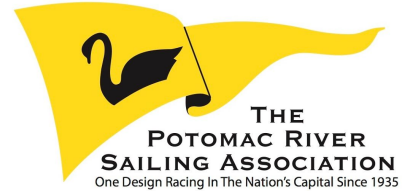


PRSA Capital City Laser Regatta

March 30-31, 2019
Potomac River Sailing Association
Washington Sailing Marina, Alexandria VA



SAILING INSTRUCTIONS

1. RULES

- 1.1 This regatta will be governed by the 'rules' as defined in The Racing Rules of Sailing (RRS). The regatta is designated Category A.
- 1.2 The fundamental rule under Part One of the Laser Class Rules shall apply.

2. ENTRIES

The regatta is open to Standard and Laser Radial class sailboats. Eligible boats may be entered by completing the registration at <http://www.regattanetwork.com/event/18675>.

3. NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located at the Washington Sailing Marina on the north end of the easternmost boat rack (near the lifts).

4. CHANGES IN SAILING INSTRUCTIONS

- 4.1 Any change in the sailing instructions will be posted before Saturday on the official website (above), except on Saturday when changes will be posted within 10 minutes following the skippers' meeting.

5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed on the board adjacent to the cranes.
- 5.2 When "AP" (red and white vertical striped pennant) is displayed ashore '1 minute' is replaced with 'not less than 45 minutes.'

6. NUMBER AND SCHEDULE OF RACES

- 6.1 The number of races sailed on any day is at the discretion of the race committee. The warning signal for the first race on each day is scheduled as indicated below.

Saturday	1100	Skippers meeting
	1200	Warning signal for race 1; other races to follow
	1530	No races after this time

Sunday	1100	Warning signal for the 1 st race of the day; other races to follow
	1400	No races after this time

- 6.2 Races will be run back to back.
- 6.3 If there are 10 or more Radial Laser class boats registered, they will get a separate start following the Standard Laser start. Skippers intending to sail a Radial Laser are asked to inform the race committee at the skipper's meeting so that an announcement and posting regarding separate or combined starts can be made.

7. RACING AREA

Races will be conducted on the Potomac River east of the airport landing pier. If a change to that plan is necessary, the race committee (RC) will announce the change at the competitor's meeting.

8. THE COURSE

- 8.1 The Course Diagram Appendix (below) show the courses including the approximate angles between legs, the order in which marks are to be passed, and the side to which each mark is to be left.
- 8.2 The T course will be indicated by the letter "T", the O course by the letter "O", the W course by the letter "W" displayed on the Race Committee boat. For the "T" and "W" courses, the default number of Laps is one. A number next to the course letter indicates more than one lap. For example, "T2" will indicate twice around a "T" course.

9. MARKS

- 9.1 Marks 1, 2, 3 and 4 will be as described in the Course Diagram Appendix. New marks, as provided in instruction 11, will be as described in the Course Diagram Appendix.
- 9.2 The start and finishing marks will be as described in the Course Diagram Appendix.

10. THE START

- 10.1 The class flag for the both classes will be a red Laser insignia on white field.
- 10.2 The starting line will be between a staff displaying the RC flag on the Race Committee boat and the start mark (as described in the Course Diagram Appendix).
- 10.3 The audible-signal start sequence as described in Appendix U (a U.S. Sailing Prescription, reproduced below) of the RRS will be used (**3 minute starts**).
- 10.4 A boat shall not start later than 10 minutes after her starting signal.

11. RECALLS AND STARTING PENALTIES

- 11.1 An anchored Race Committee vessel may or may not attempt to hail boats that have started on course side.
- 11.2 At the RC's digression after the first general recall they may display the I, Z or black flag to indicate rule 30.1, 30.2 or 30.3 is in effect.

12. CHANGE OF POSITION OF THE NEXT MARK

To change the position of the next mark, the race committee will move the original mark as soon as practicable. The change will be signaled before the leading boat has begun the leg. Any mark to be rounded after rounding the first relocated mark may be relocated without further signaling to maintain the course configuration.

13. THE FINISH

The finishing line will be between a staff displaying the RC flag on the Race Committee boat and the finish mark (as described in the Course Diagram Appendix)

13. TIME LIMIT

- 13.1 The time limit for the first yacht to finish will be 1 hour from their starting signal.
- 13.2 Boats failing to finish within 30 minutes after the first boat to finish will be scored TLP (time limit penalty). TLP is two plus the number of boats finishing within the time limit, and not thereafter retiring or being disqualified. This changes rule 35, A4.1, and A4.2.

14. PENALTY SYSTEM

- 14.1 RRS/US Sailing Appendix V1 (Penalty at the Time of an Incident) will apply.
- 14.2 The first two sentences of rule 44.1 are changed to: 'A boat may take a One-Turn Penalty when she may have broken a rule of Part 2 or RRS 31 while racing. However, when she may have broken a rule of Part 2 while in the zone around a mark other than a starting mark, her penalty shall be a Two-Turns Penalty.'

