



Notice of Race

2022 Canadian Optimist Championships

August 22 to 26, 2022

Hosted by Lunenburg Yacht Club & Chester Yacht Club

Organizing Authority

The regatta is organized by the Lunenburg Yacht Club (LYC) and the Chester Yacht Club (CYC) in conjunction with the Canadian Optimist Dinghy Association (CODA).

The notation '[DP]' in a rule in the NOR means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification. The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

1. RULES

- 1.1. The event is governed by the rules as defined in the Racing Rules of Sailing.
- 1.2. Sail Canada Prescriptions will apply.
- 1.3. All sailors, coaches, parents, guardians and visitors will be subject to the CODA Code of Conduct while on and off the water. All persons participating in the 2020 Canadian Optimist Championships agree to treat all other participants (sailors, parents, officials, coaches) and their property with respect.
- 1.4. RRS 40 and the preamble to Part 4 are changed as follows:
 - 1.4.1. RRS 40 and the preamble to Part 4 are changed as follows:

The first sentence of RRS 40 is deleted and replaced by: "Each competitor shall wear a personal flotation device (PFD) according to RRS 4.2 (a), properly secured at all times while on the water except when temporarily adding or removing clothing."
 - 1.4.2. Add to the preamble of Part 4, after 'racing': ", except RRS 40 as amended by Instruction 1.4.1"
 - 1.4.3. Competitors will also be required to wear a lifejacket near the water. While on CYC and LYC docks and while launching or hauling their boats.
- 1.5. Appendix D shall apply. The Team Racing will be umpired.
- 1.6. Appendix U "Direct Judging" shall apply.
https://www.sailing.ca/uploads/2021/02/Sail-Canada-Appendix-U-Direct-Judging_2021-2024_updated-Feb-2021.pdf



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1.7. [DP] All competitors and support staff are required to follow the event COVID-19 safety plan and affirm by their registration that they are following all provincial health orders in effect at the time of registration.

1.7.1. Due to the evolving nature of the COVID-19 pandemic and shifting provincial and federal regulations the event COVID-19 safety plan will be provided to all competitors and made available on the event website www.optinats2022.com.

2. ADVERTISING

Advertising on the hull of a boat is permitted as per World Sailing Regulation 20.3.2 but is restricted by class rule 2.8.

2.1. Boats may be required to display advertising provided by the Organizing Authority (OA).

3. ELIGIBILITY & ENTRY

3.1. The 2022 Canadian Optimist Championship is open to boats of the Optimist Class that fulfill the eligibility requirements outlined below.

3.2. The 2022 Canadian Optimist Championship is open to boats of the Optimist Class that fulfill the eligibility requirements outlined below.

3.3. Competitors shall be current members of CODA at the time of their registration and be born on or after January 1 2007. International sailors shall be current members of their National Association.

3.4. The Red, Blue and White divisional assignments shall be made based on the sailors age on August 22, 2022.

4. REGISTRATION & ENTRY FEES

4.1. All entry fees shall be paid at the time of registration through:
<https://www.optinats2022.com/>

4.2. All registrants will be processed under the 'Early Entry Fee' if their registration is complete and fees are paid by 2359 on July 17 2022. All registrants will be processed under the 'Regular Entry Fee' if their registration is complete and fees are paid after 2359 on July 17 2022 and prior to 1700 on August 21 2022.



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- 4.3. The entry fee for sailors competing in the Championship Fleet are:
Early Entry fee, Regatta ONLY: \$295CAD
Early Entry Fee, Regatta + Training Camp: \$395CAD
Regular Entry Fee, Regatta ONLY: \$395CAD
Regular Entry Fee, Regatta + Training Camp: \$495CAD
- 4.4. The entry fee for sailors competing in Green Fleet are:
Early Entry Fee: \$150CAD
Regular Entry Fee: \$200CAD
- 4.5. The coach registration fee is \$100CAD and must be paid prior to 1700 on August 21 2022. Coach registration includes lunch every day and access to all events associated with the championship.
- 4.6. Competitors shall have completed all parts of the online registration including completion of the online Waiver and Medical forms in order to be registered for the event. Each competitor shall confirm their registration by checking the entry list on the Event Registration page. If the competitor is not listed on the Event Registration list, then the competitor is not registered and the late fees described above will apply. Entry fees are NON-REFUNDABLE.
- 4.7. Registration will be closed at 1700 on August 21 2022.
- 4.8. Registration requests after registration has closed are subject to OA approval.
- 4.9. Twenty dollars from every registration for the 2022 Canadian Optimist Championships will be donated to the Henrik Moberg-Parker Excellence Foundation in order to honour the memory of an exceptional young man who embodied the best our sport has to offer. We encourage all to make a donation at:
<https://www.henrikmobergparker.com/>

5. QUALIFYING SERIES & FINAL SERIES

- 5.1. The 2020 Canadian Optimist Championships shall consist of two 'championships'.
 - 5.1.1. The Fleet Racing Championships
 - 5.1.2. The Team Racing Championships
- 5.2. The Fleet Racing Championships will consist of two fleets: the Championship Fleet and the Green Fleet.



