



**2022 Cascadia Cup  
October 15-16, 2022  
Sail Sand Point  
Notice of Race**

**1. RULES**

- 1.1 The regatta will be governed by the current ISSA/ICSA Procedural Rules, the Racing Rules of Sailing, the prescriptions of US Sailing, the Sailing Instructions and this Notice of Race, however:
  - 1.1.1 The US Sailing prescriptions to rules 60, 63.2, and 63.4 will not be in effect; and
  - 1.1.2 Under rule 70.5(a), the right of appeal is denied.
  - 1.1.3 ICESA Procedural Rule 7.4 shall apply. (Changes RRS 42.2(c), 42.3(b) and ISSA Procedural Rule 14(a))
  - 1.1.4 In the event of a conflict between Procedural Rules, the protest committee will apply the rule it believes to be the fairest.

**2. ELIGIBILITY**

- 2.1 All NWISA and NWICSA sailors in good standing are eligible to compete. Current NWISA/NWICSA membership is required.
- 2.2 This regatta is designated as a 'promotional' event for high school and college sailors; 'Silver' fleet high school teams can be 'active' or 'mixed,' but high school teams in 'Gold' fleet must be 'active' (although the borrowed sailor rule (NWISA District Rule 4.2) may be utilized with prior approval from the regatta chair).
- 2.3 One berth per registered school (high school and college) is allowed in the 'Gold' fleet, plus one All - Women's team (high school and college). Unlimited berths per school are allowed in the 'Silver' fleet.

**3. ENTRY**

- 3.1 Eligible schools must enter by registering on the NWISA/NWICSA spreadsheet/matrix.
- 3.2 Registration opens 10/3/22 at 11:00am PST. Eligible schools shall submit their intent to participate, total number of sailors attending and total number of teams/boats to the NWISA/NWICSA registration spreadsheet no later than 10/10/22 at 10:00pm.
- 3.3 There is NO entry fee at this event for high school or college teams. A food truck will be onsite Saturday for sailors to purchase their own lunch. Please pack a lunch for Sunday.
- 3.4 All competitors must have a signed [2022 SSP Regatta Participation Agreement](#). This form must be signed by a parent/guardian (not a coach) if they are under 18 years of age. If a sailor has competed in a regatta at SSP during the calendar year, they do not need to resubmit this form.

**4. BOATS**

- 4.1 This regatta will be sailed in FJs.
- 4.2 Teams are responsible for bringing their own boats. This regatta will not have a round robin boat rotation, A/B fleets of both Gold and Silver will sail their boat continuously throughout the regatta.
- 4.3 Sail Sand Point FJs are being used by SSP high schools, if applicable any remaining boats will be available to charter at no cost (BYO sails).
- 4.4 Teams requiring a chartered boat should contact the regatta chair after registration opens but before registration closes. Preference given to teams without FJs and teams competing in the 'Gold' fleet.
- 4.5 Please notify the regatta chair if you can bring more boats than your team needs and would like to offer them as charter boats.

5. SCHEDULE OF EVENTS

	<b>Saturday, October 19, 2019</b>		<b>Sunday, October 20, 2019</b>
0930	Report time	0845	SSP 'opens,' rigging begins
1030	Competitors' meeting	1000	First warning
1115	First warning	1500	No starts after
1700	College sailing forum		

5.1 COLLEGE SAILING FORUM

5.1.1 After racing on Saturday (or during postponement) time will be set aside for the college team reps to give a 5-minute presentation and field questions, in a forum setting, about your team from attending high school sailors and parents.

6. RACING AREA

- 6.1 The racing area will be off the pier at Sail Sand Point.
- 6.2 Rotations will happen from the Sail Sand Point docks.

7. COURSES

7.1 Based on conditions, the Race Committee will determine the courses. Short collegiate style courses will be used.

8. SCORING

8.1 The regatta will be scored in accordance with ISSA/ICSA Procedural Rules.

9. FORMAT

9.1 The format will consist of two races of both 'Gold' fleet A and 'Silver' fleet A, followed by boat rotation with 'Gold' B and 'Silver' B. High School and Collegiate Sailors will race alongside each other in an A/B division fleet racing format.

10. HOUSING

- 10.1 Housing will not be provided by the hosts for high school teams
- 10.2 Limited college housing will be provided with UW team members.

11. COACHING

- 11.1 Team leaders, chaperones, coaches, parents, advisors and other support personnel shall not go afloat in the sailing area UNLESS an exception has been explicitly permitted by the regatta chair.
- 11.2 Competitors may receive coaching including instructions, assistance, equipment or sustenance only while on the designated rotation float or on shore.

12. OFFICIAL NOTICE FOR ALL PARTICIPANTS

12.1 No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, distilled spirits), or use any controlled substance (marijuana, cocaine, etc.), the possession of which is unlawful. An alleged breach of this rule and/or other disciplinary matters that occur may be the basis for a hearing under rule 69.1. The protest committee for such a hearing will be the Regatta Chairperson, a member of the NWISA Board of Directors and the chairperson of the protest committee.

13. REGATTA CONTACTS:

	<b>Name</b>	<b>Telephone</b>	<b>Email</b>
Regatta Chair:	Nora Gallogly	(206) 525-8782 ext. 103	<a href="mailto:nora@sailsandpoint.org">nora@sailsandpoint.org</a>
Race Officer:	Jack Killalea	(206) 525-8782 ext. 104	<a href="mailto:jack@sailsandpoint.org">jack@sailsandpoint.org</a>
Head Coach:	Carlos Morales	(206) 525-8782 ext. 104	<a href="mailto:carlos@sailsandpoint.org">carlos@sailsandpoint.org</a>
Husky Sailing:	Maya Othred		<a href="mailto:huskysailing@gmail.com">huskysailing@gmail.com</a>