



## NOTICE OF RACE

### Falcon Cup Dinghy Regatta

#### 2024 Manitoba Provincial Optimist Championships

#### 2024 ILCA District 4 Championships (20 ILCA-NA Grand Prix Points)

#### 2025 Canada Games Qualifier (3<sup>rd</sup> of 4)

Saturday, August 24, 2024

### 1. Venue:

1.1 Falcon Sailing Club (FSC), at Faloma, Falcon Lake, Manitoba

### 2. Aquatic Invasive Species Precautions – Protecting our Lakes Together

- 2.1 All participants bringing boats from any lake other than Falcon Lake or West Hawk Lake must complete the necessary precautions (clean, drain, dry) and inspection/decontamination to protect against spreading zebra mussels and other aquatic invasive species.
- 2.2 Inspection and decontamination is available at Manitoba Watercraft Inspections Stations. Information on locations of Watercraft Inspection Station Locations is available at [Province of Manitoba | Aquatic Invasive Species \(gov.mb.ca\)](https://www.gov.mb.ca/aquatic-invasive-species/). The Mobile Station may be located at the Manitoba – Ontario Border on August 23 & 24, 2024.

### 3. Rules

- 3.1 The races will be governed by the Racing Rules of Sailing 2021 – 2024, the prescriptions of Sail Canada, the International Laser Class Association (ILCA) Rules, and the Optimist Dinghy Rules (except as any of these are altered by this Notice of Race), and the Sailing Instructions.

### 4. Registration

- 4.1 All registration for all classes of boats for all events at the Falcon Cup Dinghy Regatta must be done online *via* Checkclick using the following link: <https://falconsailingclub.checkclick.com>. The registration end date is August 22, 2024. There is no in-person registration. Check-in will be at FSC from 9-9:30 am at FSC on August 24, 2024.



- 4.2 Registration for the optional Sail Manitoba hosted Training Camp at FSC on October 23, 2024, is via Checkclick using the following link:  
<https://manitobamobilesailingschool.checkclick.com>

## 5. Eligibility and Entry

- 5.1 The event is open to Optimists, all ILCA's (ILCA 7, 6, 4), and 29ers.
- 5.2 Age Eligibility:
- 5.2.1 **Provincial Optimist Championships:** ages 9 – 14 as of December 31, 2025 (Sailors born 2010 – 2015)
  - 5.2.2 **ILCA Championships (ILCA 7, 6, 4):** All Ages
  - 5.2.3 **To Qualify for the 2025 Canada Games (ILCA 6, 29er):** ages 15-20 as of December 31, 2025 (Sailors born 2005-2010). See Canada Summer Athlete Selection Criteria at: <https://sailmanitoba.com/racing/games>
- 5.3 Each competitor shall be a member in a club, which is currently in good standing with Sail Manitoba and Sail Canada.
- 5.4 ILCA4, ILCA 6, and ILCA 7 competitors who are members of the ILCA-North America, or their National Laser Class Association, may enter by completing the registration and paying the required fees. Join ILCA online:  
<https://ilcanasailing.org/about-joining>

## 6. Scoring

- 6.1 The Low Point Scoring System, as described in Appendix A of the Racing Rules of Sailing, will apply. Five races are scheduled of which one race must be completed to constitute a series.

## 7. Sailing Instructions (SIs)

- 7.1 SIs will be included in the Registration Package, which will be available at registration. They will also be posted on the club bulletin board prior to the event.

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## 8. Awards

- 8.1 **Provincial Optimist Championships:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for U10, U13, and U15. Sail Manitoba Optimist Provincial Championship Trophies will be awarded at the Annual Awards Night in November 2024.
- 8.2 **ILCA District 4 Championships:** Medals for overall winners (Male and Female); ILCA 7 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>; ILCA 6 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>; ILCA 4 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>; Masters 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. Sail Manitoba Provincial Championship Laser Trophies will be awarded at the Annual Awards Night in November 2024.
- 8.3 **Manitoba Sailing Falcon Cup:** Overall Winner.

## 9. Schedule

- 9.1 The following schedule is planned. The race committee reserves the right to make changes to the schedule. Observe club bulletin boards for any change
- 9 – 9:45 am: Check-in at FSC – lower clubhouse
  - 9:45 – 10:15 am: Rigging
  - 10:15 am: Sailors & RC Committee meeting (15 minutes)
  - 10:30 am: Get on water
  - 11:00 am: First race (approx. 20–25 minute races), Second race to follow
  - 12:00-12:30 pm: Lunch on shore after second race (sailors bring own lunch)
  - 1:00 pm: Third – Fifth races
  - 3:00 pm: Latest start time for last race
  - 4:00 pm: Post-race snack
  - 4:30 pm: (or earlier) - Awards
- Windward/leeward courses.

## 10. Safety

- 10.1 All competitors are required to wear a DOT approved PFD at all times while afloat.
- 10.2. All boats shall have a minimum 5-meter painter line that must be attached to their mast when on the water.



## **11. Entry Fees**

- 11.1 Registration fee is \$25 per participant. Race registration includes racing and post-race snack (including hot dog).

## **12. Boat Usage**

- 12.1 The FSC and West Hawk Lake Sailing Club (WHLSC) Optimists/Prams and the Sail Manitoba Prams are available for the use of participants at no charge for this regatta on a first ask, first served basis - students of the FSC and WHLSC Learn to Sail Programs have priority. Boats must be reserved by contacting Sharlene at [sharlenetl@gmail.com](mailto:sharlenetl@gmail.com), by no later than August 22, 2023.

## **13. Contact**

- 13.1 Race Chair, Paul Krestanowich at: [paul@hollandfinancial.ca](mailto:paul@hollandfinancial.ca).
- 13.2 FSC Boats, Sharlene Telles-Langdon at: [sharlenetl@gmail.com](mailto:sharlenetl@gmail.com).
- 13.1 Sail Manitoba, Sheila Bellido at [sailing@sportmanitoba.ca](mailto:sailing@sportmanitoba.ca).

## **14. Canada Games Information**

- 14.1 Technical Package is available at: [Sailing \(canadagames.ca\)](http://Sailing.canadagames.ca)