

Tuesday 12	Tech Talk with Amac “Boat maintenance and optimisation” at Lavender Hill (1115) Morning Brief at the club (1200)	Daily Presentation and Debrief from the top of the fleet on the deck (~1 hour after sailing)
Wednesday 13	Morning Yoga with Baxter on the beach (1100) Morning Brief at the club (1200)	Daily Presentation and Debrief from the top of the fleet on the deck (~1 hour after sailing)
Thursday 14	Tech Talk with Amac “Sail trim and tuning” at Lavender Hill (1115) Morning Brief at the club (1200)	Daily Presentation and Debrief from the top of the fleet on the deck (~1 hour after sailing)
Friday 15	Morning Yoga with Baxter on the beach (1100) Morning Brief at the club (1200)	-

Monday 11 December

Breakfast from 10am: Egg & bacon ciabiatta with coffee \$15, toasties, muffins, fruit cups, UP&GO

Lunch from 11:30am: "Penne of the day" \$14 - Napoli | GF option | vege option,
toasties, wraps, snacks

Dinner from 5:30pm: "Sailor Special" \$24: Pasta ragu | chicken parma & chips | cheese burger & chips

Tuesday 12 December

Breakfast from 10am: Egg & bacon ciabiatta with coffee \$15, toasties, muffins, fruit cups, UP&GO

Lunch from 11:30am: "Penne of the day" \$14 - Napoli | GF option | vege option,
toasties, wraps, snacks

Dinner from 5:30pm: "Sailor Special" \$24: Pasta ragu | chicken parma & chips | cheese burger & chips

Wednesday 13 December

Breakfast from 10am: Egg & bacon ciabiatta with coffee \$15, toasties, muffins, fruit cups, UP&GO

Lunch from 11:30am: "Penne of the day" \$14 - Napoli | GF option | vege option,
toasties, wraps, snacks

Dinner: SPANISH FIESTA 6pm - Competitors and volunteers: complimentary paella and two drinks. \$35 for guests / support crew. Drinks at bar prices. DJ, drink giveaways.

Wear a touch of Spanish!

Thursday 14 December

Breakfast from 10am: Egg & bacon ciabiatta with coffee \$15, toasties, muffins, fruit cups, UP&GO

Lunch from 11:30am: "Penne of the day" \$14 - Napoli | GF option | vege option,
toasties, wraps, snacks

Dinner from 5:30pm: "Sailor Special" \$24: Pasta ragu | chicken parma & chips | cheese burger & chips

Friday 15 December

Breakfast from 10am: Egg & bacon ciabiatta with coffee \$15, toasties, muffins, fruit cups, UP&GO

Lunch from 11:30am: "Penne of the day" \$14 - Napoli | GF option | vege option,
toasties, wraps, snacks

Dinner: Closing Ceremony 6:30pm, Fish & Chip boxes - complimentary for competitors and volunteers with two drinks, \$20 for guests / support crew.

A la carte in the dining room.

Live music on the deck from 7:30pm.



WASZP GAMES 2023

