



Potomac River Sailing Association Laser Frostbite Series

Sailing Instructions

1. RULES

The series will be governed by the rules as defined in the Racing Rules of Sailing (RRS). 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@yahoo.com no later than 2000 on the day preceding races, with the exception of weather-related delays or cancellations, which may be made up to and/or at the competitor's meeting.

3. CHANGES TO THESE SAILING INSTRUCTIONS

Any changes to these sailing instructions will be announced via PRSALasers@yahoo.com before 1200 on 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 Potomac River Association (PRSA) Annual General 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 Racing Calendar (<http://potomacriversailing.org/calendar/>) for the schedule of race dates.
- 4.3 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.

5. RACING AREA

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 Race Committee (RC) will announce the racing area at the competitor's meeting.

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 courses may be a windward-leeward (often colloquially referred to as a "hot dog" or "sausage" course by the RC), triangle, olympic, or combination thereof. Courses are at the discretion of the RC. Course illustrations are attached below.

7. MARKS

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

8. THE START

- 8.1 The audible-signal start sequence as described in Appendix U (a U.S. Sailing Prescription, reproduced below) of the RRS will be used (**3 minute starts**).
- 8.2 Individual recalls shall be signaled with one sound signal and an attempt to hail the sail number of each recalled boat. General recalls shall be signaled with two sound signals and the hail of "general recall." See Appendix U, parts U4 and U5.

9. CHANGE OF THE NEXT LEG OF THE COURSE

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

10. TIME LIMIT

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

11. PENALTY SYSTEM

- 11.1 RRS/US Appendix V1, (Penalty at the Time of an Incident) will apply.
- 11.2 The first two sentences of RRS 44.1 are changed to: 'A boat may take a One-Turn Penalty when she may have broken a rule of Part 2 or RRS 31 while racing. However, when she may have broken a rule of Part 2 while in the zone around a mark other than a starting mark, her penalty shall be a Two-Turns Penalty.'

12. PROTESTS

- 12.1 Protest forms are available from the Principle Race Officer (PRO) on the RC. Protests and request for redress or reopening shall be delivered to the PRO within the appropriate time limit.
- 12.2 The protest time limit is 20 minutes after the RC 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 an Active, Junior, or Life member of the Potomac River Association (PRSA) and must be scored in a minimum of 50% (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 follows: 1st place - 1, 2nd place - 2, ... up to the number of qualified finishers.
- 13.3 OCS and DNF will be scored as the number of qualified finishers +1

- 13.4 DNS, DSQ, RAF will be scored as the number of qualified finishers +2. This changes RRS A9.
- 13.5 Skippers who arrive late or leave early will be scored DNS provided that 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% + 1 qualification requirement.

14. SAFETY

- 14.1 A boat that retires from a race shall notify the RC as soon as possible.
- 14.2 Competitors shall wear a personal flotation device at all times.
- 14.3 It is highly recommended that all competitors wear dry suits.

15. 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

APPENDIX U: AUDIBLE-SIGNAL RACING SYSTEM

US Sailing prescribes that, when the sailing instructions so state the Audible-Signal Racing System described below shall be used. It is recommended primarily for small-boat racing or when race committee resources are limited. Rules in this appendix replace rule 26 and permit changes to Race Signals and the corresponding rules in Part 3.

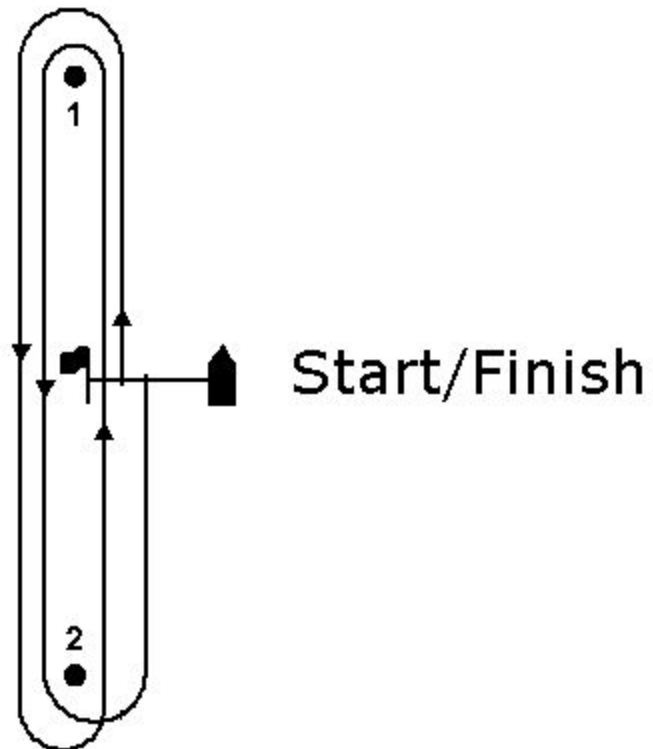
- U1** Any Race Signal may be made by hailing, in which case the corresponding visual signal may also be used, but not its designated sound signal.
- U2** A series of short sounds may be made at any time to call attention to a hail or a visual signal.
- U3** The starting sequence shall consist of the following sound signals made at the indicated times. These signals shall be timed from their commencement and shall govern, even if visual signals are also used.

