



MILES RIVER YACHT CLUB

2025 Junior Sail Regatta

Sailing Instructions

August 7th, 2025



1. **RULES:** The regatta shall be governed by the rules as defined in *The Racing Rules of Sailing*.
2. **NOTICES TO COMPETITORS:** Notices to competitors shall be posted on the official notice board at the Club entrance.
3. **CHANGES TO SAILING INSTRUCTIONS:** Any change to the sailing instructions or schedule of races shall be posted on the official notice board before 9:45 am.

4. **SCHEDULE OF EVENTS:**

Registration	8:30 – 9:30 am
Competitors' Meeting	9:45 am
1 st Warning Signal	10:30 am
	No Starts after 3:00 pm
Awards	ASAP after racing

Check the signal boat for a course board after each race to see if additional races are planned.

5. **CLASS FLAGS:** The class flag for the Opti Red, White, and Blue classes is the Opti Class flag. The class flag for the Laser class is the Laser Class flag. The class flag for the C420 class is the 420 Class flag. The Opti Green class uses RRS Appendix S (Sound-Signal Starting System), so no class flag is necessary.
6. **RACING AREAS:** There will be three race areas: one adjacent to the Club for the Opti Green class; one across the Miles River from the Club for the Opti Red, White, and Blue classes; and one south of Red #4 flasher (off St. Michaels harbor) for the lasers and C420s.
7. **CHECK-IN and CHECK-OUT:** Boats must check in with the RC prior to their first warning signal. Boats leaving the race area before finishing the last race must check out with the race committee. Boats failing to check in or check out shall receive a 20% penalty to applicable races calculated per RRS 44.3(c) without a hearing. This changes rules RRS A4 and A5.
8. **THE COURSES:** The courses are described in the attachment "Course Designations." Do not cross through the Start/Finish line unless you are in your start sequence or finishing.
9. **MARKS:** The turning marks of the course shall be club drop marks. The starting pin shall be a club drop mark of a different shape or color from the turning marks.
10. **THE START:** The start line shall be between the orange/yellow flag on the signal boat and the adjacent club mark, as described in the course designation appendix.

Signal Systems:

Opti Red, White, and Blue, Laser, C420: Races shall be started using Rule 26, with the warning signal made 5 minutes before the starting signal.

Opti Green: Races shall be started using RRS Appendix S (Sound-Signal Starting System), with the warning signal made 3 minutes before the starting signal.

- 11. THE FINISH:** The finishing line shall be between the orange/yellow flag on the signal boat and the adjacent club drop mark, as described in the course designation appendix.
- 12. TIME LIMITS:** The time limit for any one race is 60 minutes. Boats failing to finish within 30 minutes after the first boat sails the course and finishes shall be scored "Did Not Finish" without a hearing. This changes rules RRS 35, A4, and A5.
- 13. PROTESTS:** All protests and requests for redress must be submitted in writing to the Race Committee within 30 minutes of the Race Committee docking at the Club. Notices of protests shall be posted no later than 30 minutes after the protest time limit.
- 14. SCORING:** The low point scoring system of RRS Appendix A shall apply. One completed race constitutes a series. Each boat's series score shall be the total of her race scores unless four (4) or more races are completed, and then she may exclude her worst score.
- 15. SAFETY REGULATIONS:**
- 15.1. Competitors must wear USCG-approved Type III Personal Flotation Devices (PFDs) at all times while afloat, except for brief periods while changing. Flotation aids (Zhik, Baltic) are not permitted to be worn by competitors.
 - 15.2. Coaches must wear USCG-approved Personal Flotation Devices (PFDs) at all times while afloat, except for brief periods while changing.
 - 15.3. Failure to comply with 15.1 shall be grounds for disqualification from all races sailed in violation of those instructions.
 - 15.4. Failure of a coach to comply with 15.2 shall be grounds for a penalty imposed by the protest committee up to and including disqualification of all sailors associated with their club from all races sailed.
 - 15.5. Competitors and coaches must provide the necessary equipment to meet the requirements of Sections 15.1 and 15.2.
 - 15.6 You must check in and check-out. See Sailing Instruction 7.

Protests under SI 15 can only be filed by the race committee. This changes rules RRS 40 and the preamble to Part 4.

- 16. PRIZES:** Awards will be given for 1st-3rd place in C420, Laser Radial, and Opti (White, Blue, and Red). Additionally, 1st-3rd place will be awarded overall in the Opti fleet. Awards will be given to the top girl competitors in the Laser radial, Opti red, white, and blue, and the top all-girl C420 team. Participation awards will be given to all Green class sailors. The Race Committee may award additional prizes and giveaways.

The awards ceremony will be held as soon as possible after racing. The Opti Green class will likely have its awards ceremony before the other classes.

- 17. DISCLAIMER OF LIABILITY:** Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The Miles River Yacht Club will not accept any liability for material damage, personal injury, or death sustained in conjunction with, prior to, during, or after the regatta.

Wear Your Life Jacket at All Times on the Water

See 15. Safety Regulations