



Swiss Sailing League goes Punat (Croatia) 2023

J/70 Sailing Camp
27.03. – 30.03.2023

and

J/70 Regatta Umpired Fleet
Racing [à la SSL]
“Sea Challenger 2023”
31.03. – 02.04.2023



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In 2023 the Swiss Sailing League is offering for the first time a J/70 camp and regatta on the sea. It is owed by the fact that SSLA's boat flotilla is overhauled during the winter in Slovenia.

Together with "In2theBlue" two attractive sailing activities are proposed in Punat (Island of Krk in Croatia):

- Sailing Camp Monday 27.03.2023 - 30.03.2023
- Regatta "SSL Sea Challenger 2023" Friday 31.03.2023 - 02.04.2023

One week of sailing, preparing for the season, improve your racing skills, team sailing and J/70 boats at disposition, lot of fun on the sea and on land – these are the headlines of this project.

It is kind of hard to start with a description of this challenging and amazing project.

Swiss Sailing League is committed to provide high quality offerings in the area of racing and schooling. Having the necessary tools like J/70 boats, ribs, robotic marks, at disposition, the participants both at the camp and regatta just find "ready-to-sail" conditions.

This brochure informs you about the camp and the regatta. Please read it carefully.

In case of further information and clarification do not hesitate to contact us.

1 Sailing Camp "SSL goes Punat 2023"

Do you want to improve your racing skills? Are you going to extend the sailing know-how in your team? Do you want to be well prepared for the National League's events in 2023? Do you like to share experiences with your team and new colleagues?

These and many other reasons may help to decide to take part at the Sailing Camp in Punat in 2023. The focus on the camp is practising related to the learnings at the theory lessons. We are going to provide four days of training to develop and improve your racing skills, with a combination of theory lessons, practise with onboard coaching and debriefings with video reviews.

In case you would like to share the learnings with your team at a regatta with the Swiss Sailing League racing format, and this on the sea, then register also at the regatta. You will benefit from a discount.

Teams and individual sailors are welcome at the camp. Six J/70 boats (or probably more) are at disposition.

The head coach is Chris Rast, former World Champion on Melges 24, and 3-times participant at Olympics. We have a limit of about 24-30 sailors to attend the camp. Chris will be assisted by an experienced coach.



1.1 PROVISIONAL PROGRAM

Sunday, 26 March 2023

1600 – 1900 Check-in Camp

Monday, 27 March 2023

0800 – 1000 Check-in Camp

1000 Start Camp

1030 Theory Session 1: team sailing, J/70, security issues, particularities when sailing on the sea

1300 Practical Session 1: warm-up, various manoeuvres

1830 Day end

Tuesday, 28 March 2022

0900 Theory Session 2: debriefing, the starting manoeuvres, tactics, the dos and don'ts, setting course to luv mark, speeding up

Theory Session 3: gennaker sailing

1200 Practical Session 2: starting practises

Practical Session 3: gennaker sailing

1900 Day end

Wednesday, 29 March 2022

0900 Theory Session 2: debriefing, the starting manoeuvres, tactics, the dos, and don'ts, setting course to luv mark, speeding up

Theory Session 3: gennaker Sailing

1200 Practical Session 2: starting practises

Practical Session 3: gennaker sailing

1900 Day end

2000 Dinner "all together" / Party

Thursday, 30 March 2023

0800 Theory Session 4: debriefing of the day before, racing preparation (e.g., tactic), debriefing after a race done, umpired fleet racing, manifesting penalties

Theory Session 5: all about sailing to the gates

Theory Session 6: an international umpire explains

1200 Practical Session 4: racing, debriefing on water

Practical Session 5: manoeuvres practising upon decision of the coaches

1900 Day end

2000 Camp closing and farewell



1.2 THEORY LOCATION: BOCOON

The restaurant Bocoon (Obala 65, 51511, Punat) serves as the location for the theory units. There is enough space, a flipchart board, and a canvas. This place is where all preliminary meetings and units are held. Coffee and snacks are provided.

