



BAKER BOWL
10/26/19
MOUNT BAKER ROWING AND SAILING CENTER (MBRSC)/ STAN SAYRES PARK
SEATTLE, WA

NOTICE OF RACE

1. RULES:

- 1.1. The regatta will be governed by The Racing Rules of Sailing, as modified by this Notice of Race, and the Sailing Instructions for this Regatta.
- 1.2. Class rules shall be observed and enforced by the competitors, except that competitors may use a "club sail" in place of a class approved sail, provided it is of the same dimensions, of similar construction and material, and provides no added advantage.
- 1.3. RRS 40 is modified as follows: Competitors are required to wear a US Coast Guard (USCG) approved Type III non-inflatable personal flotation devices (PFD) at all times while on the water other than for brief periods while adding or removing clothing. Wet suits, dry suits and inflatable devices are not considered approved PFDs.
- 1.4. The US Sailing prescriptions to rule 60, 63.2 and 63.4 are deleted and will not apply.
- 1.5. Under rule 70.5(a), the right of appeal is denied.

2. ELIGIBILITY:

- 2.1. This regatta is open to boats of the V-15, FJ (non-spinnaker), C420 (spin and trap), Laser (4.7, Radial, Full Rig), and Opti classes.
- 2.2. Fleets must have three (3) boats registered to qualify for a start.
- 2.3. Classes not mentioned above with at least three (3) boats may petition for entry by advance request and are subject to the same registration dates.

3. REGISTRATION & ENTRY:

- 3.1. Please register sailors through the spreadsheet at the following link:
<https://docs.google.com/spreadsheets/d/1hCZRvpROHHaq7cOyCi8gLeXLIsTNkwwwbauxlw3aZD0/edt?usp=sharing>
Payment can be made the morning of the event at the Mount Baker Rowing and Sailing office.
- 3.2. An entry fee of \$20 per participant (\$40 for doublehanded classes).
- 3.3. All competitors (skippers and crews) must complete the City of Seattle Risk and Release (appended to this NOR and on the event website). This should be printed and signed by a parent/guardian (if under 18) and turned in at the registration table on Saturday morning. Paper copies will also be available during this time.

4. SCHEDULE:

Saturday, October 26th, 2019

0830	<u>Report time.</u>
0915	Skippers Meeting
1000	First warning
TBD	Lunch break
1600	No race will be started after this time,

Any changes to the schedule will be posted on the Official Notice Board located outside the main office.

5. SAILING INSTRUCTIONS

- 5.1. Sailing instructions will be available online and available for pick up Saturday morning at registration.

6. VENUE

- 6.1. Registration, lunch, skipper's meeting, awards, and boat launching will all take place at MBRSC at 3800

Lake Washington Blvd S, Seattle, WA 98118.

6.2. Race course will be located in southern Lake Washington between the I-90 bridge and Bailey Peninsula (Seward Park), accessible by launching at MBRSC. Sailors must be ready to launch promptly after the skipper's meeting.

7. NUMBER OF RACES

7.1. A minimum of one race shall constitute a regatta.

8. SCORING

8.1. The Low-Point Scoring System as described in the Racing Rules of Sailing "Appendix A" and as detailed in the Sailing Instructions will apply.

9. SUPPORT & SPECTATOR FLEET:

9.1. Coaching on the water is permitted between races until a boat's preparatory signal. To avoid any interference with boats still racing, competitors shall be required to sail to an area at least 75 feet away from the Start/Finish Line when meeting with coach/support boats.

9.2. Coaching while racing is permitted in cases when novice racers are slowing the progress of the Regatta. Coaches shall only coach the back "10%" of the fleet if this is the case, except for Optimist Green Fleet in which sailors may be coached during any stage of the race.

10. SAFETY

10.1. Competitors shall carry a bowline of at least 20' to be used for towing if necessary.

11. CONDUCT:

11.1. No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, or distilled spirits, each as defined in Chapter 51 of the US Internal Revenue Code and intended for beverage use), or marijuana, cocaine, or any other controlled substance (as defined in 21 US Code 802), the possession of which, by that contestant is unlawful under 21 US Code 841.

11.2. Infringements of this regulation and/or other inappropriate conduct occurring during the regatta, may be the basis for a hearing under RRS 69.1. The protest committee for such a hearing shall, at a time and place selected by it, meet to hear said protest, and it may impose scoring penalties, or other sanctions that it deems appropriate, including summary removal from the regatta.

