



2026 Optimist Midwest Championship

Lake Forest Sailing
in conjunction with
U.S. Optimist Dinghy Association (USODA)
collectively, the Organizing Authority (OA)
September 11-13, 2026
Lake Forest, IL USA

NOTICE OF RACE

Amended 9/9/2026 – 13 Penalty System

1 RULES

- 1.1. The event is governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2. The [USODA Conditions for Sanctioned Events and Championships](#) will apply.
- 1.3. The US Sailing prescriptions to the Preamble to Part 5, Section B and to RRS 63.1(b) do not apply.
- 1.4. [SP] denotes a rule to which a standard penalty from the “USODA Graded Penalty System” may be applied by the race committee or technical committee without a hearing, or a discretionary penalty applied by the protest committee with a hearing. This changes RRS 60.5(b) and A5.1.
- 1.5. [NP] denotes a rule that shall not be grounds for protest by a boat. This changes RRS 60.2(a) and 61.1(a).
- 1.6. 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
- 1.7. [SP][DP] RRS 40.1 will apply at all times while afloat.
- 1.8. [DP][NP] Competitors and support persons shall comply with any reasonable requests from an event official. Failure to comply with requests may be considered misconduct.

2 SAILING INSTRUCTIONS

The sailing instructions will be available after **September 10th** at <https://usoda.org/regatta/hRHiKDX27j>.

3 COMMUNICATION

The online notice board is located at <https://usoda.org/regatta/hRHiKDX27j>.

4 ELIGIBILITY AND ENTRY

- 4.1 The event is open to **all boats** of the International Optimist class that fulfill the eligibility requirements as defined in the [USODA Conditions for Sanctioned Events and Championships](#).
- 4.2 Eligible boats may enter by completing an entry online at <https://usoda.org/regatta/hRHiKDX27j> and providing all required competitor information, paying all required fees, and electronically signing the USODA Waiver of Liability.
- 4.3 Each competitor shall confirm their entry by checking the Event Registration page. If a competitor is not listed on the USODA website, then the competitor is not entered. **Entry fees are NON-REFUNDABLE after the first entry deadline and may not be transferred to another USODA event.**



4.4 As part of sailor registration online, competitors agree to be bound by the Sailor Code of Conduct (Addendum 1) and Boat Self-Certification Safety Checklist (Addendum 2). When applicable, entry is not complete until the competitor has submitted a signed USODA **Measurement Form**.

4.5 The following restrictions on the number of boats apply:

a) Championship Fleet: 150 boats

b) Green Fleet: 50 boats

The OA may increase the number of boats in its sole discretion.

4.6 Online registration will close Wednesday, September 9 at 12:00 PM ET. Requests to enter after the online entry deadline are subject to approval by the OA.

5 FEES

Entry fees are as follows:

a) The entry fee is \$150 for registrations received by August 28, 2026.

b) A late fee of \$25 (\$175 total entry fee) shall be paid for registrations received after August 28, 2026.

6 ADVERTISING

Boats may be required to display advertising chosen and supplied by the OA.

7 [NP][DP][SP] CAMERAS AND ELECTRONIC EQUIPMENT

7.1 Boats may be required to carry cameras, sound equipment or positioning equipment as specified by the OA. Information from this equipment shall not be used by a boat as evidence in a hearing. This changes RRS 63.4(b).

7.2 The equipment provided, once placed on the boat as instructed by the OA, shall not be manipulated by the competitor or coach in any way, except when so required by the OA.

7.3 There shall be no unauthorized unmanned aerial vehicle (UAV) drone flight permitted above the racing area, waiting area, corridor, coach/spectator boat zones, start line or finish line.

8 FORMAT

8.1 The Championship Fleet will race as one or more divisions depending on the number of entries. The process for allocating boats to divisions and the format will be specified in the Sailing Instructions.

8.2 There will be a Green Fleet if at least five (5) boats are registered by the initial deadline. See Green Fleet Addendum 3 for more information and schedule.

9 SCHEDULE

9.1 Program and Schedule

Thursday, September 10

All Day

Competitors Welcome to Arrive. Competitors and Support Persons wishing to arrive before this time must reach out to the host to make arrangements.