1.3 SAILING SKILLS - LEVEL REQUIREMENTS

The camp will serve as preparation for the season and probably for the regatta. To avoid losses in the quality of the training, the teams should show a certain level of sailing. In this way, we want to guarantee the best training and preparation for the teams.

In2theblue is probably offering the week before a “Starter Camp”. More information about that will follow.

1.4 CAMP FEE

The camp fee of CHF 600.00 per person shall be paid to the Swiss Sailing League Association by no later than February 15, 2023.

Included in the fee are the dinner “all together” / Party on Wednesday March 29, and on all 4 days a lunch bag. Not included is the accommodation and the transport to Punat.

Registration of teams benefit of a 5 % discount per person.

1.5 RENUMERATION TRANSPORT BOATS TO SWITZERLAND

Persons who transport a sailboat from Punat to Riazzino (in Ticino, Switzerland) after the regatta event (on Sunday 2nd April or Monday 3rd April) will receive CHF 500.00 as a kick-back.

1.6 CLOTHING

Please bring everything you need for racing in any weather condition. This means in particular:

- a life jacket
- a stopwatch
- weather-proof clothing

1.7 REGISTRATION

The registration shall be done via Manage2sail. Link:

[Swiss Sailing League goes Punat \(Croatia\) - Camp manage2sail](#)

After the registration in manage2sail, please fill in the questionnaire. Link:

[Swiss Sailing League goes Punat \(Croatia\) - Camp Questionnaire](#)



The questions in the questionnaire are about organisational and other information that the coach needs first.

Teams that will take part in the «SSL Sea Challenger 2023» regatta in Punat have a registration “priority” for the camp.

1.8 MORE INFORMATION

As a camp preparation, the head coach will forward directly to you some time before the camp some more information and probably has another questionnaire to be compiled.



2 The Regatta “Swiss Sailing League Sea Challenger 2023”

For 3 days we have a league event on the sea, and you can enjoy league racing at its best as you might know. The racing area will depend on the wind conditions, but it will be not far from the “Bahia Punat” outside on the sea.



2.1 PROVISIONAL PROGRAM

Thursday, 30 March 2023

1800 – 1900 Race office open/check in
1900 Information meeting with aperitif “Get together”

Friday, 31 March 2022

0800 – 1000 Race office open/check-in
1000 Morning briefing
1130 First warning signal
2030 Dinner, individually

Saturday, 1st April 2023

0800 – 0900 Race office open
0900 Morning briefing
1030 First warning signal
2030 Sailor’s Party (dinner)

Sunday, 2nd April 2023

0800 – 0900 Race office open
0900 Morning briefing



1030	First warning signal
approx. 1530	Last warning signal just after racing hauling-out and preparing the boats for transport
approx. 1700	Price giving ceremony and farewell

2.2 ELIGIBILITY AND CREW

The event is open to (club) teams of any Sailing Federation. The teams necessarily should have some J/70 know-how and racing experiences.

The event is open for 18 teams. Teams that take part at the Sailing Camp (27-30 March 2023) have precedence.

In a race the number of crew (including the person in charge) shall be 4, or 5 only when all female sailors. There will be no crew weight limit.

The person in charge needs to have a boat skipper's license for sailing boats as prescribed under Swiss federal and any local law. However, the person in charge needs not to helm the boat.

2.3 EVENT FORMAT, BOATS, AND COURSE

The format will be umpired fleet racing and consist of a series of races.

A pairing list will define the number of races and the teams for each race. The pairing list will be distributed before racing.

The events will be sailed in six J70 type boats. The sails provided for each boat, are mainsail, jib, gennaker.

The course will be windward/leeward with

- port rounding at the windward mark,
- passing between the leeward gate marks in the direction from the last mark, rounding on either side of the marks and
- downwind finishing.

2.4 DAMAGE RESPONSIBILITY AND DEPOSIT

Each team is responsible for the damage or loss to their boat unless responsibility is otherwise assigned by the Umpires or Protest Committee.

