



NOTICE OF RACE



XXVI INTERNATIONAL VILA DE PALAMÓS OPTIMIST TROPHY 10th NATIONS CUP

February 12 – 15, 2015

Club de Vela Palamós, Catalonia, Spain



Club de Vela Palamós and Club Nàutic Costa Brava is proud to host the XXVI INTERNATIONAL VILA DE PALAMÓS OPTIMIST TROPHY, 10th NATIONS CUP. This Regatta is part of the OPTIMIST EXCELLENCE CUP 2015.

1. Date and Venue

The XXVI INTERNATIONAL VILA DE PALAMÓS OPTIMIST TROPHY - 10th NATIONS CUP will be held from February 12 - 15, 2015.

The venue will be located at Palamós Beach near the Club de Vela Palamós, Palamós, Catalonia, Spain.



2. Organization and Rules

2.1 The regatta will be organized by the, Club de Vela Palamós, Club Nàutic Costa Brava, Real Federación Española de Vela and Federació Catalana de Vela and will be sailed under the "rules" as defined in the current Racing Rules of Sailing (rules) and the current International Optimist Class Rules. If there is any conflict between the Sailing Instructions and the Notice of Race, the Sailing Instructions will take precedence (modifies RRS 63.7).

2.2 Appendix P will apply.



3. Advertising

3.1 Competitors must comply with ISAF regulation 20.

4. Eligibility

4.1 Competitors are required to be current members of the Optimist organizing authority for the country of their residence and have been born on or after January 1, 2000.

4.2 The regatta will be open, except 10 entries for the sailors belonging to Club Vela Palamós and 10 entries for sailors from AECIO. The rest of spare entries are for other sailors until a **maximum number of 400 participants have been reached altogether**. Entries will be accepted by the first come – first served principle.

4.2.1 Sailors from the Federació Catalana de Vela must be members of Group-1 and/or top 30 of Group 2 (1st of January Ranking).

4.3 All entries shall meet the requirements of ISAF Regulation 19 - Eligibility Code.

5. Entries

5.1 Entries for competitors and coaches shall be done online via the regatta website. Each sailor or coach will have to pay an entry fee for the event. Online entry opens on 15th September 2014.





5.2 The limit date for registration will be on January the 20st at 6 p.m. A non- paid entry will be considered not registered.

5.3 Competitors shall provide the following documentation prior to completing registration formalities on site:

- Parental/legal Guardian Assent - Medical Treatment Permission (Form 1) - or on their parents medical insurance policy.

5.4 The regatta **entry fee will be 90€ for the sailors and 15€ for the coaches.**

5.5 Payments will be done by credit card as established on the regatta web page.

5.6 The Organizing Committee has the right to accept entries received after the entry deadline.

5.7 There won't be any entry fee refund from the 5th of February.

6. Registration of Competitors and Coaches

6.1 Each competitor or his/her coach or designated adult and coaches shall register and sign the registration form at the registration office (which will be announced further on) before 20h on 12th February 2015.

6.2 Registration is subject to the presentation before that time of the following documents:

- Parental Authorization (Form 1)
- A valid third-party liability insurance, with a minimum cover of 300.500 €

6.3 Coaches and team support personnel shall provide the following documentation prior to completing registration formalities on site:

- Original Coach Entry Form (Form 2)
- Boat Driving License (if applicable)
- Evidence of valid third party insurance

7. Format of the Regatta

In the event that there are more than 80 sailors registered, the fleet will be divided into divisions.

Sailing Instructions will define the Racing format details.

8. Schedule

Thursday, February 12

10.00 – 20.00 Sign in at registration office

14:00 Warning signal for the Practice Race.

