

2016 Sail East

Presented by Volvo Cars of Canada



July 21-24, 2016

Charlottetown Yacht Club

Organizing Authority: Sail Canada

Note – The Optimist Green and 420 Green fleets have a different set of sailing instructions for this event.

Sailing Instructions

1 Rules

- 1.1 The regatta will be governed by the Rules as defined in *The Racing Rules of Sailing*.
- 1.2 Racing Rules will be changed as follows:
 - 1.2.1 Racing Rule 40 is changed to apply at all times while afloat without the display of code flag Y. This modifies the preamble to Part 4.
 - 1.2.2 Appendix P is in effect except that rule P2.3 is deleted and rule P2.2 is changed so that it will apply to any penalty after the first.
 - 1.2.3 For Optimists, Rule 61.1(a)(2) is deleted so that boats will be required to display a red flag.
- 1.3 Penalties and grounds for protest:
 - 1.3.1 Penalties for breaking a rule other than those of RRS Part 2, Rule 31, Rule 42 or Sailing Instructions marked (DPI) will be determined by the Protest Committee. This changes Rule 64.1(a). The scoring abbreviation for a discretionary penalty imposed under this instruction will be DPI.
 - 1.3.2 Penalties for breaches of Sailing Instructions marked (NP) will not be grounds for a protest by a boat. This changes RRS 60.1(a)

2 Additional Identification (NP/DPI)

- 2.1 The organizing authority may require leading competitors to wear bibs provided by the organizing authority.
- 2.2 Competitors who have been informed by the organizing authority that they shall wear leader bibs are required to pick up the bibs prior to launch each day at the Race Committee Desk in the CYC Great Room and return leader bibs there immediately after returning to shore each day.
- 2.3 Competitors required to wear a leader bib shall wear their bib from launch until they return to shore.



3 Notices to Competitors

Notices to competitors will be posted on the official notice board outside the lower level of the CYC Clubhouse on the water side. The Race Office will be located in the CYC Great Room.

4 Changes to the Sailing Instructions

Any change to the Sailing Instructions will be posted before 0900 hrs on the day it will take effect or 30 minutes prior to the removal of code flag AP when flown ashore (whichever is later), except that any change to the schedule of races will be posted by 2000 hrs on the day before it will take effect.

5 Signals Made Ashore

- 5.1 Signals made ashore will be displayed on the flag staff on the water side of the Charlottetown Yacht Club main clubhouse.
- 5.2 Signals made ashore over a course flag only apply to that course.
- 5.3 When code flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in race signal AP. This changes race signal AP.
- 5.4 Code flag D with one sound signal means: 'The warning signal will be made not less than 30 minutes after code flag D is displayed'. Boats shall not launch until this signal is made. (NP)(DPI)
- 5.5 Code flag L with one sound signal means a notice to competitors has been posted on the official notice board.

6 Schedule

6.1 The schedule shall be:

Date	Time	Event
Friday, July 21	1600-1830 hrs	On-Site Regatta Check-in/Registration
Saturday, July 22	0800-1000 hrs 0900 hrs 0930 hrs 1100 hrs	On-Site Regatta Check-in/Registration Coaches/Team Leaders Meeting Competitors meeting followed by Green Fleet meeting First Warning Signal, all classes
Sunday, July 23	0900 hrs 0930 hrs 1100 hrs 1430 hrs	Coaches/Team Leaders Meeting Green Fleet meeting First Warning Signal, all classes Latest Warning Signal, all classes








- 6.2 The Regatta Organizers (PRO, Jury) will be available to meet with Coaches and Team Leaders each morning at 0900 to discuss issues of common interest.
- 6.3 The Regatta Organizers (Regatta Chair, PRO, and Jury) will be available to meet with Competitors on Saturday, July 22 at 0930.
- 6.4 The Green Fleet Race Committee will be available to meet with Competitors on each morning at 0930.
- 6.5 After a long postponement, and before the second and subsequent start of each day, to alert boats that a race or sequence of races will begin soon, the orange flag defining the start line will be displayed, with one sound for at least five minutes before a warning signal is displayed.





