



2023 Doc Gilbert Potomac Cup Regatta

May 13-14, 2023
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 \(RRS\)](#).
- 1.2 All hails will use the last 3 digits of the sail number. The race committee will attempt to hail OCS boats. The timing of such hails, the order of hails, or the failure of a competitor to hear the hails shall not be considered an improper action or omission of the RC under RRS 62.1(a).
- 1.3 Appendix V, Rule V1 ([One-Turn Penalty Outside the Zone](#)) shall apply.

2. ENTRIES

- 2.1 The regatta is open to Lightning class sailboats. Eligible boats may be entered by completing the registration form and paying the regatta fees at <https://www.regattanetwork.com/event/26289>

3. NOTICES TO COMPETITORS

- 3.1 Notices to competitors will be posted online at the Regatta Network online notice board.

4. CHANGES IN SAILING INSTRUCTIONS

- 4.1 Any change in the sailing instructions made prior to Competitors Meeting will be posted before the Saturday Competitor Meeting on the online official notice board (above), except changes made after the Competitors Meeting on Saturday when changes will be posted within 10 minutes following the Competitors Meeting and Weather Assessment Update.

5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed adjacent to the RC launching dock.
- 5.2 When "AP" (red and white vertical striped pennant) is displayed ashore '1 minute' is replaced with 'not less than 30 minutes.'

6. NUMBER AND SCHEDULE OF RACES

- 6.1 Several races may be sailed on any day at the discretion of the Race Committee. The warning signal for the first race on each day is scheduled as indicated below.

<u>Friday</u>	1800	PRO Weather Assessment Email
<u>Saturday</u>	1030	Competitors Meeting and Weather Assessment Update
	1200	Warning signal for Race 1; other races to follow
	1630	No warning signal after this time
<u>Sunday</u>	1100	Warning signal for 1 st race of the day; other races to follow
	1500	No warning signal after this time

6.2 On Sunday other one-design fleets will be racing with their own starts, signaled by use of other fleet's class flag. Otherwise, races will be run back to back.

7. RACING AREA

7.1 Races will be conducted on the Potomac River to the west of Haines Point. If a change to that plan is necessary, the Race Committee will announce the change at the Competitor's Meeting.

8. THE COURSE

8.1 The Course Diagram Appendix (below) shows 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 W course will be indicated by the letter "W", the O course by the letter "O", the T course by the letter "T" displayed on the Race Committee boat. A number below the course letter indicates the number of roundings of the leeward mark. For example, "W2" will indicate two windward-leeward laps and "O2" will indicate a triangle followed by a windward-leeward lap.

9. MARKS

9.1 Marks 1, 2, 3 and 4 will be as described in the Course Diagram Appendix.

9.2 The start and finishing marks will be as described in the Course Flag and Course Description Appendix.

10. THE START

10.1 The class flag will be a red Lightning flash insignia on a yellow field.

10.2 The starting line will be between a staff displaying an orange flag on the Race Committee boat and the start mark (as described in the Course Diagram Appendix).

10.3 A boat shall not start later than 10 minutes after her starting signal.

11. RECALLS AND STARTING PENALTIES

11.1 A Race Committee vessel may or may not attempt to hail boats that have started on course side.

11.2 At the RC's discretion after the first general recall they may display the I, U, or Black Flag to indicate rule 30.1, 30.3 or 30.4 is in effect.

12. CHANGE OF POSITION OF THE NEXT MARK

12.1 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

- 13.1 The finishing line will be between a staff displaying the **orange** flag on the Race Committee boat and the finish mark (as described in the Course Flag and Course Description Appendix).

14. TIME LIMIT

- 14.1 The time limit for the first yacht to finish will be 1 hour from their starting signal.
14.2 Boats failing to finish within 20 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, A10.

15. PENALTY SYSTEM

- 15.1 RRS/US Sailing Appendix V1 (Penalty at the Time of an Incident) will apply.
15.2 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.'

16. PROTESTS

- 16.1 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.
16.2 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.
16.3 Protest forms are available from the Principal Race Officer (PRO) on the Race Committee. Protests and requests for redress or reopening shall be delivered to the PRO within the appropriate time limit.

17. SCORING

- 17.1 One race is required to be completed to constitute a regatta.
17.2 The low point scoring system described in RRS Appendix A will apply.
17.3 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 A2.1.

18. SAFETY

- 18.1 Sailors are required to wear personal flotation devices while racing. Sailors are strongly advised to wear clothing (dry suits, wet suits) appropriate for water temperatures.
18.2 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.
18.3 Sailors needing help should signal with a raised open hand. Those not needing help should signal by tapping the top of their head with an open hand.

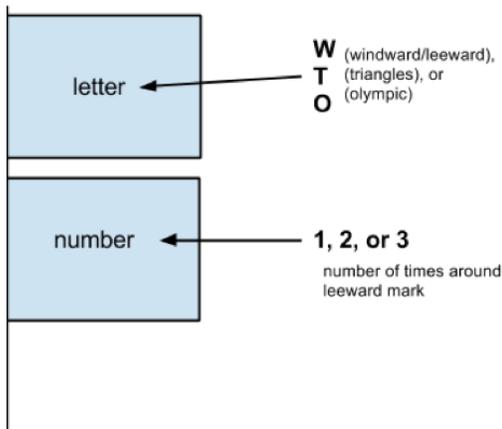
- 18.4 A boat that retires from a race shall notify the Race Committee boat or a Race Committee vessel before leaving the course area, or, if that is impossible, notify the Race Committee or its representative immediately after arriving ashore.
- 18.5 No race shall be held in the event of an active **Gale Warning** issued by the NOAA for any part of the race course. The Race Committee will monitor the weather the evening before racing as well as prior to leaving the dock before the start of racing.

19. DISCLAIMER OF LIABILITY

- 19.1 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.

COURSE FLAG AND COURSE DESCRIPTIONS

TWO FLAGS, ONE OVER THE OTHER, (ON THE SIGNAL BOAT) INDICATE THE COURSE



Leave all marks to port. The L (leeward) mark may be a gate, i.e. two marks 7 or 8 boat lengths apart. In the event that a gate is used boats must pass between the two marks.

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.

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)

Number of Roundings of Leeward Mark: Indicated on a second flag below the W, O, or T flags. (8.2)

MARKS (9.1): Marks will be **orange** cylinders. Offset mark, if present, will be an **orange** "hippity hop".

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

FINISH MARK (13.1): Styrofoam cylinder with a **blue** flag.

The **START LINE** and **FINISH LINE** will be on opposite sides of the signal boat which will be located between the **W** and **L** marks.