



## NOTICE OF RACE

# Capitol Cup Windsurfing Regatta

Saturday, June 17, 2023

Lake Washington Sailing Club

Industrial Blvd, Port of West Sacramento, California

[www.lwsailing.org](http://www.lwsailing.org)

## 1 RULES

1.1 The event shall be governed by:

1.1.2 World Sailing Racing Rules of Sailing (RRS) - Windsurf Competition Rules (WCR).

1.1.3 The class rules of the participating classes will apply as amended by the Sailing Instructions.

1.1.4 Windsurfer Class: the Windsurfer fleet will compete using the International Windsurfer Class Rules. Older Windsurfer boards with soft sails < 6.0 are eligible to compete in the Windsurfer fleet. When sailing to windward, pumping is prohibited except for the first 30 seconds after the starting signal. Pumping is allowed at all times when sailing downwind.

1.1.5 Limited 7.5 Class: the Limited 7.5 class will be restricted 7.5 meter sail size maximum. When sailing to windward, pumping is prohibited except for the first 30 seconds after the starting signal. Pumping is allowed at all times when sailing downwind.

1.2 If there is a conflict between this Notice of Race and the Sailing Instructions, the Sailing Instructions will take precedence.

## 2 ELIGIBILITY and ENTRY

2.1 A Minimum of 3 competitors is required to constitute a division. Those entries accepted that

do not constitute a division may sail another division as defined by the race committee.

### **3 Classes and Divisions**

3.1 The anticipated classes and divisions are:

3.1.1 Open Longboard

3.1.2 Windsurfer LT

3.1.3 Limited 7.5

3.1.4 Green fleet - sailors with limited racing experience and sails 7.5 or smaller

### **4 FEES**

4.1 The entry fee for adult competitors is \$20 if completed online prior to the regatta. A late fee of \$5 will be charged for those who do not register online prior to the regatta.

4.2 The entry fee for youth (under 18) competitors will be \$10 USD.

4.3 Late registration will be available onsite on the day of the regatta from 1:00 to 2:00 pm.

### **5 SCHEDULE**

Registration:	1:00 - 2:00 pm
Skippers meeting:	2:10 pm
First start:	3:00 pm
Post-regatta pizza or BBQ	approx. 7:00 pm

### **6 CHARTER BOARDS/RIGS**

6.1. Limited number of charter boards will be available. Contact John Mathias (LWSCwindsurfing@gmail.com).

### **7 VENUE**

7.1 The regatta will be held at the Lake Washington Sailing Club, West Sacramento, California.

7.2 Racing will take place on the waters of Lake Washington.

7.3 Directions: [https://lwsailing.org/content.aspx?page\\_id=22&club\\_id=949111&module\\_id=398140](https://lwsailing.org/content.aspx?page_id=22&club_id=949111&module_id=398140)

### **8 SCORING**

8.1 One race is required to be completed to constitute a regatta.

9.2(a) When fewer than 5 races have been completed, a board's score will be the total of her race scores.

b) When 5 to 11 races have been completed, a board's score will be the total of her race scores

excluding her worst score.

## **9 PRIZES**

9.1 Prizes will be awarded at the discretion of the race committee.

## **10 DISCLAIMER OF LIABILITY**

Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during or after the regatta.

## **11 Buoyancy**

11.1 Personal buoyancy is mandatory for competitors 18 and under

## **12 Contact for information**

12.1 John Mathias: [LWSCwindsurfing@gmail.com](mailto:LWSCwindsurfing@gmail.com) or 916-877-6276