7 Class Flags

Class flags shall be:

Class	Racing Area	Class Flag
Laser	Alpha	 Red Laser symbol on White
Laser Radial	Alpha	 White Laser symbol on Red
Club 420	Alpha	 Solid Purple Flag
Optimist	Bravo	 Solid Green Flag
29er	Bravo	 White 29er on Green Flag
Club 420 Green	Charlie	 Blue 420 symbol on White
Optimist Green	Charlie	 Blue Optimist symbol on White

8 Racing Areas

There will be three racing areas designated as Alpha, Bravo and Charlie as shown in Appendix A. Classes will be allocated to racing areas in accordance with Instruction 6.

9 The Courses

The diagrams in Appendix B show the courses, the order in which marks are to be passed, and the side on which each mark is to be left.

10 Marks

10.1 Marks 1, 2, 3, 4 and 5 will be yellow inflatable tetrahedrons.

10.2 Marks 6 and 7 will be orange inflatable tetrahedrons.

10.3 The starting marks will be:

10.3.1 The race committee signal boat at the starboard end displaying an orange flag and

10.3.2 A buoy (with or without an orange flag) or a race committee boat displaying an orange flag at the port end.

10.4 The finishing marks will be:

10.4.1 A race committee boat displaying an orange flag and

10.4.2 A buoy (with or without an orange flag).

10.5 New marks, as described in Instruction 12.1 will be orange inflatable tetrahedrons.



10.6 A Race Committee boat signalling a change of a leg of the course is a mark as provided in Instruction 12.2.

11 The Start

11.1 The starting line will be between the staff displaying the orange flag on the Race Committee signal boat at the starboard end and either the staff displaying the orange flag on the Race Committee boat or the course side of an inflatable mark at the port-end.

11.2 If flag U has been displayed as the Preparatory Signal, no part of a boat's hull, crew or equipment shall be in the triangle formed by the ends of the starting line and the first mark during the last minute before her starting signal. If a boat breaks this rule and is identified, she shall be disqualified without a hearing, but not if the race is restarted or resailed. This changes RRS 26, 36, 63.1, and A5. RRS 29.1 will not apply.

11.2.1 The scoring penalty for disqualification under this instruction will be UFD. This changes RRS A11.

11.3 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start. This changes rules 63.1, A4 and A5.

12 Change of the Next Leg of the Course

12.1 To change the next leg of the course the Race Committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark. Any mark to be rounded after the new mark may be moved to maintain the course configuration without signalling.

12.2 Except at a gate, boats shall pass between the Race Committee boat signalling the change of the next leg and the nearby mark, leaving the mark to port and the Race Committee boat to starboard. This changes rule 28.

13 The Finish

13.1 The finishing line will be between a staff displaying an orange flag on a Race Committee Boat and the course side of the finishing mark (in accordance with course diagrams).

14 Time Limits and Target Times

14.1 Time limits and target times are as follows:

Class	Target Time	Mark 1 Time Limit	Race Time Limit	Finish Window
Optimist	35 minutes	15 minutes	50 minutes	20 minutes
All Other Classes	40 minutes	20 minutes	60 minutes	20 minutes

14.2 If no boat has passed the Mark 1 within the Mark 1 Time Limit the race will be abandoned.

14.3 Failure to meet the target time will not be grounds for redress. This changes Rule 62.1(a).

14.4 Boats failing to finish within the time stated in the Finish Window after the finish time of the first boat to sail the course and finish a race shall be scored "TLE" (Time Limit Expired) without a hearing. A "TLE" score shall be equal to the score for boats scored DNF. This changes RRS 35, A4.1, A4.2, A5 and A11.

14.5 When it is in the best interests of the fleet and its competitors, the Race Committee may award finishing places to boats which are delaying the finish of the race (on course finish). The scoring abbreviation for an on course finish will be OCF. This changes rules 28.1, 35, A4 and A11.



