



OPTIMIST LEINSTER
CHAMPIONSHIPS 2017

AT



SATURDAY 9th and Sunday 10th September 2017

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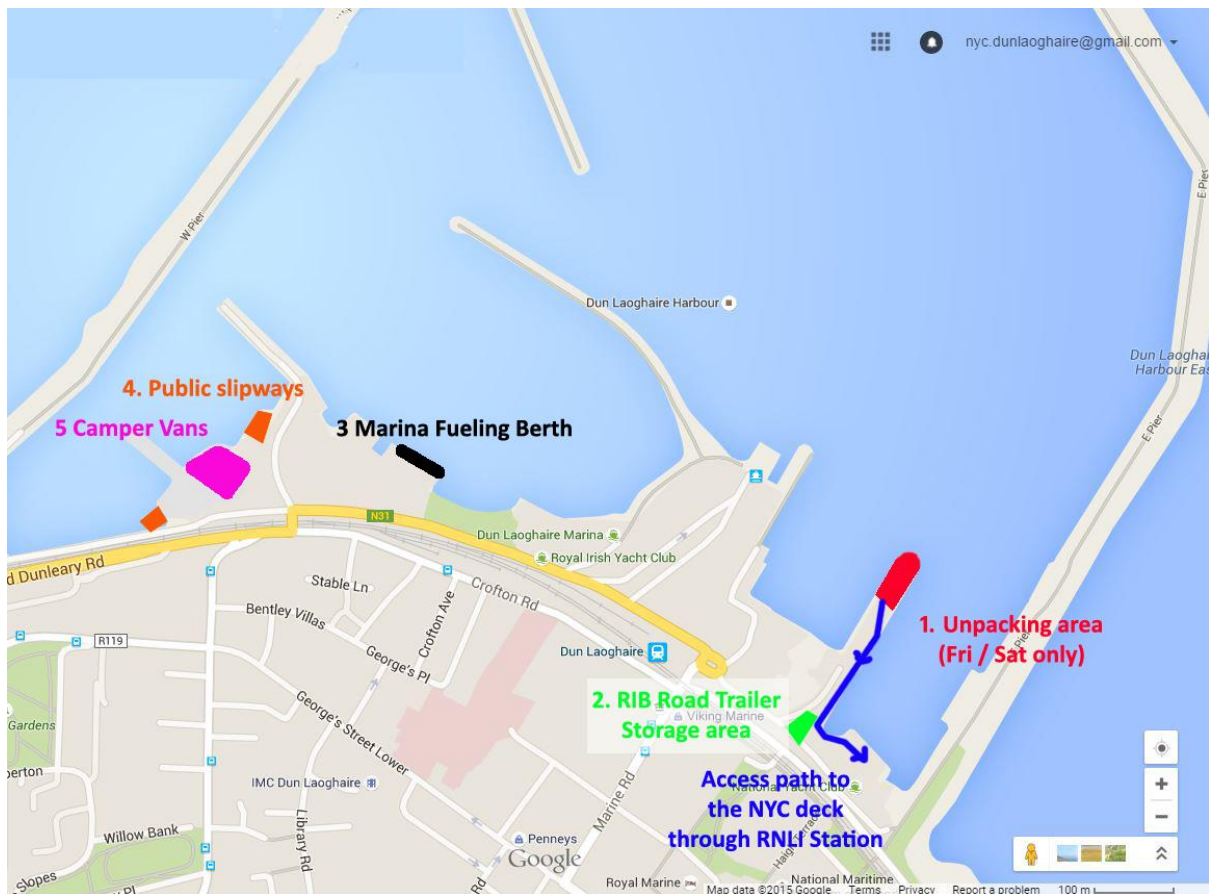
WELCOME to the National Yacht CLUB.

The National Yacht Club extends a warm welcome to all our visitors and hope everyone has an enjoyable time at the Optimist Leinster Championships on Saturday 9th and Sunday 10th September 2017.

Please find below information we hope will be useful for event.