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5.2.1. The Championship Fleet

- 5.2.1.1. The intention is to have a two-day Qualifying Round followed by a day for the Team Racing Championships and then a two day Final Round. This is subject to change based on wind and weather conditions.
- 5.2.1.2. Depending on the number of registrants, the fleet may be split into divisions.
- 5.2.1.3. Five races will constitute a series across both rounds (5 races completed in both Qualifiers and Finals combined)
- 5.2.1.4. The duration, races and specific construction of each round shall be fully specified in the Sailing Instruction.

5.2.1. The Green Fleet

- 5.2.2.1. There will be a separate course for the Green Fleet.
- 5.2.2.2. Coaching will be permitted on the Green Fleet course for the bottom half of the fleet.

5.3. The Team Racing Championships will be open to any team of four (4) Optimist sailors who wish to compete in the Team Racing Championships representing their club or team.

- 5.3.1. Registration for the Team Racing Championships will take place in-person during the measurement and check-in process and following the first two days of fleet racing.

6. SCHEDULE

A detailed and current schedule of all racing and social events will be kept on the event website: <https://www.optinats2022.com/>




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6.1. Schedule of events

Date	Time	Event
Tuesday August 16	0900-1700	Sailors and teams participating in the STAR Pre-Event Training can drop off boats at Chester YC
Wednesday August 17	0800-1000	STAR Pre-Event Training check-in
	1000-1030	Coaches Briefing
	1100-1700	STAR Training Camp training day led by STAR Opti Coaches
Thursday August 18	1000-1700	STAR Team Racing Tune-Up Day
Friday August 19	0930-1700	STAR Training "Local Knowledge Day" - Sail from Chester YC to Lunenburg YC and Training
		
Saturday August 20	All Day	Sailors and teams can arrive at Lunenburg YC
	1000-1700	Regatta Check-In & Measurement at Lunenburg YC
Sunday August 21	All Day	Sailors and teams can arrive at Lunenburg YC
	1000-1700	Regatta Check-In & Measurement at Lunenburg YC



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Monday August 22	0930	Championship Fleet Coaches Meeting
Fleet Racing Day 1	1000	Championship Fleet Competitors Meeting
Champ Fleet Qualification Round	1130	Championship Fleet First Warning Signal - Qualification Round
	1030	Green Fleet Coaches and Competitors Meeting
	1200	Green Fleet First Warning Signal
Tuesday August 23	1100	Championship Fleet First Warning Signal
Fleet Racing Day 2	1200	Green Fleet First Warning Signal
Champ Fleet Qualification Round	1300	CODA AGM in LYC Club House
Wednesday August 24	0930	Coaches and Competitors Meeting
Team Racing	1100	First Warning Signal
Thursday August 25	1100	Championship Fleet First Warning Signal
Fleet Racing Day 3	1200	Green Fleet First Warning Signal
Champ Fleet Finals		
Friday August 26	1000	Championship Fleet First Warning Signal
Fleet Racing Day 4	1100	Green Fleet First Warning Signal
Champ Fleet Finals	Following Racing	Closing Ceremonies and Awards



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- 6.2. Lunch will be provided for all competitors and coaches from Monday August 22 to Friday August 26.
- 6.3. Early arrival
 - 6.3.1. Sailors and teams wishing to arrive early to the regatta may be accommodated but are required to clear their arrival with the OA first by emailing: optinats2022@gmail.com
 - 6.3.2. Arrival and training at LYC cannot be accommodated prior to August 20.
 - 6.3.3. Trailers may be able to be dropped off early at CYC or LYC email the OA at: optinats2022@gmail.com
- 6.4. Each sailor must be present personally to complete their measurement and check-in.
- 6.5. For the Championship Fleet Qualifier and Final Rounds three (3) races are scheduled to be raced per day for a total of twelve (12) races across both Rounds. One extra race may be sailed per day at the discretion of the PRO.
- 6.6. On the last scheduled day of racing no warning signals will be made after 1500.

