

Potomac River Sailing Association, Alexandria, VA  
REGATTA SAILING INSTRUCTIONS - **LOWER COURSE**

1. RULES  
The series will be governed by the rules as defined in the Racing Rules of Sailing.
2. NOTICES TO COMPETITORS  
Notices to competitors will be posted at the official notice board located in the lawn area at the end of the boat racks.
3. CHANGES TO SAILING INSTRUCTIONS  
Any changes to these sailing instructions will be posted 45 minutes before the scheduled start of the first race (just after the conclusion of the skipper's meeting).
4. SIGNALS MADE ASHORE
  - 4.1 Signals made ashore will be displayed from the signal boat at the finger pier of the ramp launch area.
  - 4.2 When flag AP is displayed ashore, the warning signal will be made not less than 30 minutes after the AP flag is lowered. This changes Race Signal AP.
5. RACING AREA
  - 5.1 Races will be conducted on the Potomac River off of the Power Plant or in the Cove north of the marina.
  - 5.2 Channel-bound vessels within the racing area are obstructions. Boats that are racing must keep clear of such vessels.
6. PLANNED SCHEDULE & NUMBER OF RACES
  - 6.1 Competitor's meeting: 1100 in the crane area.
  - 6.2 First race for the first class: **The warning signal for the 1st race of the day for the first class to start is 1200.**
  - 6.3 First race for the other classes: There will be a short time after the start of one class and the warning for the next class (no rolling starts).
  - 6.4 Subsequent races: The RC intends to start subsequent races for some classes before all the classes have finished.
  - 6.5 Number of Races: A total of 6 races are planned, but even 1 race will constitute a regatta.
  - 6.6 End of racing: No warning signal will be made after 1600.

## 7. CLASS FLAGS

<u>Class</u>	<u>Class Flag</u>
Laser	Laser burst on white
Penguin	Penguin logo on yellow
El Toro	El Toro logo on white

## 8. ORDER OF STARTS

- 8.1 The order of starts of classes will be: Lasers, Penguins, El Toros
- 8.2 Subsequent races: The RC intends to start a subsequent race as soon as all competitors in a class have finished even if that changes the order of starts for the subsequent race.

## 9. THE COURSE & MARKS

**See attachment** for a description of the courses that may be used, including how each will be designated with flags or hails, the shape and color of marks, and the direction and order the competitors shall round the marks.

## 10. THE START

- 10.1 The starting sequence will be as described in Appendix S (a U.S. prescription which is reproduced below) of the RRS **(3 minute starts)**.
- 10.2 A boat shall not start later than 10 minutes after her starting signal.

## 11. RECALLS

See Appendix S, paragraphs 6 and 7.

## 12. TIME LIMIT

The time limit will be 60 minutes for the first boat to finish in each class. Boats finishing more than 20 minutes after the first boat that sails the course and finishes will be scored TLE: the number of boats finishing within the time limit plus 1 point, not to exceed the score of Did Not Finish. This changes RRS 35.

## 13. PROTESTS

- 13.1 Protest forms will be available at the race committee signal boat when it docks at the ramp's finger pier.
- 13.2 Protests shall be delivered to the PRO, before the protest time limit, which will be 30 minutes after the signal boat docks.

## 14. SCORING

If there are 5 or fewer races, no scores will be excluded. Otherwise, a competitor's worse score will be excluded. This changes RRS Appendix A2.

## 15. PRIZES

Trophies will be awarded at the picnic with the depth based on historical attendance

## APPENDIX S – SOUND-SIGNAL STARTING SYSTEM

This appendix is a US Sailing prescription.

US Sailing prescribes that, when the sailing instructions so indicate, the Sound-Signal Starting System described below shall be used. This system is recommended primarily for small-boat racing and makes it unnecessary for competitors to use stopwatches. Supplemental visual course and recall signals are also recommended when practicable.

S1 Course and postponement signals may be made orally.

S2 Audible signals shall govern, even when supplemental visual signals are also used.

S3 The starting sequence shall consist of the following sound signals made at the indicated times:

Signal Sound : Time before start  
Warning 3 long : 3 minutes  
Preparatory 2 long : 2 minutes  
1 long, 3 short : 1 minute, 30 seconds  
1 long : 1 minute  
3 short : 30 seconds  
2 short : 20 seconds  
1 short : 10 seconds  
1 short : 5 seconds  
1 short : 4 seconds  
1 short : 3 seconds  
1 short : 2 seconds  
1 short : 1 second  
Starting : 1 long 0

S4 Signals shall be timed from their commencement.

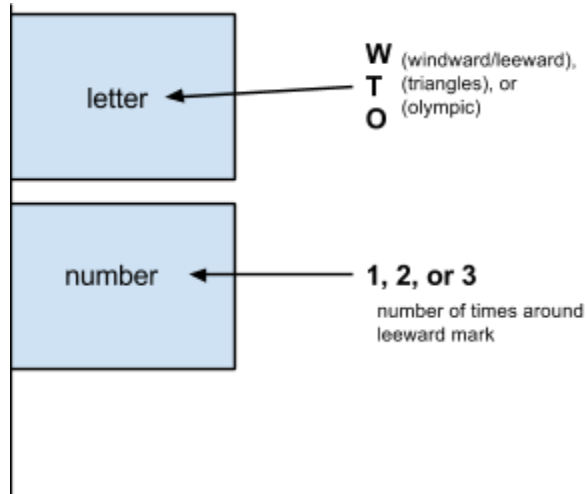
S5 A series of short signals may be made before the sequence begins in order to attract attention.

S6 Individual recalls shall be signalled by the hail of the sail number (or some other clearly distinguishing feature) of each recalled boat. Flag X need not be displayed.

S7 Failure of a competitor to hear an adequate course, postponement, starting sequence or recall signal shall not be grounds for redress.

## COURSES and MARKS

**THE RC WILL MAKE MULTIPLE HAILS OF A LETTER AND A NUMBER, SUCH AS "W 2", TO COMMUNICATE THE COURSE TO THE COMPETITORS**



Leave all marks to port

### **W – Marks: W (windward) and L (leeward)**

Start, go around the two marks, repeat if necessary until you've passed the leeward mark the required number of times, finish.

The L (leeward) mark may/will be a gate, i.e. two marks 7 or 8 boat lengths apart.

### **T – Marks: W (windward), J (gybe), and L (leeward)**

Start, go around the three marks, repeat if necessary until you've passed the leeward mark the required number of times, finish.

### **O – Marks: 1 triangle (W, J, and L) followed by windward/leewards (W and L)**

Start, go around the W, J, and L marks (1 triangle), go around the W & L marks, repeat if necessary until you've passed the leeward mark the required number of times, finish. (Examples: O/2 = 1 triangle + 1 w/l = 2 times past L mark, O/3 = 1 triangle + 2 w/l = 3 times past L mark)

**The start/finish line is between the W & L marks.** That line is between an orange flag on the signal boat and the start/finish pin.

The W, L, and J marks and the start/finish pin will be orange balls.

