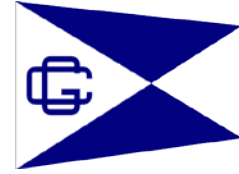




# Lawrence A. White Invitational

U.S. Coast Guard Academy  
New London, CT  
October 15-16, 2016



## SAILING INSTRUCTIONS

### 1. RULES

- 1.1. This regatta will be governed by the current Racing Rules of Sailing (2013-2016), the prescriptions of US SAILING, the ISSA Procedural Rules (PR), this Notice of Race, and the Sailing Instructions. In the event of a conflict between the governing documents and the Sailing Instructions the latter shall take precedence.
- 1.2. RRS Appendix P is in effect as modified per PR 14(c).
- 1.3. The Organizing Authority (OA) is the United States Coast Guard Academy.

### 2. NOTICES TO COMPETITORS

- 2.1. Notices will be posted on the official regatta notice board located in main classroom of Jacobs Rock.

### 3. CHANGES IN SAILING INSTRUCTIONS

- 3.1. Any changes in the sailing instructions will be announced orally and posted before the first race in which they are to take effect.

### 4. SCHEDULE OF EVENTS

Saturday	0930	Report Time	Sunday	0930	Report Time
	1000	Competitors Meeting		1000	First Warning Signal
	ASAP	First Warning Signal		1500	Last Possible Warning Signal

### 5. FORMAT

- 5.1. The event will be sailed in two divisions.
- 5.2. A single round robin of 20 races is scheduled. Competitors will switch boats after every two races.
- 5.3. No more than ten races per division will be sailed on Saturday.
- 5.4. A-Division will sail FJs on Saturday and Z420s on Sunday.
- 5.5. B-Division will sail Z420s on Saturday and FJs on Sunday.

### 6. BOATS & EQUIPMENT

- 6.1. 2013 Laser Performance FJs and 2015 Laser Performance Z420s will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way. Competitors have the option of rigging the mainsheet purchase either 3:1 or 4:1.
- 6.2. The standing rigging shall not be adjusted.
- 6.3. The penalty for infringing instruction 6.1 or 6.2 will be disqualification from all races sailed in contravention of those instructions.
- 6.4. Competitors shall report all damage or loss of equipment, however slight, to CGA staff on shore or to the Race Committee Finish Boat on the water.

### 7. ROTATION

- 7.1. The rotation of boats will be in accordance with the online rotation, which will be available prior to the competitors' meeting.

### 8. MARKS

- 8.1. All rounding marks will be orange balls.

### 9. COURSES

- 9.1. Courses will be posted online and on the Official Notice Board.

## **10. STARTING SYSTEM**

- 10.1. Races will be started in accordance with PR 7.8.
- 10.2. The starting mark will be a green ball. The starting line will be between a staff displaying red flag on the Race Committee Start Boat and the starting mark.
- 10.3. The I Flag Rule may be initiated with a hail of "One Minute Rule" or "I Flag Rule." Code Flag I need not be displayed. This changes RRS 30.1.

## **11. FINISH**

- 11.1. For courses with a downwind finish, the finishing mark will be a yellow ball. The finishing line will be between a staff displaying a red flag on the Race Committee Finish Boat and the finishing mark.
- 11.2. For courses with an upwind finish, the finishing line will be between the windward mark and offset mark.

## **12. RECALLS**

- 12.1. Individual recalls will be signaled in accordance with RRS 29.1 with the following changes:
  - 12.1.1. No sound will accompany Code Flag X.
  - 12.1.2. The maximum time Code Flag X will be displayed is two minutes.
- 12.2. A general recall will be signaled by the hail of "General Recall." This changes RRS 29.2.

## **13. PROTESTS AND BREAKDOWNS**

- 13.1. Protests and breakdowns shall be filed in accordance with the ISSA Procedural Rules.
- 13.2. Protests and breakdowns shall be filed with 30 minutes of securing boats to the shore after the race or set of races in which the incident occurred. Protest time limits will be posted on the Official Notice Board.
- 13.3. Protests forms will be available in the Judges Room on the 2<sup>nd</sup> floor of Jacobs Rock.

## **14. SCORING**

- 14.1. Scoring will be done in accordance with PR 9.

## **15. SAFETY**

- 15.1. Competitors who require assistance from rescue boats should so signify by waving arms overhead. A competitor who retires from a race shall notify the Race Committee as soon as possible.
- 15.2. Starts will not be delayed to accommodate capsized boats.
- 15.3. At the discretion of the Regatta Chairman, dry suits or wet suits may be required. Notice will be given orally and on the Official Notice Board on the morning of each day of competition.

## **16. COACHING**

- 16.1. PR 8 will apply.
- 16.2. Coaching will be on shore.

## **17. WATER AND WATER BOTTLES**

- 17.1. Disposable (single use) water bottles are not allowed. Competitors shall bring their own reusable water bottles. Note that the running water at Jacobs Rock is non-potable. Potable water will be provided in large coolers.

## **18. CHANGING**

- 18.1. The US Coast Guard Academy is a high traffic area to visitors and tourists. When changing under layers, competitors must use the locker rooms. No changing of under layers is allowed in any rooms other than locker rooms. Any competitors who choose to ignore this request may be asked to leave the premises by any US Coast Guard Academy staff member and not allowed to compete.

## **19. PRIZES**

- 19.1. The winner will have its name engraved on the perpetual Lawrence A. White Trophy.