



—JEUX DU—
CANADA
—GAMES—

Sport Profile – Sailing

Canada Games Council
Last Updated – August, 2005



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A. HISTORY OF THE SPORT

Sailing is a lifelong sport enjoyed by thousands of Canadians at clubs, cottages, marinas and in oceans afar. There are many avenues to pursue with sailing- be it cruising the seven seas, weekend/evening racing, coaching, officiating, the ever popular Sunday family afternoon sail...

For those who chose to race, there are a multitude of different boats and competition formats to choose from. One design racing- which is the type used at this Canada Games, has all the “same types” of boats competing against each other.

The America’s Cup competition is the first thing that comes to mind for many people when they think of sailboat racing. This regatta, first hosted in 1851, has certainly had a positive impact on publicity of sailing around the world.

Sailing was first included at the modern Olympic Games in 1900. Since this time, the sailing equipment, technology and format has changed quite dramatically for the Olympian and club sailor alike.

Yachts used at the 1900 Games included the 0.5 Ton, 0.5-1 Ton, 1-2 Ton, 2-3 Ton, 3-10 Ton, 10-20 Ton, and the Open Class. In contrast, sailboats at the 2008 Olympic Games represent the following “boat types”: dinghies, windsurfers, keelboats and multi-hulls. The 2008 Olympic fleets will be:

- Men (470, Laser, Star, NeilPryde RS:X)
- Women (470, Laser Radial, Yngling, NeilPryde RS:X)
- Open (Tornado, 49^{er}, Finn)

As a note of interest, sailing has been included in Paralympic competition since 1996. Boats used are the Sonar and 2.4mR classes, and in 2008, an additional fleet will be included for more severely disabled sailors.

Outside of Olympic competition, the sky really is the limit in terms of regattas and sailing goals. Canadian sailors compete in the Pan Am Games, class North American/World Championships, Around Alone Race, Volvo Ocean Race but much, much more.

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Sailing made its first appearance on the Canada Games schedule at the 1969 Canada Summer Games in Halifax-Dartmouth, Nova Scotia.

PAST RESULTS

	1969	1981	1985	1989		1993		1997		2001	
	C	C	C	M	F	M	F	M	F	M	F
AB	4	7	7	5	5	7	6	2	5	6	5
BC	1	5	2	2	3	1	4	3	3	2	2
MB	7	8	8	6	6	5	2	4	7	5	4

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NB	6	4	6	7	7	8	7	10	8	9	7
NF	9	6	5	10	10	10	10	8	10	7	10
NS	3	2	4	4	4	6	8	5	4	4	6
ON	2	1	1	1	1	3	3	1	2	1	3
PEI	10	9	9	9	9	9	9	9	9	10	9
QC	5	3	3	3	2	2	1	7	1	3	1
SK	8	10	10	8	8	4	5	6	6	8	8

C = Mixed
M = Male
F = Female

C. NUMBER OF ATHLETES PER EVENT

Each province/territory may make only one entry per event.

D. NUMBER OF ATHLETES ON TEAM

Competitors: 4 males and 4 females

E. EVENT FORMAT AND RULES OF PLAY

The regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS), the Canada Games Competitor Eligibility Rules (Appendix 1), the class measurement rules, the Canada Games technical package for sailing, the prescriptions of the Canadian Yachting Association, and the Sailing Instructions. All boats are subject to measurement prior to the regatta as well as spot checks during the regatta.

Events

23 and under male single-handed laser
23 and under female single-handed laser radial
23 and under male double-handed & female double-handed 29^{er}
19 and under male single-handed radial
19 and under female single handed byte

F. EQUIPMENT AND TERMINOLOGY

Sailing's 6 Events	Equipment
23 and Under male single-handed	Laser
23 and Under female single-handed	Laser Radial
23 and Under male double & female double-handed	29 ^{er} male/29 ^{er} female
19 and Under male single-handed	Laser Radial
19 and Under female single-handed	Byte

Laser (Men's Single-handed Olympic Class Boat)

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Laser manufacturers must conform to rigorous one-design specifications. This ensures that every Laser has exactly the same chance of winning.

