



Potomac River Sailing Association Laser Frostbite Series Notice of Races

1. RULES

These races will be governed by the 'rules' as defined in the *Racing Rules of Sailing* (RRS).

2. ELIGIBILITY AND ENTRY

- 2.1 All Laser class sailboats are invited to participate. In order to be scored the skipper must be an Active, Junior, or Life member of the Potomac River Association (PRSA).
- 2.2 There is no entry fee, but competitors must be current Potomac River Sailing Association (PRSA) members. The PRSA membership year begins December 1 each year and runs through November 30 of the subsequent year. Visit the "Dues & RC Duty" page on the PRSA website for PRSA membership information: <http://potomacriversailing.org/dues-rc-duty/>.
- 2.3 Boats not stored at the Washington Sailing Marina (WSM) will need to pay the WSM entry/launch fee at the automated gate to enter the dry sail area.

3. SCHEDULE OF RACES

- 3.1 The series will consist of races on Sundays starting with the first Sunday after the PRSA Annual General Meeting and finishing with the last Sunday prior to the Capital City Regatta, with the exception of one Sunday around December 25 and the Hangover Regatta if it falls on a Sunday.
- 3.2 Please refer to the PRSA Racing Calendar (<http://potomacriversailing.org/calendar/>) for the schedule of race dates.
- 3.3 A competitor's meeting will be held at 1200 each Sunday. The first warning signal will sound at 1230. No races will be started after 1530.

4. SAILING INSTRUCTIONS

Sailing instructions are posted to the PRSA website (Regattas & Series → Laser Frostbite Series: <http://potomacriversailing.org/laser-frostbite-series/>).

5. VENUE & SAILING AREA

- 5.1 The Washington Sailing Marina is located at [1 Marina Drive, Alexandria, Virginia 22314](#), just off of the George Washington Parkway about 1.5 miles south of Reagan National Airport and a similar distance north of Old Town Alexandria.
- 5.2 Races will be conducted in one of three areas: in the cove near Washington Sailing Marina, just south of the airport landing pier on the Potomac River, or off of the power plant south of Washington Sailing Marina. The RC will announce the racing area at the competitor's meeting.

6. SCORING

- 6.1 To qualify in the series you must sail in 50% (rounded up) + 1 or more of the races. RC service does not count towards the qualifying total.
- 6.2 Your series score will be an average of your best 50% of races in the series (the more you sail, the more of your low scoring races will be excluded). The low point average scoring system will be used.
- 6.4 The Hangover Regatta on 1 January does not count towards the series scoring.
- 6.5 In addition to recording sail numbers for all finishers the RC must also record the names of skippers sailing borrowed boats before starting a new race.

7. THIRD PLACE WRITEUP

As per Frostbite Series custom, the third place finisher on a given day of racing will provide a summary of their performance and hints on how they were successful. Third place writeup authors are encouraged to share tactical, strategic, and mental tips that they found helpful for improving their sailing.

8. AWARDS

The PRSA Laser Fleet will score and engrave the name of the winner of the full Sunday series on a perpetual plaque. Qualification is determined as per 6.1 (above).

9. RACE COMMITTEE DUTY

You can sign up for RC duty on the PRSA website ("Dues & RC Duty" page: <http://potomacriversailing.org/dues-rc-duty/>). *Everyone* needs to sign up for at least one day of RC service for the frostbite series.

10. SUSTAINABILITY

PRSA has joined the race to restore the health of our waterways in partnership with the [Sailors for the Sea Clean Regattas Program](#). Protecting our natural resources (including National Parks such as Washington Sailing Marina) and our local waters (including the Potomac River) is very important to us. We ask for your help in this effort when racing with PRSA. In particular, we ask that you:

- Use reusable rather than single-use water bottles.
- Ensure that recycling and trash is separated properly before disposing of waste (please take note of the separate recycling bins for cans, bottles, paper, and cardboard in the dinner area; food waste should be placed in the trash).
- Print one copy of the Sailing Instructions for yourself in advance using double-sided printing if you wish to have a hard copy of the SIs.
- Consider a water only washdown for your boat following the event.

11. DISCLAIMER OF LIABILITY

Competitors participate in this regatta entirely at their own risk. See RRS 4, "Decision to Race." The Potomac River Sailing Association 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.

12. FURTHER INFORMATION

Please contact the Laser Fleet Captain, Tom Hutton (tomahutton@gmail.com) or visit the "Laser Frostbite Series" page on the PRSA website: <http://potomacriversailing.org/laser-frostbite-series/>.