



*Welcome to
Adelaide*

and welcome to the



ILCA 2024

WORLD CHAMPIONSHIP REGATTA

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G'Day and Welcome to Adelaide!

As the capital of South Australia, Adelaide has a lot to offer – but is exceptionally known for its beautiful shoreline. We are excited to welcome you to West Beach, open the doors to our Sailing Club and are looking forward to an amazing month of competition, culture, and fun!

Acknowledgement of Country

We acknowledge this land that we stand on is the traditional lands for the Kurna people and we respect their spiritual relationship with their country.

We acknowledge the Kurna people as the custodians of the Adelaide region and that their cultural and heritage beliefs are still as important to the living Kurna people today.

We pay respects to the cultural authority of Aboriginal people visiting/attending from other areas of South Australia/Australia.

Travel Information

About Adelaide & South Australia

South Australia is the southern, central state of mainland Australia. It has a total land area of 983,482 square kilometres (379,725 square miles), which is similar in size to Egypt, the Canadian province of Ontario, or the combined areas of France and Germany! It borders all the other mainland states and the Northern Territory.

Its landscape varies from rugged outback wilderness and desert, including some of the most arid parts of the continent, to scenic mountain ranges and a coastline that stretches over more than 3,700 kilometres.

The state has a population of 1.8 million people, 80% of whom live in Adelaide and surrounding metropolitan areas. Large regional population areas include Mount Gambier in the state's South East, and Whyalla, Port Lincoln and Port Augusta on the Eyre Peninsula.

While English is the principal language, the state has over 200 ethnic communities.

Visa

For any information regarding Australian Visas, please refer to the official website of the Australian Department of Home Affairs: <https://immi.homeaffairs.gov.au/>

What to Pack

Arriving in the middle of Summer, you are greeted with a Mediterranean Climate – being dry and potentially quite hot, the temperature can rise above 35°C. The sun in Australia is often extremely intense, so adequate protective clothing, broad based spectrum sunscreen of at least SPF 30+ and plenty of water to stay hydrated are absolute musts. Even though air temperatures are expected to be high, our average water temperature is around 20°C in summer.

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Please ensure to familiarize yourself with Australian border requirements, as there are rules around bringing prohibited items in. Please see the following link for more information:

<https://immi.homeaffairs.gov.au/entering-and-leaving-australia/entering-australia/can-i-bring-it-in>

Insurance

We advise all visitors to check their travel insurance for accuracy before travelling overseas.

Sim Cards

Sim cards are available at post offices, supermarkets, and provider stores such as Optus or Telstra. A guide to finding the right sim card for you can be found here:

<https://www.whistleout.com.au/MobilePhones/Guides/Best-phone-plans-for-travellers-in-Australia>

Emergency Contacts

Listed below are the contact numbers for any general emergencies, then additionally the contact numbers of the Sailing Club Volunteer Committee running the event.

National Contacts		
National Emergency Hotline - Ambulance, Firefighter, Police		000
Non-Urgent Police		131 444
24/7 Health Advice from trained clinicians		1800 022 222
On-Site Contacts		
Peter Royle Commodore	0410 345 606	commodore@adelaidesailingclub.com.au
Malcolm Hughes Vice Commodore	0411 135 988	vice_commodore@adelaidesailingclub.com.au
Donna Evans Rear Commodore	0408 833 332	donna@makingthingshappen.com.au
Regatta Office	0447 319 597	

Local Doctors & Hospitals

For all serious medical emergencies, 000 must be called to contact ambulance services. For any other concerns, our preferred medical centres in proximity are:

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Morphettville Medical Centre

