Ladies of the Sea
COACHING REGATTA

September 28, 2026

Dear Ladies of the Sea Coaching Regatta participants,

We're looking forward to seeing you this coming weekend for the 7th Ladies of the Sea coaching regatta. There are a few things we'd like to communicate to set your expectations for activities and timings.

We have

1. Our club uses the race management system SailSys. This helps us run races, display results and link crew to boats in an event. If you do not already have a SailSys profile please create a profile via this link https://www.sailsys.com.au/

2. In preparation for the weekend please ensure you book for dinner Friday and Saturday (optional; through your skipper) and the Women Celebrate Sailing Dinner (highly encouraged!; book via the registration link if you haven't already). Further details for both are below.

Please ensure you've planned efficient breakfasts and lunches, details on options at the club are below. To maximize time on the water, we will have quick breakfasts and lunches, but long drinks and dinner in the evenings. ;)

Friday
6:00 pm - Our Official Friday night briefing is in the Careening Cove Anchorage. The bar will be open from 5:30 pm for those who want to get an early start. If you'd like to stay for dinner, the Careening Cove Anchorage is open. Please book through your skipper; they've been briefed on how to book and will book a table per boat.

Saturday
7:15 - 8:00 am - Harbour view Pilates will be on the lawn, bring your own mat. Pilates will be in the Shell Cove Room in case of bad weather.

7:30 am onwards - Careening Cove Anchorage will be serving breakfast as well as hot drinks. Grab n go breakfast & lunch options will be available both mornings for purchase.

9:00 – 9:30 Onshore briefing down on the Hardstand in the Waterfront shed. One Design sailors (Elliotts, Yngling & J/70's) please have your boat launched, rigged

and ready to go before 9am. Mixed Division sailors be ready to go straight to the tender at the end of the briefing to get to your boat.

10:00 -12 noon – Onwater coaching sessions in spinnaker and non-spinnaker groups in designated areas.

Lunch - All boats are encouraged to have lunch on the boat, on the water. We will facilitate transport back to the club or to a boat with facilities for those that would like a comfort stop. Sandwiches and additional lunch options will be available to purchase at breakfast time to take on the boat for lunch. The coach RIBs can also carry lunch bags if required.

1:00 - 4:30 pm - Racing

5:00 pm onwards - Debrief and socializing; drinks are available in the Careening Cove Anchorage (CCA). If you'd like to stay for dinner join our raft up in the CCA, get to know some of our visiting sailors. Please book through your skipper; they've been briefed on how to book and will book numbers per boat.

Sunday
7:15 - 8:00 am - Harbour view Pilates will be on the lawn, bring your own mat. Pilates will be in the Kirribilli Room in case of bad weather.

7:30 am onwards - Careening Cove Anchorage will be serving breakfast grab 'n' go options as well as hot drinks.

9:00 - 12:00 pm - Coaching sessions by group. Sessions will begin on land, one design boats please have your boat rigged and ready to go before 9.

12:00pm Lunch - All boats are encouraged to have lunch on the boat on the water. Sandwiches and additional lunch options will be available to purchase at breakfast time to take on the boat for lunch. We will facilitate transport back to the club or to a boat with facilities for those that would like a comfort stop. The coach RIBs can also carry lunch bags if required.

1:00 - 4:30 pm - Racing
5:00 pm onwards - Debrief and socializing; pre-dinner drinks are available in the Careening Cove Anchorage.

6:15pm – Event photo – meet on the lawn (weather permitting) near the whale bone.

6:30 pm to late - Please join us for the Women Celebrate Sailing Dinner and Presentation, partners are also welcome. An opportunity to shed the sailing clothes and dress in your Sunday best. The dinner has been a huge success in past years and we would love to see all teams join us. If you have not yet booked for this dinner you can do so through the registration link. We cannot cater for walk-ins on Sunday.

Where is everything?

Our fine weather plan



& wet weather contingency .....

Pilates will be in the Shell Cove Room on Level 5. Take the stairs up next to Reception

Grab n Go (options available in the Careening Cove Anchorage)

Bircher Muesli, Toasted granola, yoghurt (v)
Mixed fruit Cup, Pineapple, mango, fresh berries, mint (gf) (v)

Assorted Gourmet Sandwich Packets, ask your waiter for varieties

Sailing Instructions

You can access the Sailing Instructions and Notice of Race via the online noticeboard (https://app.sailsys.com.au/club/2/results/series/5985/races) If you do not see your boat listed yet don't worry the RSYS Sailing Office will be finalising this on Friday.

A Clean Regatta

Our goal is to be a clean regatta, and work towards more sustainable regatta practices. Please also dispose of any rubbish in the appropriate bins.



We encourage everyone to bring their own water bottles. There is a refilling station down on the Hardstand, at the bottom of the stairs from the change rooms. There is also a station at the bar in the Careening Cove Anchorage.

Communication

Stay connected with the LOTS 2026 Regatta Chatter. We will aim to keep you updated. Share your photos and any stories here over the weekend of activities. We would love to see photos of you and your crew. They will be used for our social media. Follow us on Facebook and/or Instagram. Join our LOTS Regatta Chatter https://chat.whatsapp.com/JHuAarOf8hsGmDpPw6khAa

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@LOTSladiesofthesea

@lots_ladiesofthesea/

Daylight saving

This Sunday October 4 daylight saving starts. Remember to turn your clock forward 1 hour before going to bed Saturday night.

Looking forward to a great weekend!!

Yours in sailing,

Ladies of the Sea Coaching Regatta Organising Committee

Thank you to our Official supporters

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