



## PACIFIC COAST HIGH SCHOOL DOUBLE HANDED CHAMPIONSHIP

Hosted by the St. Francis Yacht Club, Bay Area Youth Sailing (BAYS) & the Pacific Coast Interscholastic Sailing Association  
April 17-18, 2010

### NOTICE OF RACE

#### 1. RULES

The regatta will be governed by *The Racing Rules of Sailing (RRS)*, the current ISSA Procedural Rules and the current PCISA Supplemental Rules, as modified by this Notice of Race and the Sailing Instructions.

#### 2. ELIGIBILITY

- 2.1** A team is comprised of a minimum of 4, and a maximum of 8, sailors who MUST attend the same high school in grades 9-12. Teams must be accompanied by a designated adult Team-Leader Chaperone, who may be an advisor, coach or parent and must be recognized by the school.
- 2.2** Selection of competing schools for the PCCs will be in accordance with the Supplemental Rules for the PCISA 2009/2010. The regatta has 22 berths (20-CA, 2-HI). Final event qualification decisions will be administered by the PCISA Executive Committee.
- 2.3** Each team must be a current member of ISSA and the PCISA.
- 2.4** Only one team per school may compete (No JV Teams) and all teams must compete in both divisions (A & B).

#### 3. ENTRY AND COMMUNICATIONS

- 3.1** Eligible teams must enter by filling out the attached entry form and submitting to StFYC by Wednesday, April 7, 2010.
- 3.2** Eligible teams unable to compete must notify PCISA President Mike Segerblom (mikesego@ussclub.org) as soon as possible and no later than Thursday, April 1, 2010. PCISA will reallocate vacant berths accordingly.
- 3.3** The StFYC Waiver of Liability and Medical Form (attached to this NOR) must be completed for each competitor and turned in at registration on April 17, 2010.

#### 4. ENTRY FEE

- 4.1** There will be an entry fee of \$25.00 per sailor. Entry fee includes snacks after racing each day, trophies, and a t-shirt for each paid competitor.
- 4.2** Extra shirts will be available for pre-order on the entry form for \$20.00.

#### 5. BOATS

Each team is responsible for providing one complete class legal CFJ. Boats will need to pass inspection prior to racing in event. Sails will be provided by PCISA. A limited number of charters are available from Bay Area Yacht Clubs. A list of Bay Area Yacht Clubs and contact information is attached.

#### 6. SCHEDULE

Saturday, April 17, 2010	
0900-1000	Rigging and Final Registration
1015	Sailor's Meeting - MANDATORY
1100	First Warning - racing will continue throughout the day <i>(no lunch break)</i>
Sunday, April 18, 2010	
1000	First Warning - racing will continue throughout the day <i>(no lunch break)</i>
1600	No race will be started after this time
1700	Trophy Presentation

*\*All times are approximate*

**7. RACING AREA**

The intended race area will be either the water between Fort Mason and the San Francisco Marina or on the City Front directly north of the St. Francis clubhouse. Rotations will take place on the beach east of the Golden Gate Yacht Club.

**8. COURSES/FORMAT**

Based on conditions, the Race Committee will determine the courses. Short college style courses will be used. A complete "Round Robin" will be attempted using the "Navy Special" format (Race 2 races in a division and then rotate boats and divisions).

**9. SCORING**

The regatta will be scored using ISSA Procedural rules.

**10. HOUSING**

Teams are responsible for their own housing. A list of local accommodations is attached.

**11. COACHING**

Team-leaders, chaperones, advisors, coaches and other support personnel shall not have any contact with the competitors while afloat in the sailing area from April 17 through April 18 unless with the permission of the Race Committee. All coaching, crew rotation, exchange of clothing/food/drink and communication shall only occur on the beach unless otherwise instructed by the Race Committee. The penalty for failing to comply with this requirement may be the disqualification of all boats, competitors and teams associated with the infringing support personnel.

**12. PRIZES**

Prizes will be awarded to schools placing 1st, 2nd, and 3rd. Additionally, in accordance with the PCISA Supplemental Rules scores/placing from this regatta will be used to determine the PCISA Qualifiers for the ISSA Mallory (Double-handed) Nationals. The winner's name will be placed on the William Wakeman Perpetual Trophy.

**13. JUDGING/PROTEST**

Judges or observers may be on the water. They will act in accordance with ISSA Procedural Rules, Appendix 4. Judges may use the "Yellow flag rule". Clarification will be provided in the SIs. Protests will be handled in accordance with ISSA Procedural Rules as amended by PCISA. Jury will hear protests on the water or in a designated location determined by the Race Committee.

