



**NEW ENGLAND INTERCOLLEGIATE
SAILING ASSOCIATION**

DEVELOPING TEAM HANDBOOK

Updated November 2017

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1. ICSA

The Inter-Collegiate Sailing Association (ICSA) is the major governing body for all types of collegiate sailboat racing in the USA and parts of Canada. Within the ICSA, there are seven conferences that facilitate racing within their geographic region.

College sailing involves fast-paced, tactical racing in a unique format that places higher emphasis on a team rather than an individual. College sailing began 1890 and has spread to colleges and universities across North America. Today there are 260 active college sailing teams, 52 of which belong to the New England conference (NEISA). Most teams race collegiate FJ's or Z420's. College sailing is some of the most easily accessible and inexpensive racing you can do.

1.1 ICSA Conferences

Middle Atlantic Intercollegiate Sailing Association (MAISA)

Midwest Intercollegiate Sailing Association (MCSA)

New England Intercollegiate Sailing Association (NEISA)

Northwest Inter-Collegiate Sailing Association (NWICSA)

Pacific Coast Intercollegiate Sailing Association (PCCSC)

South Atlantic Intercollegiate Sailing Association (SAISA)

Southeast Inter-Collegiate Sailing Association (SAISA)

1.2 The ICSA Procedural Rules are rules governing college sailing. This includes eligibility, regatta management, scoring, etc. This document can be found at http://collegesailing.org/documents/ICSA_Documentation/icsa_procedural_rules.pdf

1.2.1 Be sure to read through these carefully before your first season begins as there are rules that pertain to every aspect of running a team. This includes requirements for regattas, eligibility, fleet and team race requirements, limits to competition and practice seasons, etc.

1.3 There are six disciplines in college sailing. Each of these disciplines has an ICSA National Championship at which the best teams from each conference compete. The berth allocations for ICSA National Championships is determined by the proportion of total teams in college sailing that are in each district. The six disciplines are:

Coed Fleet Racing	-	Spring National Championship
Women's Fleet Racing	-	Spring National Championship
Team Racing	-	Spring National Championship
Men's Singlehanded	-	Fall National Championship
Women's Singlehanded	-	Fall National Championship
Match Racing	-	Fall National Championship

1.4 Additional information on the ICSA can be found at <http://collegesailing.org>

2. NEISA

The New England Intercollegiate Sailing Association, or “NEISA,” includes schools in MA, CT, RI, NH, VH, ME, and Canada. The top-performing teams at NEISA conference championship regattas represent NEISA at the six ICSA National Championships.

2.1 Current NEISA Teams (Updated: April 2017)

Amherst College	Connecticut College	Massachusetts Maritime Academy	Smith College	University of Southern Maine
Babson College	Dalhousie University	McGill University	Trinity College	University of Vermont
Bates College	Dartmouth College	Middlebury College	Tufts University	Wellesley College
Bentley University	Emmanuel College	Mitchell College	U. S. Coast Guard Academy	Wesleyan University
Boston College	Endicott College	Northeastern University	University of Connecticut	Wheaton College
Boston University	Fairfield University	Norwich University	University of Connecticut, Avery Point	Williams College
Bowdoin College	Harvard University	Plymouth State University	University of Massachusetts at Amherst	Worcester Polytechnic Institute
Brandeis University	Holy Cross College	Providence College	University of Massachusetts at Boston	Yale University
Brown University	Johnson and Wales Sailing Team	Roger Williams University	University of Massachusetts Dartmouth	
Colby College	Maine Maritime Academy	Sacred Heart University	University of New Hampshire	
Colleges of the Fenway	Massachusetts Institute of Technology	Salve Regina University	University of Rhode Island	

2.2 NEISA is governed by the NEISA Executive Committee consisting of elected Graduate and Undergraduate representatives from member schools. In addition to the Executive Committee, there are several committees that are important to the smooth functioning of the conference. The 2017 Executive Committee includes the following individuals:

Commissioner: Justin Assad

President: Kevin Coakley, Harvard '18

Vice President: Walter Florio, Conn. College '18

Secretary: Charlie Welsh, BU '19

Treasurer: Alden Reid

Scheduling Coordinator: Frank Pizzo

Northern Regional Director: Diana Weidenbacker

Central Regional Director: Mike O'Connor

Southern Regional Director: John Mollicone

Boats and Safety Director: Fran Charles

Northern Regional Rep: Casey Astiz, Middlebury '19

Central Regional Rep: Tyler Paige, Tufts '18

Southern Regional Rep: Sarah Morin, URI '18

At Large - Scheduling Coordinator Assistant: Peter Lynn, BC '19

At Large - NEISA Awards Assistant: Ally Schwerdtfeger, Bentley '19

2.3 The purpose of this NEISA is to encourage, to advance, and to improve sailboat racing and the sailing sport, in all its phases, among universities and colleges of the New England Conference of the Intercollegiate Sailing Association; and to promote and develop the high ideals of the sport of sailing among their student bodies.

2.4 NEISA Resources

2.4.1 The NEISA website contains all important information for starting and operating a sailing team.

<http://neisa.collegesailing.org/>

2.4.2 The NEISA email list is the primary means of communication within the conference. Important information, including registration, regatta scheduling, and regatta updates, is communicated via this email list. Make sure that at least two members or coaches of every team subscribes to the NEISA and ICSA email lists.

<http://neisa.collegesailing.org/about/mailling-list>

2.4.3 The documents page of the NEISA website contains Rules and Regulations, NEISA-specific Procedural Rules, and Executive Committee meeting minutes.

<http://neisa.collegesailing.org/neisa-documents/meeting-minutes>

<http://neisa.collegesailing.org/neisa-documents/standing-rules-policies>

<http://neisa.collegesailing.org/neisa-documents/bylaws>

3. Creating a team

Below are suggestions based off of several successful and operating club teams. These are intended as guidelines, but may require adjustments as your particular school may have different needs/requirements from the student organizations. Additional information is available at <http://neisa.collegesailing.org/about/start-a-team> .

3.1 How to run a successful team

3.1.1 Practice regularly but make sure that people have time to do their work. Practicing about 3-4 days a week is the standard. But you should do whatever feels right for your program. Keeping sailors motivated is important, especially when they do not have the incentive of Varsity status. Bearing this in mind, be respectful of everyone's time. For example, your team could make practice mandatory only 2 days a week.

3.1.2 Maintain structure and routine in both your practices and your competitive schedule. People feel comfortable and are more likely to be committed if they can plan on things happening and know what to expect.

3.1.3 Gather socially on a regular basis. Sailing is something we do for fun, so be friends with your teammates. Have team dinners, create team outings, and generally build team camaraderie.

3.1.4 Take yourself seriously – treat the leadership's word as law. Don't be afraid to ask a person to take things as seriously as you would like them to. When running an organization, you must make sure that everybody on the team meets a certain level of commitment and mutual respect.

3.2 Team organization

3.2.1 Your school may have requirements on club organization such as elected leadership, reps from each class year, etc. – elected captains are generally a good way to encourage team cohesion. From there, further delegation of duties is recommended: treasurer, fleet maintenance, publicity, fundraising. These roles are important to bringing attention and legitimacy to your program.

3.2.2 This group should meet on a regular basis to keep up to date, and make sure deadlines are not being missed. Weekly or biweekly work best.

3.2.3 Ensure that the leadership is spread out across at least a couple of years to maintain some institutional memory.

3.2.4 Write down your protocols, contacts, tips and tricks, drills, etc. as you learn and develop them for future generations of leadership

3.3 Practicing

3.3.1 As with any sport, efficient and constructive practices are a key to succeeding at any level. Practice should be something that has an essence of structure. It will foster more learning if you have set goals before you go out on the water.

3.3.2 Contact other coaches if you need ideas for drills. Practices are opportunities to improve boat handling, starts, racing, and more. Using time on the water efficiently is important to improving as sailors. Make sure that you have a plan for your practices and that you communicate that plan to your team.

3.4 Challenges new teams may face:

3.4.1 Practice venues. If you do not have access to your own area of water, contact the nearest established collegiate team. Contact information for all NEISA schools is available on the NEISA website.

Existing teams are motivated to assist new programs because more boats on the water leads to better practices. Get in touch with them to see how they may be able to help you with on-the-water support. Reach out to nearby teams to see if you can join them for practices. Many schools have race days, which can be a great way to race local schools outside of regattas. Joining these race days will increase the level of competition and allow your team to get experience on more crowded courses before events.

3.4.2 Boat Ownership. This can be one of the most substantial challenges that a team can face. You do not need a new fleet of boats to start a team. Many teams and clubs purchase new boats on a periodic basis, so ask around. Established teams can be very helpful in this regard by pointing you to opportunities to start a fleet. Contact your NEISA Regional Representatives for help with this.

3.4.3 Powerboat Ownership. Having a coach boat at practice is important to running safe practices. You have many options for obtaining powerboats.

If your practice venue has motorboats that they use for summer sailing programs, you should ask if you can rent the boat(s) for your practices. Renting takes the paperwork and logistical challenges of owning a boat out of the equation, making it a good option for teams without a coach or faculty advisor.

If you would like to or need to own your own coach boat, seek out the donation of a small outboard from alumni network. Often the donor will be able to write the donation off as a tax credit. For a first coach boat, we recommend buying a less-expensive used boat. Craigslist is a viable option for this. Contact local established teams and your NEISA Regional Representatives for help finding and purchasing boats.

3.4.4 Running Practice. Try to create a normal set of drills to do in practice so people have an idea of what to expect. Choose a day to be “race day” to encourage more people to come excited to practice. If you have to have students running practices, be sure to rotate who acts as coach. Ask established teams for suggestions on what drills work best for them and how to best improve your team’s sailing ability.

4. NEISA Membership

4.1 These are the necessary steps for your team to join NEISA.

4.1.1. A faculty advisor is required. This individual needs to be associated with the team and help oversee its operation. This individual needs to sign forms required by NEISA for registering competitors and would need to register as the Directory Administrator for the team members to register with the ICSA.

4.1.2. A letter of application for Associate Membership in NEISA needs to be sent to the NEISA Conference Commissioner. This letter needs to include the number of students interested in participating, the experience level of members of the team, and how the team will be funded. The letter needs to be signed by the advisor and any undergraduate officers. The letter also needs to include contact information for their Official Administrative Liaison in the department which oversees the team (Athletics, Sports Recreation, Club sports, etc.) Please include a permanent official college address. Please note this address cannot be a student's mailing address.

4.1.3. Associate Membership is approved at the NEISA Annual meeting which takes place each December.

4.1.4. Participating in NEISA regattas is a financial commitment. Yearly dues as an Associate Member costs \$150.

4.1.5. Once the team is approved as an Associate Member, every individual on the team and the advisor of the team needs to register with the ICSA database.

