

Youth Racing Communique 15/05

Information for parents & sailors regarding travel plans for 420 International events 2015

The RYA is aware that sailors will be planning and considering their travel plans and programme for the 2015 competition season.

For 420 sailors, there is a particularly packed programme of events and it would be important for sailors to plan which events to attend and which not to attend in order deliver their best outcomes.

This communication is to confirm the RYA's views on the feasibility of travel between class events and the EUROSAF Youth European Championships ensuring that there is no significant effect on performance.

The opinion of the RYA is that sailors will not be able to attend both the 420 Worlds in Japan and also get to Brest for the EUROSAF event without suffering the significant negative impact of jet lag and associated fatigue.

Racing concludes in Japan on Saturday 25 July, with proposed return flight landing at Heathrow on Monday 27 July at 17:50. There is an 8 hour time difference which will take a **minimum** of 4 days before a return to optimal performance is possible.

If sailors are selected to represent the British Youth Sailing Team at both events, the RYA will ask sailors to choose one or other event at the RYA selection meeting on Friday 10th April 2015. It will not be possible to deliver performance outcomes at both events and therefore sailors will not be selected to attend both events.

To support the RYA and 420 Class Association in selections and allocation of resource, all sailors who wish to be considered for selection for either event are asked to state their preference before **Wednesday the 8th April 2015 at the RYA Youth Nationals Race Office.**

For information the RYA will regard any medal winning performance at either event with equal weight when making selection consideration in the future. In addition EUROSAF is a fully supported British Youth Sailing Team event with a parental contribution in the region of £450 per boat.

The 420 Junior Europeans in Bulgaria takes place after the EUROSAF event, and the RYA believes it is possible to attend the EUROSAF event in Brest, followed by the Junior Euros in Bulgaria and deliver successful outcomes at both events.

Fri	10		
Sat	11	Flight arrives in Japan	
Sun	12		
Mon	13		
Tue	14		
Wed	15		
Thu	16		
Fri	17	420 Worlds - Japan. Last racing day Sat 25.	
Sat	18		
Sun	19		
Mon	20		
Tue	21		
Wed	22		
Thu	23		
Fri	24		
Sat	25		
Sun	26		EUROSAF travel
Mon	27	Arrive Heathrow 17:50	
Tue	28		
Wed	29		Eurosaf Racing 29 July to 2 Aug
Thu	30		
Fri	31		
Sat	1		
Sun	2		
Mon	3	Flight to Bulgaria	Travel to UK
Tue	4		
Wed	5		
Thu	6		
Fri	7		
Sat	8	420 Junior Euros - Bulgaria. First Race Mon 10, last race Sat 15	
Sun	9		
Mon	10		
Tue	11		
Wed	12		
Thu	13		
Fri	14		
Sat	15		
Sun	16		