



Girl's Optimist Clinic & Regatta Noroton Yacht Club, July 12 and 13, 2026

*Organizing Authority: Noroton Yacht Club
Location: 23 Baywater Drive, Darien, CT 06820*

*Clinic: The event includes an all-day Opti clinic on Sunday, July 12th followed by a regatta on Monday, July 13th. The clinic will be coached by top women professional and collegiate sailors. **The clinic has a maximum of 50 entries to provide a very personal and positive experience.***

The clinic will include both on-the-water sessions and in the clubhouse chalk talks, and will focus on rigging, boat handling, and racing tactics. Sailors will be divided into groups based on experience, allowing for targeted skill development for sailors of all levels.

Advanced White Fleet sailors are encouraged to sign up for this event as there will be coaching specifically for their level as well.

NOTICE OF RACE

1 RULES

1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing (2025 – 2028) and Optimist Class Rules.

1.2 Rule 60.4(a)(2) is changed as follows: (2) if it alleges a breach of a rule of Part 2 or rule 31 and is from a boat that was not involved in, and did not see, the incident, or

2 ELIGIBILITY, ENTRY AND FEES

2.1 Each entrant shall be able to sail her Optimist to windward and to leeward in a variety of wind conditions, be able to right the boat after a capsize, and has previously sailed in a race.

2.2 A completed entry form shall be submitted at the ClubSpot registration for the event at the [2026 Girls Opti Regatta event Page](#). Entry fee is \$170 per sailor if sailing in both the clinic and regatta. If a sailor will only participate in the clinic, the entry fee is \$100 per sailor. If a sailor will only participate in the regatta, the entry fee is \$70 per sailor.

Clinic Registration- [Click Here](#)

Regatta Registration- [Click Here](#)

2.3 The entry package must be submitted online no later than July 6, 2026. There will be an additional \$25 late fee for registrations after July 6, 2026. A complete entry will include

submission of the waiver and payment of the appropriate entry fee. Please contact Erin Maxwell, erin.maxwell@ldc.com, Kate Dockstader lydenk@gmail.com, or Cormac Murphy cormac@norotonyc.org with any questions.

3 SCHEDULE AND REGATTA FORMAT

3.1 Registration: All competitors and instructors/coaches shall register in person during the registration period. Instructors shall also attend the instructors' meeting to receive safety assignments.

3.2 Competitors will be assigned to fleets according to their age on the day of the regatta as follows:

White Fleet 10 and under

Blue Fleet 11 and 12

Red Fleet 13, 14, and 15

3.3 Schedule

Day	Activity
Sunday, July 12	
0900– 1000	Clinic Registration - Main Clubhouse "Breezeway"
1000	Clinic sailors shall be rigged and ready to sail by 10 AM.
Lunch	On the Water, bring your own lunch and drinks.
After Sailing	<i>Presentation of the Most Improved Award</i>
	Clinic is scheduled to end around 16:30
Monday, July 13	
09:00-09:30 AM	Regatta Registration Main Clubhouse "Breezeway"
09:30 am	Regatta sailors shall be rigged and ready to sail.
09:45 am	Skippers' Meeting / Coaches' Meeting
10:00 am	Harbor Start
10:45 am	First Warning Signal
Lunch	On the water, bring your own lunch and drinks.
	<i>Presentation of awards immediately after racing on Clubhouse Patio</i>

3.4 No first warning signal will be made after 15:00 on Monday, July 7th.

4 SAFETY EQUIPMENT; SAIL NUMBERS

4.1 All class required safety equipment is mandatory.

4.2 Personal Floatation Devices (PFDs): Each competitor shall wear a U.S. Coast Guard approved PFD, properly secured at all times, from dock to dock, except briefly while adding or removing clothing. Wet suits, dry suits and inflatable PFDs do not constitute adequate personal buoyancy. This changes RRS 40.

4.3 A waterproof safety whistle, to be used for emergency purposes only, must be attached with a line to the PFD or clothing.

4.4 Bow line: Each boat shall have a secure loop in the end of its bow line.

- 4.5** Sail numbers: Sail numbers must be complete and clearly visible from both sides of the sail and shall be the same as was provided by the competitor at registration. Entries of boats not complying with this instruction may be disqualified by the Organizing Authority. If racing has already started, boats not complying with this instruction shall be subject to protest by the Race Committee or Protest Committee.

5 SAILING INSTRUCTIONS

Preliminary sailing instructions will be available online at [2026 Girls Opti Regatta](#) . Final sailing instructions will be available on the event website no later than July 11, 2026.

6 VENUE

The racing area will be approximately one-half mile south of G"1" at the entrance of Noroton Harbor. Directions to the host club can be found at www.norotonyc.org.

7 SUPPORT BOATS

- 7.1** Any club entering three or more boats in the regatta shall supply a support/coach boat equipped with a working VHF Radio, an anchor and a first aid kit. An instructor, coach and/or other support personnel shall drive the support boat at all times in accordance with the recognized principles of safe motorboat operation and shall register with the organizing authority at registration to receive safety patrol assignments.
- 7.2** Spectator and support boats shall stay well clear of the racecourse area while boats are racing and shall monitor the VHF radio channel 73 for updates and directives coming from the race committee.
- 7.3** If a club is not sending a support boat (i.e., a club is sending fewer than three boats to the regatta), arrangements shall be made by such club with another club to allow the instructor supervising those sailors to go out on the water. In no circumstances will competitors be allowed to sail without a designated instructor on the racecourse.
- 7.4** Coach/Support boats shall monitor the RC VHF channel 73 and, in the case of an emergency, shall be required to assist any boat as directed by the RC.
- 7.5** Except as directed by the OA, competitors shall have no communication with, be tied to or transfer provisions or equipment to and from any spectator boat from the time the boat leaves the dock until racing has been concluded.

8 TRAILER STORAGE

- 8.1** All boats will be dry-sailed.
- 8.2** Competitors participating in the Clinic and Regatta may store their boat in the dry sail area overnight during the event. Boats, dollies, and/or trailers will be stored in the dry sail area.

9 PRIZES

Prizes will be awarded to the top three finishers in the Red, Blue and White fleets.

10 DISCLAIMER OF LIABILITY

- 10.1** Competitors participate in the regatta entirely at their own risk. See RRS *Rule 3, 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.
- 10.2** Sailing is an activity that has an inherent risk of damage and injury. The race organizers (organizing authority, race committee, protest committee, host club, or any other organization including the JSA or official) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.
- 10.3** As a condition of the participation of any boat in any race or related activity sponsored or undertaken by the Noroton Yacht Club, the owner, helmsperson and each agree that the safety of the boat and the crew and the decision whether or not to start or continue to race is solely their responsibility. Responsibility for evaluating wind, sea and weather conditions rests with each competitor as does the responsibility for the safe condition and operation of their boat including safety equipment and rigging and for wearing a life jacket. Assistance from the race committee, patrol boats, or other support boats and from personnel aboard them is at the risk of the participant.

11 FURTHER INFORMATION

Event Co-Chair	Erin Maxwell	erin.maxwell@ldc.com	(917) 627-2400
Event Co-Chair	Kate Dockstader	lydenk@gmail.com	(617) 504-7337
Principle Race Officer	Britt Hall		
Sailing Director	Cormac Murphy	cormac@norotonyc.org	(203) 309-5771

[Noroton Yacht Club](#)
23 Baywater Drive
Darien, CT 06820

*VHF ch.72