4.2 Membership Levels

4.2.1 Associate Membership: Associate members are the newest members of the association. These teams, which are typically in their formative stages, are permitted to participate in all regattas except Interconference Regattas, Conference Championships, and National Championships. They may not vote on business of the Conference, and individuals from associate members may not serve on the NEISA Executive Committee.

4.2.2 Provisional: Provisional Members enjoy the same rights as Regular members except for serving on the NEISA Executive Committee and voting on membership or business of the Conference.

4.2.3 Regular Membership: Regular members are entitled to all privileges of membership in the association. They may participate in any regatta, vote new members into the association, and vote on business of the Conference. Regular Member College is the level providing full time membership to NEISA. Full guidelines and privileges can be found in the Procedural Rules (p.III s.11).

4.2.4 Category Upgrades: Members are encouraged to pursue upgrades in membership. Requests for upgrades must be made in writing to the Conference Commissioner prior to the Annual Meeting, and should include any plans/procedures the team has in place to ensure they will become a permanent fixture in NEISA.

4.3 Membership Fees. See Appendix A2 of the NEISA Rules and Regulations document for more information.

4.3.1 Semi-Annual Regatta Entry Fees. For each season in which a Member School is scheduled to compete in either in-conference or out of conference events, it shall be billed a fee based upon the School's Scheduling Ranking from the previous year's fall season. Schools may schedule and attend as many regattas as they wish with no additional costs incurred other than Umpire Surcharges, as defined below. Per season Regatta Entry Fees shall be billed semi-annually during the spring and fall billing cycles and shall be as follows:

Teams Scheduling 1st-7th: \$1,250
Teams Scheduling 8th-13th: \$950
Teams Scheduling 14th-16th: \$650
Teams Scheduling 17th-24th: \$250
Teams Scheduling 25th-30th: \$150
Teams Scheduling 31st & Higher: \$75

4.3.2 Annual Fees. All Member Schools will be billed for NEISA and ICOSA dues during the spring billing cycle. The NEISA and ICOSA dues shall be as follows:

NEISA	-	\$60
ICOSA	-	\$100

4.3.3 Billing Dates. Member Schools shall be billed on a Semi-Annually basis. Bills for the spring season shall be sent on or around January 15th each year. Bills for the fall season shall be sent on or around October 1st each year.

4.3.4 Penalty for Late Payment. Payment of NEISA bills shall be due within 30 days of the invoice date. If payment has not been received by the first drop deadline of the subsequent season, the Conference Commissioner, with guidance from the Treasurer, may impose Late Payment Penalties on a Member School with outstanding debts. The Member school shall vacate all regatta berths on a rolling weekly basis until the debt has been paid in full or has established payment plan with the Treasurer.

5. Once You Are Up and Running

5.1 Signing up for your first regatta

5.1.1 Scheduling. Email the NEISA Scheduling Coordinator to enter regattas. There are different levels of regattas corresponding with the difficulty of the event. The highest level regattas are Intersectionals, which feature the tops teams from around the country competing against each other. These events are geared toward the best established teams. In-Conference regattas are open to all NEISA teams. As a developing team, you should enter In-Conference Minor events and Northern/Central/Southern series events. These provide great competition for developing and mid-level sailors. As your team improves, you can face higher level competition at higher level regattas.

The link to the NEISA and ICSA regatta schedules can be found in the email signature of every NEISA Scheduling Coordinator email. If you are new to the NEISA list, email the Scheduling Coordinator for the links.

Regattas use TechScore for scoring and participation tracking. Go to scores.collegesailing.org for information on past and upcoming regattas, including Notices of Race (NORs) and Sailing Instructions (SIs).

Additional NEISA scheduling guidelines can be found online:

http://neisa.collegesailing.org/documents/Guidelines_for_Schedule_Management.pdf

5.1.2 Start times and format. Start times vary for each regatta, but all information can be found on either the NEISA schedule or on the TechScore page for the regatta. Below is the standard report times for NEISA events. Teams should always check report times before any event as changes do occur.

Intersectional:

Saturday: 9:00 am

Sunday: 9:00 am

Inter-conference

Saturday: 10:30 am

Sunday: 9:30 am

5.1.3 Scheduling Infractions

5.1.3.1 The deadline to drop any in-conference regatta is the Friday two weekends prior to the weekend of the event. For example, the drop deadline for a regatta on April 16-17 is April 1.

5.1.3.2 To be excused from an In-Conference schedule commitment without subsequent scheduling penalties, a college must:

- a) If withdrawing more than two weeks before an event, notify the Schedule Coordinator and the host school by email.
- b) If withdrawing less than two weeks before an event, notify by telephone or email both the Schedule Coordinator and the host school. This is a “late-drop.”
- c) If withdrawing on the day of the event, notify the host school by telephone and email. This is a “late-drop.”
- d) The Scheduling Coordinator’s email is NEISASchedule(@)gmail.com.

5.1.3.3 Host School Contact Information can be found on the Team Contact Master on the NEISA Scheduling Google Sheet. A withdrawal with no notification is the most serious infraction. This is a “no-show.” In addition to penalty points, additional penalties may apply per 4.2.6 of the NEISA Rules and Regs

5.1.3.4 Each team has a 12 point “penalty cushion.” Late-drop points accrue at 4 points per day. No-show points accrue at 6 points per day. At the end of the calendar year, teams are ranked in a “Penalty Ranking.”

5.1.3.5 Late-drops can be excused for the following reasons:

Injury to players within 2 weeks of the event. A doctor’s or trainer’s note is required.

Inability to travel due to inclement weather.

The vacated berth is filled by another team.

A team may drop, without penalty, a conference minor to attend a conference major, a conference minor or conference major to attend an interconference regatta.

The Scheduling Coordinator may use their own judgment to cancel or move regattas following the guidelines in 7.4.3, and in such cases may use their discretion to forgive late-drops. This includes, but is not limited to, ice, storms, and/or other events or conditions beyond the control of the host.

5.1.3.6 If a team late-drops or no shows an in-conference interconference regatta, that team will not be permitted to schedule in-conference interconference regattas during the next Spring season.

5.2 Techscore

5.2.1 To create an scorer account, go to ts.scores.collegesailing.org

5.2.2 Click on the “register here” link located below scorer registration.

Login

Sign-in

* Email:

* Password: [Forgot your password?](#)

Keep me signed in

Login

Announcements

Student Registration Open

Sailor registrations are now available. To be eligible to compete this season, **you must be registered to sail with Techscore.** This is mandatory to compete.

Scorer Registration

If you are affiliated with [ICSA](#) and would like a scorer account, you can [register here](#).

Optimized for Firefox, Chrome and Safari.

Registration

Request new account

Please note that TechScore is an online scoring program specifically designed for College Sailing regattas. As such, account access is given only to valid ICOSA users, or as approved by the registration committee. If you are not affiliated with ICOSA, you might be more interested in accessing the public site at <http://scores.collegesailing.org>.

If you already have an account but need to be able to manage an additional team please email intersectionals@collegesailing.org.

Through this form you will be allowed to petition for an account on TechScore. Every field is mandatory. Please enter a valid e-mail account which you check as you will be sent an e-mail there to verify your identity.

You will receive a confirmation e-mail once your account has been approved by the registration committee.

Important: Are you a student registering to sail? If so, please fill out the specific [sailor registration form](#) instead.

* **Email:**

* **First name:**

* **Last name:**

* **Password:**

* **Confirm password:**

* **ICOSA Role:**

In order to score or participate in individual regattas, you must be affiliated with at least one school. Please choose a school from the list below.

Affiliation:

Notes:

Request account

5.2.3 Instructions for ICOSA Sailor Record of Participation. All sailors must be registered with TechScore so they can be added to RP forms. To register, go to ts.collegesailing.org. Click on "Sailor Registrations" hyperlink. Input your information to the form and create your profile.

5.3 Filling out RP forms. Record of Participation (RP) forms are critically important in college sailing. If you fail to fill out RP forms you will have twenty points to your team's score in both divisions. Most teams typically enter names for the RP forms throughout the event. RP forms must be completed before the end of the event

RP info can be entered at any time during the regatta, even after it has been finalized, under the "RP Forms" link of the TechScore submenu by the same title in the main menu. It is organized into two portlets. The first, titled "Choose a team", is used to retrieve the current RP form for each specific team in the regatta. The second portlet is where the actual form is filled out.

For each role (representative, skipper, crew), TechScore provides a dropdown list of the current sailors for that team that TechScore knows about from the ICSA database. Below that, sailors that are not yet registered with ICSA are displayed.

For simplicity and speed, only one team's RP form can be filled out at a time. Choose which team to register by using the first portlet in the "Record of Participation" page, next to Team. If one school has multiple teams at that regatta, each one will be listed separately and identified by its name.

After a team has been chosen, the second portlet updates with the name of the chosen team and a list of the sailors from that school that TechScore knows about. In addition, TechScore decides ahead of time how many crews are allowed for each race in each division by looking at the boats used for that race. For each division, a table specifying the number of crews allowed for each race is shown to the left of the form entry for that division.

Enter RP

Use the form below to enter RP information. If a sailor does not appear in the selection box, it means they are not in the ICSA database, and they have to be manually added to a temporary list in the [Unregistered form](#).

Fill out form for Boston University Terriers

Note: If there isn't enough room for all sailors, you may need to submit the form multiple times.

Representative: ?

Division A (1-20)

Skippers	Races sailed	Crews (1)	Races sailed
<input type="text"/>	<input type="text"/> ?	<input type="text"/>	<input type="text"/> ?
<input type="text"/>	<input type="text"/> ?	<input type="text"/>	<input type="text"/> ?

Division B (1-20)

Skippers	Races sailed	Crews (1)	Races sailed
<input type="text"/>	<input type="text"/> ?	<input type="text"/>	<input type="text"/> ?
<input type="text"/>	<input type="text"/> ?	<input type="text"/>	<input type="text"/> ?

Reserves

Sailors: ?

[Question](#)

For each division, TechScore provides a table to enter the involved skippers and the races sailed. Note that in order for an RP entry to be valid, a sailor must have at least one race sailed. This means that if the races sailed textbox is left empty, TechScore will delete that sailor from the RP entry for that team (likewise, a blank sailor name produces no RP entry either).

To reiterate, the only way that an RP entry exists in the database is if a sailor is associated with both a team and at least one race. It is not possible to have a sailor registered for a regatta without having a race entered. Since RP forms can be edited at any point, this restriction should pose minor concern.

Choose a sailor from the dropdown list provided. If a name does not appear in the list, that sailor must be manually added to a temporary list of sailors for that school before being chosen. Sailors that are in such a temporary list appear with an asterisk (*) next to their name in all reports.

Enter RP

Use the form below to enter RP information. If a sailor does not appear in the selection box, it means they are not in the ICSA database, and they have to be manually added to a temporary list in the Unregistered form.

Fill out form for Boston University Terriers

Note: If there isn't enough room for all sailors, you may need to submit the form multiple times.

Representative: ?

