



**SAILING**

OLD DOMINION UNIVERSITY

SAILING CENTER

4451 Powhatan Avenue Norfolk, VA 23529



Head Coach: Mitch Brindley

Assistant Coach: Morgan Collins

Assistant Coach: Tyler Colvin

office (757) 683-3387

office (757) 683-4449

office (757) 683-4449

cell (757) 287-1201

cell (410) 980-2703

cell (802) 373-6246

[mbrindle@odu.edu](mailto:mbrindle@odu.edu)

[mlcollin@odu.edu](mailto:mlcollin@odu.edu)

[tcolvin@odu.edu](mailto:tcolvin@odu.edu)

## FACILITIES

The sailing center is located on the western side of the university campus. The sailing center features locker rooms, classroom, indoor repair facility and an enclosed boathouse which serves as storage for 18 FJ sailboats and 8 Lasers. Additionally 12 Z420 sailboats, 6 coach boats and other support vessels are stored outdoors. Water refill stations are available inside the sailing center as well as a Zip2Water outside the rear door.

---

Many other athletic facilities are nearby including a tennis center, soccer, field hockey, lacrosse, and football practice fields. Old Dominion is a Division 1 athletic institution



## VENUE AND SAILING AREA

Our sailing venue is an open water area where the Lafayette river meets the Elizabeth River, to the east of the main shipping channel. Water depth ranges from 4-12 feet. There may be variable amount of current depending on the proximity of the racecourse to channels and shorelines.



## Weather

Water temperature in November is usually 55-60 degrees. Common wind directions include NE, N, NW, W and SW. Northeast breeze is shifty and offshore as it comes from land and the Larchmont neighborhood. North breeze will funnel down from the Lafayette river and will be relatively consistent. Northwest is the direction with the longest fetch and can produce large chop/waves, usually associated with frontal passages. Westerly breeze oscillates over a long period and can be a challenging direction to sail. Southwest breeze tends to be smooth oscillations and can have a geographic effect if sailing close to golf course.

Sailflow Lafayette River: <https://www.sailflow.com/map#36.888,-76.322,15,1,11440,1>

ODU weather station: <https://tempestwx.com/station/43395/>

## DIRECTIONS TO VENUE

### From the North:

Take I-95 South to Richmond. Pick up I-64 East to Norfolk. Drive through the Hampton Roads Bridge Tunnel (HRBT) Approximately 6 miles after leaving the tunnel you will see a sign saying "To Terminal Blvd./To ODU next right". As you bear right, there will be another sign "I-564/Terminal Blvd./To Naval Bases". Follow Terminal Blvd., at the third stoplight take a left onto Hampton Blvd. \*\*Continued below

### From the South:

Take I-95 North to Route 58 East to 264 Portsmouth/Norfolk/Virginia Beach. Merge left onto 264 East Norfolk. Follow 264 East approximately 7 miles to the Downtown Tunnel. After leaving the tunnel, take the left exit to St. Paul's Blvd. Turn right onto St. Paul's Blvd. at the foot of the bridge. At the third light, turn left onto Brambleton Ave. Follow the blue signs toward ODU. After approximately 1 mile, merge right onto 337 East, Hampton Blvd./ODU/Naval Base. Follow Hampton Blvd. through the ODU campus until you come to 49th St. \*\*Continued below

\*\*Follow Hampton to the ODU campus until you come to 49th St., there will be a Millers gas station on your left and campus on right. Take a right onto W. 49th St. When you reach the stop sign at Powhatan Ave., take a left onto Powhatan. Just past the grey apartments, and across from the tennis courts, you will take a right into the entrance to a parking lot for Powhatan Apts. and Whitehurst Dorm labeled lot 42. Travel all the way to the back of the lot and you will bear around to the left and see the boathouse and sailing center.

There will be a designated parking area for the regatta due to football game tailgate which will be taking place in lot 42. Please follow directions to park in assigned spaces as directed by ODU Sailing team members.

---

## HOTELS

Springhill Suites- ODU  
4500 Hampton Blvd, Norfolk, VA  
23529

Residence Inn Downtown Norfolk  
227 West Brambleton Avenue,  
Norfolk, VA 23510

Norfolk Waterside Marriott  
235 E Main St, Norfolk, VA 23510

## OTHER PLACES OF INTEREST

Yorgo's Bageldashery (Breakfast)  
2123 Colonial Ave, Norfolk, VA 23517

Cogans Pizza North (Dinner)  
4311 Colley Ave, Norfolk, VA 23508

TASTE (Lunch)  
407 W 21st St, Norfolk, VA 23517

The Fishin' Pig Norfolk (Dinner)  
119 W 25th St, Norfolk, VA 23517

Gourmet Gang (Lunch)  
482 E Main St, Norfolk, VA 23510

Fellini's (Dinner)  
3910 Colley Ave, Norfolk, VA 23508

The Fresh Market (Groceries)  
924 W 21st St, Norfolk, VA 23517

