



2024 Sail NL Provincial Championships

Royal Newfoundland Yacht Club, CBS, NL

Sponsored by Blue Water Marine & Equipment Ltd

21-22 September 2024

SAILING INSTRUCTIONS

1. RULES

- 1.1. The regatta will be governed by the rules as defined in *The Racing Rules of Sailing 2021-2024*.
- 1.2. The prescriptions of Sail Canada shall apply.

2. CHANGES TO SAILING INSTRUCTIONS

- 2.1. Any changes to the sailing instructions will be reviewed in the briefing on the day of racing.

3. SCHEDULE OF RACES

- 3.1. The championship will consist of a single series with overall placement determined by the Portsmouth Yardstick handicap system (Appendix A)..
- 3.2. The regatta will consist of up to 10 races. Three fleets are anticipated a) Optimist, b) Single-Handed (ie ILCA4, ILCA6, ILCA7) and c) Double-Handed (420, 29er, Laser 2, i14).
- 3.3. Briefing will be held at 9.30am on each day of racing. First race will start at 10.30am on Saturday and Sunday (ie. warning signal 5 minutes prior). All competitors are required to attend the Briefing. No warning signals sounded after 3pm on 22nd September.
- 3.4. When boats have finished, they should proceed directly to the start area. The warning signal for each succeeding race will be made as soon as practicable after the last boat has finished the previous race.
- 3.5. Lunch will be eaten on the water each day. Sailors are advised to pack water, snacks, lunch and any spare clothing in a waterproof bag and give it to a support boat.

4. CLASS FLAGS

- 4.1. Class flags shall be as follows (Appendix B):
 - Optimists – Flag Q (Yellow)
 - Single-Handed (ILCA 4, ILCA 6, ILCA7) – Number Pennant #1
 - Double-Handed (29er, 420, Laser 2, i14) – Number Pennant #2
- 4.2. Classes may be combined at the discretion of the Race Committee. In this case, class flags for both classes will be raised with the 5 minute Warning Signal.
- 4.3. Flags may be subject to change. Flag signals will be communicated during Briefing.

5. THE COURSE

- 5.1. The diagram in Appendix B shows the course layout. Marks should all be left on the port side of the boat.
- 5.2. The course will be a windward/leeward with a finish line on the starboard side of the Committee Boat.
- 5.3. The number of laps will be indicated on a whiteboard displayed on the side of the Committee Boat.

6. MARKS

- 6.1. The windward and leeward marks will be either large inflatable marks or small spherical buoys.
- 6.2. The starting mark will be a pink spherical mark lying to port of the Committee Boat.
- 6.3. The finishing mark will be a spherical mark of different colour lying to starboard of the Committee Boat.
- 6.4. The windward mark of the Optimist course will be located approximately halfway towards the windward mark of the Single-handed / Double-handed course.

7. THE START

- 7.1. The start line will be between the orange flag on the Committee Boat and the Start Mark.
- 7.2. Races will be started as follows.

Minutes before starting signal	Visual signal	Sound signal	Meaning
5	Class flag	One	Warning signal
4	P	One	Preparatory signal
1	Preparatory flag removed	One long	One minute to start
0	Class flag removed	One	Starting signal

- 7.3. A boat whose warning signal has not been made shall avoid the starting area during the start sequence for other boats.

8. THE FINISH, TARGET TIMES AND TIME LIMITS

- 8.1. The target time for each race is 45 minutes.
- 8.2. The finish line will be between the orange flag on the Committee Boat and the finish mark.
- 8.3. Boats failing to finish within 20 minutes after the first boat from their fleet will be scored Did Not Finish (DNF) and awarded points equal to the total number of boats in the fleet plus one (1). This changes RRS 35, A4 and A5.

9. HEARING REQUESTS

- 9.1. Protests shall be delivered to the Race Committee within the protest time limit. Protest forms will be available at the RNYC Sailing School.
- 9.2. The protest time limit is 30 minutes after the Committee Boat comes ashore.

10. SCORING

- 10.1. The Low Point Scoring System with Portsmouth Yardstick handicap will be applied (1pt for 1st place, 2pts for 2nd place, etc.)
- 10.2. Two (2) races are required to be completed to constitute a series.
- 10.3. When fewer than five (5) races have been completed, a boat's score will be the total of her races.
- 10.4. When 5 or more races have been completed, a boat's score will be the total of her race scores, excluding her worst score (ie 1 discard).
- 10.5. A boat may request a correction to her score within 30 minutes of the results being posted at RNYC Sailing School.
- 10.6. A sailor that competes in a different boat during the regatta will have separate scores for each boat and will be scored DNC (1 point more than the number of boats in their fleet, in each race they didn't compete in).

11. SAFETY REGULATIONS

- 11.1. All competitors shall wear a Canadian approved PFD and suitable thermal protection (ie wetsuit, spray top) at all times while on the water. Competitors may temporarily remove their PFD only while adjusting clothing or personal equipment. Flag Y will not be flown.
- 11.2. Competitors who require assistance should wave one arm with hand open. If no assistance is required, the arm should be displayed with fist closed.
- 11.3. A boat that retires shall notify the Race Committee or Safety Boat as soon as possible.
- 11.4. Coaches and support boats are expected to assist any boat in distress.
- 11.5. Races may be abandoned or postponed if wind conditions of less than 3 knots, or higher than 20 knots occur.
- 11.6. Boats not racing, other than coachboats, safety boats, the committee boat and approved spectator boats shall not come within 100 meters of the course area or start line.

12. PRIZES

- 12.1. Prizes will be awarded for 1st, 2nd and 3rd place in each fleet (Optimist, Single-handed and Double-handed).