Division A (1-20)

Skippers	Races sailed	Crews (1)	Races sailed
Caroline Salas '18 Boston University	<input type="text"/> ?	<input type="text"/> ?	<input type="text"/> ?
Avery Sly '20 Boston University	<input type="text"/> ?	<input type="text"/> ?	<input type="text"/> ?
Caroline Salas '18 Boston University			
Danielle Stonely '17 Boston University	<input type="text"/> ?	<input type="text"/> ?	<input type="text"/> ?
Emily Croteau '19	<input type="text"/> ?	<input type="text"/> ?	<input type="text"/> ?
	<input type="text"/> ?	<input type="text"/> ?	<input type="text"/> ?

Reserves

Sailors: ?

[Questions?](#)

To save space on the screen, TechScore displays two empty lines in the skipper table in addition to the already existing skippers. This means that at first, when no RP's exist, TechScore will show only two spaces for skippers. This does not mean that there is only room for two skippers on a team in a division. To enter more, submit the form as is, and when the page reloads TechScore will provide two additional fields.

Each skipper must be associated with at least one race. Enter the race or races for the skipper on the textbox next to their name. Races are entered as ranges separated by hyphens (`-"), lists separated by commas (`,"), or a combination of both. For instance, to enter races 1 through 4, 8 through 10, and 12, enter ``1-4,8-10,12". Note that whitespace is unimportant and ignored.

If Javascript is enabled, TechScore will interpret the input and parse it before submission. If correct, a check will be displayed next to that entry. If an error occurred (such as a skipper entered for the same race in more than one division, TechScore will display a brief error message. Hovering over the error with the mouse should display a tooltip revealing more information about the infraction. If there are errors in the form, TechScore will disable the Submit form button until all errors have been cleared.

Entering crews is similar to entering skippers. If a specific race does not have room for a crew in the boat (such as single-handed Techs, Laser's etc), TechScore will not provide space for a crew or will complain if one is entered for that race, disallowing submission of the form. To increase the number of crews, and for information on entering races.

Enter RP

Use the form below to enter RP information. If a sailor does not appear in the selection box, it means they are not in the ICSA database, and they have to be manually added to a temporary list in the [Unregistered form](#).

Fill out form for Boston University Terriers

Note: If there isn't enough room for all sailors, you may need to submit the form multiple times.

Representative: ?

Division A (1-20)

Skippers	Races sailed	Crews (1)	Races sailed
Caroline Salas '18	<input type="text"/> ?	<input type="text"/> ?	<input type="text"/> ?
<input type="text"/> ?	<input type="text"/> ?	Boston University	<input type="text"/> ?
		Lexi Pline '19	
		Boston University	
		Lily Lichtenstein '18	
		Boston University	
		Lydia Grasberger '18	
		Boston University	
		Madison Sparber '17	<input type="text"/> ?
		<input type="text"/> ?	<input type="text"/> ?

Division B (1-20)

Skippers	Races sailed	Races sailed
<input type="text"/> ?	<input type="text"/> ?	<input type="text"/> ?
<input type="text"/> ?	<input type="text"/> ?	<input type="text"/> ?

Reserves

Sailors: ?

[Questions?](#)

Once a form is ready to be submitted, click on the Submit form button at the bottom of the portlet. This will save the changes. To start over, use the Reset button to the left. After the form is submitted, TechScore reloads the page with the information entered and a brief message saying "RP info updated" is shown on the main menu indicating a successful RP form submission.

Enter RP

Use the form below to enter RP information. If a sailor does not appear in the selection box, it means they are not in the ICSA database, and they have to be manually added to a temporary list in the [Unregistered form](#).

Fill out form for Boston University Terriers

Note: If there isn't enough room for all sailors, you may need to submit the form multiple times.

Representative: ?

Division A (1-20)

Skippers	Races sailed	Crews (1)	Races sailed
Caroline Salas '18	1-20 ✓	Lexi Pline '19	1-20 ✓
<input type="text"/>	<input type="text"/> ?	<input type="text"/>	<input type="text"/> ?

Division B (1-20)

Skippers	Races sailed	Crews (1)	Races sailed
Hannah Polster '17	1-20 ✓	Emily Croteau '19	1-20 ✓
<input type="text"/>	<input type="text"/> ?	<input type="text"/>	<input type="text"/> ?

Reserves

Sailors: ?

[Questions?](#)

5.4 Performance Rankings. The NEISA Performance Ranking System (PRS) evaluates each team's performance during the fall season and ranks teams for scheduling purposes. Rankings are published after the third weekend of the fall season and are then updated on a weekly basis.

Each team keeps their 5 top scores plus the NEISA Fall Championship. Scores are assigned based on the level of the ranked event attended and finishing position, these can vary for each event and can all be found on the NEISA Performance Ranking page of the NEISA website or in the appendices at the end of this document.

NEISA also details the scoring process on their Rankings page of the NEISA website. Remember to double check your scores each week to ensure the correct total is displayed.

5.5 What to expect/bring?

5.5.1 Pinnies. All student-athletes competing in ICSA Regattas shall wear a uniform designating their college. The uniform shall be a lightweight jersey, bib, or pinnie worn over the life jacket, or like colored lifejackets. To designate the college, any combination of the college's name, nickname, mascot, or other identifying image shall be present on the back of the uniform and, except for an individual's name or number, shall be the same for all team members competing. ICSA recommends that the image used to designate the college be at least 8" X 8" in size.

5.5.2 Range of teams. There are all different types of teams in college sailing. Some teams are fully funded by their athletic departments. Some other types of college sailing teams that you will see are club teams that are equivalent to the varsity team.

Since some teams have large budget programs they are able to fly to many regattas. Many young teams though will drive to and from events. Many schools though will drive to any location that is less than ten hours away. With that said though beware that some teams have been known to drive across the country to participate in national championship events. Some teams are able to enter in multiple events in any one weekend just due to the size of the team. A well established team can have anywhere between 30 to 40 people on it while some club teams will only have eight people and are only able to compete in one regatta a weekend.

5.5.3 Types of Regattas. There are four types of regattas.

National Championship Events: National Qualifying events are the pinnacle of college sailing. To be eligible to attend these events sailing teams must first qualify through a district qualifier to attend.

Intersectional Regattas: An intersectional event is an event that is sailed against teams from other districts. This would include the Boston Dinghy Cup. Most of these regattas require teams to travel to other districts to compete.

In-conference Regattas: An inter-conference event is sailed amongst schools only in the district. A few regattas that would fall into this category would be any central series. The main requirement is that no schools outside the New England area are allowed to compete in this event. Other regattas that may be considered would be the national qualifiers such as the Fowle Trophy or the Coast Guard Alumni Bowl.

Promotional Events: A promotional event is an event that a team may participate in but it does not count towards the schedule. Examples of these regattas would be the Rose Bowl sailed in Long Beach every January or a few big boat regattas sailed throughout the year.

6. Hosting a Regatta

Hosting a regatta is a major step in the development of a college sailing team. Please contact your NEISA Regional Representatives if you are interested in hosting an event.

The following is a guide to regatta management. If you have any questions, reach out to established teams, as they have run dozens of regattas.

6.1 Overview

College race management is the MASH unit of race committee work. It's fast and dirty with a minimum of formality. One person with one small and nimble boat can run perfectly good and efficient college races. A second boat is needed for team racing, big fleet races that require a Port-line boat, and windy days that require an extra safety boat. The trick is to start the first race warning signal the moment the fleet gets out and run the second race warning signal the moment the last boat finishes the first. During the race, this nimble "committee boat" ("crash boat" is probably a better term) blasts around moving marks one and a half legs ahead of the fleet to keep the course square for the likely variable wind. Right after the start, cast off the start boat anchor buoy and adjust the gate so it is directly downwind from the windward offset mark, the proper length (about six boat lengths), and square to the wind. Once the fleet rounds the windward mark, adjust the mark and the offset, then go back down to the start/finish line and adjust for a good final leg.

The race manager must be careful not to over-shift marks for wind shifts. Just as competitors tack on wind shifts in an oscillating wind, the race manager too must expect the wind shift to go back towards where it was before. Of course the wind could continue shifting in the same direction or stop shifting once it has shifted to some new direction. Odds are however, the wind will shift from side to side; not in a pendulum like pattern but be oscillating nonetheless.

6.2 Equipment

Two small motorboats with anchors and anchor buoys and six marks
Start/finish flag for each boat and X and I flag for start boat

RP Forms, Sailing Instructions, ICSA Procedural Rules, and Racing Rules need to be available for all

Powered loud hailer; two if using a Port-line boat; whistle or horn (or both) plus paper and pen

Optional equipment includes VHF radios or cell phones, binoculars, tools and spare parts

6.3 Parameters

The minimum wind for starting a race is three knots. The first leg should be to windward and preferably there would be two windward legs. Downwind legs can be runs or reaches and the finish can be to windward or leeward. The length of the course for the first finisher should be 18 minutes. Races of only 15 minutes, or as long as 22 minutes, are acceptable but not desirable in important regattas. Races should not be postponed for small wind shifts. Postponements are in order for wind shifts that would cause either an unfair start, a first leg that might allow boats to lay the windward mark without tacking, or to correct a poorly set start line.

6.4 Abandonment

Abandoning a race is essentially a judgment call on the part of the race officer. Here are some guidelines to help the race officer with some consistency for their venue. At a shifty site (lake, river, inner harbor w/offshore wind) if any boat will lay the mark from the start to the first mark then the race should be abandoned and re-started. This could require some patience to see if a shift later in the beat requires tacking or you could call it early in the beat if boats are so overstood at the start that they begin to go into reaching mode early. At a steady wind site (onshore wind into a more open-water site) if one side of the fleet gets a huge advantage right after the start due a very large early wind shift or a very big difference in velocity on either side then consider abandoning. For any site, after the first leg, consider abandoning if the wind goes calm or becomes so variable that racing becomes far more luck than skill. The point here is that the criteria for abandoning on the first leg is more sensitive to major wind variations than after the first leg. You should also abandon if the wind increases to the point where more boats capsize or breakdown than you can safely attend to if needed.

6.5 Courses

The standard course for the last ten years is the windward-leeward twice around with offset and gate. Call it course 4 for four legs, which can be signaled by hand. Add a leg for a windward finish and you have course 5. Courses with reach legs should be used now and again but setting good reaches is a bit of a lost art. Long tight reaches in heavy air allow boats to plane. Any long reach legs can promote passing in either heavy wind or a light and variable wind. A modified triangle with start/finish in the middle is the best way to create long reach legs. The least interesting reaches are found on the old "Gold Cup" courses with broad reaches ending at the starting pin as the leeward mark. These courses led to the term "parade" and led to the elimination of most reaching in the sport.

6.6 Setting marks

Watch the wind for a minimum of ten minutes before setting the first leg. You need to find the mean wind direction as the wind is never steady. In confined venues ensure the windward mark is not too close to a shore then set the start line as close to the lee shore as you can to provide a long enough first leg. Gates are hard to set well. Regardless of how well the gate is set at first, figure on making constant adjustments to keep it square to the mean wind direction.