Contact e-mail: sailing@nyc.ie

Contact numbers: Office +353-1-280-5725 Boathouse +353-1- 284-1483



UNPACKING / PACKING AREA (Area 1 in Red)

Arrival: On arrival at the Club, please unload/unhook trailers in the designated area on the Carlisle Pier (Red Area 1 on the map above). This area will be manned by volunteers on Friday 8th until 20:30 and then again from 08:30 on Saturday 9th.

Once unpacked, please wheel your boat to the NYC platform through the RNLi gate (on Friday, open until 20:30, on Saturday open from 08:30 to 10:30 am).

As this will NOT be the loading zone at the end of the event, please MAKE SURE NOT TO LOCK YOUR ROAD TRAILER THERE AS IT WILL BE MOVED ON SATURDAY ONTO THE NYC PLATFORM!!

Departure: The road trailers will be on the NYC smaller platform where they can be loaded with the Optimists. **PLEASE DO NOT BRING YOUR CAR ONTO THE PLATFORM UNTIL ABSOLUTELY READY TO HITCH AND GO!!**

CAR PARKING

There is parking space available on the Carlisle PIER at a cost of €5 per day (This will give you 24 hour coverage) or €2 per hour. Please note that NO CAR will be allowed to park in the trailer storage area.

RIB LAUNCHING

Please note that all supporting RIBs should be launched and retrieved from the Coal Harbour public slipways (Area 4 in orange on the map above).

RIBs should be registered in the Race Office. RIBs can be berthed on the NYC pontoons. Please follow the boathouse staff instructions. There will be a briefing for coaches / parents RIBs on Saturday 9th at 10:00

Petrol can be purchased from the Dun Laoghaire Marina fuelling berth by prior appointment (tel: (01) 202 0040 or VHF Ch. 37 or Ch 37a or Ch M1)

RIB owners are reminded to register their RIB at the registration desk on either Friday 8th or Saturday 9th September. RIBs will be identified by flags, as either Safety/Rescue, or Support/Spectator. These identification flags must be flown at all times while in the Race Area.

RIB Trailers After launching RIB, proceed to deliver trailer to the trailer storage area on the Carlisle Pier. (Area 2 in Green).

CAMPING CARS / MOTORHOMES

The designated camper vans overnight staying area is in the Coal Harbour on the West side of the Harbour (Area 5 in Magenta on the location map). However, please be aware that there is no electricity or water there...

The Carlisle Pier is for car parking only and not for Motor Homes – beware that the Harbour Police will clamp Camping Cars parked on the Carlisle Pier.

CATERING:

- Complimentary tea / coffee / scones will be available from 09:00 on Saturday and Sunday downstairs in the Race Office
- Brunches or Soup & Sandwiches are available on Saturday from 12:30 to 14:30
- Dining is available in the members' bar on Friday Evening and Saturday Evening as well as in the dining room for Sunday Lunch (12:30 to 14:30) – See with the Catering Manager (Sample Menu in Annex)
- Tickets for the Saturday night Barbecue may be purchased at registration.

EVENT REGISTRATION / BRIEFINGS

The Race Office will be open on Friday 8th September 17:00 to 19:00pm and Saturday 9th 08:30 to 10:00am

There will be a briefing to the Main Fleet Competitors at 10:15 under the NYC Balcony. The briefing for the Regatta Fleet will take place at 10:45.

NOR / Sis: Check Event Website <http://iodai.com/>

CHILD PROTECTION OFFICER: If you have a concern or allegation please contact the National Yacht Club Children's Officer who will respond quickly to your concern or complaint according to our policy and using the guidelines, policies and procedures specified in the ISA Code of Ethics and Good Practice for Children's Activities.

Designated Officer:

Alison Piggott 0868386020

Liaison Officer:

Helen Turner: 0871313139

HOTEL / GUEST HOUSE ACCOMMODATION:

Hotels

Royal Marine Hotel Dun Laoghaire, Marine Road Dun Laoghaire.

Tel: +353 1 2300030 <http://www.royalmarine.ie>

Rochestown Lodge Hotel and Spa, Rochestown Avenue DunLaoghaire.