While Laser is recognized internationally as a unique and sophisticated racing class, few sailboats are so simple to own. Rigging takes minutes, and virtually no maintenance is required. Weight range for sailors in this class is normally 165-185 pounds

Laser Radial (Women's Single-handed Olympic Class Boat)



The Radial uses a standard Laser hull and blades, but a smaller sail and a shorter bottom mast section. The Laser Radial has a large following with national and international regattas and World Open & Youth Championships attracting as many countries and competitors as the Laser Standard Rig. It is now the 2004 women's single-handed Olympic class. Weight range for sailors in this class is normally 135-165 pounds

See notes on Laser (as above) for full details on hull/sails.

Laser Class Association: www.laserinternational.org

29^{er}



The 29^{er} was introduced to get people into the pure excitement of Australian skiff sailing. The boat is smaller, simpler and less expensive than its bigger brother, the Olympic Class 49er. The 29er target weight for two is 265 to 310 lbs.

29^{er} Class Association, www.29er.org

Byte



The Byte is the 12-foot long dinghy designed by Ian Bruce for the single sailor in the 100 to 165 lb. range. This is a proven (in sail training programs!), user-friendly boat with all the sophistication of the modern one design sailing dinghy. The ISAF Youth Worlds in 2000 and 2002 used the Byte as the female single-handed boat.

Byte Class Association: www.byteclass.org

G. JUDGING / SCORING SYSTEM

The Low Point scoring system, RRS A4, shall apply.

There shall be 10 races scheduled for the Laser, Laser Radial, Radial and Byte Fleets. There shall be 14 races in the 29er fleets. There will be 4 days of racing, and one reserve day in the regatta schedule. If necessary, the reserve day will be used in events which are behind in their scheduled races.

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One race shall constitute a series. Each boat's series score shall be the total of her race scores excluding her worst score if 5 – 11 races are completed and excluding her worst two scores if 12 – 14 races are completed.

Rankings shall be determined in each event. Provinces will be ranked from first to last in each class (event) following the completion of the overall regatta.

Sport scoring points will then be applied to each class as follows:

Position	Pts
1 st place	100
2 nd place	97
3 rd place	94
4 th place	91
5 th place	88

Position	Pts
6 th place	85
7 th place	83
8 th place	81
9 th place	79
10 th place	77

Position	Pts
11 th place	75
12 th place	74
13 th place	73

H. ROLE OF OFFICIALS IN SPORT

Race management officials are responsible for setting up the race course and running the races. This includes anchoring marks (called buoys) in relation to the wind, and conducting starts and recording finishes. At the Canada Games, there will be three "race management teams" in place to ensure quality competition for the following courses: Lasers/Radials, Lasers/Bytes and 29ers.

Sailboats are started by an anchored committee boat, firing a warning gun and hoisting a class flag five minutes before the start. At four minutes, a blue or "preparatory" flag is raised. With one minute to go, the "preparatory flag" is dropped, as sailors jockey for a position on the start line. The imaginary start line is between the race committee boat and a mark found to the left of it. At GO, when the class flag is dropped, all sailors hope to have full speed, and to be on the line.

Positioning is crucial during a race, which at the Canada Games will be what is called a "windward-leeward" or sausage course. Each competitor must sail the entire course, rounding the buoys in proper sequence. While racing, sailors must always take into account wind direction, wind velocity, and where the other competitors are. The sailor wants to figure out at which angle and on which tack to sail in order to sail the shortest distance in the strongest wind.

Sailing always involves adjusting efficiently to the changing wind and speed direction. Sailors must have endurance and strength, as well as tactics, strategy, boat mechanics, and sail trim to cross the line ahead.

As in the highway traffic act, there are rules to prevent collisions while racing, as defined in the Racing Rules of Sailing. These must be obeyed by all sailors.