520 Anzac Hwy, Glenelg East SA 5045
(08) 8376 0511

<https://www.ipn.com.au/gp/sa-glenelg-east-morphettville-medical-centre/>

Marion Domain Medical & Dental Centre

453 Morphett Road, Oaklands Park SA 5046
(08) 8375 7000

<https://www.mariondomainmedicalcentre.com.au/>

Transport

Public Transport

All Adelaide Metro public transport can be paid for via Debit or Credit Card inside buses and trams and at train stations. MetroCard's have a pre-paid option with 14 or 28 day passes are available at certain retailers outlined here: <https://www.adelaidemetro.com.au/using-adelaide-metro/retailers-and-facilities>

Adelaide Sailing Club is closest to Stop 17 on Military Rd, accessible via the J1, J1G and 163. The J1 travels also through the Adelaide Airport and city. For transport to or from Glenelg, the 'GLNELG' tram via Jetty Rd travels to Adelaide's Train Station for a quick and easy trip into the city.

The app 'Transit' is available via the App Store for iOS and Android to plan your trip using real-time arrivals, step-by-step directions and routes using various public transport services.

Bikes are available for hire from Spinway Adelaide located inside the West Beach Caravan Park. More information can be found here: <https://www.spinwayadelaide.com.au/>

Uber is also a great way to travel around Adelaide and further, with the app available for iOS and Android.

Car Hire & Driving Rules

Rental cars can be hired from Adelaide Airport via Enterprise Rent-a-car. Booking details and more information can be found here: https://www.enterpriserentacar.com.au/en/car-rental/locations/australia/south-australia/adelaide-airport-kaea.html?utm_source=google&utm_medium=organic&utm_campaign=local&utm_content=ADLT61

In South Australia, drivers are permitted for a few months to drive on an international license. You will only be able to drive on the same type of license as your current license allows, with the condition that your current license is written in English or you have an English translation available. You must always carry your license documents when driving and produce these and your passport to police on request.

Don't forget – always keep left!

Information on the South Australian road rules can be found on:

<https://www.myllicence.sa.gov.au/roadrules>

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Shopping

Nearby Beachside Shops

West Beach

The local shops within West Beach are located primarily on Burbridge Rd, with an OTR (a fuel station with fuel, food and other essentials), and a Sip'n'Save (bottle shop), Drakes (groceries), newsagency, bank, chemist and various takeaway shops.

Glenelg

Located less than 10 minutes' drive south, Glenelg is a bustling seaside suburb, with plenty of shops, cafes and restaurants located along Jetty Rd. It also has the essentials of grocery stores, newsagencies, pharmacies, hospital, and bottle shops, next to the long sandy beaches of the foreshore. More on this suburb here: <https://glenelgsa.com.au/>

Henley Beach

Located just over 10 minutes north, Henley Beach is another of South Australia's beautiful shore side suburbs. Home to many restaurants in Henley Square, with shops, groceries, pharmacies, hospital, and bottle shop nearby. More on this suburb here: <https://visithenleybeach.com.au/>

Major Shopping

Harbour Town

The sale-priced shopping mall is located on Tapleys Hill Rd, just over 5 minutes' drive from both the Adelaide Sailing Club and the Adelaide Airport. It has a wide range of premium popular brand stores, cafes and pharmacies all in one place with ample parking. Harbour Town is open from 9am to 5:30pm on weekdays, 9am to 5pm on Saturday, and 10am to 5pm on Sunday, with 'late night shopping' extending til 9pm on Thursdays. You can find a map of all Harbour Towns stores here:

<https://www.harbourtownadelaide.com.au/centre-services/centre-map>

Westfield Marion

Located 20 minutes' drive south in Oaklands Park, Westfield Marion is largest mall in South Australia. It houses large brands such as David Jones, Myer, Harris Scarfe, Target, Kmart, Big W, Woolworths, Coles, Event Cinemas, Aldi and Rebel Sport as well as restaurants, cafés, and bottle shops. Westfield is open 9am to 5:30pm on weekdays, 9am to 5pm on Saturday and Sunday, with 'late night shopping' extending til 9pm on Thursdays. You can find a map of all Westfield Marion stores here:

