



Semana do Atlântico

XI Troféu Cidade de Viana do Castelo

Meeting Internacional de Optimist

October 24 until 26, 2025

NOTICE OF RACE

The Atlantic Week hosts the City of Vigo Optimist International Meeting organized by the Real Club Náutico de Vigo by delegation of the Royal Spanish Sailing Federation and with the support of the Royal Galician Sailing Federation and Spanish and Galician International Optimist Class Associations. This regatta is an international event in their official calendars and for the purpose of RRS G1.1(b). City of Vigo International Optimist Meeting is the second event for Optimist Excellence Cup 2025- 2026.

The City of Vigo Meeting organized jointly with the City of Viana do Castelo Race, scoring both for the Atlantic Week Optimist Trophy.

1. RULES

- 1.1. The regatta will be governed by the “rules” as defined in the current Racing Rules of Sailing.
- 1.2. Under WS regulation 20.4.1, all competitors may be required to place Advertising, when provided by the Organization. The responsibility for replacement lies with the competitor, who must request another copy from the secretariat, whenever necessary.
- 1.3. Class Rules
- 1.4. [Code of Ethics](#): Competitors, their companions, coaches, team leaders, support personnel, sports directors, referees, and all others involved must comply with and enforce the principles defined in the Code of Ethics, published by the FPV.
- 1.5. [Appendix T](#) of the RRV applies.
- 1.6. English is the Official Language of the Championship. If there is a conflict between languages the English will prevail.

2. ELIGIBILITY

- 2.1. All entries shall meet the requirements of World Sailing Code 19 - Eligibility Code.
- 2.2. The event is open to OPTIMIST class boats in the following divisions: Division A (born in 2010, 2011, and 2012), Division B (born in 2013 and 2014), and Division C (born in 2015 or later).
 - 2.2.1. Sailors in Division C may participate in the higher division.
 - 2.2.2. A maximum of 60 competitors is established for Division C.
- 2.3. Eligible competitors may register by completing the attached form and sending it, along with proof of payment of the registration fee, to clubevelaviana@gmail.com. Those wishing to participate in both regattas (Vigo and Viana do Castelo), must indicate that intention in Viana do Castelo's registration form.
- 2.4. Deadline for receiving entries: 6:00 p.m. on October 19, 2025.
- 2.5. All entries information must be confirmed by replying to an email sent by the AO between October 22 and 23, 2025. After this confirmation, any necessary changes must be submitted to CR at the [LINK](#) and subject to acceptance.
- 2.6. During the registration confirmation period, it will only be possible to make registration payments, register and pay the deposit for the chartered support boats, and pick up all materials provided by the



organizing authority. This process will be carried out at the race secretariat located in the CVVC sailing building (see Appendix A).

- 2.7. The OA reserves the right to accept or reject entries after the deadline. If accepted, the registration fee may be increased by 50%.

3. ENTRIES FEES

- 3.1. The required Entries Fees are as follows:

EVENT	ENTRY FEE
Semana do Atlântico	40€
Semana do Atlântico + Meeting Internacional Cidade de Vigo	100€

- 3.2. The respective entry fee must be paid by bank transfer to:

BANK : CAIXA CRÉDITO AGRÍCOLA
SWIFT CODE: CCCMPTPL
IBAN CODE : PT50-0045 1436 4025 4982 6838 7
NIB: 0045 1436 4025 4982 6838 7

4. SCHEDULE

The Schedule of the event is as follows:

DAY	HOUR	ACT
THURSDAY OCTOBER 23	15:00- 21:00 HRS	Race Office Open and Registration
FRIDAY OCTOBER 24	09:00- 10:30 HRS	Race Office Open
	10h30	Coach meeting
	13h00	Races
SATURDAY NOVEMBER 25	TBA	RACES
SUNDAY NOVEMBER 26	TBA	RACES

TBA – To be Announced

- 4.1. 9 (Nine) races are scheduled.
- 4.2. On the last day of the race, no warning signs will be displayed after 4:00 p.m.
- 4.3. One race must be completed to qualify for the race.

5. COMMUNICATIONS

- 5.1. The Official Notice Board is located at the [LINK](#).
- 5.2. All support boats shall carry a VHF radio capable of communicating on international channels.
- 5.3. On the water, the race committee will make courtesy broadcasts to competitors and support persons on VHF radio. The channel will be stated in the SIs.
- 5.4. Except in an emergency, a boat shall neither make nor receive radio transmissions, text messages or cellular phone calls while racing except in an emergency or when using equipment provided by the race committee.



6. SAILING INSTRUCTIONS

- 6.1. In keeping with its duty to promote and support nature conservation, the IdR will only be made available online. They will be posted on the official notice board at the [LINK](#).
- 6.2. Additionally, information and notices may be posted in the Whatsapp event group at the [LINK](#).
- 6.3. The AO will not provide printed IdR to competitors, except in the event of proven technical failure of the website or when the AO deems it appropriate. This decision will not be grounds for a request for compensation (amends RRV 62.1).

7. RACING FORMAT, COURSES

- 7.1. If there are less than 90 sailors in categories U16 & U 13 the regatta will consist in an opening series.
- 7.2. With 90 or more boats the fleet will be split in groups, and the regatta will consist of a qualifying series and a final series.
- 7.3. The course will be an outer-loop trapezoid with the finish line at the end of the second windward leg. For U11 will be a windward leeward course near the Club.