7. MEASUREMENT

- 7.1. [DP] [NP] Competitors are allowed to use only one hull, daggerboard, rudder (with tiller and extension), mast, boom, sprit and sail during the regatta. Any request to consider approving equipment substitutions shall be submitted in writing to the Principal Race Officer (PRO) before the end of protest time limit the day prior to the day for which substitution is to be made. If changes are required during a day's racing, approval may be made verbally and the written request submitted before the day's protest time limit.
- 7.2. DP] [NP] Each competitor shall complete the Measurement procedure before finalizing the registration and checking in. This shall inform the RC that all equipment is present and in compliance with the Class Rules.
- 7.3. All sails shall be stamped by a Technical Official with the 2022 COCs signature regardless of previous regatta stamps or signatures. Sails not previously stamped at a CODA or IODA regatta shall be removed from the boom for inspection. Sails stamped at a CODA or IODA regatta do not need to be removed from the boom; however, they shall be stamped by a Technical Official for this event.



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7.4. The Technical Official, RC and Protest Committee reserves the right to measure equipment and/or sails at any time regardless of whether it has been previously measured.

8. SAILING INSTRUCTIONS

8.1. Sailing Instructions for the Championship Fleet and Green Fleet will be available online prior to the event at: <https://www.optinats2022.com/> & <https://theclubspot.com/regatta/Y0NKzTBZS7>

9. VENUE

9.1. Racing areas

- 9.1.1. Specific racing area locations will be provided on the Sailing Instructions and are subject to change at the discretion of the PRO.
- 9.1.2. Championship Fleet racing will take place in the area north of Second Peninsula and east of Backmans Island - near to Backmans Shoal.
- 9.1.3. Green Fleet racing will take place inside Princes Inlet
- 9.1.4. Team racing will take place inside Princes Inlet

9.2. Storage

- 9.2.1. Pre-event training: All Optimist boats will be stored at Chester Yacht Club (CYC) OR on Freda's Beach during the pre-event training.
- 9.2.2. Regatta: All Optimist boats will be stored at Lunenburg Yacht Club.
- 9.2.3. Visiting Sailors and Teams must store their Optimist boats in the areas designated by the organizing authority. Team Optimist storage assignments will be given out at measurement and check-in.

10. THE COURSE

10.1. For the Championship Fleet the course will be an outer-loop trapezoid with the finish at the end of the second windward leg.

10.2. For the Green Fleet the course will be specified in the sailing instructions.



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10.3. For the Team Racing Championship the course will be the digital 'N' starboard-rounding course.

11. PENALTY SYSTEM

11.1. [DP] [NP] Appendix P "Special Procedures for rule 42" will apply.

11.1.1. P2.2 "Second Penalty" is changed to "Second and Subsequent Penalties".

11.1.2. The first sentence of P2.2 will be changed to: "When a boat is penalized a second time during the day, she shall promptly retire".

11.2. A graded penalty system for on-course and Class Rules (CR) violations will apply. Specifics will be detailed in the Sailing Instructions (SIs).

11.3. The Team Racing Championships will be umpired.

11. SCORING

12.1. The Low Point Scoring System of rule Appendix A will apply as revised by the sailing instructions which will specify the scoring for Qualifying and Final Rounds; the 2022 Canadian Optimist Championship; and the Age Group (Red, Blue, and White) Series.

12.2. The number of boats entered in the series will be defined as the number of registered boats which subsequently completed competitor check-in at the regatta venue as referenced in NOR 6.4. This modifies rule A4.2 and applies to fleet divisions.

12.3. Race scores are based on the number of registered boats in the largest division. This changes RRS 44.3(c) and A4.2.

11. SAFETY CHECK

13.1. [DP] In addition to the requirements of RRS 40, a condition of entry and participation in this regatta is the wearing of a Personal Flotation Device (PFD) or floatation aid that is in compliance with the Canadian Safe Boating Regulations, or for international sailors only, a PFD approved by their country's corresponding authority, properly secured at all times while on the water, except for brief periods while removing or adding clothing. Wetsuits and drysuits do not satisfy this requirement. An inflatable PFD may not be worn.



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13.2. Each boat shall have a secure loop in the end of its bow line.

14. SAFETY + ADULT RESPONSIBILITY

- 14.1. In addition to the requirements of RRS 4, an adult (parent, guardian or designated adult) is responsible for the safety of their sailor(s). It is the responsibility of this adult to decide if the sailor should sail in the weather and sea conditions that might arise during the event. The adults supervising the competitors are ultimately responsible for the risks.
- 14.2. Parents not personally attending any part of the event shall ensure that another adult is authorized and designated to make these decisions for their sailor, and each competitor shall indicate in writing the parent or adult that will be responsible for the competitor throughout the event.
- 14.3. The designated adult shall 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.

