

2013 CANADIAN OPTIMIST DINGHY CHAMPIONSHIP

Dates	Events & Times	Meals included in regatta fees	Food Available to purchase
<i>Saturday, August 17</i>	09:00 – 17:00 Registration 09:00 – 17:00 Measurement		<ul style="list-style-type: none"> • Snack bar (noon – 7:00 PM) • Bar menu (11h30 – 20h00) • Dining room by reservation.
<i>Sunday, August 18</i>	09:00 – 17:00 Registration 09:00 – 17:00 Measurement 11:00 Coaches Meeting at main flag pole (Parents of kids without coaches welcome) 11:30 Skippers Meeting 12:00 Harbour Start 14:00 Warning Signal for practice race 16:30 Opening ceremony	<ul style="list-style-type: none"> • Lunch on land before practice race • Snack after sailing 	<ul style="list-style-type: none"> • Snack bar (noon – 7:00 PM) • Bar menu (11h30-20h00) • Dining room by reservation
<i>Monday, August 19</i>	08:30 Coaches Meeting 09:00 Harbour Start 11:00 Warning Signal 16:30 On-land debriefing by coaches 18:00 Regatta Dinner (included in registration fee) 18:45 Guest speaker – Sport Psychologist	<ul style="list-style-type: none"> • Coffee • Lunch pick up before going on water • Snack after sailing • Regatta dinner 	<ul style="list-style-type: none"> • Snack bar (noon – 7:00 PM) • Bar (11h30-20h00)
<i>Tuesday, August 20</i>	08:30 Coaches Meeting 09:00 Harbour Start 11:00 Warning Signal 16:30 On-land debriefing by coaches 18:00 Regatta Dinner (included in registration fee) 19:00 CODA AGM meeting parents & coaches 19:00 Movie night for kids	<ul style="list-style-type: none"> • Coffee • Lunch pick up before going on water • Snack after sailing • Regatta dinner 	<ul style="list-style-type: none"> • Snack bar (noon – 7:00 PM) • Bar (11h30-20h00)
<i>Wednesday August 21</i>	08:30 Coaches Meeting 09:00 Harbour Start for Team racing 11:00 Warning Signal 16:30 On-land debriefing by coaches 18:00 Regatta dinner (included in registration fee) 18:45 Guest speaker- Olympian night	<ul style="list-style-type: none"> • Coffee • Lunch pick up before going on water • Snack after sailing • Regatta dinner 	<ul style="list-style-type: none"> • Snack bar (noon – 7:00 PM) • Bar menu (11h30-20h00)
<i>Thursday, August 22</i>	08:30 Coaches Meeting 09:00 Harbour Start 11:00 Warning Signal 16:30 On-land debriefing by coaches 18:00 Regatta dinner (included in registration fee)	<ul style="list-style-type: none"> • Coffee • Lunch pick up before going on water • Snack after sailing • Regatta dinner 	<ul style="list-style-type: none"> • Snack bar (noon – 7:00 PM) • Bar menu (11h30-20h00)
<i>Friday August 23</i>	08:30 Coaches Meeting 09:00 Harbour Start 11:00 Warning Signal 16:00 Awards and Closing Ceremony after sailing	<ul style="list-style-type: none"> • Coffee • Lunch pick up before going on water • Snack after sailing 	<ul style="list-style-type: none"> • Snack bar (noon – 7:00 PM) • Bar menu (11h30-20h00)