6.7 Finish lines

The finish line can be the old start line, a shortened version of the start or set separately from the start if there are two committee boats. One trick is to set the gate right on the start line so that the closest gate mark can be used as a finish pin for a short finish line.

6.8 Starting lines

Since setting relatively square lines is clearly important, use small motorboats with light anchors that can be adjusted rapidly. Start lines should be long enough for all the boats to fit with a little room in between. The angle should be square to the mean wind direction or at least within ten degrees in a shifty wind and within five degrees in a steady wind. When not square, make adjustments as fast as possible. Drag-able anchors allow either end to be pulled back to square quickly. With fleets of 18 or more boats, use of a second line boat (Port-line boat) greatly reduces the need for general recalls.

6.9 Calling the start

Let's start with the premise that general recalls are unfair and waste time which reduces both quality and quantity. The I flag, round-the-ends, one-minute-rule also greatly reduces general recalls. The one-minute-rule reduces the need to take a mental photograph at the gun. Instead, write down all the boats you see over (from both ends of the line) from one minute before until the start signal and voila, you have your list of OCS boats likely without a general recall. Venues with current pushing upwind may want to use the I flag for all starts depending upon the fleet. Huge right shifts also cause many boats to start over early. If the shift is really big, in either direction, consider a postponement before the starting signal and a quick re-start after a quick line adjustment.

7. Helpful resources

7.1 NEISA Executive Committee

Graduate Members

Commissioner: Justin Assad, Dartmouth - justin.m.assad@dartmouth.edu

Treasurer: Alden Reid, BC - reidaldenc@gmail.com

Scheduling Coordinator: Frank Pizzo, Bowdoin - neisaschedule@gmail.com

Northern Regional Director: Diana Weidenbacker, UNH - dianaw46@comcast.net

Central Regional Director: Mike O'Connor, Harvard - mgo@fas.harvard.edu

Southern Regional Director: John Mollicone, Brown -john_mollicone@brown.edu

Boats & Safety: Fran Charles, MIT - fcharles@mit.edu

Undergraduate Members

President: Kevin Coakley, Harvard '18 - kevincoakley@college.harvard.edu

Vice President: Walter Florio, Connecticut College '18 - wflorio@conncoll.edu

Secretary: Charlie Welsh, Boston University - cdwelsh@bu.edu

Northern Region Rep: Casey Astiz, Middlebury '19 - castiz@middlebury.edu

Central Region Rep: Tyler Paige, Tufts '18 - tyler.paige@tufts.edu

Southern Regional Rep: Sarah Morin, URI '18 - sarahmorin1240@my.uri.edu

7.2 ICSA Contacts

Mitch Brindley - ICSA President - mbrindle@odu.edu

William Pollard - ICSA Vice President - wpollard@scu.edu

Danielle Richards - ICSA Secretary - danielle.richards@ussailing.net

Sherri Campbell - Treasurer - sherri@odsail.com

8. Further involvement

8.1 NEISA Meetings

8.1.1 Annual Meeting: An undergraduate and graduate representative from each team will convene at the Annual Meeting held in December

8.1.2 Monthly Meetings: Monthly meetings will be held via teleconference, led by the Executive Committee but open to all NEISA Members. It is highly recommended that even if you cannot join/listen in on the teleconference, that someone from your team read over the minutes posted to the NEISA website afterwards to stay up-to-date on any changes or proposed changes (to rules, etc.).

8.1.3 Attendance: Attendance at all meetings is open to anyone interested in the affairs of New England College Sailing, except for the meeting of the Nominating Committee at the time of the Annual Meeting, which is limited to Executive Committee Members-at-Large who are seniors, Officers, and Graduate Advisors.

9. Fundraising

Now that you have your team started, you will need some money. Even though you do not need to bring your own boats to regattas and entry fees are small (\$5 for a one day non-trophy event, \$10/day for a trophy event, to be billed at the end of the year by NEISA), collegiate sailing has its expenses. Some considerations include:

How are you getting to the regatta? If you're driving, someone's paying for gas and possibly tolls.

Do you want to buy boats for your team? A new 420 or FJ? \$5000 can be a lot to spend on a boat for a new organization. A good bet is to ask coaches and listen around to see if anyone will be selling their fleet of boats soon, since you can usually get a used FJ or 420 in good condition for \$2000-\$2500.

New suit of sails for a 420 or FJ: at least \$500

Want some coaching? Often you will have to pay a coach unless you can find a generous and talented volunteer

Do you want to have any team parties? How are those being funded?

The list could go on and on, but the point is that any team, small or large, will need some way of getting money, at the very least so that they can pay their NEISA dues. Luckily, there are many ways you can go about getting funding.

One way is ***talking to your Athletic Department or Student Organizations board*** to see if they will give you funding. Most of the time, a new team will be designated as a club sport or student organization at your college, and you will have to submit a budget once or twice a year requesting money. Odds are good that members of this board may know very little about sailing, so if you do happen to have some boats, it would be good to take these people sailing (or your Athletic Director, whomever happens to be in charge of your group) so that they can learn more about what you do.

Charging dues. Most teams no matter what their size charge their members dues, ranging anywhere from \$20 a year to \$200. Obviously, the more members you have on your team who are active and excited about sailing, the more dues you will be able to collect. Make sure that the money is well-spent however -- while it may be nice to throw weekly parties with dues money, if your team has no boats and has no money to pay its NEISA dues, then perhaps the money should be spent elsewhere.

Creative fundraisers. The best fundraisers are the ones that make a profit. That's rule #1 -- you do not want to lose any money on a fundraiser, or have to buy 20 t-shirts yourself to get rid of them. Brainstorm some ideas with your members. Selling t-shirts, shorts, and visors have worked in the past, especially if sold at football games or other large gatherings of people. You may be able to volunteer with departments at your college like the Athletic Department to sell concessions at games, and the team takes home part of the profit, or with the Alumni Office to make phone calls one evening.

Soliciting alumni. Usually you will not be allowed to send a mailing to every alum who graduated from your college. Not only is a mailing of that size costly, odds are good that you'll be in direct competition with the development office at your college, and that tends to anger them. Instead, place a letter or an ad in your Alumni Magazine asking if anyone with sailing experience knows that there is now a sailing team at College X, and if they want to donate any used equipment, please contact so-and-so (you!). Start out small, as asking people for money can be a touchy subject. If someone does contact you, you should make sure that they know what your team has been doing recently, and you should even invite them to a practice and see if they can offer their help. If they want to give you money or any other help, then they will probably do so if they're interested. Otherwise, it is not advisable to harass alums, as you risk alienating them entirely.

The reason a team should contact alums is so that the team can build a database of names of supporters. Current sailor's, parents of current sailors, and interested alumni should be part of this database. If you are really serious, you should even consider publishing a newsletter every so often to let them know how the team is doing once you establish yourself. Larger teams have been known to host alumni regattas where past alums come back and sail against each other and remember "the good old days." Such a network has to start somewhere, and if you do not have such a database, start one.

10. Appendices

10.1 Regatta Ranking Values—these tables can help you predict how your performance will affect your overall ranking as well as help you prioritize which events to attend and which sailors to send. It's also helpful to review them before the scheduling meeting in December.

NEISA Fall Champs and ACC/ACT

34 Teams

Place	Score
1	0.843
2	0.818
3	0.792
4	0.767
5	0.741
6	0.716
7	0.69
8	0.665
9	0.639
10	0.613
11	0.588
12	0.562
13	0.537
14	0.511
15	0.486
16	0.46
17	0.435
18	0.409
19	0.383
20	0.358
21	0.332
22	0.307
23	0.281
24	0.256
25	0.23
26	0.204
27	0.179
28	0.153
29	0.128
30	0.102
31	0.77
32	0.051
33	0.026
34	0

Coed A

20 Teams

Place	Score
1	0.813
2	0.77
3	0.727
4	0.684
5	0.642
6	0.599
7	0.556
8	0.513
9	0.471
10	0.428
11	0.385
12	0.342
13	0.299
14	0.257
15	0.214
16	0.171
17	0.128
18	0.086
19	0.043
20	0

19 Teams

Place	Score
1	0.809
2	0.764
3	0.719
4	0.674
5	0.629
6	0.584
7	0.539
8	0.494
9	0.449
10	0.404
11	0.36
12	0.315
13	0.27
14	0.225
15	0.18
16	0.135
17	0.09
18	0.045
19	0

18 Teams

Place	Score
1	0.805
2	0.757
3	0.71
4	0.663
5	0.615
6	0.568
7	0.521
8	0.473
9	0.426
10	0.379
11	0.331
12	0.284
13	0.237
14	0.189
15	0.142
16	0.095
17	0.047
18	0

Coed A Continued**17 Teams**

Place	Score
1	0.8
2	0.75
3	0.7
4	0.65
5	0.6
6	0.55
7	0.5
8	0.45
9	0.4
10	0.35
11	0.3
12	0.25
13	0.2
14	0.15
15	0.1
16	0.05
17	0

16 Teams

Place	Score
1	0.795
2	0.742
3	0.689
4	0.636
5	0.583
6	0.53
7	0.477
8	0.424
9	0.371
10	0.318
11	0.265
12	0.212
13	0.159
14	0.106
15	0.053
16	0

15 Teams

Place	Score
1	0.789
2	0.732
3	0.676
4	0.62
5	0.563
6	0.507
7	0.451
8	0.394
9	0.338
10	0.282
11	0.225
12	0.169
13	0.113
14	0.056
15	0

14 Teams

Place	Score
1	0.782
2	0.722
3	0.662
4	0.602
5	0.541
6	0.481
7	0.421
8	0.361
9	0.301
10	0.241
11	0.18
12	0.12
13	0.06
14	0

13 Teams

Place	Score
1	0.774
2	0.71
3	0.645
4	0.581
5	0.516
6	0.452
7	0.387
8	0.323
9	0.258
10	0.194
11	0.129
12	0.065
13	0

12 Teams

Place	Score
1	0.765
2	0.696
3	0.626
4	0.557
5	0.487
6	0.417
7	0.348
8	0.278
9	0.209
10	0.139
11	0.07
12	0

11 Teams

Place	Score
1	0.755
2	0.679
3	0.604
4	0.528
5	0.453
6	0.377
7	0.302
8	0.226
9	0.151
10	0.075
11	0

10 Teams

Place	Score
1	0.742
2	0.66
3	0.577
4	0.495
5	0.412
6	0.33
7	0.247
8	0.165
9	0.082
10	0

