

Potomac River Sailing Association
Sailing Instructions for Laser Frostbite
Washington Sailing Marina, Alexandria, VA

1 RULES

The races will be governed by the 'rules' as defined in the *Racing Rules of Sailing*. Inland Rules of the Road will apply. In particular, when racing in the river, channel-bound traffic has right-of-way over racers.

2 NOTICES TO COMPETITORS

Notices to competitors will be announced via PRSALasers@yahoogroups.com email no later than 8:00 pm preceding the day of race, with the exception of weather-related cancellations or delays, which may be made up to and including at the time of the skippers meeting.

3 CHANGES TO THESE SAILING INSTRUCTIONS

Any additions or changes to these sailing instructions will be announced by an email to the PRSALasers@yahoogroups.com email list before noon on the Friday prior to the event.

4 SCHEDULE OF RACES

4.1 The series will consist of the races on Sundays starting with the first Sunday after the annual meeting and finishing with the last Sunday before the Capital City Regatta with the exception of one Sunday around December 25 and the Hangover Regatta if it falls on a Sunday.

4.2 Please refer to the PRSA Laser calendar at www.potomacriversailing.org/lasers for the schedule of race dates.

4.3 Skipper's meeting at 12:00 noon and the first warning signal @ 12:30 pm. The start will not be delayed for latecomers.

4.4 The RC will attempt to run 4 or more races each day. The last race of the day shall not be started after 3:30 p.m.

5 RACING AREA

The race course will be in the cove or out on the river depending on wind, tidal current and aquatic vegetation. The choice will be announced at the skipper's meeting and is the discretion of the Race Committee that day.

6 THE COURSES

6.1 All starts will be to windward.

6.2 Boats shall leave marks to port (with the exception of the port end of a gate).

6.3 The course will be hailed by the Race Committee to the competitors. It is the competitor's responsibility to receive the hail from the RC.

6.4 The course may be a Windward-Leeward (often colloquially referred to as a "hot dog" or "sausage" course by the RC), Triangle, Olympic, or combination thereof. All courses are at the discretion of the RC. SEE SECTION 16 FOR COURSE ILLUSTRATIONS.

6.5 To change the next leg of the course, the race committee will move the original mark (or the finishing line) to a new position before the first boat rounds the mark preceding mark.

7 MARKS

Marks will be **orange balls**. The pin end of the start/finish line may be a white mark with a red flag.

8 START & FINISH LINE

The starting line and finish line will be between an orange ball or white mark with red flag and a flag on the race committee boat.

9 START SIGNALS

9.1 Appendix S – Sound Signal Starting System (a US Sailing prescription) will be used.

Its key features are summarized in 9.2

9.2 A series of **5 short sound signals** will be made before the starting sequence begins to **call attention** to the impending starting sequence. The starting sequence begins 5 seconds after the end of the attention signals and shall consist of the following sound signals made at the indicated times:

- 5 short sound signals to alert racers that the sequence will begin soon
- 3 minutes to the start---three long blasts
- 2 minutes to the start---two long blasts
- 1 minute and 30 seconds -- one long and 3 short blasts
- 1 minute, one long blast
- 30 seconds---3 short blasts
- 20 seconds---2 short blasts
- 10 seconds--1 short blast
- 5-4-3-2-1-start---one blast each.

9.2 Individual recalls shall be signaled with one sound signal and an attempt to hail the sail number of each recalled boat.

9.3 General recalls shall be signaled with two sound signals and the hail of "general recall".

10 PENALTY

Rule 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

11 TIME LIMITS

The time limit will be 45 minutes. Boats failing to finish within 30 minutes of the first boat that sails the course and finishes will be finished in place. This changes rules 35 and A4.1.

12 PROTESTS AND REQUESTS FOR REDRESS

12.1 Protests shall be delivered to the race committee within the protest time limit.

12.2 The protest time limit is 20 minutes after the race committee boat docks.

12.3 Notices will be posted within 10 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses and where these hearings will be held.

13 SCORING

13.1 To qualify for awards, the skipper must be scored in a minimum of 50 percent (rounded up) +1 of the races.

13.2 Each skipper finishing a race and not thereafter retiring or being disqualified (including OCS) will be scored as follow: 1st place – 1, 2nd place – 2, ... up to the number of qualified finishers.

13.3 OCS and DNF will be scored the number of qualified finishers + 1

13.4 DNS, DSQ, RAF will be scored the number of qualified finishers + 2.

13.5 Skippers who arrive late or leave early will be scored DNS provided they are scored for at least one race that day.

13.6 Skippers who are on RC will not be scored.

13.7 A skipper's series score will be the sum of their best scores needed to meet the 50 percent +1 qualification requirement.

