



ICSA Regional Teams National Invitational

April 25-26, 2026

Dear Sailors, Coaches, Parents and Friends,

On behalf of our host, Larchmont Yacht Club (LYC) and the Columbia University Sailing Team (CUST), we want to welcome you to the ICSA Regional Teams National Invitational.

We are thrilled that you will join us for an exciting event sailed in Larchmont Harbor. We are also hosting a variety of club practices this weekend so there will be lots of sailors around and lots of sailing to enjoy! We are fortunate to have a dedicated group of volunteers, staff, and race officials committed to running a safe, fair, and fun competition for our sailors. To help us ensure that you have the best possible experience, please take a moment to review the information below.

SCHEDULE REPORT TIME

Saturday & Sunday: 0900
See [techscore](#) / NOR for detail

VEHICLE PARKING:

As it is the off-season, non-member parking is available on a limited basis at Larchmont Yacht Club. We request that you park in the middle or lower tier of the main parking lot - (not directly adjacent to the Jr Building - the Commodores' Lot). Additionally, we have ample offsite parking just outside the property on Ocean Ave and Woodbine Ave. Do not block fire lanes or pedestrian walkways.

COMPETITOR CHECK-IN & GEAR

Check in will occur on the Pando Patio. Gear bags should be left in the downstairs of the Jr Clubhouse, in the Pando and Pando Patio, or in the Bathhouse (Pool) Locker Rooms. NOT in the main Clubhouse bathrooms or Veranda.

COMPETITOR AREAS / RESTROOMS & SHOWERS:

The regatta will be staged off the LYC front docks as close as practicable. Teams and Spectators are welcome to congregate (1) in the Beach Grill & Tiki Bar area (neither open for the season yet) which is reachable from the front lawn, and (2) on the LYC waterfront lawn half closest to the Beach Grill. (3) The Pando and Pando Patio area. Sailors are permitted inside the Clubhouse to keep warm subject to observation of proper decorum and no hats inside the Clubhouse. Wet clothing is requested to remain outside of the main Clubhouse at all times. Sailors are welcome to use the Main Club House downstairs rest room facilities (access at door between bar and Pando), facilities in the Junior Clubhouse and the locker rooms in the Bath House (pool).

COACH/ SPECTATOR BOATS

There will be **NO** non-member motor boat launching / retrieval at Larchmont Yacht Club before, during or after the event. Spectating will occur from the docks / grounds only. Rotations will occur from the front “Wing Docks” where the boats are stored.

GUEST ACCOUNTS AND LYC FACILITIES; CLUB RULES

Families may create a guest account to purchase other food and beverages at LYC during the regatta. Upon arrival, check-in at the LYC front desk to provide your credit card details, if just charging for a day, you may be directed to pay directly with a card, longer arrangements may receive a guest card. Members of other clubs with reciprocity may also order subject to applicable reciprocity. There may be limited informal dining available in the indoor Founders Porch. In accordance with membership rules, dogs are prohibited on the grounds unless on a leash, and then only on a temporary basis in order to board a boat. While you may use your phone to access messages, apps, and email, we ask that you not use your phone to conduct conversations inside the main Clubhouse, on the Veranda, and instead step away to designated areas like the cellphone booth inside the Clubhouse, the lawn near the paddle courts and the parking lots to conduct phone conversations.

LARCHMONT AND LOCAL POINTS OF INTEREST

The Larchmont Yacht Club was founded in 1880, and has long been a bastion of dinghy, one design and PHRF racing. We are the home club to numerous national and international champions, including the winners of the 2024 Transat, 2024 Olympian and Opti veteran, Markus Edegran (Men’s Kite), and the 2018 U.S. Rolex Yachtswomen of the Year, Carmen and Emma Cowles. This year among many other events, we are excited to host 2026 USODA Optimist Team Racing Nationals and look forward to marking LYC’s 150th Anniversary in 2030.

ENVIRONMENTAL IMPACT

Recycling and trash containers will be positioned throughout the racing venue. If you use our sustainable aluminum cups, please return them to designated areas for reuse and do not throw them out. Please do your part to keep Long Island Sound and our venue clean. Do not throw or allow anything in the water. A water refill station is located on the launch pier, on the bar accessible from the Veranda, and in the lower level of the Junior Sailing Building.

NEARBY RESOURCES

There are numerous local delis for breakfast and lunch options, including Manor Deli, Empire Bagels, Bagels by Sofia and Trax Deli in Larchmont, Sage Deli and Fenimore Deli in Mamaroneck. You may wish to call in your order ahead of time on busy weekend mornings. In New Rochelle, you have Lupinos and Pops Deli, and from New Rochelle up to Larchmont on the Boston Post Road (a/k/a Route 1, Main Street), you also have Bagel Zone, Dunkin Donuts, and more. For more leisurely morning fare in Larchmont, we recommend La Parisienne Bakery, Bradleys Café & Desserts, and Stanz Café. For prepared foods and sandwiches, there’s also La Meateria nearby in Larchmont and DeCicco’s Grocery on Palmer Road in Larchmont. If you’re out and about during the day, registered national historic landmark Walters Hot Dog Stand has been serving since 1919 and is considered one of the best in the country.

Popular dinner options include LaLa Taco, Tequila Sunrise (great for groups), Sherwoods (the place for Ribs), Fuji Mountain (Japanese hibachi and sushi), Villa Maria Pizza, Augies Italian family style and the Larchmont Tavern.

REGATTA PERSONNEL

We are all committed to ensuring a fun, safe, and fair regatta. We are fortunate to have wonderful volunteers and staff, including but not limited to Larchmont Yacht Club Officials and members. Please treat these people with respect and courtesy as they are working hard and sacrificing their weekend to put on a great regatta.

We are looking forward to an event of top-notch sailing! Please contact us if you have any questions or concerns at sailing@larchmontyc.org

Sail Fast,

The Larchmont Yacht Club Sailing Office