

# GJW Direct Topper Nationals Timetable 2023 Plas Heli

	Sunday 6th August 2023	Monday 7th August 2023	Tuesday 8th August 2023	Wednesday 9th August 2023	Thursday 10th August 2023	Friday 11th August 2023
8:00						08:00 Event Management Meeting 5.3 PRO, Chair, Jury, ESO, CSL, Vice Chair Racing, 4.2 PRO, Club Liason
8:30						08:30 Safety Briefing ESO, CSL, All Rib Coxains, Beachmaster 5.3 & 4.2, First Aid Shore.
9:00	Measurement Booking 09:00 to 12:30 13:00 to 16:00  Please attend the main hall and book your measurement time slot before bringing your boat to the hall.	09:00 Event Management Meeting 5.3 PRO, Chair, Jury, ESO, CSL, Vice Chair Racing, 4.2 PRO, Club Liason  09:30 Safety Briefing ESO, CSL, All Rib Coxains, Beachmaster 5.3 & 4.2, First Aid Shore.	09:00 Event Management Meeting 5.3 PRO, Chair, Jury, ESO, CSL, Vice Chair Racing, 4.2 PRO, Club Liason  09:30 Safety Briefing ESO, CSL, All Rib Coxains, Beachmaster 5.3 & 4.2, First Aid Shore.	09:00 Event Management Meeting 5.3 PRO, Chair, Jury, ESO, CSL, Vice Chair Racing, 4.2 PRO, Club Liason  09:30 Safety Briefing ESO, CSL, All Rib Coxains, Beachmaster 5.3 & 4.2, First Aid Shore.	09:00 Event Management Meeting 5.3 PRO, Chair, Jury, ESO, CSL, Vice Chair Racing, 4.2 PRO, Club Liason  09:30 Safety Briefing ESO, CSL, All Rib Coxains, Beachmaster 5.3 & 4.2, First Aid Shore.	09:00 5.3 & 4.2 Fleet Briefing Main Event Hall  09:00 Regatta Fleet Briefing Training Room
9:30						
10:00	Measurement 10:00 to 16:00	10:00 5.3 & 4.2 Fleet Briefing Main Event Hall	10:00 5.3 & 4.2 Fleet Briefing Main Event Hall	10:00 5.3 & 4.2 Fleet Briefing Main Event Hall	10:00 5.3 & 4.2 Fleet Briefing Main Event Hall	10:00 5.3 & 4.2 Fleet Briefing Main Event Hall
10:30						
11:00		10:45 Tally Boards Open	10:45 Tally Boards Open	10:45 Tally Boards Open	10:45 Tally Boards Open	10:00 Tally Boards Open  10:00 Committee Boats & Safety Fleet Launch Pontoon
11:15		11:15 5.3 & 4.2 Fleets Launch Beach	11:15 5.3 & 4.2 Fleets Launch Beach	11:15 5.3 & 4.2 Fleets Launch Beach	11:15 5.3 & 4.2 Fleets Launch Beach	10:15 5.3 & 4.2 Fleets Launch Beach
11:30						
11:55		11:55 First Warning Signal 5.3 & 4.2 Fleets 5.3 & 4.2 Race Areas	11:55 First Warning Signal 5.3 & 4.2 Fleets 5.3 & 4.2 Race Areas	11:55 First Warning Signal 5.3 & 4.2 Fleets 5.3 & 4.2 Race Areas	11:55 First Warning Signal 5.3 & 4.2 Fleets 5.3 & 4.2 Race Areas	10:55 First Warning Signal 5.3 & 4.2 Fleets 5.3 & 4.2 Race Areas
12:00						
13:00		5.3 & 4.2 Fleets Racing  Regatta Fleet TBC	5.3 & 4.2 Fleets Racing  Regatta Fleet TBC	5.3 & 4.2 Fleets Racing  Regatta Fleet TBC	5.3 & 4.2 Fleets Racing  Regatta Fleet TBC	5.3 & 4.2 Fleets Racing  Regatta Fleet TBC
14:00	Registration 14:00 to 16:00 Main Event Hall	14:00 - 15:00 Event Planning Final Meeting 5.3 PRO, Chair, Jury, ESO, CSL, Vice Chair Racing, 4.2 PRO, Club Liason  15:00 to 16:00 5.3 / 4.2 & Regatta Main Safety Briefing ESO, CSL's, Jury, All Rib Coxains, Beachmasters 5.3 & 4.2, First Aid Shore & Club Liason	14:00 to 15:00 Stretch To Go with Maggie Gilboy Training room. An hour full body stretch, with deep yin yoga, restorative yoga and 10 mins of relaxation. Suitable for any age, any gender and any fitness level. Please wear gym kit or loose clothing.	Tim Hall RYA & Sam Norton ITCA - presentation on RYA Pathway/RTG & Topper Teams Time & location TBC  Sailwave Training with Huw Pearce Training room Time TBC  14:00 Laughter Yoga Session, with Maggie Gilboy, Main events hall.	14:00 Sea Swim, with Maggie Gilboy Meet on the beach	
15:00						
16:00	Official Welcome & Competitor Briefing 16:00 Main Event Hall					
17:00	Race Clinic - Q&A with the coaches 17:00 - 18:00 Main Event Hall					Prize Giving: Start time to be advised. Main Event Hall
18:00			Time TBC: Parents race	18:00 ITCA (GBR) AGM Main Event Hall		
18:30		18:30 Graham Louth, ITCA Class Juror Talk on sailing rules, protests and penalties	18:30 onwards beach games and a bring your own picnic/bbq on the beach (hosted by the Southern Area group)	After AGM, Quiz Night Main Event Hall	18:30 onwards Plas Heli BBQ, live music	
19:00		19:00 Russ Dent, Topper International Talk on Topper maintenance and restoration demonstration.				

	SAILORS
	ALL SAFETY FLEET HELMS & CREW
	SOCIAL ACTIVITIES