

Potomac River Laser Fleet CAPITAL CITY LASER REGATTA

**Washington Sailing Marina
Daingerfield Island, Alexandria, Virginia**

ORGANIZING AUTHORITY: POTOMAC RIVER SAILING ASSOCIATION
CLUB/HOST ORGANIZATION: POTOMAC RIVER LASER FLEET, WASHINGTON, DC
OFFICIAL WEB SITE: <http://www.potomacriversailing.org>

Sailing Instructions

1. RULES

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

2. ENTRIES

- 2.1 Eligible boats may be entered by completing registration with the regatta registration committee or pre-registering online.

3. NOTICES TO COMPETITORS

- 3.1 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
		Warning Signal for Race 1 of
	1200	Day 1
		No races to start after 15:30
		Warning Signal for Race 1 of
Sunday	1100	Day 2
		No races to start after 1400

- 6.2 Races will be run back to back.

7. THE COURSE

- 7.1 The diagrams in Appendix A 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.

- 7.2 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.

8. MARKS

- 8.1 Marks 1, 2, 3 and 4 will be as described in Appendix A. New marks, as provided in instruction 11, will be as described in Appendix A.
- 8.3 The start and finishing marks will be will be as described in Appendix A.

9. THE START

- 9.1 The class flag for the fleet will be a red Laser insignia on white field.
- 9.2 The starting line will be between a staff displaying the RC flag on the Race Committee boat and the start mark (as described in appendix A).
- 9.3 The starting sequence will be as described in Appendix Q of the RRS (3 minute starts).
- 9.4 A boat shall not start later than 10 minutes after her starting signal.

10. RECALLS AND STARTING PENALTIES

- 10.1 An anchored Race Committee vessel may or may not attempt to hail boats that have started on course side.
- 10.2 After one general recall of a single race rule 30.1 will be in effect. The I Flag does not have to be displayed.
- 10.3 After two general recalls of a single race rule 30.2 will be in effect. The Z Flag does not have to be displayed.
- 10.4 After three general recalls of a single race rule 30.3 will be in effect. The black Flag does not have to be displayed. Sail numbers of boats not permitted to start the subsequent race will be written on a white board on the RC boat.

11. CHANGE OF POSITION OF THE NEXT MARK

- 11.1 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.

12. THE FINISH

- 12.1 The finishing line will be between a staff displaying the RC flag on the Race Committee boat and the finish mark (as described in appendix A).

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. PROTESTS

- 14.1 In addition to the requirements of 61.1a, a boat intending to lodge a protest shall inform the Race Committee at the finishing line or as soon as practical thereafter.
- 14.2 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. SCORING

- 15.1 The low point scoring system described in RRS Appendix A will apply.
- 15.2 One race is required to be completed to constitute a series.

- 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.
- 15.4 See 13.2.

16 SAFETY

- 16.1 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.
- 16.2 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.
- 16.3 Sailors needing help should signal with an open hand. Those not needing help should signal with a closed fist.
- 16.4 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.

17 DISCLAIMER OF LIABILITY

- 17.1 Competitors participate in the regatta entirely at their own risk. See 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.

APPENDIX A: COURSE DIAGRAMS AND MARKS

MARKS (8.1): Marks 1, 2, 3, and will be orange cylinders.

SUBSTITUTE MARKS (8.2 and 11): New mark used for modification of course will be orange ball.

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

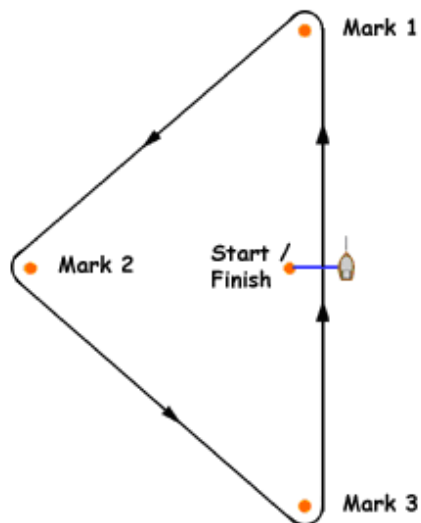
FINISH MARK (12): Styrofoam cylinder with a red flag

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

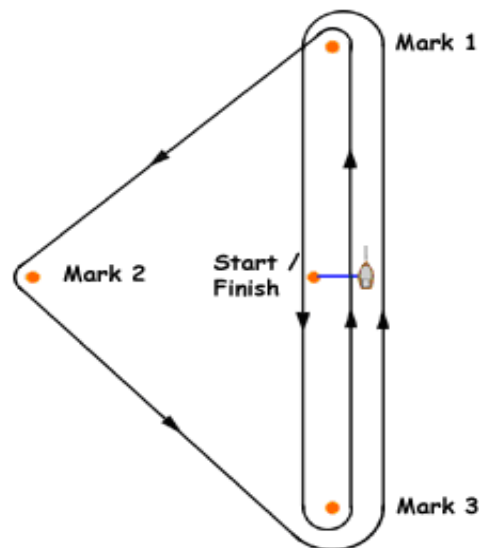
COURSE O: Start – 1 – 2 – 3 -- 1 – 3 – Finish An offset mark may be placed directly after mark 1.

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