15. PROTESTS

- 15.1 A boat intending to protest or request redress based on an incident in the racing area that she is involved in or sees shall, at the first reasonable opportunity after she finishes, inform the race committee at the finishing line of her intent to protest or request redress and, when applicable, the identity of the protestee.
- 15.2 The protest time limit is 60 minutes after the Race Committee comes ashore. That time will be signaled by the Race Committee boat passing the docks at Washington Sailing Marina and sounding one blast of the horn.
- 15.3 Protest forms are available from the Principle Race Officer (PRO) on the RC. Protests and request for redress or reopening shall be delivered to the PRO within the appropriate time limit.

16. SCORING

- 15.1 One race is required to be completed to constitute a series.
- 15.2 The low point scoring system described in RRS Appendix A will apply.
- 15.3 If 4 or fewer races are completed, a boat's series score will be the total of all her race scores. Otherwise, her worst score will be excluded. This changes RRS Appendix A rule A2.

17. SAFETY

- 17.1 Sailors are required to wear personal flotation devices while on the water. Sailors are strongly advised to wear clothing (dry suits, wet suits) appropriate for water temperatures.
- 17.2 Each boat shall pass astern of the Race Committee Boat before the preparatory signal of her first race each day so that her sail number can be recorded and acknowledged.
- 17.3 Sailors needing help should signal with an open hand. Those not needing help should signal with a closed fist.
- 17.4 A boat that retires from a race shall notify the Race Committee boat or a Race Committee vessel before leaving the course area, or, if that is impossible, notify the Race Committee or its representative immediately after arriving ashore.

18. DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 4, "Decision to Race." The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

APPENDIX U: AUDIBLE-SIGNAL RACING SYSTEM

US Sailing prescribes that, when the sailing instructions so state the Audible-Signal Racing System described below shall be used. It is recommended primarily for small-boat racing or when race committee resources are limited. Rules in this appendix replace rule 26 and permit changes to Race Signals and the corresponding rules in Part 3.

- U1** Any Race Signal may be made by hailing, in which case the corresponding visual signal may also be used, but not its designated sound signal.
- U2** A series of short sounds may be made at any time to call attention to a hail or a visual signal.
- U3** The starting sequence shall consist of the following sound signals made at the indicated times. These signals shall be timed from their commencement and shall govern, even if visual signals are also used.

<u>Signal</u>	<u>Sound</u>	<u>Time before start</u>
Attention	Series of short sounds	Before the warning
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
Starting	5 short, 1 second apart	5 – 4 – 3 – 2 – 1 seconds
	1 long	0

- U4** Individual recalls shall be signalled by hailing the sail number (or other distinguishing feature) of each recalled boat. Flag X need not be displayed.
- U5** Failure to hear an adequate hail or sound signal shall not be grounds for redress. This changes rule 62.1.

COURSE DIAGRAM APPENDIX

MARKS (9.1): Marks 1, 2, 3, and will be orange cylinders.

SUBSTITUTE MARKS (9.1 and 12): New mark used for modification of course will be orange ball.

START MARK (9.2): Styrofoam cylinder with a red flag.

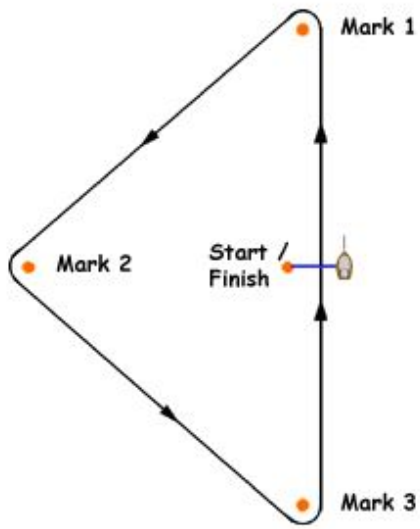
FINISH MARK (13): Styrofoam cylinder with a red flag

COURSE T: Start – 1 – 2 – 3 –Finish (Number of Laps, 1 or as indicated) An offset mark may be placed directly after mark 1.

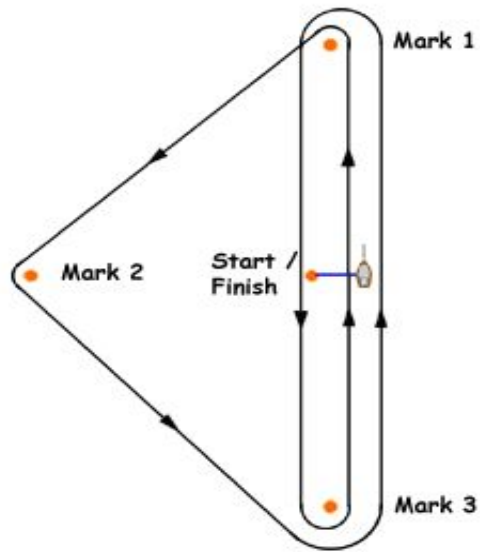
COURSE O: Start – 1 – 2 – 3 -- 1 – 3 – Finish An offset mark may be placed directly after mark 1.

COURSE W: Start-1 – 2 – Finish (Number of Laps, 1 or as indicated). An offset mark may be placed directly after mark 1.

COURSE T



COURSE O



Course W