<u>Signal</u>	<u>Sound</u>	<u>Time before start</u>
Attention	Series of short sounds	Before the warning
Warning	3 long	3 minutes
Preparatory	2 long	2 minutes
	1 long, 3 short	1 minute, 30 seconds
	1 long	1 minute
	3 short	30 seconds
	2 short	20 seconds
	1 short	10 seconds
	5 short, 1 second apart	5 – 4 – 3 – 2 – 1 seconds
Starting	1 long	0

- U4** Individual recalls shall be signalled by hailing the sail number (or other distinguishing feature) of each recalled boat. Flag X need not be displayed.
- U5** Failure to hear an adequate hail or sound signal shall not be grounds for redress. This changes rule 62.1.

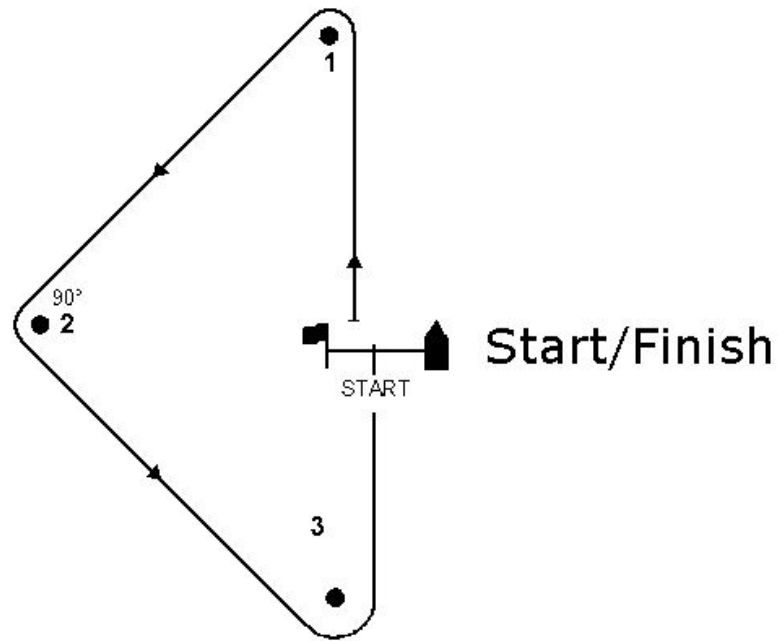
COURSE ILLUSTRATIONS

Windward-Leeward Course (often hailed as “two hotdogs”)



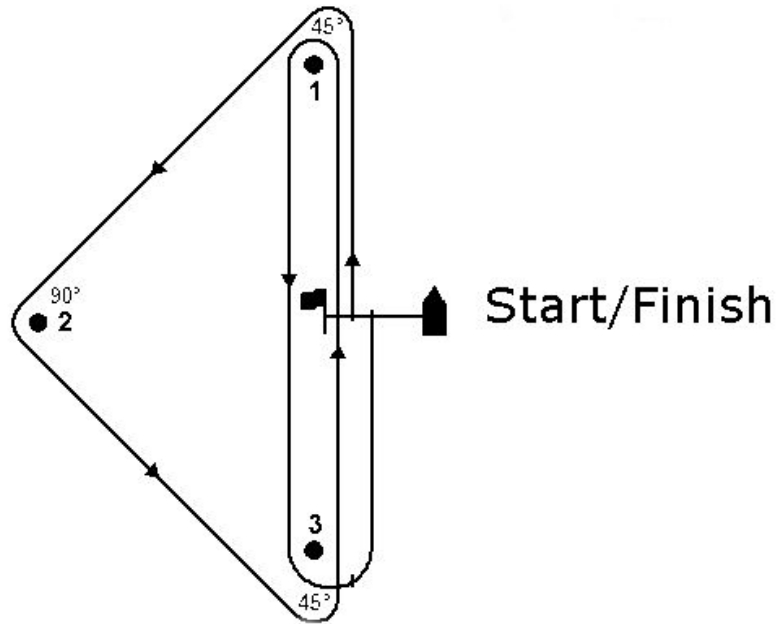
Windward-Leeward Course

Triangle Course (often hailed as “one triangle”)



Triangular Course

Olympic Course (often hailed as “triangle hot dog”)



Olympic Course