An initial damage deposit of CHF 1000.00 shall be paid at registration in cash or by signing a contract "Irrevocable Payment in case of a damage", unless extended by the OA. This deposit is the maximum payable by a team because of any one incident.

If a deduction from the damage deposit is decided by the OA, it may require that the deposit be restored to its original amount before the team will be allowed to continue in the event.



2.5 CREW EXCHANGE PLATFORM

Two boats are the platforms for waiting to be sailed. From the boats, the crew exchange will be organised with Ribs.



Changing rooms are on the boats.

2.6 A BOAT FOR SPECTATORS

In2theblue is planning to have at disposition a boat for spectators, most likely available on Sunday in the afternoon. Since In2theblue's season 2023 will start at the same time as the one of the Swiss Sailing League, many sailing enthusiasts will be in Punat.

2.7 ENTRY FEE

The non-refundable entry fee of CHF 1200 shall be paid to the Swiss Sailing League Association by no later than February 15, 2023. The invoice can be printed out in manage2sail after the registration.

2.8 RENUMERATION TRANSPORT BOATS TO SWITZERLAND

Persons who transport a sailboat from Punat to Riazzino (in Ticino, Switzerland) after the event will receive CHF 500.00 as a kick-back.

2.9 CLOTHING

Please bring everything you need for racing in any weather condition. This means in particular:

- a life jacket
- a stopwatch
- weather-proof clothing



2.10 NOTICE OF RACE / SAILING INSTRUCTION

The Notice of Race (NoR) and the related Sailing Instructions, including Addendum UF, will be published in January 2023.

2.11 REGISTRATION

The registration shall be done via Manage2sail. Link:

[Swiss Sailing League goes Punat \(Croatia\) - Regatta manage2sail](#)

2.12 INFORMATION DURING THE EVENT

The results of the event will be published after every flight immediately in manage2sail (see link above).

The races can be followed live in the tracking system (www.tractrac.com - Events).

2.13 TEAM EVENT – RIGHT FROM THE MORNING

To underline the team spirit and sailing together, we want to introduce a few common program items.

Breakfast in the bar for the teams would be a great way to start the day together and get in the mood for the day and the races.

On Saturday evening a big, joint event with catering, live music and party is planned. Here we want to use the event room of the town hall to have space for all sailors. The event is intended to provide fun and togetherness to bring the final evening to a close.

At the same time, we want to celebrate the start of our season in Punat with this event.

2.14 ADDITIONAL INFORMATION ABOUT THE EVENT

To organize such an event on the sea in Croatia, we are glad to have the support of the Yacht Club Punat.

Mandatory as well is a Race Officer from the Croatian Sailing Federation to conduct the regatta.



3 Additional general information

3.1 ISLAND OF KRK – PUNAT

Punat is the home to many sailors. The island of Krk was already inhabited during Roman times. The remains of the monastery can still be seen today.

From the small village centre to countless, natural bays, Punat offers many opportunities for leisure activities.

Marina Punat is the oldest marina in Croatia and is one of the most beautiful marinas in Croatia. Thanks to the cooperation with the Marina, we can organise and implement this great event.