<https://www.westfield.com.au/marion/centre-map>

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Registration & Racing

All competitors are to register after measurement. Measurement will be located in the Adelaide Sailing Club Boat Shed. Registration will be located in the ILCA Lounge, on the southern and upper level of the clubhouse

Registration and Measurement times:

1 st January	9:00 – 18:00
2 nd January	8:00 – 11:30 and 13:00 – 17:00

Bump In

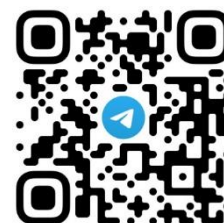
On arrival, please drive down the roadway north past the Sailing Club onto the concrete apron. Unload ILCAs on to the lawn area and drive road trailers back up the roadway, through the car park to the road trailer storage north of Barcoo Road. No Car parking or trailer parking is permitted on the lower level or the roadway. Please check the site plan in the welcome pack for preferred location of the ILCA Classes to make launching and retrieval more efficient. Coach / Support RIBs can be stored on the fenced bypass road or the fenced trailer park north of Barcoo Road as seen on the site map. No coach boats can be stored in the water overnight at the boat ramp until 1st January.

Regatta Online Management System

ROMS will be used as the Official Digital Notice Board, Sign Out / In, Jury communication etc. and is available at

<https://onb.roms.ar/ilca2024australian/index.php/en/>.

Competitors are advised to download the *Telegram Messenger* app and join the group for communication throughout the competition. Please scan the QR Code or click the link to join: <https://t.me/+o7NW9DVIjdj8wNwVh>



Mast Sleeves

All 3 classes will be split into 2 fleets. Competitors are required to supply their own mast sleeves. An Australian sleeve in reversable yellow & blue has been developed. Sleeves can be purchased via the QR code and your order will be available for pick up at the registration desk.



Sailing Instructions have been posted at:

https://clubopsblobprod.blob.core.windows.net/documentscontainer/Sailing_Instructions_as_at_20122023_d7dd20a1-418d-41ba-aecf-29a509a4ce26.pdf

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Coach / Support Boats

Please register if you have a Coach or a Support Boat. As restricted waters have been declared, only registered coach and support boats will be permitted to use the boat ramp area or the waters of the racing areas. Registered boats will receive a numbered flag at registration. Advice to coaches and links to registration at

https://clubopsblobprod.blob.core.windows.net/documentscontainer/Coach_and_Support_Boat_Registration_update_51223_dc28fc85-c835-48e3-b3c2-8483b5d3edb2.pdf

About the Club

A World Class Sailing Club founded on Proud Traditions!
 Adelaide Sailing Club was formed from the union of Glenelg Sailing Club with Holdfast Bay Yacht Club in 1998. It is located at 9 Barcoo Rd, West Beach and home to Competitive, Recreational Sailing and a Sailing School. Find out more at: <https://www.adelaidesailingclub.com.au/home/>

Fuego by the Sea

Our on-site Restaurant Fuego by the Sea is home of the chargrill kitchen – offering Mediterranean beachfront dining with Argentinian influences. Please note below times may differ during regattas due to social events. Bookings highly recommended via: <https://fuegobythesea.com.au/>

Opening Hours

Monday	Beach Side Canteen		
Tuesday	Beach Side Canteen		
Wednesday	10:00	to	20:00
Thursday	10:00	to	20:00
Friday	10:00	to	20:00
Saturday	8:00	to	20:00
Sunday	8:00	to	15:00

ILCA Lounge

Any persons associated with the event can relax in our private ILCA lounge. Please feel free to use this area throughout race days, enjoy a coffee and choices from the All-Day Menu by Fuego and talk to some of our sponsors.

We are looking forward to seeing you there!

