

## VIS Cup Schedule

\*Please note activity schedule subject to change due to weather, racing is priority but we will do our best to stay within the pickup and drop off times

Sunday 19 <sup>th</sup> Dec	Program	Information
9 – 9:30am	Registration all sailors	SSCBC training room. Registration for regatta, show COVID certificate & receive regatta T-Shirt
9:45 – 10am	Welcome & Briefing VIS Cup	SSCBC western lawn
10 – 10:30	Rig Boats, get into sailing gear & introductions	Introductions between skipper and crew while rigging.
10:30-10:45am	Activation pre sailing	All athletes included on sand near boats
10:45am	Launch	
11:10	First warning signal	VIS CUP round robin 1
1:30 – 2:30pm	Lunch Break	Recovery station Hydration station
2:30	Launch	
2:45	First warning signal	VIS CUP round robin 2
4:30 – 5pm	De rig, pack up boats & recovery	Get out of sailing gear ready for debrief & do recovery between now and leaving the club
5 – 5:30pm	Debrief	With umpires, race committee and coaches
5:30pm	Pick up	SSCBC

Monday 20 <sup>th</sup> Dec	Program	Information
9 – 9:30am	Sailors to arrive	SSCBC
9:30 – 9:45am	Briefing VIS Cup day 2	SSCBC western lawn
9:45 – 10:15am	Rig Boats & get into sailing gear	
10:15 - 10:30am	Activation pre sailing	All athletes included on sand near boats
10:30am	Launch	
10:50am	First warning signal	VIS CUP round robin 3
1 – 2pm	Lunch Break	Recovery station. Nutrition/ Hydration station.
2pm	Launch	
2:30pm	First warning signal	VIS CUP round robin 4
4:30 – 5pm	De rig, pack up boats & recovery	Get out of sailing gear ready for debrief Recovery.
5 – 5:30pm	Debrief	With umpires, race committee and coaches
5:30pm	Pick up	SSCBC

Tuesday 21 <sup>st</sup> Dec	Program	Information
8 – 8:30am	Sailors to arrive	SSCBC
8:30 – 8:45am	Briefing VIS Cup day 3 FINALS	SSCBC western lawn
8:45 – 9:15am	Rig Boats & get into sailing gear	
9:15 - 9:30am	Activation pre sailing	All athletes included on sand near boats
9:30am	Launch	
9:50am	First warning signal	VIS CUP FINALS
12:15 – 12:45pm	Racing complete, pack up boats & recovery	Recovery station. Nutrition/ Hydration station.
12:45 1:15pm	Presentation & debrief	If delayed due to weather, last warning signal is 12pm, pick up to follow post sailing (mid-afternoon)