**14. OFFICIAL NOTICE FOR ALL PARTICIPANTS**

No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, distilled spirits), or use any controlled substance (marijuana, cocaine, etc.), the possession of which is unlawful. Infringements of this regulation and/or other discipline expectations occurring during April 17 or 18, 2010 may be the basis for disciplinary action. Discipline problems and this regulation's enforcement will be handled promptly by an adult Discipline Hearing Board which will consist of three adult members; the Regatta Chairperson, a PCISA Officer and the Chief Judge. Said Board shall, at a time and method selected by them, meet to hear said problem and their decision to impose scoring penalties, or other sanctions they alone deem appropriate, including summary removal from the entire regatta, shall be final without appeal permitted.

**15. REGATTA CONTACTS**

St. Francis Yacht Club Race Office

Phone: 415-655-7756, Fax: 415-563-8670, Email: [raceoffice@stfyc.com](mailto:raceoffice@stfyc.com)

PCISA President - Michael H. Segerblom

Phone : 562-433-7939, Fax: 562-433-3668, Email: [mikesego@ussclub.org](mailto:mikesego@ussclub.org)

## USEFUL INFORMATION

### BOATS

*Each team is responsible for providing one complete class legal CFJ. If a team is unable to bring one, they should contact Bay Area Yacht Clubs to try and obtain a charter boat.*

San Francisco Yacht Club

Contact: Forrest Gay ([youth@sfyc.org](mailto:youth@sfyc.org) - 415.435.9525)

Sequoia Yacht Club/PYSF

Contact: Eric Anderson ([hiker4u@aol.com](mailto:hiker4u@aol.com) - 650.854.1048)

Stanford Sailing

Contact: John Vandemoer ([vandemoer@stanford.edu](mailto:vandemoer@stanford.edu) - 650.387.2674)

Encinal Yacht Club

Contact: Billy Zlotocha ([juniors@encinal.org](mailto:juniors@encinal.org) - 510.769.0221)

Richmond Yacht Club

Contact: Dan Brandt: ([dan.higherfastervmg@gmail.com](mailto:dan.higherfastervmg@gmail.com))

St. Francis Yacht Club

Contact: Mike Kalin ([junior@stfyc.com](mailto:junior@stfyc.com) - 415.820.3729)

### LOCAL ACCOMMODATIONS

*All within 10 minutes walking distance from StFYC*

- **Cow Hollow Motor Inn** - 2190 Lombard Street • 415.921.5800 • [www.cowhollowmotorinn.com](http://www.cowhollowmotorinn.com)
- **Coventry Motor Inn** - 1901 Lombard Street • 415.567.1200 • [www.coventrymotorinn.com](http://www.coventrymotorinn.com)
- **Hotel Del Sol** - 3100 Webster Street • 415.921.5520 • [www.jdvhotels.com](http://www.jdvhotels.com)
- **Marina Motel** - 2576 Lombard Street • 415.921.9406 • [www.marinamotel.com](http://www.marinamotel.com)

### FOOD

*Teams are responsible for their own food.*

#### **Local Supermarkets:**

- **Safeway**  
15 Marina Blvd (*less than 1.5 miles from StFYC*)
- **Trader Joes**  
401 Bay Street (*about 2 miles from StFYC*)
- **Whole Foods**  
1765 California Street (*about 3 miles from StFYC*)

#### **Restaurants:**

- [www.sanfrancisco.com/restaurants](http://www.sanfrancisco.com/restaurants)

### CLUB RULES

***While at the St. Francis Yacht Club please obey a few club rules to respect the membership of the club.***

- Please remove hats before walking inside the club
- Do not use cell phones inside the club – please turn ringers off or put phones on vibrate and exit the club before taking any calls
- Shoes must be worn at all times while inside the club
- Please enter through the Regatta Entrance or Junior Clubhouse if soaking wet



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**ENTRY FORM**  
**(one per team)**

<b>School:</b>
<b>Coach/Team Contact:</b>
<b>Phone:</b>
<b>Email:</b>

**SAILORS**  
please print clearly

	Sailor Name	High School Graduation Year	Division (A or B)	Position (Skipper or Crew)	T-Shirt Size (S, M, L, XL)
1					
2					
3					
4					
5					
6					
7					
8					
<b>Coach Name:</b>					

**FEES**

<b>Entry Fee (\$25 per sailor)</b>	\$ _____
<b>Extra T-Shirts (\$20 per shirt)</b>	\$ _____
<b>Payment by check only, make payable to St. Francis Yacht Club</b>	<b>Total \$ _____</b>

**RETURN TO**

<p><b>St. Francis Yacht Club</b> <b>Attn: Race Office</b> <b>On The Marina</b> <b>San Francisco, CA 94123</b> <b>Phone: 415.655.7756 Fax: 415.563.8670 Email: <a href="mailto:raceoffice@stfyc.com">raceoffice@stfyc.com</a></b></p>
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