Friday, February 13

09.00 Mandatory coaches meeting

10.30 Harbour start

11.00 Warning signal for 1st race of the day

Saturday, February 14

10.00 Harbour start

11.00 Warning signal for 1st race of the day

Sunday, February 15

10.00 Harbour Start

11.00 Warning signal for 1st race of the day

15.00 No warning signal after this time

After racing, Prize giving ceremony

9. Racing Area and Course

9.1 The Sailing Instructions will show the location of the racing area and will also describe it.





9.2 The course will be the Optimist Trapezoid with a gate at the leeward mark.



10. Scoring

10.1 The Low-Point Scoring System, Appendix A, will be used as modified by NOR 10.2.

10.2 A competitor's worst finish may be discarded when five or more races have been completed; and a competitor's next worse finish may be discarded if ten or more races have been completed.



10.3 One race is required to complete the regatta.



11. Sailing Instructions

Sailing Instructions will be available at the onsite sign in.



12. International Jury

Protests will be handled by an International Jury as per RRS 91(b)



13. Personal buoyancy

Each competitor must wear a personal flotation device (PFD), properly secured at all times, from dock to dock except when temporarily adding or removing clothing. Wet suits, dry suits and inflatable Personal Flotation Devices do not constitute adequate personal buoyancy. Failure to wear one will result in a penalty up to and including disqualification.



14. Safety

14.1 Each competitor must wear a personal flotation device (PFD) in accordance with CR 4.2 (a) properly secured at all times while on the water except when temporarily adding or removing clothing. This changes RRS 40.



14.2 All coaches and supporting personnel will be requested to be equipped with and use the life jacket and to carry with them a VHF radio out on the water.

15. Designated Adult

15.1 Parents not personally attending any part of the event must ensure that another adult is authorized and designated.



15.2 Each competitor shall indicate in writing (**Form – 1**) a parent or adult representative that shall be responsible for the competitor throughout the event.



15.4 The designated adult will accept full responsibility for all actions of the competitor during any activity related to the event. This includes on-shore activities before, during, and after the regatta.



16. Support boats

All support boats shall register and shall prominently fly a National flag or a white flag with the three letter national code of the countries it supports, from a staff, at all times while in the water. No other flags shall be displayed by support boats.

Registered coach boats may enter the corridor from the starting line to the finishing line. All other boats must stay outside the course area at all times. It is the intention of this provision that each sailor shall have a support boat on the course.



17. Measurement

17.1 Competitors are allowed to use only one hull, dagger board, rudder (with tiller and extension), mast, boom, sprit and sail during the regatta. Substitution of such equipment shall occur only with the Jury's approval.



17.2 There may be measurement on the water following each race. A number of boats may be spot checked after finishing the race.



17.3 All equipment may be subject to a safety check.

18. DISCLAIMER OF LIABILITY

18.1 Competitors take part in all races at their own risk. The Club de Vela Palamós or any of their officials or representatives or the sponsors or their officials or representatives is not responsible, under any circumstances, for any damage, loss or injury either ashore or on the water either to persons or equipment, which may result.

18.2 Participation in this event, supporting events and in each race in them is at the sole discretion of the sailor and at his/her own risk. Notice is drawn to RRS 4. **(See FORM 1)**

19. Trophies

Overall: 1st through 10th

12 and under: 1st through 3rd

13 and over: 1st through 3rd

Top girl: 1st through 3rd

20. Nations Cup

20.1 Scoring system

For the Nations Cup, the total points without discard of the 4 sailors with the best individual cumulative results from each country in all races which count will be added to give a team total score

The Trophy will be awarded to the country with the best team total score.

20.2 Trophies

Catalan Government Trophy 1st team

21. Additional information

For additional information contact:

Club de Vela Palamós, e-mail: info@palamosoptimisttrophy.org

22. Charter Boats and Coach Boats

Contact: WINNER BOATS, e-mail: winner@winner.es

Tel: +34 972 31 51 00

23. Accommodation

ESPAI DE VIATGES S.L.
c/ Didac Garrell 4
17230 PALAMOS - GIRONA - SPAIN
Phone: + 34 972 31 42 88
Fax: + 34 972 60 20 16
E-mail: palamos@espaideviatges.es

24. Training

All teams that wish to come and train in Club Vela Palamós before or after the regatta must CONTACT the Club in order to register. cvp@cvpalamos.org