Two basic rules are as follows:

1) Starboard tack boat (wind blows across the sailboat from right to left) has the rights of way over a port tack boat (wind blows across sailboat from left to right).

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2) Leeward boat has the right of way over windward boat (boat closes to the wind).

If a competitor believes that a rule has been broken on the race course, he/she may ask the fellow competitor to do “penalty” turn(s). One penalty turn (or 360) consists of a “tack” and a “gybe”. If there is disagreement as to who was “really in the right”, a competitor may file a protest on shore. After the race (once onshore), a written complaint is then made to the jury which investigates the charge. At the Canada Games, decisions made by the jury are final.

Rules of propulsion or cheating are enforced by a jury that floats on the water in a powerboat and carefully observes the racing. If a jury feels an infraction has been made on the water, it can “flag” a boat, which then must do a penalty 720 turn (360 for 29er) before continuing on in the race. If the competitor is “caught” 2 or more times he/she must withdraw from the race.

I. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

The Canadian Yachting Association (CYA) is the national authority for the sport of sailing in Canada. CYA’s membership is comprised of provincial sailing associations, clubs, sailing schools, and class associations. In addition to all of CYA’s members, CYA is proud to have over 850 coaches, 400 race officials, 48 senior and 26 youth Canadian Sailing Team members.

A majority of successful Canadian sailors who compete and achieve success in elite competitions receive their “base training” as follows:

- Club Learn to Sail program
- Provincial regattas/teams
- CYA Regattas/Youth Teams
- Provincial Canada Games teams
- National Team

On this note, CYA is pleased that two of the 2008 Olympic classes (being the Laser and Laser Radial) will compete at the 2005 Canada Games. This reality solidifies the stepping stone that the Canada Games play in feeding top upcoming sailors into elite competition. There is no doubt that since 1969, the Canada Games have played an extremely important role in developing Canada’s sailing elite –be it sailors, coaches, officials, provincial programs and general promotion. What better way to develop elite Canadian sailors to fly our nation’s flag at events around the world for years to come?

J. NOTABLE PAST ATHLETES/ALUMNI

Member of 2004, 2000, 1996, 1992, and 1988 Olympic Sailing Teams

- *Ross MacDonald*, British Columbia’s bronze medalist in the Laser “25 and under” CG event in 1985. He won bronze at the 1992 Olympics, and silver in the 2004 Olympics in the Star class.

Member of 2004, 2000 and 1996 Olympic Sailing Teams

- *Richard Clarke*, Ontario’s gold medalist in the Laser 18&U CG event in 1985.

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Member of 2004 Olympic Sailing Team

- *Nikola Girke*, bronze for BC's in Mistral One Design- Women, 23&U at the CG.

Member of 2000 Olympic Sailing Team

- *Marty Essig*, won gold in Laser for Ontario at CG in 1997, bronze in 1993.

Member of 1996 and 1992 Olympic Sailing Teams

- *Penny Stamper* (now Davis), British Columbia's gold medalist in the Laser 2, 18 and Under event at 1985 CG.

Members of 1996 Olympic Sailing Team

- *Rod Davies*, Ontario's gold medalist in the Laser men's solo event in 1989 CG.
- *Paul Hannah / Brian Storey*, British Columbia's gold medalist in the Laser 2 CG men's double event in 1985.

1992 Olympic Sailing Team

- *Jeff Eckard*, BC's silver medalist in the Laser 2 "23 and under" CG event in 1985.
- *Shona Moss*, Ontario's gold medalist in the Laser women's solo in 1989 at CG.
- *Murray McCaig*, sailing for Manitoba, finished 4th in the male windsurfing event in 1989 Canada Games.

Member of 1992 and 1988 Olympic Sailing Team

- *Paul Thomson*, won a gold medal for Nova Scotia in the Laser youth solo event at CG in 1981.

Member of 1980 Olympic Sailing Team

- *Glen Dexter*, Nova Scotia's bronze medalist in the Flying Junior CG event in 1977.