Tel: +353 1 285 3555 <http://www.rochestownlodge.com/>

Haddington House Dun Laoghaire, 9-12 Haddington Terrace Dun Laogherire.

Tel: +353 1 2801810 <http://haddingtonhouse.ie/>

Guest Houses

Ferry House Bed and Breakfast 15 Clarinda Park North Dun Laoghaire
<https://www.bedandbreakfast.eu/bed-and-breakfast/dun-laoghaire/ferry-house-bed-breakfast/644388/>

Mulgrave Lodge 47 Mulgrave Street Dun Laoghaire Tel: +353 1 2801664
<http://www.mulgravelodge.com/en-gb/>

Tara Hall 23 Sandycove Road Dun Laoghaire. Tel: +353 1 2805120 <http://www.tara-hall.ie/>

Brookville House 28 Brookville Park Dun Laoghaire https://www.tripadvisor.ie/Hotel_Review-g10536946-d620754-Reviews-Brookville_Guest_House-Blackrock_County_Dublin.html

Magnificent Monkstown 9 Laurel Bank. Lanesville Dun Laoghaire.
<https://www.bedandbreakfast.eu/bed-and-breakfast/dun-laoghaire/magnificent-monkstown/2052758/>

CAMPSITE: The nearest camping site is **RiverValley Holiday Park** Tel: +353 0404 41647
<http://www.rivervalleypark.ie/>

RETAIL & ENTERTAINMENT FACILITIES: Dun Laoghaire Shopping Centre is within walking distance from the Club.

CASH MACHINE: The nearest cash machine/banks are located in Dun Laoghaire town centre.

AUTOMATED ELECTRONIC DEFIBRILLATOR (AED): Located in the Club adjacent to the Bar

WIFI: available in the Club

TOURIST INFORMATION: Dun Laoghaire Tourist Information Centre The county Hall Marine Road Dun Laoghaire Tel: +353 1 280 6964 Email: info@dlrtourism.ie <http://dlrtourism.ie/>

DOCTORS: Dun Laoghaire Doctors 1 Lwr. Glenageary Road Lower Tel: +353 1 2307469

Harbour Health Dr. Madeleine McCarthy 1-2 Lower Glenageary Road Tel: +353 1 2802594

Walk In Clinics in Dun Laoghaire: <https://www.goldenpages.ie/walk-in-clinics/dun-laoghaire-dublin-county/>

DOCTORS, OUT OF HOURS:

DL DOC

St. Michael's Hospital, Dún Laoghaire, Co. Dublin. Mon-Fri 6pm-10pm, Sat-Sun 10am-6pm
Tel: (01) 663 9869 Fax: (01) 663 9870

EAST DOC

St. Vincent's Hospital, Elm Park, Dublin 4. Mon-Fri 6pm-10pm, Sat-Sun 10am-6pm
Tel: (01) 221 4021 Fax: (01) 209 4026

PHARMACY'S: Boots Pharmacy Bloomfields Shopping Centre Dun Laoghaire. Tel: +353 1 2302717

Hiltons Pharmacy Dun Laoghaire shopping Centre +353 1 2808201



Bar Menu

29th August 2017

Tomato & Ginger Soup
Pate Maison served with Cumberland Sauce & Melba Toast
Crispy Chicken Wings with Blue Cheese Dressing & Celery Crudités
Avocado Salad with Prosciutto Ham
Deep Fried Brie with Tomato Relish
Grilled Muscles with Garlic Butter and Breadcrumbs

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Baked Hake with a Herb Crust
Crispy Duckling with Mango & Ginger Sweet & Sour Sauce
Sautéed Lambs Liver & Onions glazed with Garlic Butter
Breaded Supreme Chicken with Mushroom Sauce
Cod Smokie with Cheddar Cheese
Venison Sausage & Mash with Sauce Madeira

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Banoffi Pie
Apple & Ginger Crumble
Crème Caramel
Sticky Toffee Pudding with Butterscotch Sauce
Chocolate Brownie with Chocolate Sauce

Selection of Irish and Continental Cheese & Biscuits

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Main courses are served with Seasonal Vegetables & Potatoes