Friday, September 11

1600-1900

Competitor Check-in and Support Person Registration/Check-in

Saturday, September 12

0730-0830

Competitor Check-in and Support Person Registration/Check-in



0830	Coaches' Meeting
0845	Competitors', Coaches' and Parents' Meeting
0900	Harbor Launch
1015	First Warning Signal

Sunday, September 12

0900	Harbor Launch
1015	First Warning Signal
1530	No Warning Signal for a race or "Set" of races after this time
After Racing	Awards Ceremony

- 9.2 Eight (8) races or "Sets" of races are scheduled for the Championship Fleet. Four (4) races or "Sets" of races are scheduled for each day of racing, however up to one additional race or "Set" of races may be sailed in one day provided the Championship never gets more than one race or "Set" of races ahead of schedule. A "Set" is a group of scored races in which all divisions competed.

10 [SP] EQUIPMENT INSPECTION

- 10.1 Boats may be inspected at any time during the event.

11 VENUE

The racing area is on Lake Michigan, just outside the Lake Forest Harbor.



12 THE COURSES

The courses to be sailed will be described in the sailing instructions.

13 PENALTY SYSTEM

- 13.1 The "USODA Graded Penalty System" will apply and will be provided in the sailing instructions. Percentage penalties will be rounded up to the nearest whole number.
- 13.2 ~~RRS Appendix P, Special Procedures for Rule 42, will apply and is changed as follows: RRS P2.2 is changed so that it applies to any penalty after the first one. RRS P2.3 is deleted.~~

14 SCORING

- 14.1 One race or "Set" of races is required to constitute a series.



14.2 Rule 90.3(e) will be in effect.

15 SAFETY

15.1 Each competitor shall agree to abide to the USODA Boat Self-Certification Safety Checklist as part of registration for this event.

16 ADULT RESPONSIBILITY AND SUPPORT (COACH OR SPECTATOR) VESSELS

- 16.1 All coaches, parents, guardians and 'designated adults' are support persons (See RRS definition *Support Person*).
- 16.2 In addition to the requirements of RRS 3 Decision to Race, a *Support Person* is responsible for the safety of their competitor. It is the responsibility of this adult to decide if their competitor should sail in the weather and sea conditions that might arise during the event. The adults supervising the competitors are ultimately responsible for the risks.
- 16.3 Parents or guardians not personally attending any part of the event shall ensure that another *Support Person* is authorized and designated to make these decisions for their competitor.
- 16.4 Each competitor shall designate, in writing at Registration, the *Support Person* that will be responsible for the competitor throughout the event.
- 16.5 The designated *Support Person* shall accept full responsibility for all actions of the competitor during any activity related to the event. This includes onshore activities before, during, and after the event.
- 16.6 The OA strongly recommends that each competitor have a support (coach or spectator) vessel on the racecourse throughout the event.
- 16.7 The OA recommends there be at least one support vessel for every 10 sailors.
- 16.8 All support vessels shall register online at <https://usoda.org/regatta/hRHikDX27j>. Coaches shall be current members of USODA at the Coach or Sustaining Membership level.
- 16.9 [DP] Each support vessel shall have a working VHF radio monitoring the designated race committee channel, an anchor suitable for anchoring in the waiting area, and a basic first aid kit.
- 16.10 [DP] All support vessels shall be equipped with a functioning engine safety cut-out switch (kill switch) which shall remain attached to the operator at all times while the engine is running.

17 CHARTERED OR LOANED BOATS

A chartered or loaned boat may carry national letters or a sail number in contravention of her class rules, provided that the race committee has approved her sail identification before the first race.

18 BERTHING

- 18.1 [DP] Boats shall be kept in their assigned places while in the boat park.
- 18.2 [DP] Addendum 4 shows the shoreside facilities and parking areas for optis and trailers.
- 18.3 [DP] Support person vessels shall be kept **at** locations assigned at check-in.
- 18.4 Parking/storage fees may apply to vehicles, trailers and support vessels.
- 18.5 To arrange for storage outside of the event period, contact ortizvivasc@cityoflakeforest.com.



19 RISK STATEMENT

- 19.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia, or other causes.**
- 19.2 The OA including the sponsors, the race committee, the officers, directors, employees and members of the OA, USODA, and all those involved in these organizations will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event.

20 PRIZES

Prizes will be given as follows:

Championship Fleet

- Overall: 1st through 5th (or 10th if over 80 sailors)
Red Fleet: 1st through 3rd (or 5th if over 80 sailors)
Blue Fleet: 1st through 3rd (or 5th if over 80 sailors)
White Fleet: 1st through 3rd (or 5th if over 80 sailors)
Girls: 1st through 3rd

Green Fleet: Participation awards for all sailors

Additional awards and prizes may be presented at the sole discretion of the host and OA and may be based on criteria other than the event.

