

# Catholic Cup

## NESSA/MASSA INTERSECTIONAL FLEET RACE TWO DIVISION – A & B



### SAIL BLACK ROCK Captain's Cove Seaport, Black Rock, CT Sunday, October 16th, 2022

## NOTICE OF RACE & SAILING INSTRUCTIONS

### 1. RULES:

- 1.1. The regatta will be governed by the current Racing Rules of Sailing, the ISSA Procedural Rules, and the NESSA Procedural & District Rules
- 1.2. In accordance with RRS rule 70.5(a), decisions of the protest committee are final. US SAILING's permission has been granted.
- 1.3. ISSA PR 5.1 (Conduct) shall be in effect for the entire regatta. This rule applies to all invitees, including, but not limited to; sailors, coaches and parents. All invitees are expected to display proper manners and positive attitudes at all times.
- 1.4. The Organizing Authority (OA) is NESSA in conjunction with SAIL BLACK ROCK. SAIL BLACK ROCK hosts the intercollegiate sailing team of Sacred Heart University.
- 1.5. **Schools are limited to seven (7) people - six (6) sailors and 1 coach. In addition, spectators are welcome.**
- 1.6. NO BAREFOOT SAILING – PROPER SAILING FOOTWEAR ONLY

### 2. ELIGIBILITY:

- 2.1. Competing schools must be 2022-2023 members of ISSA/NESSA/MASSA and meet ISSA eligibility rules as prescribed in the Procedural Rules, Part III 1, and 5.2.
- 2.2. See NESSA PR Article K, section 2(c) for more eligibility requirements

### 3. ENTRY PROCEDURES.

- 3.1. Schools wishing to compete must complete the on-line registration form posted on the NESSA website ([NESSA.HSSailing.org](https://NESSA.HSSailing.org)) in the registration window.
- 3.2. Registration window closes at 2359 on October 13, 2022
- 3.3. Regatta is limited to the first 9 schools to register. All others will be added to a wait-list.
- 3.4. NESSA PR Article L (failure to Compete) is in effect. If a team is going to NO SHOW the host must be notified by phone prior to 9am the morning of the regatta. Dave White – 203 249-4434

- 3.5. **IMPORTANT:** Schools must complete a venue waiver for each sailor prior to the regatta. Waivers can be found on the NESSA Website under “Forms.” **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.**

**Boats:** Z420 with new North Blue Ribbon Sails

**4. SCHEDULE:**

- 4.1. 0930 -Check in  
0945 - Sailor’s Meeting (First warning will be confirmed at Sailor’s Meeting)  
1600 - No first warning for any race will start after this time, except if the regatta is not “official” yet, in accordance with the ISSA PR in which case, racing can continue until the regatta is official.
- 4.2. Changes to the schedule can be announced by RC and posted on the NOTICE OF RACE board in the boardwalk classroom.

5. **RACING AREA:** The race area will be defined at Sailor’s Meeting but most likely will be in the vicinity of St. Mary’s Point at the western entrance to Black Rock Harbor, on Long Island Sound

6. **COURSES:** The Race Committee will determine the courses as prescribed in ISSA PR 7.7. Courses will be defined at Sailor’s Meeting but may be modified at any time by RC. RC will make auditory announcements of course changes, if any, to all Sailors on race course.

7. **SCORING:** The regatta will be scored in accordance with ISSA Procedural Rules.

**8. COACHING:**

- 8.1. Team leaders, chaperones, coaches, parents, advisors and other support personnel shall not go afloat in the sailing area from the time they arrive at the regatta site until the regatta is done unless explicitly permitted by the regatta chair. 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.
- 8.2. ISSA PR 8 defines other coaching limitations and obligations.

