



29th Annual MLK Weekend Regatta
January 17th and 18th 2026

SAILING INSTRUCTIONS

1. RULES

The regatta will be governed by the rules as defined in The Racing Rules of Sailing.

2. NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located at the St. Thomas Yacht Club.

3. CHANGES TO THE SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted before 08:30 on the day it will take effect, except that any change to the schedule of races will be posted by 20:00 on the day before it will take effect.

4. SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed at the masthead of the St. Thomas Yacht Club.
- 4.2 When flag AP is displayed ashore, "1 minute" is replaced with "not less than 45minutes".

5. SCHEDULE OF RACES

Saturday January 17	Sunday January 18
08:00–09:00 Sailor Check-In	08:45 Skippers' Meeting
09:00 Skippers' Meeting	09:30 First Warning
10:00 First Warning	13:00 No Warning After
	14:30 Awards

6. CLASS FLAGS

Opti Champ Fleet	White flag with black Optimist insignia
Opti Green Fleet	Green flag with white Optimist insignia
C420 Bright	pink flag

7. RACING AREA

The racing area will be Cowpet Bay and the waters north and south of Cow and Calf Rocks. Sailors may not sail between the rocks.

8. THE COURSES

- 8.1 The diagrams in Attachment A show the courses, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

9. MARKS

Marks will be orange or yellow inflatable buoys or orange or green round buoys as shown in Attachment A.

10. THE START

- 10.1 Optimist Championship Class will be started in accordance with RSS Rule 26.
- 10.2 Optimist Green Fleet and C420s will be started in accordance with Appendix U.

11. THE FINISH

- 12.1 For both Optimist classes, the finish line will be between a staff displaying an orange flag on the Signal Boat and a yellow buoy set at the port end of the finish line.
- 12.2 For the C420 class, the finish line will be between a staff displaying an orange flag on the Signal Boat and an orange buoy set at the starboard end of the finish line.

12. TIME LIMITS

- 13.1 The time limit for each race will be 60 minutes.
- 13.2 Boats failing to finish within 10 minutes after the first boat sails the course and finishes will be scored Did Not Finish (DNF). This changes RRS Rules 35 and Appendix A5.

14 PROTESTS AND REQUEST FOR REDRESS

- 14.1 Boats intending to protest shall inform the finish boat immediately after finishing the race.
- 14.2 Protest forms are available at the Yacht Club. Protests shall be delivered there within the protest time limit.
- 14.3 For each class, the protest time is thirty minutes after the Signal Boat reaches the STYC Dock. The same time limit applies to protests by the Race Committee about incidents they observe in the racing area and to requests for redress. This changes RSS Rules 61.3 and 62.2.

15 SCORING

- 15.1 The Low Point Scoring outlined in RRS A2 will apply and be modified so that when six or more races have been completed, each boat's series score will be a total of her race scores, excluding her worst score.
- 15.2 One race is required to be completed to constitute a series.

16 SAFETY REGULATIONS

- 16.1 Prior to the First Warning, all boats are required to check in with the Race Committee by sailing behind the Signal Boat and hailing her sail number.
- 16.2 Government approved life jackets must be worn at all times while on the water.
- 16.3 A boat that retires from a race shall notify the Race Committee as soon as possible.

17 SUPPORT BOATS

- 17.1 Team leaders, coaches, and other support personnel shall stay outside areas where boats are racing from the time of the preparatory signal for the first class to start until all boats have finished or the Race Committee signals a postponement, general recall, or abandonment.
- 17.2 Support boats may not communicate in any way with competitors while racing, except in the case of an emergency. However, Green Fleet support boats may communicate with the Green Fleet sailors that are in the last half of the fleet if they require additional assistance. The penalty for failing to comply with this requirement will be at the discretion of the Jury after a hearing.

18 PRIZES

Prizes will be awarded in all classes to top participants in proportion to the number of registrants in that class.

19 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS Rule 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.

ATTACHMENT A (to go here)