15 Protests and Requests for Redress

- 15.1 Protest forms are available at the Protest Desk in CYC Great Room. Protests must be filed with the Protest Committee secretary at the protest desk. The protest time limit for each class is 60 minutes after their finish boat docks or moors.
- 15.2 Protest notices will be posted on the official notice board within 30 minutes of the end of protest time to inform competitors where and when there is a hearing to which they are parties to a protest or named as witnesses. Protests will be heard as quickly as possible and in the approximate order of receipt.
- 15.3 Notices of protests by the Race Committee or Protest Committee will be posted to inform boats under Rule 61.1(b).
- 15.4 On the last scheduled day of racing a request for reopening a hearing shall be delivered within the protest time limit if the requesting party was informed of the decision on the previous day, or no later than 30 minutes after the requesting party was informed of the decision on that day. This changes Rule 66.
- 15.5 On the last scheduled day of racing a request for redress based on a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes Rule 62.2.

16 Scoring

- 16.1 The Low Point System of RRS Appendix A will apply, as modified herein. One race is required to constitute a series.
- 16.2 Laser, Laser Radial and 420 classes: when less than 5 races have been completed, a boat's series score will be the total of her race scores. When 6 or more races have been completed, a boat's series score will be the total of her race scored excluding her worst score. There will be a maximum of 8 races.
- 16.3 Optimist: when less than 5 races have been completed, a boat's series score will be the total of her race scores. When 5 or more races have been completed, a boat's series score will be the total of her race scored excluding her worst score. There will be a maximum of 10 races.
- 16.4 29er: when less than 6 races have been completed, a boat's series score will be the total of her race scores. When 6 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score. There will be a maximum of 12 races

17 Whistle System

- 17.1 In addition to their role under Appendix P, jury members may blow a whistle when they see what they observe to be a breach of a rule of Part 2. No sail number shall be hailed. If no penalty turns are done the jury may protest one or more boats.
- 17.2 Action or non-action by the Protest Committee under Instruction 17.1 shall not be grounds for redress.

18 Safety Regulations (NP)(DPI)

- 18.1 All boats shall be kept at CYC.
- 18.2 Boats shall be kept in their assigned spaces in the harbour or boat park.
- 18.3 When leaving the harbour and again when returning, competitors shall sail through a gate formed by a buoy and the end of the marina so that the 'seagulls' can record the sail numbers of boats departing and



returning to harbour. If boats are being towed they must be towed through the gate, and must hail their sail numbers if their sails are not hoisted.

- 18.4 All boats shall check in with their Signal Boat upon arriving at the course by sailing past the stern of the boat on starboard tack and hailing their sail number.
- 18.5 A boat that retires from a race shall notify the Race Committee as soon as possible or the Race Office immediately after returning to the shore.
- 18.6 All boats shall have a minimum 10m x 7mm diameter painter line that must be attached to their mast when on the water. This instruction does not apply if the boat's class rule contains a painter requirement.
- 18.7 A whistle shall be attached by a lanyard to the PFD. The lanyard shall be long enough to permit the sailor to use the whistle while wearing the PFD.
- 18.8 Competitors who require assistance should wave one arm with an open hand. If no assistance is required, the arm should be waved with a closed fist.
- 18.9 If considered necessary, a competitor may be required by a race organization boat to abandon their boat and board the support boat.
- 18.10 In fog, a code flag L may be displayed at the finish line. This means 'stay close by the finish and wait to be escorted to the harbour by a patrol boat.

19 Official Boats

- 19.1 Race Committee Signal boats shall be identified by a Race Committee Flag.
- 19.2 Race Committee Mark and Safety boats shall not carry specific identification.
- 19.3 Jury boats will display a white flag with a black letter J.
- 19.4 Failure of a Race Committee boat to fly an identification flag is not grounds for redress. This changes Rule 60.1(b).

