

Forrest Cook Regatta
Hood River, OR
Saturday and Sunday March 25th and 26th, 2017

NOTICE OF RACE

1. **RULES:** The regatta will be governed by the Racing Rules of Sailing, the prescriptions of US Sailing, the ISSA Procedural Rules, and the Sailing Instructions.
2. **ELIGIBILITY:**
 - 2.1 This regatta is open to all high school teams from NWISA
 - 2.2 An adult who is responsible for the school's team must accompany the team to the regatta.
 - 2.3 Schools may enter as many teams as they choose, subject to Section 4.1 (below). If your school has more than one team, please enter as team 1, 2, 3, etc.
 - 2.4 If a school lacks sufficient sailors to form a complete team, teams may be formed by "mixing and matching" sailors from different schools.
 - 2.5 For schools sending multiple teams, a Varsity team does not need to be designated at registration. All sailors will be competing in the Varsity/Gold fleet.
 - 2.6 Teams shall be comprised of a minimum of 4 sailors. Multiple teams per school are allowed (limited by boat availability).
 - 2.7 This is an Open Regatta as defined by the NWISA District Supplemental Rules. Open regattas may be attended by active or mixed teams. Mixed Teams may consist of students in grades 8 through 12 from multiple high schools. Active Teams shall consist of high schools registered with ISSA and meeting all the eligibility requirements of the latest ISSA Procedural Rules. A team is considered registered after they have submitted their online registration, a damage deposit, and paid their district dues.
 - 2.8 Teams are encouraged to register with ISSA at <http://registration.hssailing.org/>. Registration is \$110 for teams with 3 or less sailors and \$160 for teams with 4 or more sailors.
3. **REGISTRATION & ENTRY FEE**
 - 3.1 As with all NWISA high school regattas, registration is online. Eligible schools shall register through the NWISA website link:
https://docs.google.com/spreadsheets/d/1d08CgmQw6GTy5COsJ2Ri05kyHAvCR_vHeer0UVdqN5w/edit#gid=433204379
Registration is on a first come, first served basis due to the potential for limited boats. Registration opens March 13th, 2017 at 1100. Registration closes March 20, 2017 at 2200. Boats will be allocated at this time. Additional registrations are allowed after this time, but teams may be turned away if boats are unavailable. For more information, please contact Lars Bergstrom at Lars@42surfboards.com
 - 3.2 Entry fee is \$20 per sailor (includes two days of lunches and snacks). Payment may be made at sign in on 3/25/2017.
4. **BOATS:**
 - 4.1 Gorge Sailing Team will provide 15 Club 420s. Teams that are able to bring boats may add those boats to the event spreadsheet. NWISA district rules will govern how boats are allocated.
 - 4.2 Boats shall be rotated among the competing teams in round robin format. Sequence and frequency of boat exchanges shall be at the discretion of the Race Committee.
 - 4.3 If a round robin is not completed, the regatta shall consist of the number of races sailed up until the conclusion of racing.

5. SCHEDULE OF EVENTS:

Saturday:

Registration: 1000
Competitors Meeting: 1030
First Warning: 1100
No Starts After 1600

Sunday:

Competitors Meeting: 900
First Warning: 1000
No Starts After 300

- 6. SAILING INSTRUCTIONS:** Will be available at the competitors meeting.
- 7. SAILING AREA:** Races will be held on the Columbia River between the Sand Bar to the east of the Event Site and Wells Island. The parking and meeting areas can be found by googling "Hood River Event Site". Take Exit 63 for downtown Hood River. Turn south into town for good coffee (Dog River Coffee) or north toward the Columbia for the Event Site.
- 8. SCORING:** The low point scoring system, rule A2, will apply. Each team's score will be the sum of its A & B division scores in all races. All scores will count (no throw-outs).
- 9. HOUSING:** Free camping for visiting teams is available at The Event Site if it is reserved by March 17th. It is possible that we can find housing with local families Friday and/or Saturday. Please contact Lars Bergstrom at Lars@42surfboards.com for housing.
- 10. INFORMATION:** For more information contact Lars Bergstrom at Lars@42surfboards.com .
- 11. COACHING:**
Team leaders, chaperones, coaches, parents, advisors and other support personnel shall not go afloat in the sailing area from the start of racing Saturday to the end of racing Sunday UNLESS an exception has been explicitly permitted by the regatta chair or PRO (with the exception of floating docks). Competitors may receive coaching including instructions, assistance, equipment or sustenance only while on the designated rotation float or on shore.

REGISTRATION FORM

Forrest Cook Regatta

Hood River, OR

Saturday and Sunday March 25th and 26th, 2017

High School(s)

Coach or Parent in Charge:

Name

Phone#

Team 1

A Division

B Division

Skipper

Skipper

Crew

Crew

Alternates

Team 2

A Division

B Division

Skipper

Skipper

Crew

Crew

Alternates

Team 3

A Division

B Division

Skipper

Skipper

Crew

Crew

Alternates

Registration Fee: \$20 per sailor

Number of Sailors _____

Amount Paid \$ _____

Make Checks Payable To: Gorge Sailing Team

Cash _____ Check _____ (payment may be made at registration)

Send Registration To: Lars Bergstrom at Lars@42surfboards.com or bring to registration.

Consent & Waiver of Liability Agreement

Complete one form for each participating sailor. If sailor is under 18 years of age, form must be signed by parent or designated legal guardian.

LAST NAME:

FIRST NAME:

BIRTH DATE:

ADDRESS:

CITY:

STATE:

ZIP:

PHONE #(s):

E-MAIL ADDRESS:

I recognize sailing can be a hazardous sport which can result in serious injury or death. I accept the risks inherent in sailing and its environment, and I accept full responsibility for all medical expenses and claims incurred as a result of my participation in any activity of Gorge Sailing Team, Hood River Yacht Club, Gorge Junior Sailing, and Port of Hood River. I also agree to release, hold harmless and indemnify Gorge Sailing Team, Hood River Yacht Club, Gorge Junior Sailing, and Port of Hood River, their officers, shareholders, directors, agents, employees and insurers for any claims for personal injury or property damage resulting from any cause including negligence, which arise out of participation in Gorge Sailing Team, Hood River Yacht Club, Gorge Junior Sailing, and Port of Hood River activities. This release is binding on me and all other persons, including family members, heirs and executors. This release does not apply to gross negligence or intentional acts of Gorge Sailing Team, Hood River Yacht Club, Gorge Junior Sailing, and Port of Hood River. All rights and responsibilities of the parties will be governed by Oregon law, and any claims between the parties may be filed only in Hood River County Circuit Court. **My signature below means that I have read, understood, and agree to the above terms and conditions.**

SIGNATURE

DATE

PRINTED NAME

Boat Usage Agreement

In consideration of the agreement by the Gorge Sailing Team and Gorge Junior Sailing to make a boat available to me, I agree that I am solely responsible for any expenses incurred due to damage, loss of property, or personal injury suffered by Gorge Sailing Team, Hood River Yacht Club, Gorge Junior Sailing, and Port of Hood River, members of my crew, or any third party, resulting from my use of this boat. I am aware of and familiar with the risks and dangers inherent in sailing and sailboat racing, I am familiar with the class of boat Gorge Sailing Team and Gorge Junior Sailing have made available to me, its use and operation. I will wear a life jacket and appropriate clothing at any time of operation. I have read and understand the above agreement and sign this document by my own desire, demonstrating my agreement.

SIGNATURE

DATE

PRINTED NAME