9 Teams

Place	Score
1	0.727
2	0.636
3	0.545
4	0.455
5	0.364
6	0.273
7	0.182
8	0.091
9	0

8 Teams

Place	Score
1	0.709
2	0.608
3	0.506
4	0.405
5	0.304
6	0.203
7	0.101
8	0

Coed B**20 Teams**

Place	Score
1	0.483
2	0.458
3	0.433
4	0.407
5	0.382
6	0.356
7	0.331
8	0.305
9	0.28
10	0.254
11	0.229
12	0.204
13	0.178
14	0.153
15	0.127
16	0.102
17	0.076
18	0.051
19	0.025
20	0

19 Teams

Place	Score
1	0.479
2	0.452
3	0.426
4	0.399
5	0.372
6	0.346
7	0.319
8	0.293
9	0.266
10	0.239
11	0.213
12	0.186
13	0.16
14	0.133
15	0.106
16	0.08
17	0.053
18	0.027
19	0

18 Teams

Place	Score
1	0.474
2	0.446
3	0.418
4	0.39
5	0.362
6	0.334
7	0.306
8	0.279
9	0.251
10	0.223
11	0.195
12	0.167
13	0.139
14	0.111
15	0.084
16	0.056
17	0.028
18	0

17 Teams

Place	Score
1	0.468
2	0.439
3	0.409
4	0.38
5	0.351
6	0.322
7	0.292
8	0.263
9	0.234
10	0.205
11	0.175
12	0.146
13	0.117
14	0.088
15	0.058
16	0.029
17	0

16 Teams

Place	Score
1	0.462
2	0.431
3	0.4
4	0.369
5	0.338
6	0.308
7	0.277
8	0.246
9	0.215
10	0.185
11	0.154
12	0.123
13	0.092
14	0.062
15	0.031
16	0

Coed C**20 Teams**

Place	Score
1	0.404
2	0.383
3	0.362
4	0.34
5	0.319
6	0.298
7	0.277
8	0.255
9	0.234
10	0.213
11	0.191
12	0.17
13	0.149
14	0.128
15	0.106
16	0.085
17	0.064
18	0.043
19	0.021
20	0

19 Teams

Place	Score
1	0.4
2	0.378
3	0.356
4	0.333
5	0.311
6	0.289
7	0.267
8	0.244
9	0.222
10	0.2
11	0.178
12	0.156
13	0.133
14	0.111
15	0.089
16	0.067
17	0.044
18	0.022
19	0

18 Teams

Place	Score
1	0.395
2	0.372
3	0.349
4	0.326
5	0.302
6	0.279
7	0.256
8	0.233
9	0.209
10	0.186
11	0.163
12	0.14
13	0.116
14	0.093
15	0.07
16	0.047
17	0.023
18	0

17 Teams

Place	Score
1	0.39
2	0.366
3	0.341
4	0.317
5	0.293
6	0.268
7	0.244
8	0.22
9	0.195
10	0.171
11	0.146
12	0.122
13	0.098
14	0.073
15	0.049
16	0.024
17	0

16 Teams

Place	Score
1	0.385
2	0.359
3	0.333
4	0.308
5	0.282
6	0.256
7	0.231
8	0.205
9	0.179
10	0.154
11	0.128
12	0.103
13	0.077
14	0.051
15	0.026
16	0

15 Teams

Place	Score
1	0.378
2	0.351
3	0.324
4	0.297
5	0.27
6	0.243
7	0.216
8	0.189
9	0.162
10	0.135
11	0.108
12	0.081
13	0.054
14	0.027
15	0

14 Teams

Place	Score
1	0.371
2	0.343
3	0.314
4	0.286
5	0.257
6	0.229
7	0.2
8	0.171
9	0.143
10	0.114
11	0.086
12	0.057
13	0.029
14	0

13 Teams

Place	Score
1	0.364
2	0.333
3	0.303
4	0.273
5	0.242
6	0.212
7	0.182
8	0.152
9	0.121
10	0.091
11	0.061
12	0.03
13	0

Coed C Continued**12 Teams**

Place	Score
1	0.355
2	0.323
3	0.29
4	0.258
5	0.226
6	0.194
7	0.161
8	0.129
9	0.097
10	0.065
11	0.032
12	0

11 Teams

Place	Score
1	0.345
2	0.31
3	0.276
4	0.241
5	0.207
6	0.172
7	0.138
8	0.103
9	0.069
10	0.034
11	0

10 Teams

Place	Score
1	0.333
2	0.296
3	0.259
4	0.222
5	0.185
6	0.148
7	0.111
8	0.074
9	0.037
10	0

9 Teams

Place	Score
1	0.32
2	0.28
3	0.24
4	0.2
5	0.16
6	0.12
7	0.08
8	0.04
9	0

8 Teams

Place	Score
1	0.304
2	0.261
3	0.217
4	0.174
5	0.13
6	0.087
7	0.043
8	0

7 Teams

Place	Score
1	0.286
2	0.238
3	0.19
4	0.143
5	0.095
6	0.048
7	0

6 Teams

Place	Score
1	0.263
2	0.211
3	0.158
4	0.105
5	0.053
6	0

5 Teams

Place	Score
1	0.235
2	0.176
3	0.118
4	0.059
5	0

4 Teams

Place	Score
1	0.2
2	0.133
3	0.067
4	0

3 Teams

Place	Score
1	0.154
2	0.077
3	0

2 Teams

Place	Score
1	0.091
2	0

Women's A**20 Teams**

Place	Score
1	0.813
2	0.77
3	0.727
4	0.684
5	0.642
6	0.599
7	0.556
8	0.513
9	0.471
10	0.428
11	0.385
12	0.342
13	0.299
14	0.257
15	0.214
16	0.171
17	0.128
18	0.086
19	0.043
20	0

19 Teams

Place	Score
1	0.809
2	0.764
3	0.719
4	0.674
5	0.629
6	0.584
7	0.539
8	0.494
9	0.449
10	0.404
11	0.36
12	0.315
13	0.27
14	0.225
15	0.18
16	0.135
17	0.09
18	0.045
19	0

18 Teams

Place	Score
1	0.805
2	0.757
3	0.71
4	0.663
5	0.615
6	0.568
7	0.521
8	0.473
9	0.426
10	0.379
11	0.331
12	0.284
13	0.237
14	0.189
15	0.142
16	0.095
17	0.047
18	0

17 Teams

Place	Score
1	0.8
2	0.75
3	0.7
4	0.65
5	0.6
6	0.55
7	0.5
8	0.45
9	0.4
10	0.35
11	0.3
12	0.25
13	0.2
14	0.15
15	0.1
16	0.05
17	0

16 Teams

Place	Score
1	0.795
2	0.742
3	0.689
4	0.636
5	0.583
6	0.53
7	0.477
8	0.424
9	0.371
10	0.318
11	0.265
12	0.212
13	0.159
14	0.106
15	0.053
16	0

15 Teams

Place	Score
1	0.789
2	0.732
3	0.676
4	0.62
5	0.563
6	0.507
7	0.451
8	0.394
9	0.338
10	0.282
11	0.225
12	0.169
13	0.113
14	0.056
15	0

14 Teams

Place	Score
1	0.782
2	0.722
3	0.662
4	0.602
5	0.541
6	0.481
7	0.421
8	0.361
9	0.301
10	0.241
11	0.18
12	0.12
13	0.06
14	0

13 Teams

Place	Score
1	0.774
2	0.71
3	0.645
4	0.581
5	0.516
6	0.452
7	0.387
8	0.323
9	0.258
10	0.194
11	0.129
12	0.065
13	0

Women's A Continued

12 Teams

Place	Score
1	0.765
2	0.696
3	0.626
4	0.557
5	0.487
6	0.417
7	0.348
8	0.278
9	0.209
10	0.139
11	0.07
12	0

11 Team

Place	Score
1	0.755
2	0.679
3	0.604
4	0.528
5	0.453
6	0.377
7	0.302
8	0.226
9	0.151
10	0.075
11	0

10 Team

Place	Score
1	0.742
2	0.66
3	0.577
4	0.495
5	0.412
6	0.33
7	0.247
8	0.165
9	0.082
10	0

9 Teams

Place	Score
1	0.727
2	0.636
3	0.545
4	0.455
5	0.364
6	0.273
7	0.182
8	0.091
9	0

8 Teams

Place	Score
1	0.709
2	0.608
3	0.506
4	0.405
5	0.304
6	0.203
7	0.101
8	0

7 Team:

Place	Score
1	0.686
2	0.571
3	0.457
4	0.343
5	0.229
6	0.114
7	0

6 Team:

Place	Score
1	0.656
2	0.525
3	0.393
4	0.262
5	0.131
6	0

5 Teams

Place	Score
1	0.615
2	0.462
3	0.308
4	0.154
5	0

Women's B**20 Teams**

Place	Score
1	0.574
2	0.544
3	0.514
4	0.483
5	0.453
6	0.423
7	0.393
8	0.363
9	0.332
10	0.302
11	0.272
12	0.242
13	0.212
14	0.181
15	0.151
16	0.121
17	0.091
18	0.060
19	0.030
20	0.000

19 Teams

Place	Score
1	0.571
2	0.539
3	0.508
4	0.476
5	0.444
6	0.413
7	0.381
8	0.349
9	0.317
10	0.286
11	0.254
12	0.222
13	0.190
14	0.159
15	0.127
16	0.095
17	0.063
18	0.032
19	0.000

18 Teams

Place	Score
1	0.568
2	0.535
3	0.501
4	0.468
5	0.434
6	0.401
7	0.368
8	0.334
9	0.301
10	0.267
11	0.234
12	0.200
13	0.167
14	0.134
15	0.100
16	0.067
17	0.033
18	0.000

17 Teams

Place	Score
1	0.564
2	0.529
3	0.494
4	0.459
5	0.423
6	0.388
7	0.353
8	0.318
9	0.282
10	0.247
11	0.212
12	0.176
13	0.141
14	0.106
15	0.071
16	0.035
17	0.000

16 Teams

Place	Score
1	0.561
2	0.523
3	0.486
4	0.448
5	0.411
6	0.374
7	0.336
8	0.299
9	0.262
10	0.224
11	0.187
12	0.149
13	0.112
14	0.075
15	0.037
16	0.000

15 Teams

Place	Score
1	0.556
2	0.516
3	0.477
4	0.437
5	0.397
6	0.357
7	0.318
8	0.278
9	0.238
10	0.199
11	0.159
12	0.119
13	0.079
14	0.040
15	0.000

14 Teams

Place	Score
1	0.551
2	0.509
3	0.466
4	0.424
5	0.381
6	0.339
7	0.297
8	0.254
9	0.212
10	0.170
11	0.127
12	0.085
13	0.042
14	0.000

13 Teams

Place	Score
1	0.545
2	0.500
3	0.454
4	0.409
5	0.364
6	0.318
7	0.273
8	0.227
9	0.182
10	0.136
11	0.091
12	0.045
13	0.000

Women's B Continued

12 Teams

Place	Score
1	0.539
2	0.490
3	0.441
4	0.392
5	0.343
6	0.294
7	0.245
8	0.196
9	0.147
10	0.098
11	0.049
12	0.000

11 Team

Place	Score
1	0.531
2	0.478
3	0.425
4	0.372
5	0.318
6	0.265
7	0.212
8	0.159
9	0.106
10	0.053
11	0.000

10 Team

Place	Score
1	0.522
2	0.464
3	0.406
4	0.348
5	0.290
6	0.232
7	0.174
8	0.116
9	0.058
10	0.000

9 Teams

Place	Score
1	0.510
2	0.447
3	0.383
4	0.319
5	0.255
6	0.191
7	0.128
8	0.064
9	0.000

8 Teams

Place	Score
1	0.497
2	0.426
3	0.355
4	0.284
5	0.213
6	0.142
7	0.071
8	0.000

7 Team:

Place	Score
1	0.480
2	0.400
3	0.320
4	0.240
5	0.160
6	0.080
7	0.000

6 Team:

Place	Score
1	0.458
2	0.366
3	0.275
4	0.183
5	0.092
6	0.000

5 Teams

Place	Score
1	0.428
2	0.321
3	0.214
4	0.107
5	0.000

10.2 Template for Regatta Sailing Instructions (SIs)

YEAR REGATTA NAME
DATE XX, XXXX
Hosted by COLLEGE TEAM at
LOCATION @ TOWN, STATE

Sailing Instructions

1.1 The regatta will be governed by the Racing Rules of Sailing (RRS), and the ICSA Procedural Rules for Intercollegiate Sailing Competition, and by these Sailing Instructions.