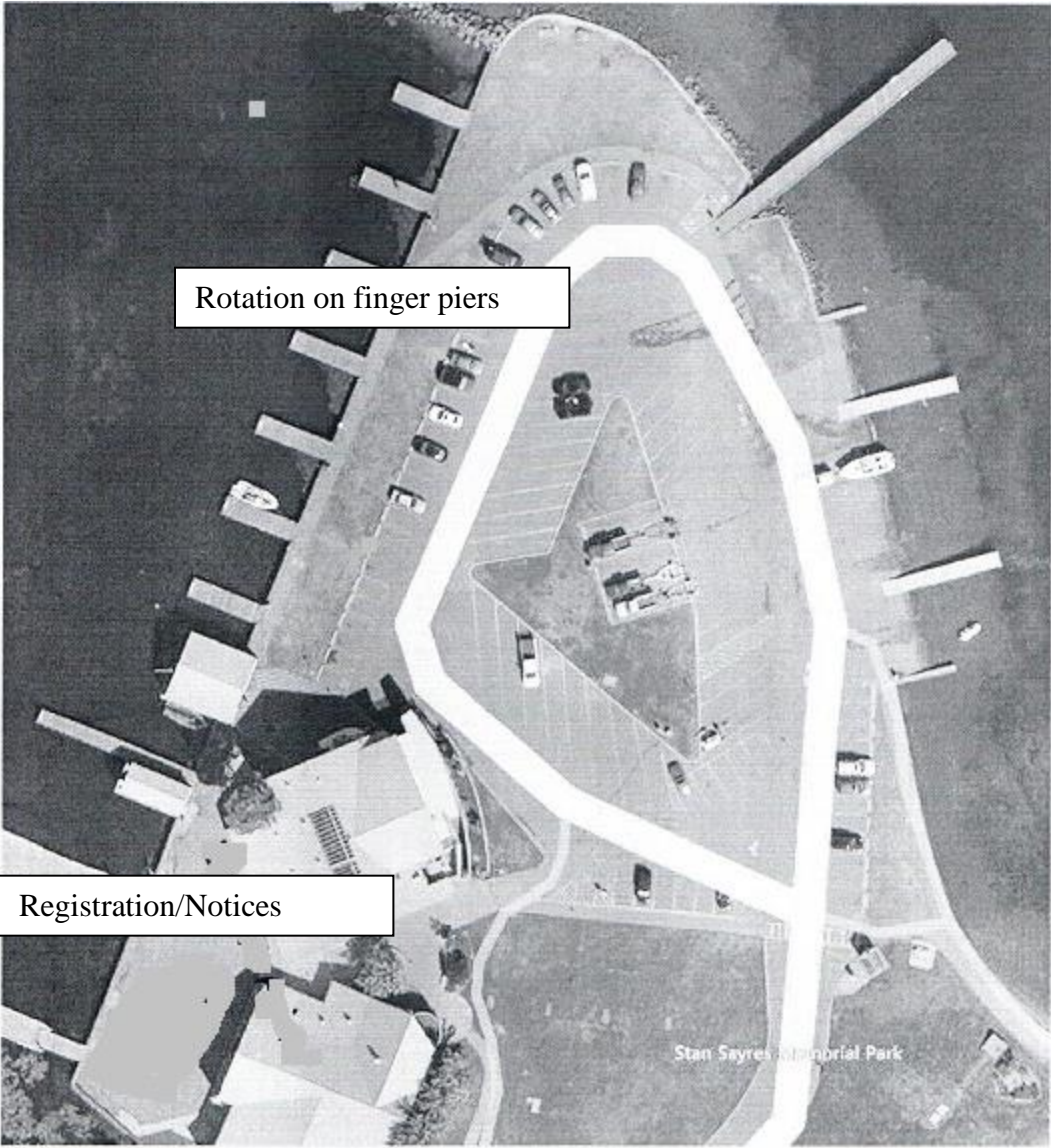
12. PRIZES

12.1. Prizes will be awarded to the skippers and crews of the top three finishers in each eligible class.

13. FURTHER INFORMATION

13.1 For further information, please visit the event website at mbrsc.org or contact Regatta Chair:

Jason Coffman
206-386-1913
mount.baker@seattle.gov.



Rotation on finger piers

Registration/Notices

Stan Sayres Memorial Park

Seattle Parks and Recreation
Small Craft Programs

ASSUMPTION OF RISK AND RELEASE FORM

Participant Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone-home: () _____ Phone-work/cell: () _____
E-mail _____
(All addresses are kept under strict confidentiality)
Emergency Name _____ Emergency Phone () _____

Sex: M F Birthdate: _____ Ethnic Origin** _____

****ETHNIC ORIGIN:** Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; M=Mixed, N=Native American; P=Pacific Islander, W=Caucasian; O=Other.

Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold, and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries, I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate.

Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years of age.

Signature of Participant (if 18yrs and older): _____ Date: _____

Parent or Guardian signature required for participants under the age of 18. _____

Seattle Parks and Recreation, the Associated Recreation Council, Boating Advisory Council may use stills/video photography of this participant for use in publications. Yes___ No___ Initial Here___

How did you hear about our facility or programs? Drive/Walk by___ Word of Mouth___
Brochure___ Parks Web-site___ Other – please specify:_____