15. COACH + SUPPORT BOATS

- 15.1. The organizing authority strongly recommends that each sailor has a coach on the race course throughout the regatta. If a competitor is planning to attend without a coach please contact the OA or PRO and a coach who can support the competitor on the water will be found.
- 15.2. [DP] All coach and support boats shall register during check-in and promptly display a number on the starboard side of their outboard motor supplied by the OA while on the water. Each coach boat shall have a working VHF radio, an anchor suitable for anchoring in the waiting area, and a basic first aid kit.
- 15.3. The conduct of coaches, parents (including safety patrol), registered support boats, and all other boats will be governed by the sailing instructions.
- 15.4. Non-local coaches attending the regatta may contact the OA or PRO if they wish to be assigned a coach-boat for the regatta. By completing the coach registration process coaches attending the regatta give the OA authority to assign a coach from another club to share their coach-boat for the regatta. This is part of an...



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- 15.4. ...effort to reduce coach-boat emissions and to ensure that non-local coaches have access to boats.
- 15.5. Coaches are required to wear an approved PFD, in accordance with NOR 13.1, while on the water at all times. Coaches are role models to their sailors and others and modeling appropriate safety behavior is a requirement of this event.
- 15.6. Coaches and support boats are required to utilize an emergency engine cutoff device at all times either a lanyard attached to the engine cutoff switch and to the operator of the boat or an electronic emergency engine cutoff device.

16. SUSTAINABILITY

- 16.1. *The 2022 Canadian Optimist Championships are a 'Green' Regatta.* There will be no single-use plastic water bottles allowed during the event, sailors should bring their own reusable water bottle. There will be multiple water stations set up on the event sites and all the on-water safety boats (marked by a white flag with a black S) will have water on-board for refilling.

17. PRIZES

- 17.1. CODA awards will be presented to the Overall Champion, the first Canadian male, the first Canadian female, and Sportsmanship award.
- 17.2. 2022 COCs Championship Awards will be presented to:
 - 17.2.1. Top 5 overall finishers (in each fleet if the Championship Fleet is split)
 - 17.2.2. Top 3 female finishers (in each fleet if the Championship Fleet is split)
 - 17.2.3. Top 3 finishers in each division (Red, Blue, White)
- 17.3. CODA Green Fleet medals will be presented to all Green Fleet competitors.
- 17.4. The top 3 teams in the Team Racing Championships.
- 17.5. Daily prize-giving at the discretion of the OA.
- 17.6. Additional prizes may be presented at the sole discretion of the OA.

18. CHARTER BOATS

- 18.1. The Organizing Authority (OA) has secured McLaughlin Optimists as the exclusive charter boat provider for this event. Sailors who wish to charter a boat must reach out to McLaughlin directly to charter a boat for the event and can do so at: <https://www.optinats2022.com/>. The OA, Chester Yacht Club, Lunenburg Yacht Club and CODA assume no responsibility regarding the charter boats.



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19. DISCLAIMER OF LIABILITY

19.1. By participating in this event and any related activity sponsored or undertaken by the Chester Yacht Club, the Lunenburg Yacht Club or CODA, the owner, person in charge and each crew member agree: that they understand that sailing is an activity that has an inherent risk of serious bodily injury (including permanent disability, paralysis and death by drowning or otherwise), property damage and other economic loss; that the safety of the boat and her crew and the decision whether or not to start or continue to race is solely their responsibility and at their own risk, see RRS 4 "Decision to Race"; that the Organizing Authority and its officers, trustees, members, committees, employees, sponsors, or agents will not be responsible for damage to any boat or other property, or to any participant, including injury or death; and that each of them releases and waives all claims which he or she, or any heir, representative, successor or assignee, may have against the Organizing Authority and its officers, trustees, members, committees, employees, sponsors or agents, arising out of or in any way connected with participation in such race or activity. Assistance, if any, from the race committee or other Organizing Authority vessels, or from any personnel manning them, is at the risk of the participant.

19.2. An online waiver shall be signed by all competitors and their parent/guardian, in accordance with NOR 4.6.

20. FURTHER INFORMATION

20.1. Further information regarding the 2020 Canadian Optimist Championships is available at: <https://www.optinats2022.com/> or at: <https://theclubspot.com/regatta/Y0NKzTBZS7>

20.2. If you have any enquiries please reach out to the official email: optinats2022@gmail.com

REGATTA CHAIRS

Rob Barbara (Lunenburg Yacht Club Regatta Chair)

Christine Santimaw (Chester Yacht Club Regatta Chair)

Christopher Tully (On-Water Chair)