2. NOTICES TO COMPETITORS

2.1 Notices to competitors, including boat rotations, will be posted on the official regatta notice board for this regatta on Techscore (scores.collegesailing.org).

3. CHANGES IN SAILING INSTRUCTIONS

3.1 Any changes in the sailing instructions will be announced orally by the Race Committee and posted before the first race in which they are to take effect.

4. BOATS AND EQUIPMENT

4.1 TYPE OF BOAT will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way, except that competitors may adjust lines and controls normally adjustable.

4.2 The standing rigging shall not be adjusted.

4.3 The penalty for infringing the above instructions will be disqualification from all races sailed in contravention of these sailing instructions.

4.4 Competitors shall report any damage or loss of equipment, however slight, to the boat repair committee immediately after arriving ashore or to the Race Committee on the water. The penalty for infringing this instruction, unless the Jury is satisfied that the competitor made a determined effort to comply, will be disqualification from the race most recently sailed.

4.5 Breakdown points will not be awarded for the failure of knots, the loss of pins or rings, except that the Jury may, but is not required to, grant redress for the failure of the main halyard masthead knot.

5. FORMAT

5.1 The regatta will be sailed in combined divisions with all boats racing at once on the same course.

5.2 The RC reserves the right to end racing at any time for safety concerns.

6. ROTATION

6.1 The rotation will be posted at the competitors meeting.

7. SCHEDULE OF EVENTS (sample)

Saturday

1030 Report Time

1040 Competitors' Meeting (all sailors fully dressed)

1100 First Warning

1630 No Starting Signal after this time

Sunday

930 Report Time

940 Competitors' Meeting (all sailors fully dressed)

1000 First Warning

1500 No Starting Signal after this time

8. RACING AREA

The Racing Area will be on HOST SCHOOL'S BODY OF WATER

9. THE COURSE

9.1 The courses will be announced orally prior to first warning signal on DAY

9.2 Rounding marks will be COLOR

10. START/FINISH

10.1 Races will be started in accordance with PR 18(b)(i)

10.2 The start line will be between a FLAG on the Crash Boat and an orange mark at the port end.

10.3 For downwind finishes, the finish line will be between a staff on the Race Committee Boat and an orange mark. For upwind finishes, the finish line will be between two marks (the windward and offset marks).

10.4 If a boat is delaying the finish of a race, or the rotation, the Race Committee may end the race and score the boat in its current position.

11. RECALLS

11.1 Individual recalls will be signaled in accordance with PR 18(b)(ii). The Race Committee will attempt to hail the boat(s) sail number(s); however, it is the responsibility of each boat to make a proper start. Failure to hear a hail is insufficient cause for granting redress.

11.2 Multiple whistles and the hail of the words "general recall" will signal a general recall. No visual signal will be given. PR 18(b)(iii) shall also be in effect.

12. PROTESTS

12.1 Protests shall be filed in accordance with the ICSA Procedural Rules.

12.2 Protests shall be filed within 20 minutes of reaching the shore after the race in which the incident occurred. Changes PR 30.

13. COACHING

In accordance with PR 19, a coach boat may be provided as described at the competitors' meeting.

14. SAFETY

14.1 A boat requesting assistance from support boats should signal by waving hands overhead.

14.2 A capsized boat may be righted and sailed by its crew, unless, in the sole judgment of the Race Committee, safety or the progress of the regatta would be affected, in which case the crew shall accept assistance, and the boat will be scored 'DNF.'

14.3 Starts may not be delayed to accommodate capsized boats.

14.4 A boat that retires is asked to notify the Race Committee before leaving the course area

End Sailing Instruction Template

10.3 Buying and owning a coach boat

When you buy the boat, if possible, register it as a vehicle of the college/university to avoid having to switch the title between team members as ppl graduate. Talk to the director of Athletics or Club Athletics about how to make it happen.

Usually paying annual registration fees can be done at your local town hall; if the boat is registered as the school's vehicle they might even take care of registration for you. People like to use Boston whalers because of the low freeboard and the whole "unsinkable" thing. If you're buying a Whaler tap the hull around any cracks to see if the foam sounds dead, dead foam sinks. Whalers have a cult following which makes them pricey, other good options are small inflatable RIBs (like an Avon), Maritime skiffs, Carolina skiffs--just don't get an aluminum boat.

Consider access to a trailer and towing vehicle, if either of those may be hard to come by in future years consider a boat that can be moved by hand and transported on top of a car (basically limits you to a RIB) with an engine that's small enough to remove and carry (less than 20 hp, if your venue is a pond you won't need more than 15).

If you have a choice 4-stroke engines [esp. if run in fresh water] are much more user-friendly than 2-strokes. Teams should run their outboards on Aviation gas [which you can buy from a local municipal airport], outboards are more sensitive to the ethanol they add to car fuel. Have the engine winterized by an outboard mechanic at the end of each fall season (basically entails clearing the fuel system, changing the engine oil, lower unit oil, grease, etc).

10.4 Directions to NEISA Venues

AMHERST COLLEGE

Mail Address:

Amherst College Sailing Club
AC #2054
Amherst College
Amherst, MA 01002

Water: Lake Arcadia (Belchertown, MA)

Facilities: changing rooms -- no running water

Nearby Food: 1-2 miles down Rt 9 in Belchertown -- Subway, McDonalds, Saporito's Pizza

Directions:

From NORTH or SOUTH:

- Take I-91, exit at Rt. 9 Amherst/Northampton
- Proceed east on Rt. 9 toward the town of Amherst. Amherst is 6 miles east of I-91. Continue through the town of Amherst down Rt. 9 for an additional 8 miles past the town.
- Take a sharp right at "Tilton Automotive" onto Federal St. (don't bear right the first time you see Federal St, it loops around)
- Cross over the railroad tracks, make a right onto Town Beach Rd. (first right past RR tracks)
- Lake entrance is at gate at end of road, park inside the gates

From EAST

- Take I-90 (Mass Pike) West to Exit 8 (Palmer/Amherst)
- Pay the toll and make a left onto Rt. 32 North
- Continue for .8 miles and make a left onto High St.
- Go straight for 2.2 miles and at the stop sign, bear right onto Rt. 181 North.
- Take 181 North, following signs to Belchertown/Amherst (beware the 90 degree turns that you need to stay on 181)
- 181 North will go into downtown Belchertown -- bear left onto Rt. 9 West after passing McDonalds
- Continue west on Rt. 9 for one mile, bear left at Tilton Automotive down Federal St -- same as above

BATES COLLEGE

Address:

1 Yacht Club Dr.
Auburn, ME 04210

Sailing Waters:

Taylor Pond

Facilities:

Porta-potty

Nearby Food:

Wallingford's Apple Orchard, restaurants and a Shaw's are ~10 min. away in Auburn's commercial district

Directions from I-95 (exit 80)/East:

1. exit freeway and turn left onto Alfred A. Plourde Pkwy.
2. follow for ~1 mi., at the stoplight turn left onto Webster St.
3. after ~1 mi. take a right onto Farwell St.
4. cross Sabattus St., Farwell St. becomes Russell St.
5. follow Russell across the Androscoggin River and past the big-box store area where Russell St. becomes Mt. Auburn Ave.
6. continue on Mt. Auburn Ave., you'll pass a church on the left where Mt. Auburn becomes Summer St.
7. after a little more than .5 mi. stay left at the fork (following main flow of traffic) onto Youngs Corner Rd.
8. go straight at the stopsign
9. follow Youngs Corner Rd. for ~1.5 mi. around a sharp left curve, past Lost Valley Ski Area, around a hard right turn incline
10. at the top of the incline turn left onto Perkins Ridge Rd.
11. after .5 mi., at the bottom of a hill across from the Fish and Game Assoc., turn left onto Yacht Club Dr. and follow until the end

From West via. Rte 2/White Mtns.

1. Follow Rte. 2 into Bethel and turn right onto Parkway Rd. (corner w/ Mallard Mart)
2. follow until the stop sign, take a left onto Rte. 26/Walkers Mills Rd.
3. follow Rte. 26 for ~23 mi.
4. in South Paris continue onto Rte. 119 (following the general flow of traffic through town)
5. after 8 mi. turn right to stay on 119
6. after ~1.5 mi. turn left onto Center Minot Hill Rd. (under the flashing yellow traffic signal)
7. after ~2.5 mi. turn left onto Jackson Hill Rd. (just before the white church on the righthand side of the rd.)
8. follow Jackson Hill Rd. for almost 2 mi., then turn right onto Perkins Ridge Rd.
9. after .5 mi., at the bottom of a hill across from the Fish and Game Assoc., turn left onto Yacht Club Dr. and follow until the end

BOSTON COLLEGE

Mail Address:

Norm Reid
Head Sailing Coach
St. Clement's Hall, 140 Commonwealth Ave
Chestnut Hill, MA 02167-3862

Directions: to Savin Hill YC (Dorchester, MA)

From 93 South:

- Take Exit 15- JFK/UMass Boston
- Turn left at bottom of ramp and go under the highway
- Take a right after the train station
- Follow straight until the second set of lights where the highway is above you
- Make a U-turn 1/4 mile to Savin Hill YC on right

From 93 North:

- Take Exit 14 to Morrissey Boulevard- the Neponset exit
- When you get off the highway, follow the signs to Morrissey Boulevard
- Follow past a Boston Chicken, a Burger King, Bradlees, Car dealership. etc. (1-2 miles?)
- Go through the set of lights- you will see the highway above you
- Go 1/4 mile to Savin Hill YC on the right

BOSTON UNIVERSITY**Sailing Waters:**

Charles River between B.U. and Harvard Bridges.

