

July 30, 2009

Junior Regatta Sailors,

Thank you for your interest in the 2009 Jenny Birch/Susan Snow-Cotter Regatta to Fight Breast Cancer to be held at the Lincoln Maritime Center in Hingham, Massachusetts on August 15th 2009. We are honored to host this event and hope it will be enjoyable and successful for all.

Schedule of Events

Friday, August 15th :

Opti drop off at Lincoln Maritime. 420 drop off at Hingham Bathing Beach. Trailer storage at Foster Elementary School, 55 Downer Ave, Hingham. Yacht clubs in Hingham area are expected to transport Optis/420s by water to and from B/C Regatta.

Saturday, August 16th :

0800hrs-0900hrs	Registration & Check -in
0900hrs	Skipper's Meeting
0915hrs	Coaches/safety boat meeting
0945hrs	Harbor Start
1030hrs	First Warning Signal, multiple races to follow
	Lunch on the Water
Following racing	Ice Cream and Awards

Please complete the following forms

- Entry Form
- Donation Form
- Lunch Form

Mail the forms along with your donation by August 9th or hand deliver them to Lincoln Maritime after the deadline. For more information contact our website bcregatta.org. or call me directly at 781 704 5307.

Fair Winds,

Stephen L. DeMenna
Event Chair

B/C Regatta Donation Form

Entry Fee for all classes is \$50 per competitor

The entry fee includes a B/C Regatta T-shirt, on the water lunch and ice cream in conjunction with the awards ceremony (see lunch form).

Parents/ Siblings may purchase a Spectators meal package for \$10/person

This fee includes lunch and snacks.

Participants are encouraged to solicit donation from family, friends and neighbors to raise money to fight breast cancer (see sample letter on website: bcregatta.org).

Competitors Name _____	=	\$50
# Spectator lunch/snacks _____ X \$10.00	=	_____
Donations Solicited (an award will be given to the participant who raises the most money)	=	_____
Total Contribution	=	_____

Please make checks payable to “Lincoln Maritime”

All of the proceeds collected from the B/C Regatta will go directly to breast cancer research and are tax deductible to the full extent of the law.

Mail Completed Entries to:

Lincoln Maritime

B/C Regatta

P.O. Box 492

Hingham, MA 02043

Office use only:

Registration + Meal PKG\$ _____ / ck # _____ Donation \$ _____ / ck # _____

Donation \$ _____ / ck # _____ Donation \$ _____ / ck # _____

Donation \$ _____ / ck # _____ Donation \$ _____ / ck # _____

B/C Regatta Entry Form

August 30, 2009

Class: circle one OptiGreen OptiWhite OptiBlue OptiRed 420Green 420White

Sail # _____ Date of

Birth _____ Club/Association _____

Sailor's Name _____ skipper/crew's name _____

Address _____

City/State/Zip _____

Home tel _____ cell _____ email _____

Waiver of Liability: I recognize and understand that participation in the 2009 B/C Regatta is voluntary and that I and or my child may incur risk by participation, including the possibility of injury or death. In consideration of the acceptance of my or my child's entry, I waive any and all claims, charges, losses and liabilities, including those caused by negligence, against any sponsors of the B/C Regatta, The Lincoln Maritime Center, the B/C Regatta volunteers, the owners of any property (i) across which my child may pass, (ii) upon which my child's boat may be stored or launched, an upon which any social activities take place. I am aware that my or my child's activities may involve maneuvering a boat on water in potentially hazardous conditions which may include among other things, cold water temperatures, strong winds, high waves, lightening, sudden and unexpected immersion in deep waters, and collisions with other water craft or stationary objects such as docks, pilings, and buoys. I understand that I am responsible for my or my child's actions while he or she is participating in the B/C Regatta both on land and sea and that I am solely responsible for whether or not I sail or my child sails each day in the weather conditions. I agree or my child agrees to be bound by the Racing Rules of Sailing, the applicable class rules, the Notice of Race and the Sailing Instructions. I represent and warrant that I am the participant or legal guardian of the participant and have authority to enter into this waiver.

Participant's or Legal Guardian's Signature _____ date _____

Emergency Treatment Authorization:

In the event of an accident, I, the undersigned participant or legal guardian, do hereby authorize any officer of Lincoln Maritime Center or member of the B/C Regatta Committee the consent to such medical or dental treatment, services or care which are necessary or appropriate for my child, This authorization is given in advance of any specific diagnosis, treatment or hospital care being required in order to provide authority to render care. Effort shall be made to contact me before rendering treatment to the patient, but any of the above treatment will not be withheld if I cannot be reached.

