



Ladies of the Sea Coaching Regatta – October 4 to October 6, 2024

Our schedule for the weekend is:

Date	Time	Event
Fri 4 <sup>th</sup> Oct	6.00pm - 8.00pm	Welcome & Competitor's Briefing in the Neutral Bay Veranda. Dinner and drinks available in the Careening Cove Anchorage.
Sat 5 <sup>th</sup> Oct	7:15am – 8:00am	Harbourfront Pilates (bring your own mat)
	7:30am onward	Breakfast available in the Careening Cove Anchorage
	9:00am – 11:30am	Coaching session in designated groups
	1:00pm – 4:30pm	Racing
	5:00pm onwards	Debrief the day; Bubbles and socialising. Dinner and drinks available in Careening Cove Anchorage.
Sun 6 <sup>th</sup> Oct	7:15am – 8:00am	Harbourfront Pilates (bring your own mat)
	7:30am onward	Breakfast available in the Careening Cove Anchorage
	9:00am – 11:30am	Coaching session in designated groups
	1:00pm – 4:30pm	Racing
	5:00pm onward	Debrief the day and socialising, Drinks available in Careening Cove Anchorage.
	6:30pm till late	Women Celebrate Sailing Dinner and Presentation in the Carabella Room.