Facilities:

Boathouse on river near B.U. Bridge with dock for rotations

Nearby Food:

Burger King on Commonwealth Ave. across the footbridge.

Directions:

from WEST

1. Same as M.I.T. to get to Memorial Drive.
2. Stay to the right and cross over Charles River on the Mass. Ave bridge
3. Turn right onto Beacon St. at first light. This becomes Bay State Rd.
4. Follow to the end and park -- you cannot drive a car to the BU Sailing Pavilion.
5. Cross Storrow Drive on the footbridge. Walk 1/2 mile west to get to the boathouse, dock is to the right.

BOWDOIN COLLEGE

Mail:

Bowdoin College Sailing Team
c/o Athletic Department
Bowdoin College
Brunswick, ME 04011

Boathouse: Bayview Road, Harpswell ME

Regatta Phone:

Sailing Waters: Quahog Bay, Harpswell (flat water becomes choppy along west shore with SW wind, steady winds become shifty when NNW, sailing area is 1 mile in each direction, bay is open to the ocean at the extreme SW corner)

Facilities: Boathouse for changing, shelter on dock for spectators

Nearby Food: Sandwiches and fast food at Cook's Corner (10 minutes)

Directions:

- Exit 22 off I-95 (Bath/Brunswick)
- Follow Rt.1 North 2 1/3 miles to Cooks Corner (Orr's and Bailey Island exit) going straight through the intersection,
- Follow Rt.24 for 11 miles
- Turn right on Bayview Road and follow to the end.

Please drive slowly on Bayview Road

DRIVING TIME: 2h 25min from Boston

BROWN UNIVERSITY**Address:****Mail Address:**

Brown University Sailing Team
Department of Athletics/John Mollicone
P.O. Box 1932
Providence, RI 02912

Sailing Waters: Top of Narragansett Bay on the Providence River, approximately 3.5 miles south of downtown Providence.

Facilities:

Edgewood Yacht Club
3 Shaw Ave
Cranston, RI

Nearby Food: many local deli's within one mile of EYC

Directions:**FROM NORTH:**

- Take I-95 to Exit 19 (Allens Avenue Providence).
- Follow toward water (east) and take a right onto Allen's Avenue.
- Follow for approximately 3 miles to Shaw Avenue. Take a left onto Shaw Ave. and Edgewood YC is located at bottom of road.
- Please park in lot on your left side when you arrive.(Shaw Avenue is just after the Johnson and Wales Hospitality Center on your left.)

FROM SOUTH

- Take I-95 to Exit 18 (Thurbers Ave) Follow directions from above

COAST GUARD ACADEMY

Address:

Seamanship/Sailing Center at Jacob's Rock
U.S.C.G.A.
New London, CT 06320
(203) 444-8507

Sailing Waters:

Thames River - shallow water (10-12 feet), tidal and river currents

Facilities:

Locker rooms, Lockers, showers, bathrooms, meeting rooms, protest rooms, observation deck (indoor and outdoor)

Nearby Food:

Campus Pizza, Grocery store out the front gate and down hill to left. Numerous places in downtown New London.

Directions:

From North or South on I-95:

1. Take exit 83
2. Look for large signs on the highway "USCG Academy" and many small white signs when off the highway
3. Once through the front gate, go straight, take 3rd left, then first right at stop, then first left (keep going down hill)
4. Bear right over railroad tracks and drive around athletic field
5. Park along waterfront (NOT on dock)

CONNECTICUT COLLEGE**Address:**

Athletic Dept.
Conn. College
New London, CT 06320

Sailing Waters:

Thames River

Facilities:

Use Coast Guard facilities and own dock at Conn. College crew boat house

Directions:

See Coast Guard.

Conn. College itself is North of the Academy on Rt. 32.

-Make the first right, just past the gates of the Academy.

-Go down the hill and take the last left. Follow over the train tracks onto dirt road.

-Road will open out into clearing, park there.

CORNELL UNIVERSITY

Type of Boats:

420's

Sailing Waters:

Cayuga Lake

Directions:

From EAST:

1. Rt. 90 (Mass. Pike) to Albany, NY, then Schenectady.
2. Take Rt. 88 West towards Binghamton. Approx. 24 miles after ONEOTTA look for "BAINBRIDGE".
3. Take Rt. 206 (West or North, (approx. 28 miles). In Whitney Pt., take Rt. 9 West to "ITHACA"

DARTMOUTH COLLEGE**Address:**

Dartmouth College
H.B. 6083
Hanover, NH 0375~
(603) 632-9389

Sailing Waters:

Lake Mascoma in Enfield, NH, A long thin lake running N'~.-SE

Facilities:

Boathouse with dressing rooms and heads for both men and women

Nearby Food:

Convenience store/Sub Shop 2 miles from site.

Directions:

1. Take Rt. 89, to Exit 17
2. Go east on Rt. 4 towards Enfield (about 4.3 miles) [DO NOT turn at first blinker onto Rt. 4A]
3. Take right fork in Enfield and go one block to stop sign
4. Go thru intersection about 0.2 mile and bear left at fork for another 0.8 mile
5. Make a hard right turn onto Livingstone Lodge Rd.
6. Go about 0.1 mile and turn left onto Shaker Blvd.
7. Go about 0.7 mile to "DCYC" sign and turn right and drive down hill to parking lot

HARVARD UNIVERSITY

Address:

45 Memorial Drive
Cambridge, MA

Mail Address:

60 JFK St.
Cambridge, MA 02138
(617) 495-3434

Sailing Waters:

Charles River Basin (east end)

Facilities:

Boathouse, changing and bathrooms for both male and female, protest/meeting room.

Nearby Food:

Many places on Mass. Ave in Cambridge (within minutes of Y.C.)

Directions:

See directions for M.I.T. -- the Harvard Boathouse is 100 yards past the MIT Sailing Pavilion

MAINE MARITIME ACADEMY**Address:**

Payson Hall
Castine, ME 04420
(207) 326-2364

Sailing Waters:

Bagaduce River, and Penobscot Bay - saltwater, strong current

Nearby Food:

Variety store, market, and bakehouse have sandwiches and/or pizza on Main Street and Water Street behind waterfront.

Directions:

1. Take 1-95 North to Augusta, Maine
2. Take Rt. 3 exit, follow Rt. 3 for 48 miles east to Belfast
3. Rt. 3 joins Rt. 1 north...continue on to Bucksport
4. Outside of Bucksport, take Rt. 175 to Castine.
5. When 175 turns left to Penobscot, continue straight on Rt. 166 to Castine
6. When the road forks (about 12 miles from turning off Rt. 1), take either 166 or 166A.
They join up again in 3-4 miles
7. When the road comes back together, it's about 1.5 miles to the waterfront
8. Look for Payson Hall and large ship.

MASSACHUSETTS MARITIME ACADEMY

Address:

Mass. Maritime Academy
Buzzards Bay, MA 02532
(617) 759-5761 ask for extension for Herring Pond Boathouse

Sailing Waters:

Herring Pond - flat water, shifty breezes

Facilities:

Boathouse with changing and bath rooms

Nearby Food:

Burger King, Mc D's, Sub shop all nearby

Directions:

from NORTH (Boston):

1. Take Rt. 3 South to "Herring Pond Rd" exit
2. Follow Herring Pond Rd. 1.0 mile, then right on Sandy Pond Rd.
3. Follow Sandy Pond Rd. 1.0 mile, then right on Trails End Cove
4. In 0.2 mile, turn right by white ball to boathouse.

from WEST:

1. Take 195 EAST from Providence or Rt. 495 SOUTH following to Cape Cod and Bourne Bridge
2. In Buzzards Bay, exit onto Rt. 6 East toward Bournedale
3. Bear left onto Herring Pond Rd at the blinking light by the Herring Run Motel
4. Bear left onto Sandy Pond Rd., follow 1.0 mile, then turn right onto Trails End Cove
5. Go 0.2 mile on Trails End Cove, turn right at white ball

MASSACHUSETTS INSTITUTE OF TECHNOLOGY (MIT)**Mail Address:**

MIT Sailing Pavilion
c/o 3 Ames Street
Cambridge, MA
(617) 253-4884

Sailing Waters:

Charles River Basin (west end)

Facilities:

Complete facilities in boathouse.

Nearby Food:

Many places on Mass. Ave. in Cambridge within 5 minutes from the sailing pavilion, plus student cafeteria across the street.

Directions:

The Sailing Pavilion is located on the Cambridge shore of the Charles River Basin, just down river from the Mass. Ave. bridge and directly across Memorial Drive from the main portion of MIT. Memorial Drive runs along this side of the Basin and on weekends you park directly in front of the Pavilion on the Drive.

from WEST:

1. Take Mass. Turnpike extension to Cambridge/Brighton exit.
2. Cross over the Charles river and take an immediate right turn onto Memorial Drive.
3. Proceed east about 2.5 miles to the Pavilion -- Pavilion is on east side of Mass. Ave bridge -- parking on Memorial Drive.

from SOUTH:

1. Take Southeast Expressway (Interstate Rt. 93) into downtown Boston.
2. Take Storrow Drive exit (2nd exit after Callahan Tunnel to Logan Airport).
3. Follow Storrow Drive which will take you along the Boston side of the Charles River.
4. About 2 miles from the Rt. 93 exit, take a LEFT exit "Mass. Ave."
5. At end of exit bear right and go over Mass. Ave Bridge.
6. At end of bridge turn right onto Memorial Drive.
7. MIT Sailing Pavilion is just ahead on the right. HARVARD Y.C. is about 1/4 mile further on Memorial Drive (on other side of Charles River Y.C. powerboat marina).

from NORTH:

1. Take 1-93 or Rt.1 South to the junction of these two roads.
2. Immediately after the junction, take the "Storrow Drive" exit to the right.
3. Proceed as described above in from SOUTH.

MERCHANT MARINE ACADEMY AT KINGS POINT (USMMA)

Sailing Waters:

Western end of Long Island Sound; Little Neck Bay

Facilities:

Boathouse with changing/bath rooms; protest room

Nearby Food:

In town of Great Neck

Directions:

1. Rt. 95 South to Rt. 295 "Throg's Neck Bridge"
2. Go over bridge and take immediate RIGHT exit onto "CROSS ISLAND PARKWAY"
3. Take Northern Blvd. (Rt. 25A) EAST exit
4. stay on Northern Blvd. for several miles to left fork by Amoco gas station.
5. Bear left onto "Great Neck Rd."
6. Keep left over small bridge (road becomes W. Shore Rd.) and follow to stop sign.
7. Turn left and pass through main gates.