**11. 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.

**12. WAIVER OF LIABILITY:**

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.
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. REGATTA CONTACTS/REGATTA CHAIRS:**

Jonathan Harley – NESSA VP [jonathanharley@cox.net](mailto:jonathanharley@cox.net)  
Dave White – SAIL BLACK ROCK – Event Chair - [dave@dhwhiterealestate.com](mailto:dave@dhwhiterealestate.com) (203) 249-4434

## LOGISTICS

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### HOSTED BY *SAIL BLACK ROCK* CAPTAIN'S COVE SEAPORT ONE BOSTWICK AVENUE BRIDGEPORT, CT

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

**Pizza Party – Immediately following racing; pizza! Awards will be given for placing skipper's and crew.**

**Shore Access and Departure** – No sailors will have access to shore after first warning. All sailors will be on the water 1.5 miles offshore for the entire day. No sailor will be brought back to shore except for an emergency. Departures from shore venue at end of regatta will be approximately at 1730 hours.

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

**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 boardwalk, outside on deck of sailing school building or in classroom.

**Lunch** – Experience suggests a hearty breakfast and a refillable water bottle and snacks for between sets. Lunches can be stored on a trawler.

**Water** – Plastic water bottles are banned. Refill stations are available on shore in Sailing School head, and at water stations on powerboats on race course.

**Drysuits** – Have available -RC will announce at Sailor's Meeting, if required.

**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 channel to permit their transit.

**All sailors, coaches and spectators on the water must be wearing an approved PFD and proper boating shoes, unless directed otherwise by RC.**

**Heads** – Our sailing school building has heads, showers and washer/dryer. Support powerboats including Mini-barge, RC and Trawlers have heads for on the water access.

**Boat Launch** – Z420s are dry stored on floats on island dock across the harbor. Competitors are ferried in inflatables – 10 passengers at a time.

**Equipment**- (9) newer Z420s with new North Blue-Ribbon Sails. Please be sure to leave rudders tied into transom. Check tanks for water and check hiking straps tie-in lines.

**Racing Area** – Black Rock Harbor, Bridgeport, CT on Long Island Sound. 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 in Sailor's meeting concerning hazards in the racing areas.

**Rotations** – Rotations will be available with real time updates on TechScore. Rotations are off hull and sail number, which should match. Rotations will be made on the water off Trawlers flanked by mini-barge platform, conditions permitting, after two race sets. RC reserves the right to suspend rotations, if conditions warrant. **All boats must stay in channel and stay close in along docks for adequate water depth. Do not cut across cove, as you may run aground.**

**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 inflatable for judges/coaches/rescue (holds 10 adults). Grand Banks Trawler with mini-barge platform will be anchored for offset staging of sailors and rotations.

**Capsize** – White inflatable is typically rescue boat. It is important to move quickly to right the boat and avoid turtling because the bottom is thick, smelly black mud.

#### **HOTELS** –

Inn at Fairfield Beach, Fairfield, CT – updated motel across from Fairfield Beach, nautically decorated studios & suites for 2-4 persons (add. guests on air mattresses) - \$140-\$250 -ask for 10% university discount, additional person \$25- book side away from bar - recommended

Inn at Long Shore, Westport, CT – only 12 rooms and suites on waterfront golf course and marina. River and Long Is. Sound views from classic 1890 European style mansion with fine dining restaurant. Complementary continental breakfast. Expansive lawn leading to private beach \$159-\$259 – 2-4 persons per room. 15 minute drive, - highly recommended

Black Rock Inn/Best Western, Fairfield, CT - \$139 (2 in room) - suites available for 4-6 – hot breakfast included- do not book first floor, I-95 side or any pet friendly rooms – adequate business hotel

Fairfield Circle Inn, Fairfield, CT - \$159 (2 in room) – suites available, Circle Diner on site– new outdoor pool, - 2015 fully renovated motel into 3 star first class facility – book pool side - highly recommended

Delamar Southport – Southport, CT - \$289+ luxury 5 star hotel with spa/fitness center and artisan fine dining, suites available, book side away from I-95, highly recommended as best luxury hotel within 25 miles

**Après Sail** – Downtown Fairfield is just a few miles away. Also dining and nightlife along Fairfield Avenue in nearby Black Rock section of Bridgeport. Sacred Heart University and Fairfield University campuses are less than 10 minutes away in the Town of Fairfield.

**Contacts** – Program Director, Dave White  
PRO, Sean Palizza

(203) 249-4434  
(832) 248-7148

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*Deus ventum movet, hominis velum aptarat*