

NLSC Sailing Program 2009 – 2010

September 2009 (2pm Senior Herons)	September 2009 (11am Junior Program)	September 2009 (2pm Lasers)
Sun 6 Fathers Day - Opening Fun Race 1pm start	Sun 6 Fathers Day No Junior Race	Sun 6 Fathers Day - Opening Fun Race 1pm start
Sun 13 Spring PS 1&2	Sun 13 Spring PS 1	Sun 13 Spring PS 1&2
Sun 20 Spring PS 3&4 / CC1&2	Sun 20 Spring PS 2 / CC1	Sun 20 Spring PS 3&4 / CC1&2
Sun 27 Spring PS 5 (SC)	Sun 27 Spring PS 3	Sun 27 Spring PS 5 (SC)
October 2009	October 2009	October 2009
Sun 4 Spring PS 6&7	Sun 4 Spring PS 4	Sun 4 Spring PS 6&7
Sun 11 Spring PS 8&9 / CC3&4	Sun 11 Spring PS 5 / CC2	Sun 11 Spring PS 8&9 / CC3&4
Sun 18 Spring PS 10 (SC)	Sun 18 Spring PS 6	Sun 18 Spring PS 10 (SC)
Sun 25 Spring PS 11&12	Sun 25 Spring PS 7	Sun 25 Spring PS 11&12
November 2009	November 2009	November 2009
Sat 31/Sun 1 Lake Coila Regatta	Sat 31/Sun 1 Lake Coila Regatta	Sat 31/Sun 1 Lake Coila Regatta
Sun 1 Spring PS 13&14	Sun 1 Spring PS 8	Sun 1 Spring PS 13&14
Sun 8 Spring PS 15&16 / CC5&6	Sun 8 Spring PS 9 / CC3	Sun 8 Spring PS 15&16 / CC5&6
Sun 15 Spring PS 17 (SC)	Sun 15 Spring PS 10	Sun 15 Spring PS 17 (SC) NSW Masters, Forster
Sat/Sun 21/22 Mannering Park Race Weekend	Sat/Sun 21/22 Mannering Park Race Weekend	Sun 22 No Race
Sun 29 Spring PS 18&19 / CC7&8	Sun 29 Spring PS 11 / CC4	Sun 29 Spring PS 18&19 / CC7&8
December 2009	December 2009	December 2009
Sun 6 Spring PS 20&21	Sun 6 Spring PS 12	Sun 6 Spring PS 20&21
Sun 13 Spring PS 22 / CC9 (SC)	Sun 13 Spring PS 13 / CC5	Sun 13 Spring PS 22 / CC9 (SC)
Sun 20 NLSC Marathon	Sun 20 NLSC Marathon	Sun 20 NLSC Marathon
51st Heron National Titles – Adelaide 28th December to 6th January Laser National Titles – Adelaide 27th December – 8th January		

Club Championship and Point Score Series

1 discard for a series of 4-7 races sailed.
3 discards for a series of 12-15 races sailed.
5 discards for a series of 19 or more races sailed.

2 discards for a series of 8-11 races sailed.
4 discards for a series of 15-18 races sailed.

No discards for a series of 3 or less races sailed.

Note: to be eligible for the overall Club Championship, competitors must have competed in 50% or more of Point Score races sailed.

On Short Course (SC) days, points are awarded according to overall day's placings (all races to count).

Single-handed Herons are automatically disqualified from scratch results and have a 3% penalty on handicap.

HS = Handicap Start

3 Point Score series will be held, Overall, Spring (pre-Christmas) and Summer (after Christmas).

NLSC Contacts:

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Club postal address: PO Box 86, Dee Why, NSW, 2097

For sailing results and club info go to: www.narrabeenlakessailingclub.com

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January 2010 (Senior Herons)	January 2010 (Juniors)	January 2010 (Lasers)
Sun 10 Summer PS 1&2	Sun 10 Summer PS 1	Sun 10 Summer PS 1&2
Sun 17 Summer PS 3 / CC10 (SC)	Sun 17 Summer PS 2 / CC6	Sun 17 Summer PS 3 / CC10 (SC)
Sat 23, Sun 24 & Mon 25 Heron States at Toukley SC	Sun 24 No Race	Sun 24 No race
Sun 31 Summer PS 4&5 / CC11&12	Sun 31 Summer PS 3 / CC7	Sun 31 Summer PS 4&5 / CC11&12
February 2010	February 2010	February 2010
Sun 7 Summer PS 6&7	Sun 7 Summer PS 4	Sun 7 Summer PS 6&7 NSW State Champs, WSC
Sun 14 Summer PS 8 / CC13 (SC)	Sun 14 Summer PS 5 / CC8	Sun 14 Summer PS 8 / CC13 (SC)
Sun 21 Summer PS 9&10 Leyland	Sun 21 Summer PS 6	Sun 21 Summer PS 9&10 Sneezby
Sun 28 No Race	Sun 28 Heron Junior State Titles CRSC	Sun 28 Summer PS 11&12
March 2010	March 2010	March 2010
Sat 6	Sat 6 Heron Junior State Titles	Sat 6
Sun 7 No Race	Sun 7 Heron Junior State Titles	Sun 7 No Race
Sun 14 Summer PS 15 (SC)	Sun 14 Summer PS 7	Sun 14 Summer PS 15 (SC) Metro Champs, WSC
Sun 21 Summer PS 16&17 CC14&15	Sun 21 Summer PS 8 / CC9	Sat 21 Summer PS 16&17 CC14&15
Sun 28 Champagne Breakfast Fun Race	Sun 28 Non-alcoholic Breakfast Fun Race	Sun 28 Champagne Breakfast Fun Race

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