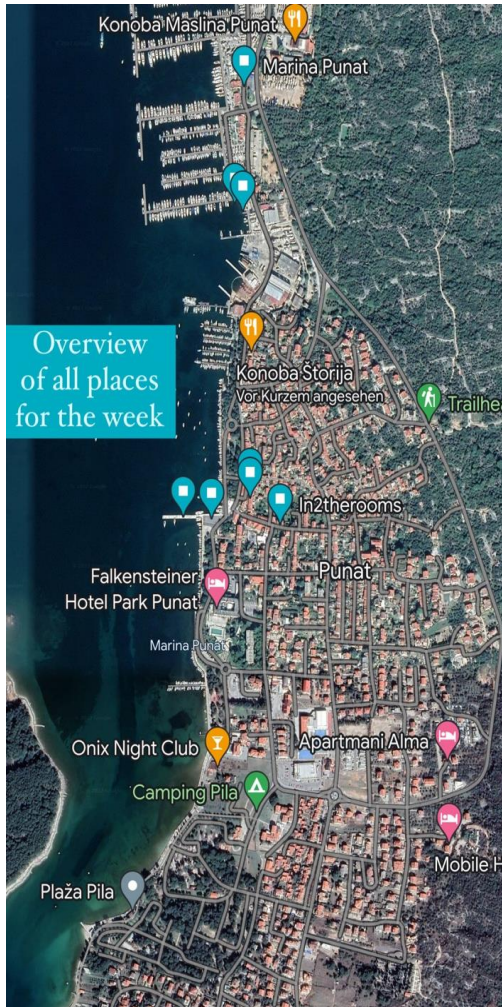
All berths are equipped with electricity and water connection. The infrastructure of the marina is also magnificent: supermarket, sanitary facilities, shop, exchange office, restaurant, luxury hotel “Kanajt”, internet cafe, grocery shop, specialty shop for yacht equipment, sanitary facilities (toilet and shower rooms), parking, service workshop, 10-ton crane, slip System for vessels up to 20 tons. The gas station for the yachts is two nautical miles away.

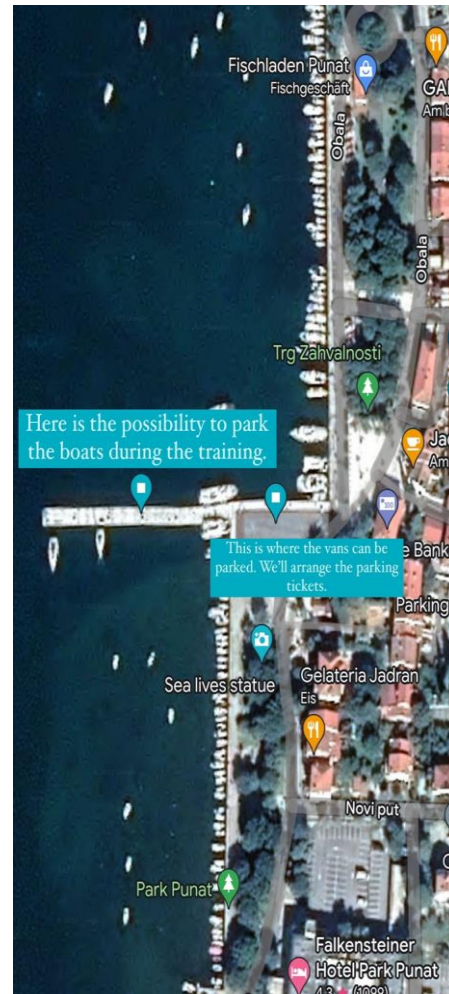
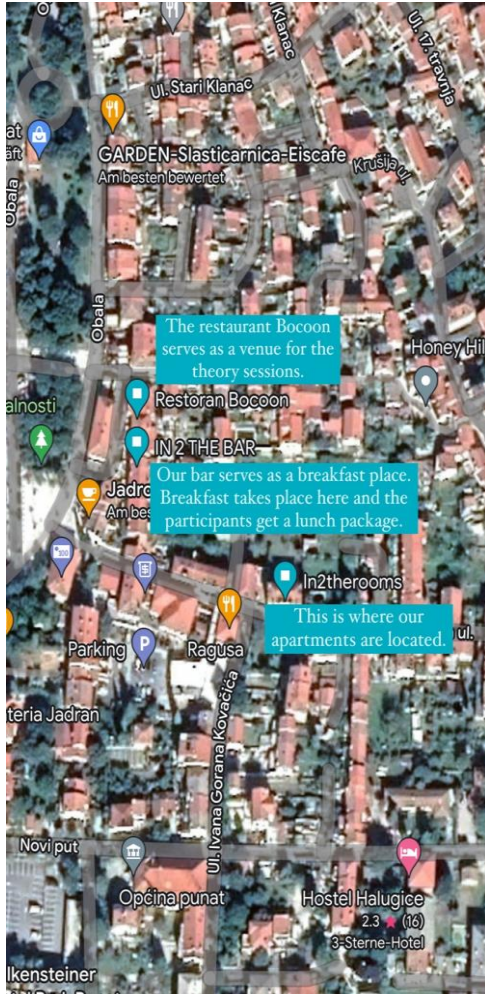
The centre of Punat, which serves as the venue for our regatta, is already full of life in April. In the centre you will find all the main locations, such as our event room, our bar, the apartments, and the parking for the sailors.