20 Support Boats (NP)(DPI)

- 20.1 All support boats shall register with the Organizing Authority by completing the Support Boat Registration form and shall carry identification as supplied by the Organizing Authority.
- 20.2 Registered support boats will be allowed to launch and will be assigned a berth or mooring at SMSC for the duration of the regatta. Such a berth or mooring is subject to the terms and conditions of all boats using club controlled facilities.
- 20.3 Support boats shall stay outside the racing area from the warning signal of the first fleet to start until all boats have finished or all races have been postponed or abandoned. The racing area is defined as 50 metres to leeward of the start line and 100 meters outside all laylines.
- 20.4 Failure of a support boat to register, or abide by Instructions 19.2 or 19.3 shall be considered a breach of Rule 2, Fair Sailing, by the boats associated with the support boat, and is subject to protest by the Race Committee, Jury, or a member of the Organizing Authority. The penalty applied to the boat or boats associated with the support boat shall be at the discretion of the jury and shall not be excluded from her score. This modifies Rule 64.1(c) and A2.



20.5 Support boats are requested to monitor the Race Committee working channel. The Race Committee, in support of safety operations, may lift the restrictions of 20.3. It is recognized that coaches are essential to the safety plan of the regatta and they are required to assist in providing safety cover to competitors on the water. The Race Committee working channels will be:

Course	Channel
Alpha	71
Bravo	72
Charlie	69

21 Radio Communication (NP)(DPI)

Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile phones and other devices capable of receiving email, text or other electronic forms of communication.

22 Advertising (NP)(DPI)

Boats may be required to display advertising chosen and supplied by the Organizing Authority.

23 Right to use Name and Likeness

In participating in an event, a competitor automatically grants to the Organizing Authority and the sponsors of the event, the right in perpetuity, to make, use and show, from time to time and at their discretion, any motion pictures, still pictures and live, taped or filmed television and other reproductions of him/her during the period of the competition in these events event in which the competitor participates and in all material related to the events without compensation.

24 Disclaimer of Liability

24.1 Competitors participate in the regatta entirely at their own risk. See Rule 4, Decision to Race.

24.2 The Charlottetown Yacht Club and all other individuals and entities involved in the organization of this regatta shall accept no liability whatsoever for any injury, damage or loss or claim, whether personal or material, incurred or inflicted to participants before, during or after this regatta.

25 Trash Disposal (NP)(DPI)

Boats shall not intentionally put trash in the water. Coach boats, Race Committee boats and all other support boats will accept trash.

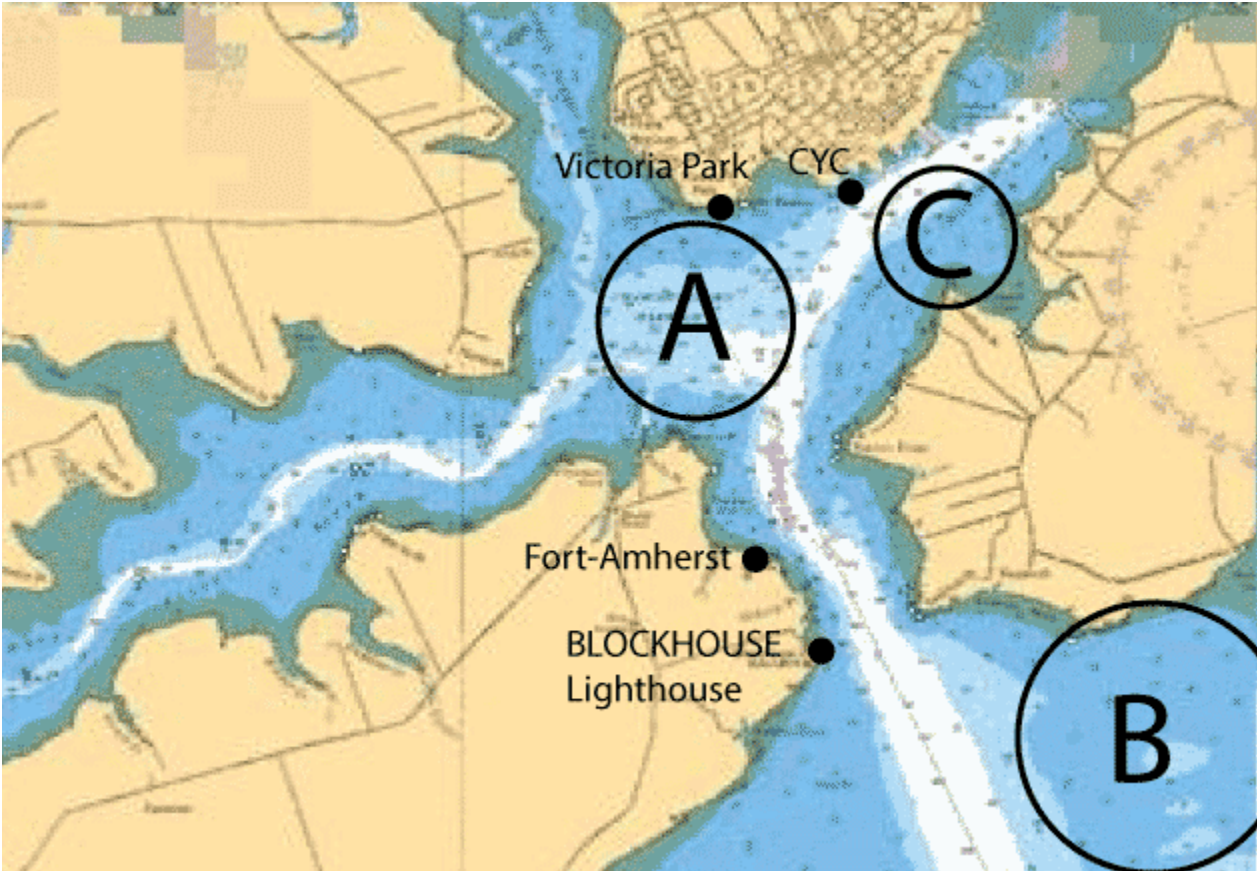
26 CODE OF CONDUCT (DPI)