Parking

All parking areas are highlighted on the site map below. Please make sure you are parking your vehicle/trailer in the correct park. If all car parks on the below map are full, there is car parking overflow available at the left of Hamra Ave, only a short walk via the Coastal Path to the ASC. A link is provided:

<https://www.google.com/maps/dir/-34.9542219,138.5059395/@-34.9542149,138.4647398,13z/data=!3m1!4b1!4m2!4m1!3e3?entry=ttu>

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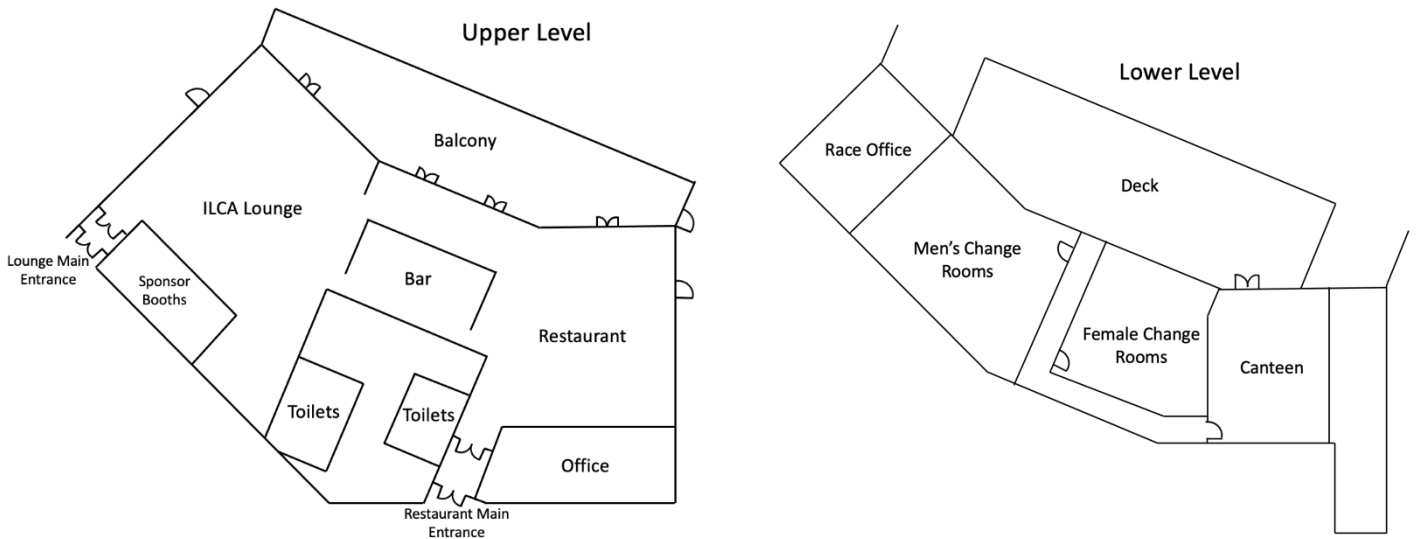
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Facilities