21 QUALIFICATION FOR FUTURE EVENTS

- 21.1 This regatta is a **2027** USODA Team Trials Qualifying event. The top 25% of the Championship Fleet (based upon the total number of boats registered in both the Championship and Green fleets) will be eligible to compete in the **2027** Optimist Team Trials. In the case where competitors in the top 25% are not team trials eligible, additional competitors will be invited. In the case of series ties for the last qualifying place, all tied competitors shall receive invitations.

22 FURTHER INFORMATION

Registration: USODA Executive Director, Beth Danilek, usoda@usoda.org

Regatta Chair: Stacy Keane, stacyt@uwalumni.com

Principal Race Officer: Jennifer Dorsch, jogginger@gmail.com

Protest Committee Chair:

OPTI CHARTERS, VENDORS, POWERBOAT RENTALS & MORE

Professional Boats, www.professionalboats.com, 321-946-2572

Simmons Boatworks, 203-506-9333, rob@simmonsbw.com, <https://simmonsbw.com/>

US One-Design/Sail McLaughlin, www.sailmclaughlin.com, (508) 827-7902

Zim Sailing, charters@zimsailing.com, (401) 237-6117, www.zimsailing.com/charters

Event Website: <https://usoda.org/regatta/hRHiKDX27j>



Host Website – <https://lfparksandrec.com/programs?tab=261>

Host Instagram - <https://www.instagram.com/lakeforestsailing/?hl=en>

Facebook - https://www.facebook.com/US-Opti-Sailing-138942536154313/?ref=aymt_homepage_panel

X - <https://x.com/USOptiSailing>

Instagram - <https://www.instagram.com/usoptisailing/>



Notice of Race – Addendum 1

SAILOR CODE OF CONDUCT FOR United States Optimist Dinghy Association

Code of Conduct

This Code of Conduct applies to me as a member of the United States Optimist Dinghy Association (“USODA”). It applies when I participate in a USODA Sanctioned Event. This includes USODA sponsored regattas, USODA National Team (“USNT”) and USODA Optimist Development Program (“ODP2”) practices and international regattas which I attend as a representative of the USODA (each an “event”). This Code of Conduct starts to apply to me when I arrive at an event and ends when I leave the event. This Code of Conduct applies to my behavior both on and off the water. I understand that this Code of Conduct applies in addition to the Racing Rules of Sailing and in addition to any behavior rules that my club or private team may require of me. I understand that I may be subject to additional conduct rules if I participate in an international event, USNT, or ODP2 event. I understand that violations of this Code of Conduct may result in a hearing or punishment from the USODA directly and that my violation of this Code of Conduct may additionally violate the Racing Rules of Sailing, subjecting me to hearing, punishment or sanction imposed by US Sailing.

- I will use my best efforts to learn and follow the Racing Rules of Sailing.
- I will be honest, fair, courteous, respectful and a good sport, whether I am winning or losing.
- I will treat competitors, coaches, regatta officials, parents, hosts and all others with respect, even if I believe that person is wrong.
- I will comply with the reasonable requests of any regatta official, USODA team coach and/or parent chaperone that may be associated with an event.
- I will not use another's property without permission, steal or damage another's property.
 - I will not hit, abuse, bully, make fun of or call anyone names.
 - I will not swear or curse.
 - I will not abuse my equipment in anger.
- I will follow all safety procedures and instructions given by race officials, regatta hosts and other responsible adults. I will promptly notify a race official, coach or responsible adult if another person is in danger.
- I will not engage in any conduct that endangers the health or safety of another competitor.
- I will only use class legal equipment.
- I will not use (including by vaping) alcohol, tobacco, or any drugs that were not prescribed specifically for me.

By completing registration, the sailor agrees to have read and reviewed these rules of conduct and understands that they are expected to follow all of them.



Notice of Race – Addendum 1 (cont'd)

Code of Conduct Hearings:

Any competitor, coach, parent, Race Committee member, member of the Organizing Authority, judge or umpire may report an alleged breach by me of this Code of Conduct during an event.

I may report an alleged breach by another competitor or support person.

All reports must be made in writing (a Conduct Report), though no special form is required, which identify the sailor being complained of and the basic facts of the alleged breach of this Code of Conduct.

