, without compensation.

14. REGATTA CONTACTS/REGATTA CHAIRS:

Dave White – SAIL BLACK ROCK – Event Chair	dave@dhwhiterealestate.com	(203) 249-4434
Henry Millette - U.S. MERCHANT MARINE ACADEMY - PRO	sailcoachmillette@gmail.com	(914) 552-7405
Stokes Carrigan - GREENS FARMS ACADEMY - FCSL Rep	scarrigan@gfacademy.org	(610) 246-1706

APPENDIX A

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LOGISTICS

SAIL BLACK ROCK
CAPTAIN'S COVE SEAPORT
ONE BOSTWICK AVENUE
BRIDGEPORT, CT

SAIL BLACK ROCK, which hosts the team of Sacred Heart University is pleased to offer a one day, one division, interscholastic fleet racing regatta.

Shore Access and Departure – No sailors nor coaches will have access to shore after first warning. All sailors & coaches will be on the water 1.5 miles offshore for the entire day. No sailor nor coach will be brought back to shore except for an emergency. Departures from shore venues at the end of the regatta will be approximately 1945 hours.

Parking – Abundant parking around the Sailing School Building, which is a larger white building on the boardwalk. Lock cars.

Gear/Dressing – Dress in Sailing School classroom or in sailing school heads. Please keep gear and gear bags in cars. Nothing is to be left on the boardwalk, outside on the deck of the sailing school building or in the classroom. **No barefoot sailing.**

Safety – Harbor has occasional commercial traffic consisting of large oil and gravel barges with tugs. They have the right of way and cannot change course or stop quickly. Keep clear of commercial channels to permit their transit. All sailors, coaches and spectators on the water must be wearing an approved PFD, unless directed otherwise by RC. Proper boat shoes/boots to be worn by all sailors, coaches and spectators at all times.

Heads – Our sailing school building has heads, showers and washer/dryer. The Grand Banks has a head for on the water access.

Boat Launch – (9) Z420s are dry sailed from cradles on island dock across the harbor. Competitors are ferried across.

Equipment- (9) recent matching Z420s with new North Blue-Ribbon Sails. Please do not untie the rudder tie down lines. Please check tanks for water and check hiking straps lines. Note: Jib tack pin is fast pin type – do not remove ring pin.

Racing Area – Black Rock Harbor, Bridgeport, CT on Long Island Sound. STAY IN CHANNEL DEPARTING HARBOR UNLESS OTHERWISE INSTRUCTED. Harbor can be shallow in areas and there are rocks. We have several racing areas but most likely we will be racing off St. Mary's Point on Long Island Sound at the western side at the mouth of Black Rock Harbor. Racing areas may change in afternoons, dependent upon wind strength and direction, sea conditions and tide. Please pay attention at the Competitor's meeting concerning hazards in the racing areas.

Rotations – There shall be no rotations.

Power Boats – We have an 18' red lobster boat (Beach Plum) for RC. It has a cabin, head and holds 4-6 adults, an 18' white RIB which holds 10 for rescue/coach. Grand Banks 32 will be anchored for offset staging of sailors and rotations.

Capsize – A designated rescue boat will be announced at the Competitor's meeting. It is important to move quickly to right the boat and avoid turtling because the bottom is thick, smelly black mud.

Contacts – Program Director, Dave White

203 249-4434

dave@dhwhiterealestate.com

Deus ventum movet, hominis velum aptarat