ROGER WILLIAMS UNIVERSITY**Address:**

Roger Williams University
1 Old Ferry Road
Bristol, RI. 02809

Sailing Waters:

Mt. Hope Bay and Narragansett Bay

Nearby Food:

Plenty of delis, supermarkets, and pizzerias in downtown Bristol on 114

DIRECTIONS: (from north, east or west)

- Take I-95 to I-195 in Providence
- Take Exit 3 (Warren/Newport) 138 South.
- Head South until you reach the RW Campus (5 miles)
- Enter the main gate, go straight 1/4 mile to the waterfront. Dinghy dock is on the south side of the "Learning Platform" Main Dock. Be weary of parking restrictions -- campus police will ticket you if you try to park too close to the water -- ask the guards or the team where you can park legally.

SALVE REGINA UNIVERSITY

Address:

Salve Regina - the Newport College
100 Ochre Court
Newport, RI 02840

Sailing Site:

Sail Newport at Fort Adams State Park

Facilities:

Bathrooms on site

Nearby Food:

Sig's Deli/Grocery 2 miles from site

Directions:

From I-95:

- Exit 3A towards N. Kingston and Newport onto 138E
- 138 is a two lane road for approx. 13 mi.
- At intersection w/ Rt. 1 take a left, after approx. 1 mi. take exit that continues 138 towards the Jamestown and Newport Bridges.
- Cross both bridges (Newport Bridge is a \$2 toll bridge) Take the first exit after the Newport Bridge marked "Downtown Newport"
- At bottom of exit ramp turn right
- At second traffic light turn right onto America's Cup Avenue.
- At 6th traffic light turn right onto Thames Street (Landmarks here are the Post Office on your left, The Red Parrot Restaurant at the corner, and Perry Mill on your right).
- Stay on Thames until you come to a Shell Gas Station on your left; take your next right onto Wellington Ave. Follow Wellington along the harbor, it will bear sharply left up a hill. Go through stop sign at top of hill. Road will bear right, go through another stop sign.
- 1/4 mile on your right will be the entrance to Fort Adams State Park. Take this entrance. Go through main gate and bear right to go to the bottom of the hill, along the waterfront. Park here, the boathouse is the Robin Wallace Youth Boathouse.

S.U.N.Y. MARITIME**Sailing Waters:**

East River (lots of current and barge traffic)

Facilities:

Large boathouse with complete changing/bath rooms, protest rooms, TV lounge, and viewing porch.

Directions:

1. Rt. 95 South to Rt. 295 "Throg's Neck Bridge"
2. Take last exit BEFORE the Bridge... "Harding Ave./Fort Schuqler"
3. Turn left then quick right. At the next stop sign turn left on PENNYFIELD Ave.
4. Follow to the college entrance.

TUFTS UNIVERSITY

Mail Address:

Athletic Dept.
Tufts University
Medford, MA 02155
(617) 488-9788 -pay phone at boathouse

Sailing Waters:

Upper Mystic Lake, Medford

Nearby Food:

Closest food is east on Rt. 60 in West Medford.

Directions:

from SOUTH:

1. Rt. 95 North (from Providence) to Rt. 128 SOUTH (bear right)
2. Rt. 128 South to Rt. 3 (r-93) North.
3. Follow through Boston and stay left on Rt.93 at fork with Rt.1
4. Four miles after split, take Exit for Rt. 16 Mystic Valley Parkway
5. Follow Parkway for 2 miles and just after RR underpass, take right onto Boston Ave.
6. Follow to end (1 mile), then left and quick right onto Sagamore
7. Follow Sagamore to end, then right onto Mystic Valley Parkway for 1/4 mile (lower Mystic Lake is on your left) then left in driveway.
8. Boathouse is around to the right.

from SOUTHWEST:

1. Mass. Pike (1-90] to Rt. 128 NORTH
2. Rt.128 North for 5 miles to Exit for Rt. 2 "Arlington/Cambridge"
3. Follow Rt.2 to the end, then LEFT at rotary onto Rt. 16 East
4. Follow Rt. 16 for 2 miles to Boston Ave. (3rd major stoplight intersection)
5. Left on Boston Ave for 1 mile to end, then left and quick right onto Sagamore
6. See last direction from above.

from NORTH or NORTHEAST:

1. I-95 South to 128 South to 1-93 South
2. Exit 1-93 an Rt. 60 "Medford Square", following Rt. 60 three miles thru Medford Square
3. Follow thru rotary, thru Medford and then right onto Sagamore (at yellow flasher)
4. See last direction from "from South"

US NAVAL ACADEMY**Sailing Waters:**

Severn River/Chesapeake Bay

Facilities: Complete Sailing facility with locker rooms, showers, etc.

Directions:

1. Rt. 95 South, across George Washington Bridge
2. take NJ Turnpike south, over Delaware Mem. Bridge
3. Exit on Rt. 301 South ("Dover, Annapolis")
4. Follow signs to "Annapolis" and "Bay Bridge" and Rt. 301
5. 301 joins Rt. 50.. follow across Bay Bridge to Annapolis exit (Route 70), then follow signs for the Naval Academy

UNIVERSITY OF NEW HAMPSHIRE**Address:**

University of New Hampshire
Dept. of Campus Recreation
Whittemore Center
Durham, NH
(603) 862-2038

Sailing Waters:

Mendums Pond, six miles from UNH campus
A very private, quiet, "H" shaped lake with shifty winds

Facilities:

Boathouse with dressing room and 1 outhouse, some of the most gorgeous sights in the Northeast, 2 picnic tables.

Nearby Food:

McD's, large grocery store, gas stations, local eateries all within 3 miles of the boathouse. off Rt. 1 just north of the exit for the sailing site.

Directions:

from BOSTON:

- Take 95 North from Boston to Portsmouth.
- Take Rte. 4 and 16 towards Durham and Concord.
- After you cross over a river take exit for Rte. 4 towards Durham.
- Stay on Rte. 4 for approx. 6 miles. Go past Durham exits and to the Lee Traffic Circle, approx. 4 miles. Stay on Rte. 4 (McDonald's will be on your left) for a couple of miles and the road goes up a small hill.
- You will see major power lines crossing the road and a brown sign on the righthand side of the road that says UNH Rec area. Take that right onto Hall Rd. and go about 1 mile
- We are the 2nd left on Hall Rd. Go through the chain link gates and follow the dirt road down to a "Y".
- Take the right fork, following the sailboat signs, and the next left fork. The boathouse is down the hill. We are located about 1hr. and 10min. from Boston.

UNIVERSITY OF RHODE ISLAND**Address:**

Salt Pond Rd.
Wakefield, RI 02879
(401) 783-0797

Sailing Waters:

Salt Pond (just north of Point Judith, RI)
Fall: lower pond in between Wakefield and Great Island
Spring: upper pond in the mooring field in front of club

Facilities:

Complete facilities in boathouse.

Nearby Food:

McD's, D'angelo, Ricotti's all located off the Wakefield/Peacedale exit off Rt. 1 just north of the exit for the sailing site.

Directions:

from BOSTON:

1. Rt. 1-95 South thru Providence to LEFT exit for Rt. 4 "East Greenwich/Narragansett"
2. Straight thru two rotaries onto Rt. 1 heading for Wakefield
3. Take "South County Hospital" Exit in Wakefield
4. At bottom of ramp turn left, go 3/8 mile, sailing club is on left

from SOUTH:

5. Rt. 1-95 North from Connecticut to Exit 92 "R.I. Beaches", go south towards Pawcatuck
6. Take Rt. 78 (Westerly bypass), follow to Rt. 1 North
7. Stay on Rt. 1 North for approx. 20 miles to "South Kingstown/South County Hospital Exit
8. At end of ramp, go right 1/10 mile.. sailing club is on left

UNIVERSITY OF VERMONT

Address:

Lake Champlain Community Sailing Center
One Lake St.
Burlington, VT

Regatta Phone - 802.864.2499

Waters: Burlington Harbor & Surrounding Waters, Lake Champlain

Facilities: Shared use of Community Sailing Center. Limited changing facilities, ample parking, ramp launching. Decent spectating from Waterfront Park

Nearby Food: Several sandwich shops/cafes 1/2 mile from Sailing Center. Cobblestone Deli, Battery St. Burlington Bay Cafe, corner of Battery & College Gateway Cafe, corner of Battery & College

Boats: 12 FJs

DIRECTIONS:

- From Points SOUTH:
- I-89 N to exit 14W. This puts you on Main Street. Follow Main to end - all the way down hill, straight through all lights and past UVM campus.
- At brown "One Main Street" awning, road bends to right. Go straight at stop sign, continue straight, across railroad tracks.
- Take first right onto dirt road, skate park will be on your right. Go about 100 yards, take left and park.

WILLIAMS COLLEGE**Mailing address:**

Williams Sailing Club
SU Box 3215
Williams College
Williamstown MA 01267

Waters: Lake Pontoosuc (Pittsfield, MA)

Directions:**From the NORTH (Route 2)**

- Go straight through Williamstown on Route 2
- As Route 2 leaves Williamstown it is combined with route 7 South
- After a couple of miles, route 2 splits off to the right. Stay on route 7 South.
- After about 20 minutes, you will pass through the town of Lanesboro.
- After you pass through town, You will see a large lake on the right hand side.
- At the far end of the lake, overhanging the water and right next to route 7, is a really large old Adirondack style wooden boathouse. This is the YMCA marina where where we keep our boats.

From the SOUTH (Mass. Pike.)

- Take the exit for US 20 North
- 20 joins into route 7 North, keep going on this through the town of Pittsfield
- You will see a large lake to the left
- Just as Route 7 curves to the right to run along the edge of the lake (basically as soon as you can see the lake) there is a small parking lot off to the left of the road and overhanging the water and right next to Route 7, is a really large old adirondack style wooden boathouse. This is the YMCA marina where where we keep our boats.

YALE UNIVERSITY

Address:

Yale Corinthian Yacht Club
179 Clark Ave.
Branford, CT 06405
(203) 488-9330

Sailing Waters:

Branford Cove off Long Island Sound

Facilities:

Boathouse with changing and bathrooms w/showers downstairs, bathroom w/shower upstairs, protest room

Nearby Food:

"The Deli" on Rt. 142 ; also Burger King, McD's, etc. out on Rt. 1

Directions:

From EAST:

1. Going South (west) on Rt. 95, take Exit 54 "Cedar Street"
2. Left at the end of ramp
3. Right at first light onto Rt. 1
4. Just after passing under RR bridge, take left at top of small incline onto Rt. 142
5. Follow for approx. 2-3 miles, pass water on left, down small hill and at the top of the next hill, turn LEFT onto Clark Ave.

From WEST:

1. Going North (east) on Rt. 95, take Exit 51 "East Haven/Frontage"
2. Right at second light onto Rt. 142
3. Through one stoplight and one blinking light, then bear 90 deg. left, staying on Rt. 142 (Gas station marks the turn)
4. Go 1.25 miles over stone bridge
5. at top of next hill, turn right onto Clark Ave.

From NORTH (Conn. River Valley):

1. Take Rt. 91 South to New Haven
2. Follow Rt. 95 EAST, then see directions above