The Conduct Report must be presented to any one of the following persons:

the Chief Judge of the event, or in the absence of a Protest Committee, the Principal Race Office (PRO),
the Head Coach of the event (if this is a practice event).

The party taking the Conduct Report shall communicate the report to the USODA Executive Director and as outlined in Appendix L of the World Sailing Misconduct Guidance Manual, they shall determine the appropriate path for addressing the alleged misconduct.

Any decisions of the Conduct Committee are final and non-appealable.

Possible Discipline:

If, after hearing, the Committee determines that a breach has occurred, it may:

- a. Impose any of the following disciplinary actions and is not restricted to imposing just one:
 - i. Require a written or verbal apology to be either privately or publicly made;
 - ii. Issue a written or verbal warning to the competitor, record of which warning shall be maintained with such sailor's membership file;
 - iii. Issue a written report concerning the competitor's behavior to his or her home club or sailing team;
 - iv. In the case of property damage or theft, award damages to the owner of the injured property plus a fine if deemed appropriate in the case of intentional property damage or theft;
 - v. Suspend such sailor's eligibility to attend a future USODA event;
 - vi. Suspend such sailor's eligibility to receive an invitation to attend an international event with a USODA team; and/or
- iv. Suspend such sailor's membership within USODA for a period of time deemed appropriate by the Committee in its sole discretion. The Committee may consider any prior warnings issued to a sailor previously in a suspension determination.
or
- b. In the event of a serious or material breach of the Code of Conduct for conduct which may violate either Rule 2 or 69 in its opinion, make a report to the Chair of the Protest Committee (or Chief Judge/Umpire) with a recommendation to hold a Rule 2 hearing or to consider a possible Rule 69 hearing under the US Racing Rules of Sailing.

By completing registration, the sailor agrees to have read the above paragraphs regarding hearings and punishment for a Code of Conduct violation and understands the possible consequences to them for a Code of Conduct violation.



Notice of Race – Addendum 2

BOAT SELF-CERTIFICATION SAFETY CHECKLIST

By completing this registration, the sailor certifies they will be in compliance with these minimum safety standards required to compete at this event and is therefore granted permission to compete.

- Painter (bow line) Loop - Two-inch loop of line out of bow gunwale
- Painter (also known as the bow line) tied to mast step, knot free, 8 meters, w/ bowline at the outboard end
- Bailer 1 minimum, 2 preferred tied to boat
- Air Bags 3 (even w/boats with side tanks)
- Rudder Retainer Clip (prevents rudder from popping out)
- Centerboard Retainer (prevents centerboard from popping up)
- Centerboard Retainer Line (ties centerboard to boat)
- Mast Tie in Line or Collar
- Main Sheet Snap - Closed Snap
- U.S. Coast Guard approved PFD (lifejacket) with whistle securely attached
- Mainsheet Bridle - No looser than 100 mm from the boom at any point
- Paddle attached to hull by lanyard or elastic cord (weighs no less than 200g, having corner radii of minimum 5mm and a blade able to contain a rectangle of 200mm x 130mm)



Addendum 3: Green Fleet

1. Green Fleet Policy and Rules

- 1.1. Green Fleet will be run in accordance with the rules and policies outlined by the USODA. This includes the following:
- 1.2. Sailors are expected to use IODA class compliant equipment. However, Green Fleet sailors are exempted from the measurement process.
- 1.3. Active coaching during racing is allowed and encouraged for the back 50% of the fleet. Coaches on the Green Fleet course agree to help any sailor in need of assistance or coaching, not just their own.
- 1.4. Sailors will be expected to attend the morning and post racing briefings as outlined in the schedule.
- 1.5. Protests are not allowed, although a mock protest may be carried out for educational purposes.
- 1.6. Informal results may be kept and displayed on shore, but no prizes shall be awarded based on results. All competitors shall receive a Green Fleet participation medallion.

2. Green Fleet Schedule

- 2.1. Green Fleet will be using the following daily schedule. The schedule is approximate and is dependent on the wind conditions and the Championship Fleet schedule.

Schedule

Saturday, September 12 – Sunday, September 13

0830	Arrival/Rigging
0930	Green Fleet Briefing
1030	Green Fleet Launch
1100 - 1400	Racing
1430	De-Rig/Post Racing Briefing
1530	Dismissal

3. Racing Format

An effort will be made to complete as many short 15 minute races as practicable.



Addendum 4 – Shoreside Facilities and Opti/Trailer Storage