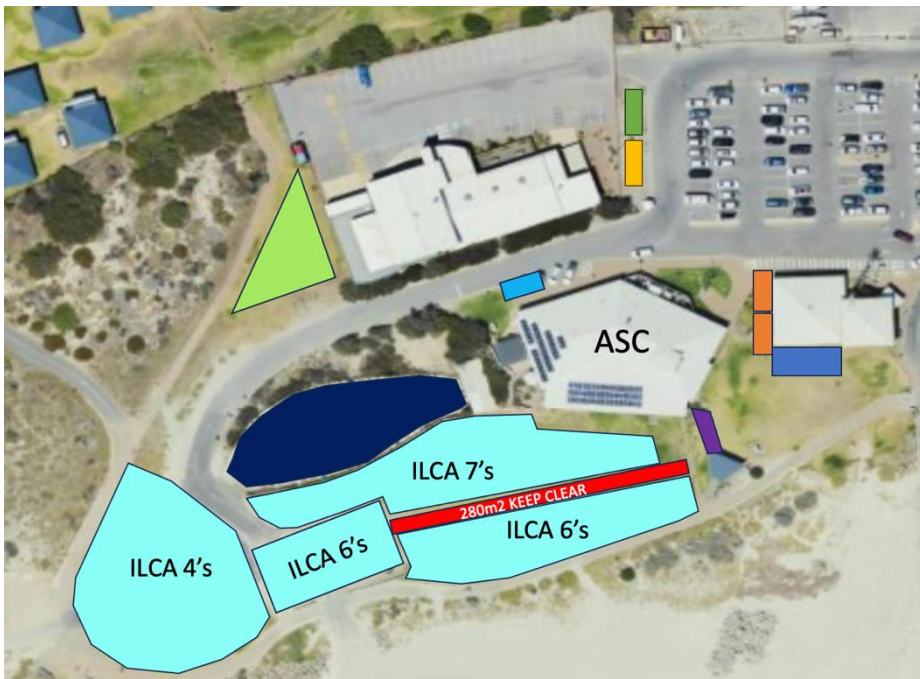
Floorplan

Shoreline



Parking Lot

Site Plan



Legend

- = Toilets & Bins
- = Charter van/vehicle
- = Jury & Media Offices
- = RAA/Volunteer Hub
- = Binks/PSA Chandlery
- = Scoring Office
- = Private ASC Boat Storage
- = Charter Yard
- = Rigging Area

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Legend

- = Car Parking
- = Overflow Trailer Storage
- = RIB Trailer Storage
- = Container and ILCA Trailer Storage

Ramp Entry



Volunteers

We love our volunteers here at the Adelaide Sailing Club! As a volunteer-based community, we value the time and effort contributed to our club and regattas. If you or someone you know would like to give back to the club and help with our events, please complete the volunteering form below:

<https://forms.office.com/pages/responsepage.aspx?id=fghhdeSFJ0a6Aq91XNpYyBZja1VDcCFOu8AGb8VfwS BURE9LQUlyNVIRNFVHTIFFQkhVOVhSMEo45CQIQCN0PWcu>

And if you'd like to help for measurement: <https://form.jotform.com/233127019059049>

Our Volunteer Hub is located at the RAA tent on the south side of the club.

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Official Website

<https://www.auslasernationals.com.au>

Socials

Follow the Adelaide Sailing Club for updates in the lead up to the event!

Facebook - <https://www.facebook.com/adelaidesailingclub/>
<https://www.facebook.com/2024ILCA7WORLDS/>

Instagram - <https://www.instagram.com/adelaidesailingclub/?hl=en>
https://www.instagram.com/ilca2024_adelaide/?next=%2F

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Event Outline

Date	Day	Event	Activity	Social Event	
1/1/23	Mon	ILCA Nationals	Registration/Measurement		
2/1/23	Tue		Practice Race	Welcome Night	
3/1/23	Wed		Racing		
4/1/23	Thu				
5/1/23	Fri				
6/1/23	Sat				
7/1/23	Sun				
8/1/23	Mon				Presentation Night
9/1/23	Tue	No Event			
10/1/23	Wed				
11/1/23	Thu				
12/1/23	Fri				
13/1/23	Sat				
14/1/23	Sun				
15/1/23	Mon				
16/1/23	Tue				
17/1/23	Wed	Pre-Worlds Training		Race Office open	
18/1/23	Thu		Official Training		
19/1/23	Fri				
20/1/23	Sat				
21/1/23	Sun				
22/1/23	Mon				
23/1/23	Tue				
24/1/23	Wed	ILCA 7 Worlds	Registration/Measurement		
25/1/23	Thu		Practice Race	Welcome Night	
26/1/23	Fri		Racing		
27/1/23	Sat				
28/1/23	Sun				
29/1/23	Mon				
30/1/23	Tue				
31/1/23	Wed			Gold Medal Race	Presentation Night
1/2/23	Thu				
2/2/23	Fri	ILCA Worlds Masters	Registration/Measurement		
3/2/23	Sat		Practice Race	Welcome Night	
4/2/23	Sun		Racing		
5/2/23	Mon				
6/2/23	Tue			Mid Regatta Function	
7/2/23	Wed		Reserve Day		
8/2/23	Thu		Racing		
9/2/23	Fri				
10/2/23	Sat				
					Presentation Night