Medications/ Medical Conditions- if none, circle N/A _____

Allergies(medicine/food/environmental) if none, circle N/A _____

Provider: _____

Group Name: _____ GroupNumber: _____

Participant's / Legal Guardian's Signature _____ date _____

Parent's or Guardian's name (PRINT) _____

home tel _____ cell _____ email _____

local/ alternate emergency contact _____

cell _____ relationship _____

SAILING INSTRUCTIONS

1. **RULE:** The regatta will be governed by the rules as defined in The Racing Rules of Sailing, US Sailing prescriptions.
2. **NOTICES TO COMPETITORS:** Notices to the competitors will be posted on the official notice board located at the LMC Pavilion.
3. **CHANGES TO THE SAILING INSTRUCTIONS:** Any changes to the sailing instructions will be posted by 0945 on the morning of the regatta.
4. **SIGNALS MADE ASHORE:** Signals made ashore will be displayed at the LMC flagpole.
5. **SCHEDULE OF RACES:** The scheduled time of the warning signal for the first race for each class is 10:30am.
6. **RACING AREAS:** Optimist Green Area A on chart, Optimist Championship on Area B on Chart and 420s Area C on chart.
7. **THE COURSES:** Identified on the white board on the RC boat corresponding to the Course card.
8. **MARKS:** Optimist Green will have inflatable animals. Optimist Championship will have medium red balls. 420s will have large orange inflatable buoys.
9. **THE START:** Dinghy Starts per the Course Card will be used for all starts. The starting line will be between a staff displaying an orange flag on the RC boat and the port-end starting mark.
10. **THE FINISH:** The finishing line will be between a staff displaying an orange flag and the finishing mark.
11. **TIME LIMITS:** The time limit will be 1 hour. Boats failing to finish within 30 minutes after the first boat sails the course and finishes will be scored Did Not Finish. This changes rules 35 and A4.
12. **PROTESTS:** Protests forms are available at the race office. Protests shall be delivered there within 20 minutes after the Race Committee Boat has docked.
13. **SCORING:** Low Point System will be used.
14. **PRIZES:** Prizes will be given to the top three in each fleet. Additionally a Sportsmanship Award will be given to the sailor who exhibits outstanding behavior on and off the water.
15. **TRASH:** Please keep our water clean by recycling.

B/C Regatta Safety Procedures

In case of Emergency Call

From VHF radio:

- Harbor Master – ch 9 or 16
- Regatta Central – ch 69
- Opti Champ Race Committee – ch 72
- Opti Green Race Committee – ch 68
- 420's Race Committee – ch 10

From your cell:

- Hingham Police 781 749 1212
- EMT/Fire Department 781 741 2424
- South Shore Hospital 781 340 8000
- US Coast Guard – Pt Allerton 781 925 0165
- Regatta Chair – Steve DeMenna 781 704 5307
- LMC Sailing Director- Ellen Dresser 617 943 4996

Do not call 911 from cell phone (activates State Police)

Schedule of Events

- Harbor Start 9:45am
- First warning Gun 10:30am
- Lunch on the Water

Safety Boat Role:

- Be on the water before the harbor start and stay on until all competitors are ashore
- Stay on Periphery of Race Course / do not cross start or finish line
- Check on stray or flipped boats, but stand clear unless they request help or something is clearly wrong
- TURN OFF ENGINE if approaching a sailor in the water
- Monitor Race Committee VHF channel and abide by requests to assist any boat
- Report significant observations to Regatta Central
- If towing, DO IT SLOWLY – make sure centerboards are up & mainsheets are unclipped. You can tow several boats by tying a bowline in the end of the each tow line and loop each successive boat's tow line through the loop of the last boat. At the end of the tow, just drop the last tow line and they will all come apart
- Remember: coaching is prohibited (except rear of green fleet)



The Jenny Birch / Susan Snow Cotter
Memorial Regatta to Fight Breast Cancer

LUNCH OPTIONS

Name: _____

SAILOR or SPECTATOR (circle one)

Name of Boat or Sail # _____

Club/Association _____

circle one: Opti Green Opti Champ 420/Laser Line

circle one: HAM TURKEY VEGETARIAN

circle all that apply: MAYO MUSTARD

CHEESE LETTUCE TOMATO PICKLES



July 30, 2009

Dear _____,

On August 15TH 2009, I will be sailing in a Memorial Regatta to Fight Breast Cancer.

Many of us learned to sail in OPTIs, short for OPTIMIST. An Opti is a small sail boat with a square bow. The boat is designed to teach kids how to sail while acknowledging the inevitability of collision. The same strategy is necessary for fighting cancer, reaching for a cure, yet always teaching about early detection.

Nearly every family we know has been touched in some way by this awful disease. By participating in this regatta, we kids are doing something to join the fight against Breast Cancer.

Please consider sponsoring my participation in this regatta by donating to "Lincoln Maritime," community based not-for-profit organization. They will be donating all of the proceeds of this regatta directly to fund breast cancer research in our community through the South Shore Hospital's Foundation.

Checks may be made payable to "Lincoln Maritime" and given to me. My registration and donations need to be post marked by August 10th 2009. For more information on how you can participate, please see the www.bcregatta.org website.

I'm OPTImistic that together we can truly make a difference!

Thank you,

Lincoln Maritime Center, Inc
PO Box 492 Hingham, MA 02043
781 741- 5225 Contact @ Lincolnmaritime.org
www.bcregatta.org - www.lincolnmaritime.org