8. SUPPORT BOATS

- 8.1. The support boat must register at the Race office and handed in the following documents: Third parties insurance policy; Rib's registration certificate; Drivers (sailors) license to comply with the rib's characteristics. (if its applicable); Sailing coach license or degree. (Spanish coaches).
- 8.2. Team leaders, coaches and other support personnel must wear a personal flotation device (PFD), properly always secured, from dock to dock except when temporarily adding or removing clothing. All the coach's boats must always carry VHF radio while in the water. Organizing authority may make daily checks as part of the security protocol of the race.
- 8.3. All vessels must wear identification from the moment they leave the water until they return to land. This identification will be done by displaying, in a clearly visible location, a numbered flag provided by the organization, subject to a €10 deposit.

9. MEASUREMENT

- 9.1. Competitors are allowed to use only one hull, dagger board, rudder (with tiller and extension), mast, boom, sprit and sail during the regatta. Substitution of such equipment shall occur only with the Race Committee's approval.
- 9.2. There may be measurement on the water following each race. Several boats may be spot checked after finishing the race.
- 9.3. All equipment may be subject to a safety check.

10. PRIZES

- 10.1. Prizes will be awarded as follows:
Division "A" - Top three Men and Top three Women
Division "B" - Top three Men and Top three Women
Division "C" - Top three Men and Top three Women
- 10.2. In Vigo, a prize will be awarded to the overall winner of the Meeting - categories A/B and the winner of category C, after combining the two classifications - Viana + Vigo.

11. RISK STATEMENT

Competitors participate in the regatta entirely at their own risk. See rule 3, Decision to Race. Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:



- 11.1. They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event.
- 11.2. They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore.
- 11.3. They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions.
- 11.4. By participating in any race, they are satisfied that their boat is in good order, equipped to sail in the event and they are fit to participate.
- 11.5. The provision of a race management team, patrol vessels, umpires and other officials and volunteers by the organiser does not relieve them of their own responsibilities.
- 11.6. The provision of patrol vessel cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.
- 11.7. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

12. INSURANCE

All participating boats must be covered by valid third-party liability insurance with an amount appropriate for the activity.

13. IMAGE RIGHTS

By participating in this event, all competitors, their companions, coaches, team leaders, support staff, sports directors, referees, and everyone involved in the event authorize AO to collect and disseminate their image, granting, free of charge and unconditionally, in perpetuity, the usage rights to all audiovisual resources collected in this framework.

14. ADDITIONAL INFORMATION

Accommodation Recommended by CVVC

Hotel do Parque - www.hoteldoparque.com

Email: reservas@hoteldoparque.com

Contact - 258 828605

Reservations must be made by email at reservas@hoteldoparque.com to the attention of the director Paulo Jorge Pedra.

Hotel Jardim - www.hoteljardimviana.pt

Email: hjardimviana@gmail.com

Contact - 258 828 915

Pousada da Juventude

Contact - 00351258838458

Email - vianacastelo@movijovem.pt

- 14.1. All participants in the Viana do Castelo and Vigo regattas may leave their trailers, boats, and vans at CVVC.
- 14.2. On **October 26th**, after the awards ceremony, the race organizers will have a bus available to transport athletes and coaches to their respective cities. This bus will be provided for the return trip between Viana do Castelo and the Algarve region, with a **stop in the central region at Parque das Nações**.
- 14.3. On October 30th, at a time to be announced, the race organizers will again provide a bus to return to Viana do Castelo, allowing teams to travel in their vehicles, parked at CVVC, to the



city of Vigo. The departure time from the Algarve region will be determined after consultation with the various interested parties.

15. Atlantic Week Trophy Regulations – Viana do Castelo / Vigo

- 15.1. Eligibility for the Trophy depends on participation in both events.
- 15.2. All scores from the races held in Viana do Castelo and Vigo will be added together, with the winner being the one with the lowest score (AB winner and C winner).

16. Charters

- 16.1. Boats will be available for chart. Interested parties can make their reservations through the following contacts: clubevelaviana@gmail.com or by calling +351 925 999 296 - Manuel Cruz and +351 939 183 765 - Nuno Gonçalves (Availability on a first-come, first-served basis).
- 16.2. Boats will also be available free of charge to the first 40 non-Portuguese or non-Spanish registrants (except sailors from Spanish regions far from Viana do Castelo). Only the first 40 non-Portuguese registrants will be considered, as well as sailors from some distant regions of Spain (including the Balearic and Canary archipelagos) after analysis by the organization for their allocation.



Appendix A



For additional information, please contact the Viana do Castelo Sailing Club:

Manuel Cruz - +351 925 999 296

Nuno Gonçalves - +351 939 183 765

www.clubevelaviana.com

clubevelaviana@gmail.com



ENTRY FORM

It should be sent to clubevelaviana@gmail.com by 6 PM on October 19th, 2024

Semana do Atlântico 2025
XI Troféu Cidade de Viana do Castelo - Meeting Internacional de Optimist

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I request the registration of the boats:

Club:

Name of Responsible Coach:

MNA registration:

	Name	Viana do Castelo	Vigo	Sail number	MNA registration	Birth date
1						
2						
3						
4						
5						
6						
7						
8						

Important: Mark with X the event, or the events, that will participate.

As responsible for the team, I declare that we are all subject to the WS Sailing Rules, the FPV Prescriptions, the Class Rules, the Sailing Instructions and the Notice of Racing for this Events, and that we undertake not to appeal to any Authority or Not provided for in the WS Sailing Rules. I also declare that I authorize the dissemination of my image and my team as a participant of this event for the diffusion of it. I also declare that all boats are covered by the required valid Civil Liability insurance.

, 2025

Coach Signature: _____

citizen's card number:			
e-mail:		Cell phone:	

Important: Indicate valid address to receive the Sailing Instructions

BANK: CAIXA CRÉDITO AGRÍCOLA
SWIFT CODE: CCCMPTPL
IBAN CODE: PT50-0045 1436 4025 4982 6838 7
NIB: 0045 1436 4025 4982 6838 7