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Social Events Overview

Welcome Night	
Day	Tuesday, 2nd January 2024
Time	Starting 18:00
Location	Welcome Ceremony on Southern Lawns Celebration held at Upper Level of Fuego by the Sea
Event Details	All competitors and guests welcomed at no extra cost Canapés & Drinks available

Presentation Night	
Day	Monday, 8th January 2024
Time	Starting 19:00
Location	Upper Level of Fuego by the Sea
Event Details	Competitors welcomed at no extra cost Extra guests welcomed at \$35.00 per head Bookings essential with limited spots via https://www.adelaidesailingclub.com.au/events/219599 Cocktail Food & drinks available

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Activities

The Beach House

An indoor family amusement centre located on Glenelg foreshore, with games and rides for adults and kids. Attractions include waterslides, dodgem cars, carousel, and mini golf with no entry fee. All competitors can show their lanyard to receive a 10% discount for packages and credits. Go to their website to find out more: <https://thebeachouse.com.au>



The Big Wedgie

An inflatable outdoor waterpark with 4 waterslides to suit all ages. It is home to the world's tallest inflatable waterslide, with a world record to prove it! Located at West Beach Park, all competitors can show their Event ID to receive a 10% discount for tickets. Go to their website to find out more: <https://thebigwedgie.com.au>



West Beach Adventure

Explore heights and test your balance at West Beach Adventure – Australia's largest aerial adventure course located right next to West Beach Parks – a fun activity to explore heights and test one's balance! All competitors are able to book online using the Promo Code "24WR10" to enjoy a 10% discount.



Advance Online Bookings are mandatory, the code will not be valid at the Front Desk. Head to the website for bookings and more information, including restrictions for the use of the courses:

<https://westbeachadventure.com.au/>

(Please present your Event ID at the entrance)

Enjoy other activities within walking distance including golfing, mini golf, the skate park, tennis courts and more!

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Looking to Travel?

South Australia is a beautiful destination with many diverse regions to explore. If you've got a bit of time up your sleeve and looking for a getaway, find one of our beautiful regions to relax in. From the fantastic beaches of Yorke Peninsula to the red desert of the Flinders Ranges and Outback, there's lots to see! South Australia's website to find more: <https://southaustralia.com/destinations>

Adelaide itself is a city easy to get around in – within the CBD all main attractions are in walking distance. Head for a walk on North Terrace to visit the Art Gallery or South Australian Museum (free entry) and enjoy Adelaide's Botanic Garden (free entry) and National Wine Centre. Adelaide Zoo next door is home of the famous Great Pandas, while Adelaide Central market is known as one of the most beautiful indoor markets of the country. For an extra adventure, dare to explore the city from a birds eye perspective at the Adelaide Oval Roof Climb.

For more information on Adelaide's beaches, head to:

https://www.adelaidebeaches.com.au/?gclid=Cj0KCQjwj5mpBhDJARIsAOVjBdoElhQVzJlCyH2leJZ8hoU056WdhcL1yQB_zFgd5_F6NkRbYCAJ9blaAsfiEALw_wcB

Don't miss out on all the culinary delights Adelaide and South Australia have to offer and head to the link to find out where to go for food and drinks (not only wines!)

<https://www.eatdrinklocalsa.com.au/>

Can't decide where to go? Find a pre-planned itinerary covering South Australia's Highlights here:

<https://trade.southaustralia.com/itineraries/best-of-south-australia>

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See you soon in South Australia

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