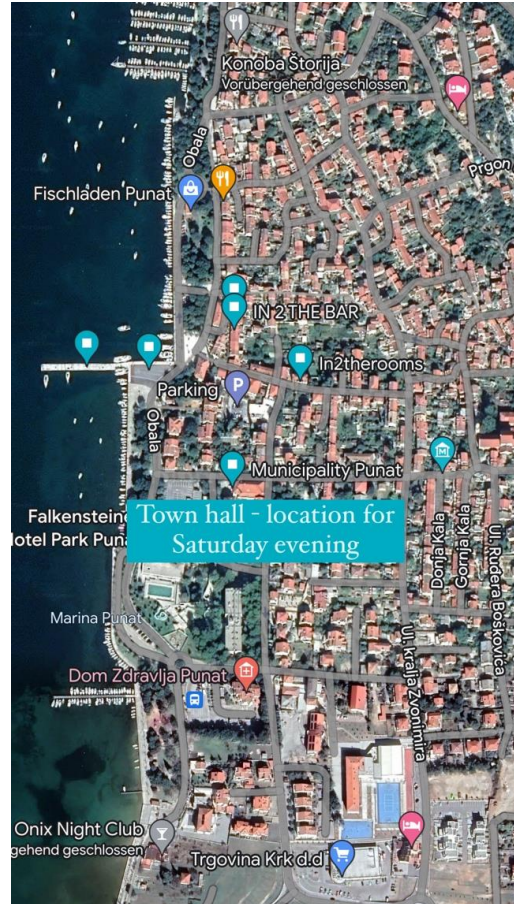
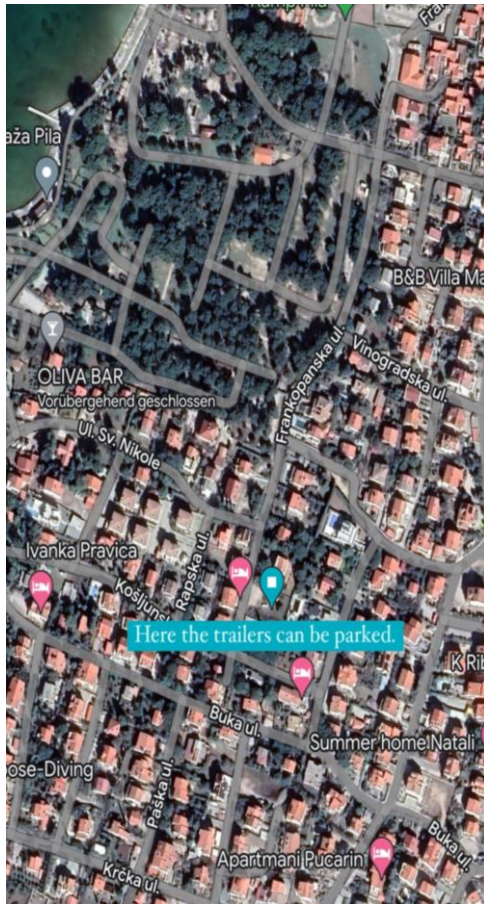
3.2 THE VENUE

The venue as well as the space for the slip station, parking spaces for the boats and buoys are in the following Google Maps. A detailed description of the respective locations is available and can be expanded.