13. DISCLAIMER OF LIABILITY









See NoR.

Appendix A: Portsmouth Yardstick System

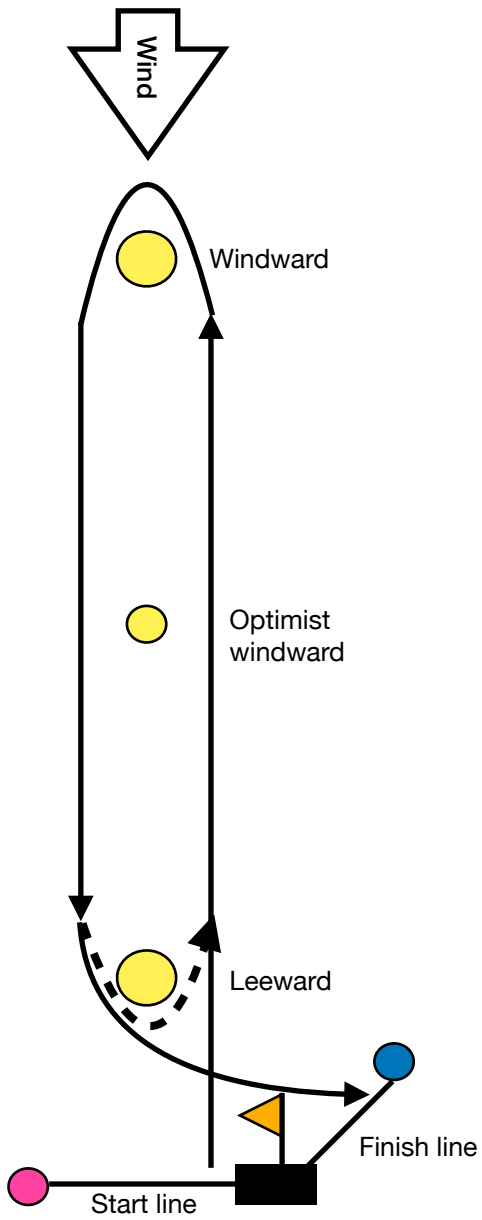
Portsmouth Yardstick Numbers below are taken from the 2024 RYA PY list (<https://www.rya.org.uk/racing/technical/handicap-systems/portsmouth-yardstick>) and will be used to correct the elapsed time of each boat and determine her corrected finishing time and finishing position. Corrected Time = (Elapsed Time * Max #Laps * 1000) / (PY * #Laps).

Class	PY Number
Optimist	1628
ILCA 4	1213
ILCA 6	1154
ILCA 7	1102
C420	1100
Laser 2	1085
29er	895
i14	758

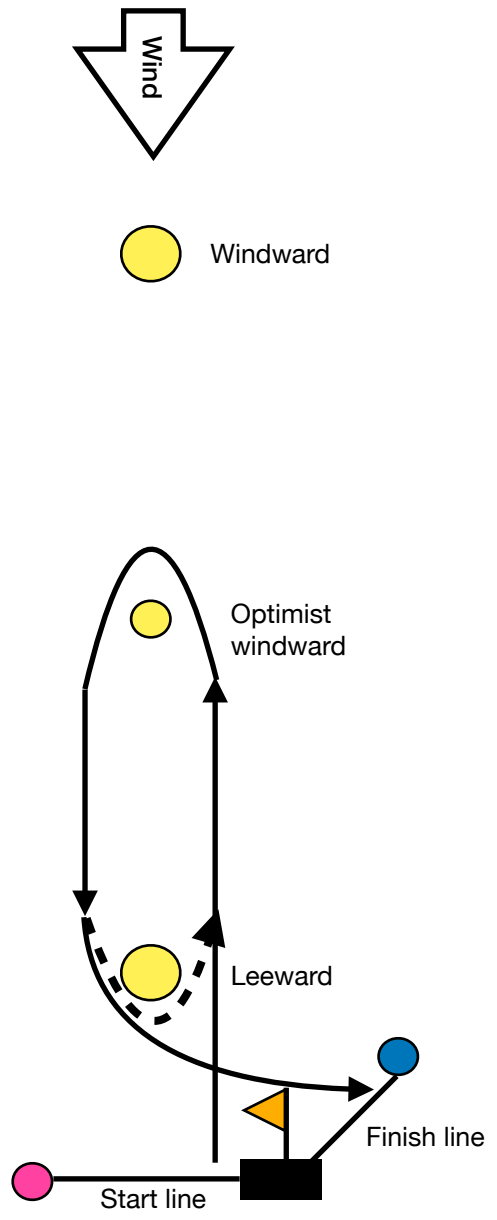
Appendix B: International Signal Pennants as referred to in SI

International Ref.	Pennant	Sailing Instructions
Q (Quebec)		Class flag for Optimist. Commence start sequence on raising (5 minutes). Lowered on start.
# 1		Class flag for Single-handed fleet (ILCA 4, ILCA 6, ILCA7). Commence start sequence on raising (5 minutes). Lowered on start.
# 2		Class flag for Double-handed (C420, 29er, i14, Laser 2). Commence start sequence on raising (5 minutes). Lowered on start.
P (Peter)		Preparatory flag. Raised 4 minutes before start. Lowered 1 minute before start.
AP		Postponement of race start. Warning signal for next race will be sounded 1 minute after flag is lowered.
X (X-Ray)		Individual Recall. Accompanied by 1 sound signal. Boats over the start line must return across the line and re-start.
First Substitute		General Recall. Accompanied by 2 sound signals. All boats must return to start area. Start sequence for that race will be re-started.
C (Charlie)		The position of the next mark has been changed.

Appendix C : Course description



Single-Handed and Double-Handed



Optimist Fleet