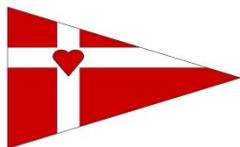


NOTICE OF RACE

SAILING INSTRUCTIONS AND LOGISTICS



CENTRAL 1 FLEET RACE

Sunday, March 15, 2026

*CAPTAIN'S COVE SEAPORT
ONE BOSTWICK AVENUE
BRIDGEPORT, CT*

SAIL BLACK ROCK, which hosts the team of Sacred Heart University is pleased to offer a one-day, two division, Z420 fleet racing regatta.

Sunday Report Time – 9:30 am sharp – check in – roll call

Race Times – Sunday no race will be started after 3pm.

Rules - The Regatta will be governed by the rules as defined in The Racing Rules of Sailing for 2025-2028 (RRS), the prescriptions of US Sailing, the Intercollegiate Sailing Association (ICSA) Procedural Rules (PR), the Notice of Race (NOR) and Sailing Instructions (SI's), if any. ICSA PR 32 will be in effect. US Sailing Prescriptions to RRS 60, 63.2 and 63.4 will not apply. **No barefoot sailing permitted.**

Notice Board – Pre-race Notices shall be on TechScore and after Report Time in sailing school classroom building on bulletin board. PRO, SHU sailors and RC will be operating from there.

Shore Access and Departure – No sailors or coaches will have access to shore after first warning. All sailors and coaches will be on the water 1.5 miles offshore for the entire day. No sailor or coach will be brought back to shore except for a medical emergency. Departures from shore venue Sunday will be approximately 4:30pm.

Gear/Dressing – Please change/dress on the outside boardwalk, parking lot or your cars. Do not leave any gear on boardwalk, deck or in classroom.

Lunch – Bring your own. Bring your own lunch/snacks/water out to the race course on the support trawlers. All sailors will be on the water all day a mile or more from docks or shore.

Water – Available on support boats.

Dry Suits/Wet Suits – Drysuits or approved wetsuits are required.

Safety – Harbor has occasional commercial traffic consisting of large oil and gravel barges with tugs. They have the right of way and cannot change course or stop quickly. Keep clear of commercial channel to permit their transit.

Heads- There is a porta potty behind sailing classroom and Grand Banks Trawler has a head which will be on station near the starting line.

Boat Launch – Z420s are dry stored on floats on island dock across the harbor. Competitors are ferried across.

Equipment- (9) 2014 matching Z420s with recent North Blue-Ribbon Sails. Check tanks for water. Check rudder is tied onto transom. No standing rigging adjustments are permitted. **Please land only on the landing dock in front of the shed and then walk boat to berth area.**

Venue – Black Rock Harbor, Bridgeport, CT on Long Island Sound. Harbor can be shallow in areas and there are rocks. We have several racing areas from which to select. Racing areas may change in afternoon, dependent upon wind strength and direction, sea conditions and tide. Please pay attention in competitors’ meeting concerning racing area selected and hazards in that area.

Rotations – Weather permitting, we intend to have all sailors on the water all day with rotations off the white mini-barge(s) rafted to Grand Banks Trawler. Rotations will be posted on TechScore.

Capsize – A designated rescue craft will be identified at competitors’ meeting. If racing is in the harbor the water depth is only 5’-10’ deep in many areas. The bottom is thick, smelly mud. It is important to move quickly to right the boat and mitigate turtling. Racing off St. Mary’s Point, although in deep water, has rocks near shore.

RC Boat- Classic Herreshoff Harbor Pilot 18 “Beach Plum” with red topsides.

Spectators/Coaches – Coaches will be on the water with access to sailors. Parents and land-based spectators can view the race course from either Seaside Park or St. Mary’s Park, as announced at Competitor’s Meeting.

LODGING

Hotels – Inn at Fairfield Beach, Fairfield, CT – updated motel across from Fairfield Beach, nautically decorated studios & suites for 2-4 persons (add. guests on air mattresses) - \$140-\$250 -ask for 10% university discount, additional person \$25- book side away from bar - recommended

Inn at Long Shore, Westport, CT – only 12 rooms and suites on waterfront golf course and marina. River and Long Is. Sound views from classic 1890 European style mansion with fine dining restaurant. Complementary continental breakfast. Expansive lawn leading to private beach \$159-\$259 – 2-4 persons per room. 15 minute drive, - highly recommended

Black Rock Inn/Best Western, Fairfield, CT - \$139 (2 in room) - suites available for 4-6 – hot breakfast included- do not book first floor, I-95 side or any pet friendly rooms – adequate business hotel

Fairfield Circle Inn, Fairfield, CT - \$159 (2 in room) – suites available, Circle Diner on site– new outdoor pool, - 2015 fully renovated motel into 3-star first class facility – book pool side - highly recommended

Delamar Southport – Southport, CT - \$289+ luxury 5 star hotel with spa/fitness center and artisan fine dining, suites available, book side away from I-95, highly recommended as best luxury hotel within 25 miles

Après Sail – Downtown Fairfield is just a few miles away. Also dining and nightlife along Fairfield Avenue in nearby Black Rock section of Bridgeport. Sacred Heart University is about 10 minutes away in the Town of Fairfield.

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Deus ventum movet, hominis velum aptarat