Link: https://maps.app.goo.gl/7cKSR23xExcHApmF8?g_st=ic







3.3 ACCOMMODATION

Before you book your stay, we propose to contact our representatives in Punat @in2theblue (see point 4 “Contact”) to get the right spot and have a possible price reduction.

We propose the following two accommodations:

3.3.1 Marina Punat Hotel & Ressort Punat

At the Marina are rooms, apartments, and holiday houses at disposition. Please when contacting our local person of “In2theblue” in Punat, ask for the various prices and sizes.

Address: Kanajt 5, HR-51521 Punat

Reception: Tel. ++385 (0)51 654 340

E-mail: info@kanajt.hr www.kanjajt.hr



Distance from the Hotel to the “theory room” and boat parking is about 1 km.

3.3.2 In2therooms (Bed & Breakfast) Punat



The apartments provide you with a central, comfortable place to stay as needed.

As an Austrian company, it is particularly important for us to ensure reliability and cleanliness. The furnishings and equipment of our apartments are functional and in defect-free condition. The apartments have a kitchen, bathroom, living room and bedroom.

The building is in the centre of Punat, just a few minutes' walk from the marina and right next to our bar.

The address is: 11 Kljepina ulica, 51521 Punat

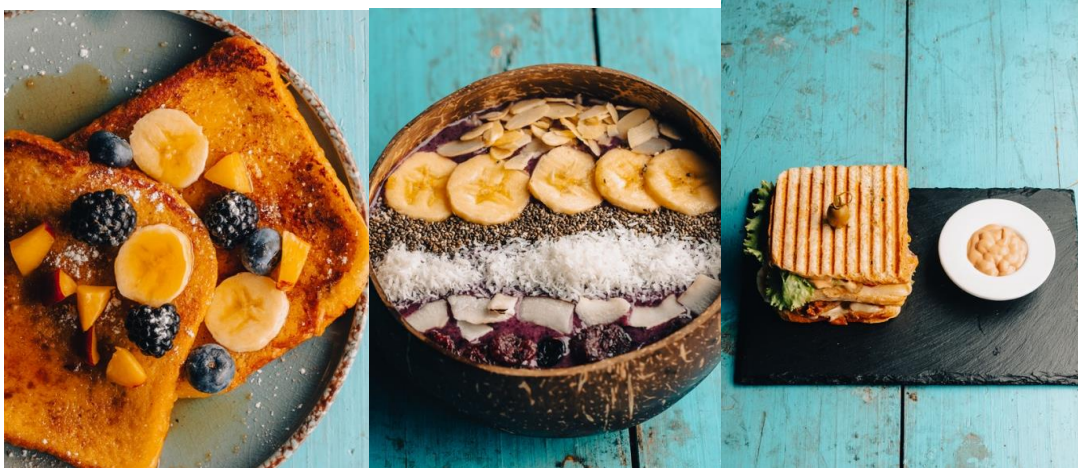


Apartments 1 and 2 can accommodate 2 people, apartments 3-6 can accommodate up to 4 people. Apartment 7: up to 6 people. Prices are about 80€ per night.



3.4 IN2THEBAR: BREAKFAST AND MORE

Our bar is the ideal place for a cosy breakfast. It is just a few minutes' walk from the apartments. Here all sailors can start their day with a healthy, hearty breakfast. We also provide packed lunches for all teams. Breakfast price: 14€, Packed lunch price: 10€. To be booked at the check-in.



3.5 CAR PARKING

There are many parking spots in the centre of Punat available.

4 Contact

For any further information and clarification, please do not hesitate to contact the listed contact entities.

4.1 IN2THEBLUE - BOOKING HOTLINE

E-Mail: office@in2theblue.com

Phone: +43 676 898 628 300

4.2 SWISS SAILING LEAGUE ASSOCIATION

E-Mail: Markus.k.blaesi (at) swissailingleague.ch

Phone: +41 76 444 67 82

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