



Amendment to Notice of Race

Saturday, Oct 18th 2025

Tier 3

Hosted by Lake Forest Sailing

1. RULES:

1.1. The regatta will be governed by the rules as defined in The Racing Rules of Sailing, the ISSA Procedural Rules, the ISSA Code of Conduct, the MISSA Supplemental Rules, and the Scholastic Dinghy Class Rules.

1.2. The Organizing Authority (OA) is MISSA, and the regatta host is Lake Forest Sailing.

2. SAILING INSTRUCTIONS: The sailing instructions will be posted on Techscore by 1700hrs on Friday, Oct 17th, 2025.

3. COMMUNICATION:

3.1. The online official notice board will be Techscore.

3.2. All Coach boats shall carry a VHF radio capable of communicating on US Marine Frequencies.

3.3. On the water, the race committee will communicate with coaches on VHF radio on VHF72.

4 ELIGIBILITY AND ENTRY

4.1 The 420 divisions are limited to High School Teams only. 8th graders and mixed teams can compete in the 420 division.

4.2 Entries must be received by **Tues, Oct 14th 8:00 pm CST.**

4.3 Each Team must register online at the regatta page. HS 420 teams register **per school**, and Opti teams register **individually**. **Each school may enter up to two 420 teams. Teams already on the waitlist will be given priority.** If you're interested in having a second team, please contact Naomi Jamboretz, at jamboretzn@cityoflakeforest.com and she will allocate additional berths as they become available.

4.4. **The regatta has an allowance of 17 berths.**

4.6. The online entry form is available at: <https://theclubspot.com/regatta/2dXcMsRx9n/#entry-list>

4.7. A team that withdraws from the regatta after the entry deadline or fails to compete at the event shall forfeit their entry fee.

5 FEES

5.1 Entry fee is \$100 per HS Team, and \$35 per Opti

5.2 Lunch is not provided. **The Lake Forest volunteers will be grilling up burgers after racing and before prizes — come grab a bite!** Trophies will be awarded to the top 3 teams in each fleet.



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5.3 By registering for this regatta, in place of paying a damage deposit, a team agrees to pay the cost of any damages deemed responsible for by the host/protest committee/organizing authority, as well as the cost of any damages that cannot be attributed to a specific incident/team that is divided between the participants.

6. BOATS:

6.1. 420s are provided by Lake Forest Sailing. Boats will be sailed as provided.

6.2. Any alterations to the boats will be under ISSA PR 7.11.

7. SCHEDULE:

Saturday, Oct 18th, 2025

0900-Check in/registration/Rigging of boats

0930-Competitor's meeting

1015-First warning, with racing for the remainder of the day

No races will be started after 3:00 pm.

8. VENUE:

8.1. All races will be sailed outside of Lake Forest Harbor

8.2. Clothing and gear should be stored in vehicles, which can be parked in the South Car Park of Lake Forest Beach. Restrooms are available inside the Boat Pavillion. Please keep this facility clean.

9. CLOTHING AND EQUIPMENT:

9.1. Competitors must provide their dry suits and have them on hand at the venue on each day of racing. The OA may require dry suits to be worn by all competitors, this will be announced on each day of racing.

9.2. A competitor's failure to wear a dry suit while racing on a day where dry suits are required by the OA will be scored DSQ by the RC without a hearing. This changes RRS 63.1.

10. COACHING:

10.1. Coaches must provide their coach boat, which serves as their team's designated coaching platform.

10.2. Lake Forest Sailing will not provide boats for teams to use as their coaching platform.

10.3. Coaches are required to:

- a Wear an approved flotation device as required by ISSA PR 2.2.
- b Wear kill cords/engine cut-off devices on all vessels while afloat.

11. PRIZES:

11.1. Prizes will be awarded to teams placing 1st, 2nd and 3rd in the regatta.

12. RIGHTS TO USE NAME, IMAGE, AND LIKENESS (NIL): ISSA PR 5 shall apply.

13. RISK STATEMENT

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



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boats, loss of balance on an unstable platform and 3 NOTICE OF RACE 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.

13.1 Competitors participate in the regatta entirely at their own risk. See RRS 3, decision to race.

13.2 In consideration for permitting the undersigned participants, skipper, and/or boat owner, if different from the skipper, to participate in a regatta sponsored by the Lake Forest Sailing School each of the undersigned agrees to the following:

13.2(a) I will abide by the rules and regulations of the LFS.

13.2(b) I understand that, because of the nature of sailing, competitive sailboat racing and the "Tier 3 1-day" regatta, there is a risk of physical injury onshore and offshore during the regatta. I hereby release and agree not to sue Lake Forest Sailing / Lake Forest Parks and Recreation /The City of Lake Forest and their employees, subcontractors, sponsors, agents, affiliates, directors, members (except in their capacity as race competitors), event volunteers, counsel or attorneys (collectively, "Releasees") from all present and future claims that may be made by me, my family, estate, heirs, or assigns for property damage, personal injury, or wrongful death arising out of my participation in the regatta, including, but not limited to, claims arising out of or resulting from (1) acts, inactions, equipment, property (including adjacent property) or other facilities of Releasees or any of them, and (2) any acts or inactions by me, my crew, or my guests, wherever, whenever, or however the same may occur.

13.2(c) I understand and agree that the Releasees are not responsible for any personal injury or property damage arising out of the regatta, even if caused by their ordinary negligence; provided, however, that I do not release any claims or rights against any competitors in the regatta for any wrongful acts by them, including damage to property or personal injury. I understand that participation in the regatta involves certain risks, including but not limited to serious injury. I, by voluntarily participating in the regatta with knowledge of the danger involved, agree to accept all risks of such participation.

13.2(d) I have read this form and understand by registering for this regatta that I am giving up and releasing rights and remedies.

14. REGATTA CONTACTS:

Regatta Host:

Naomi Jamboretz

Lake Forest Sailing Supervisor

jamboretzn@cityoflakeforest.com

847 810 3664

Regatta Chair:

Cristina Ortiz

Head Coach

ortizvivasc@cityoflakeforest.com

847 810 3666

Appendix A

- Sailors should bring lunch to eat on the water.
- Please arrange coach boat arrival/storage with Naomi ahead of the event. Thanks!