14 SAFETY

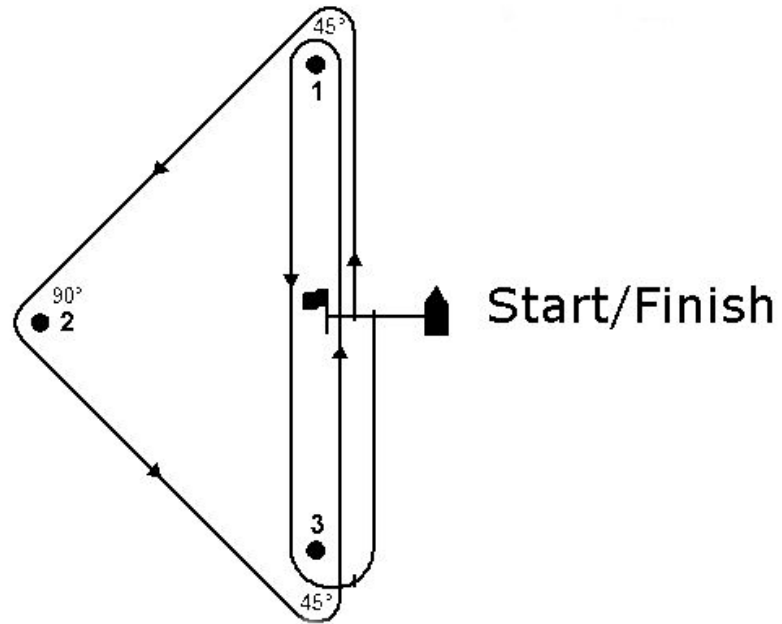
A boat that retires from a race shall notify the race committee as soon as possible.

Competitors shall wear a personal floatation device at all times. It is highly recommended that all competitors wear dry suits.

15 DISCLAIMER OF LIABILITY

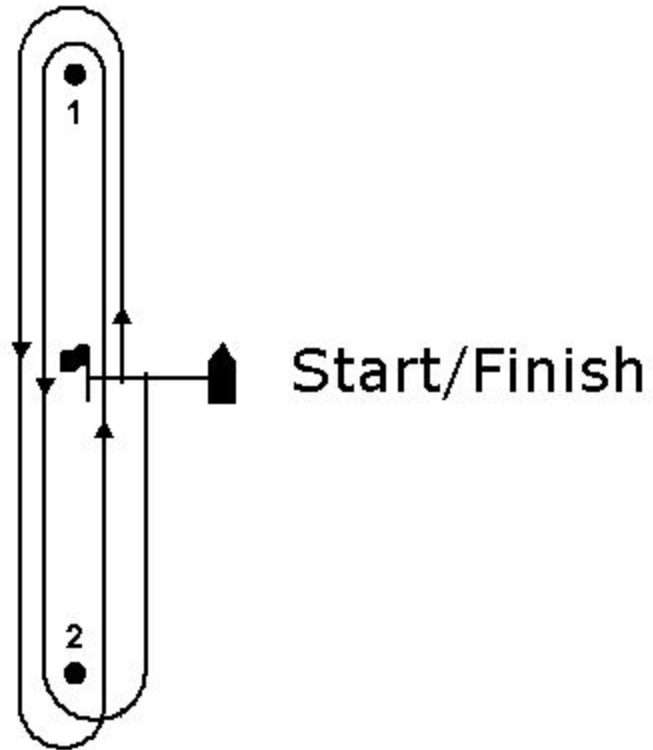
Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

16 EXAMPLE COURSE ILLUSTRATIONS
16.1 OLYMPIC COURSE hailed as “Triangle Hotdog”



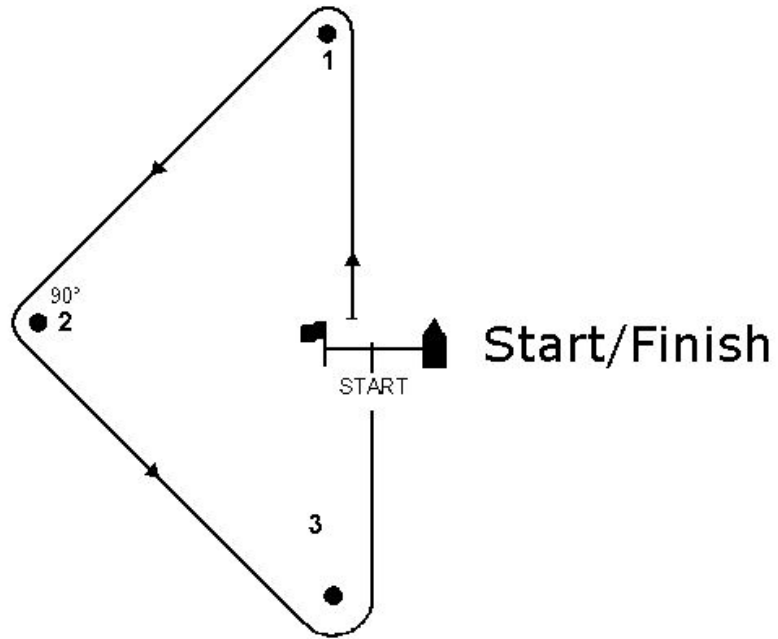
Olympic Course

16.2 WINDWARD-LEEWARD COURSE hailed as “Two hotdogs”



Windward-Leeward Course

16.3 TRIANGULAR COURSE hailed as “One triangle”



Triangular Course