



**J120 & J105 SPRING WIND UP
PRACTICE START REGATTA
MARCH 6, 2010**

The StFYC Spring One Design Regatta is just around the corner and you need to get your crew to stop thinking about skiing and cozy fires, and instead get them wound up for the first counter of the year. What better way than to get out two weeks before Spring One Design and get some practice in.

The focus of this event is practice starts with a few short races thrown in to see just how well your starts paid off. We'll have your fleet starting every 10 minutes, and with every fifth start being a short windward-leeward race, the whole thing will last about 2.5 hours. That frees up the rest of your afternoon to practice kite work or what ever it is your crew needs to work on.

NOTICE OF RACE

RegattaPRO, a corporate member of the United States Sailing Association, organizes this series.

This regatta shall be governed by the rules as defined in The Racing Rules of Sailing.

Entry is open to yachts eligible to race in the J120 & J105 classes. Competitors may enter by mailing the entry form below to: Jeff Zarwell, RegattaPRO, 3001 Bridgeway Blvd., Ste K-249, Sausalito, CA 94965. Entry fee is \$50.00 if entered at the website below or postmarked by Tuesday, March 2nd. Entries postmarked after March 2nd are subject to a \$10 late fee.

Electronic entries may be made at: <http://regattalog.com/regpro/jwindup>

The intended racing area will be the Berkeley Circle area.

The first Warning Gun will be at 1200 hrs. Warning Gun for each succeeding race will be made as soon as practically possible. No warning shall be made after 1530 hrs.

There will be no scoring for this event. The intent is to practice your starts. The RC will hail who won each start, and how close they were to the line.

Sailing Instructions will be posted on Wednesday, March 3rd at: www.regattapro.com/regattas

Complete this portion and return with a check made payable to RegattaPRO at the following address:

RegattaPRO, 3001 Bridgeway Blvd. #K-249, Sausalito, CA 94965

Sail #: _____ Class: _____ Yacht Name: _____

Owner/ Skipper: _____ Email Address: _____

Day Phone: _____

Evening Phone: _____

Please accept this entry application for this regatta. I hereby agree to comply with the current RRS, Prescriptions of US Sailing, Class Rules, Sailing Instructions, the Notice of Race, and the U.S. Coast Guard. I enter this regatta at my own risk and do hereby release RegattaPRO, it's sponsors, it's employees and/or agents both jointly and severally from any liability for loss, injury or damage to any persons and property that might arise from my participation in this regatta, even if any such loss, injury or damage shall be caused by negligence of those so released. I attest that my boat shall conform to USCG and US Sailing regulations

Signature: _____ Date: _____