

**Solmar Lake Ontario 300  
Safety Seminar  
May 15, 2008**

**5:00 to 6:30 pm - Meet and Greet - Chartroom  
6:30 to 9:00 pm - Meeting at PCYC in Lakeshore Rooms A, B & C**

1. Introduction (Brian Townsend)
2. Review of Notice of Race (Leigh Davidson)
3. Appendix A Highlights (Carson Woods)
4. Flare Review & Safety Equipment Updates (Lori Mason)
5. Man Over Board Demonstration (Lori Mason)
6. Marine police (Mark Stafford)
7. Strategies to make it around the lake (Past winning skippers)
  - a. Sharing thoughts on how to win with this new course
  - b. Strategies used to be competitive 24-7