Competitors, coaches and team leaders shall comply with any reasonable request from a regatta official.

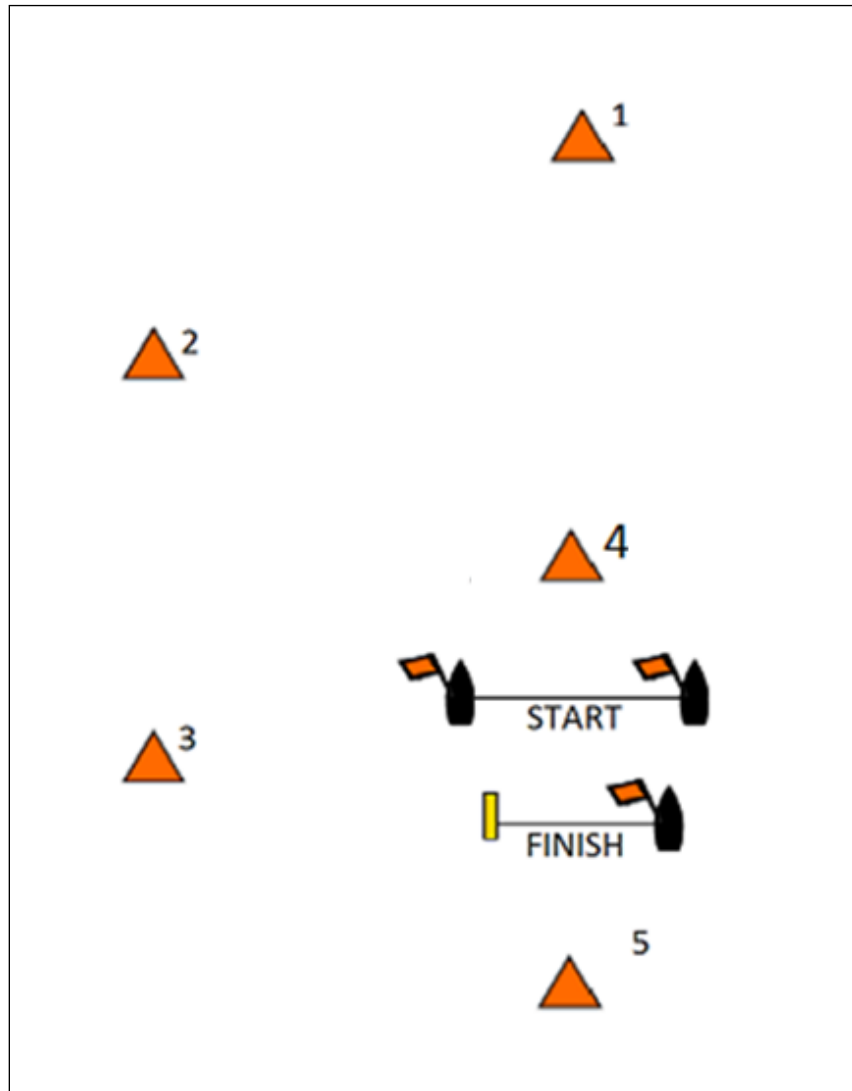


Appendix A – Racing Areas

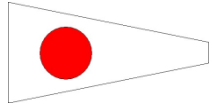
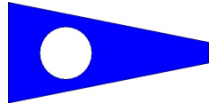
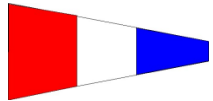
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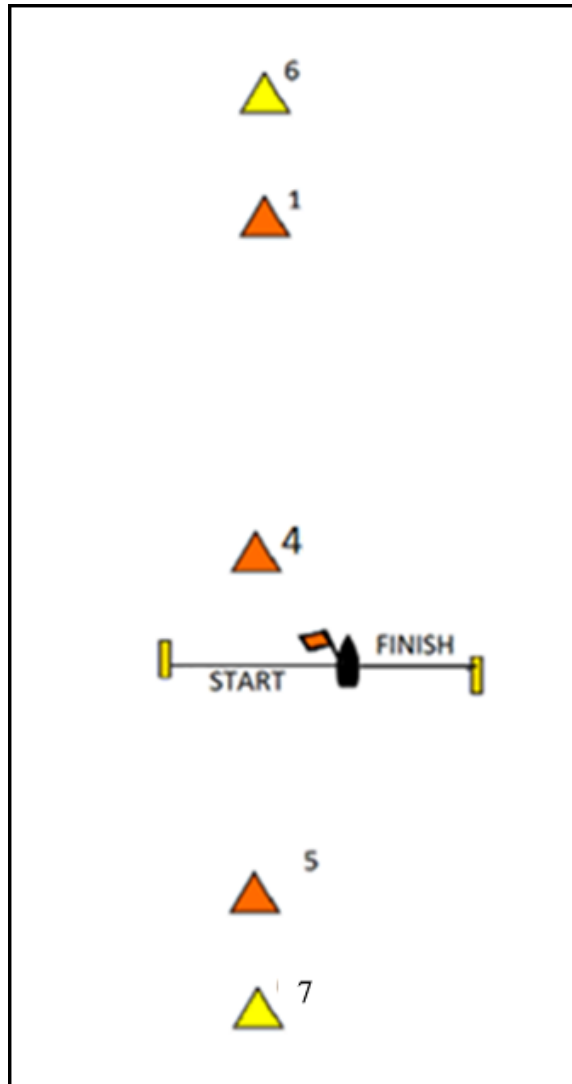
Appendix B – Course Diagram - Alpha Course



All Marks to Port

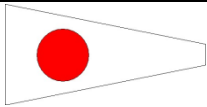
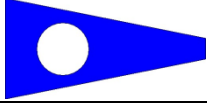
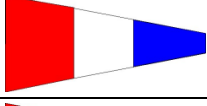
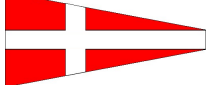
1		START – 1 – 2 – 3 – 2 – 3 – 5 – FINISH
2		START – 1 – 4 – 1 – 2 – 3 – 5 – FINISH
3		START – 1 – 4 – 1 – 5 – FINISH

Appendix C – Course Diagram - Bravo Course



All

Marks to Port

1		START – 1 – 5 – FINISH
2		START – 6 – 7 – FINISH
3		START – 1 – 4 – 1 – 5 – FINISH
4		START – 6 – 7 – 6 – 7 – FINISH