

»Perhaps
the world
will become
a little
more
thoughtful«

Inclusion World Championship for Sailing

25th -29th August 2021
NRV | Hamburg | Alster Lake

Supported by World Sailing and the German Sailing Association the NRV hosts the second Inclusion World Championship for Sailing on the Alster Lake – the most beautiful sailing area of the world – right in the center of Hamburg.

+ 2 people - one with, one without disability
+ sail boat: Far East SV 14
+ opportunities to practice: tba,
On the Alster Lake in front of the NRV
Clubhouse

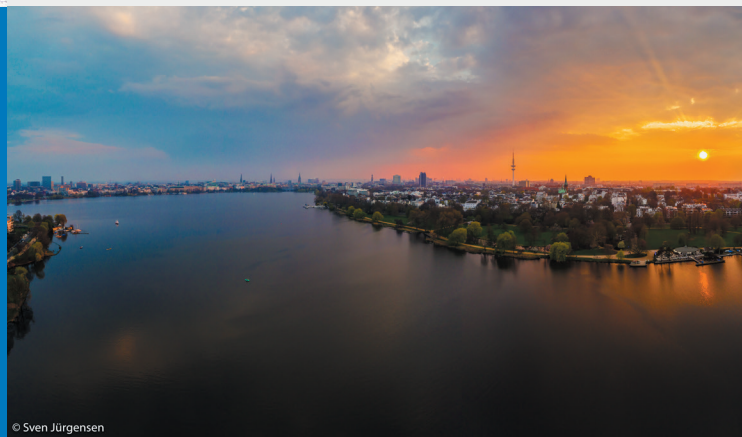
Expressions of interest / Questions / Registrations
to participate should please be sent by email to:
sven.juergensen@nrv.de

ADDITIONAL INFORMATION:
www.nrv.de

Over 80 Cup

August 24th

Because sailing knows no limits.
With the 'Over 80 Cup' the NRV would like to bring
male and female sailors back into the boats and on the
water who due to physical impairments cannot sail any
longer. One person over 80 years of age plus one other
person of any age will sail in supplied SV 14 boats.
Not only in regattas but also just for fun



© Sven Jürgensen

Additional information / Questions /
Registration or intend of cooperation:
Sven Jürgensen / Event Organizer

Norddeutscher Regatta Verein
Schöne Aussicht 37 | 22085 Hamburg
inklusion@nrv.de | www.nrv.de
Sven Jürgensen
Tel.: +49 (0) 171 683 5555

Partner und Sponsoren:



Druck: **Ernst Kabel Druck GmbH**
Offset- und Plakatdruck



SAILING.inclusion

We. Everybody. Sailing

Everyone is part
of everything.
Regardless of your
look, your origin,
your language or
your capabilities.
Everybody
can take part,
anywhere and in
anything.



Helgahard Cup.inclusion AUGUST 20th -22th 2021

0-80 Cup AUGUST 24th 2021

**Inclusion World Championship
for Sailing** AUGUST 25th-29th 2021

Helga Cup.inclusion SEPTEMBER 30th - OCTOBER 3RD 2021

Helga Cup.Inclusion

September 30th–October 3rd 2021
NRV | Hamburg | Alster lake

Patron:

Kristina Vogel, Track-cycling Olympic medalist

Second invitational regatta for women
with and without disability

United strong. Helga Cup.

Inclusion will see crews of two women compete on a separate regatta course next the Helga Cup regatta course. Just like at the Helga Cup the participants will sail in boats supplied by the organizer. While the races of the

Helga Cup will be sailed in J 70 boats, the crews of the Helga Cup.Inclusion will sail in the new boat class Far East S/V 14.

The Helga Cup.Inclusion is part of the Helga Cup and the sailors will become part of the big Helga Cup family right from the beginning. Sailing will be competitive, but celebrations will be just like the Helga Cup: hilariously and cheerful.

»I rarely felt so free at an event. I can just be myself and not be myself in a wheelchair«

Kristina Vogel

Opportunities to practice. As part of its inclusion campaign the NRV is going to acquire several S/V 14 keel boats. The boats will be made available to the participants for practicing.



Additional Information:
www.helgacup.de/helga-cup-inclusion

INCLUSION



S/V 14

Perfectly suited for people with physical constraints to experience the finest hobby in the world.

Length WL: 4,34 m

Beam: 1,49 m

Sail area tacking: 9,10 qm

Sail area reaching: 18,10 qm

Two seats

Self-righting: the boat can capsize (90 ° – 130°), however rights itself.

Helgahard Cup.Inklusion

August 20th–22nd 2021
NRV | Hamburg | Alster lake

The get-together of the sailing scene
is inclusive .

MIXED.

The Helgahard Cup is the partner of the successful "Helga Cup". Identical format, same sailing area, just different type of boats and MIXED CREWS.

Since 2020 the Helgahard Cup is inclusive. "Mixed inclusive crews" sail on a second regatta course in S/V 14 boats supplied by the organizer.



The same conditions apply to the Helgahard Cup .Inclusion: **Opportunities to practice at the NRV.** As part of its inclusion campaign the NRV is going to acquire several S/V 14 keel boats. The boats will be made available to the participants for practicing.



NORDDEUTSCHER
REGATTA VEREIN