

2025 NWISA Women's & Nonbinary Qualifier for PCISA Girls Invitational

Olympia
September 13-14, 2025

SAILING INSTRUCTIONS

1. RULES:

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing (RRS, 2025-2028)* and the prescriptions of the U.S. Sailing Association, except as changed by the Notice of Race and Sailing Instructions. .
- 1.2 The US Sailing Prescriptions to rules 60, 63.2, and 63.4 will not be in effect, and under rule 70.5(a), the right of appeal is denied
- 1.3 The Organizing Authority (OA) is the Interscholastic Sailing Association in conjunction with Olympia Community Sailing.

2. NOTICES TO COMPETITORS:

- 2.1 Notices to competitors will be posted on the official notice board located at the OCS tent near the Port Plaza viewing tower.
- 2.2 Any change to the sailing instructions will be posted at or prior to competitors meeting Saturday morning.

3. SCHEDULE:

Saturday

0845 Boat unloading at Swantown commences

0945 APPROXIMATE tow from Swantown Marina to Port Plaza

1030 Competitors Meeting

1100 First Warning: Racing will continue throughout the day. Eat during boat rotation
no lunch break.

Sunday

0900 Report time & Rigging

0945 APPROXIMATE tow from Swantown Marina to Port Plaza

1030 First Warning

1400 No Warning after this time

4. THE COURSES AND MARKS:

- 4.1 Courses will be in accordance with ISSA PR 7.8.
- 4.2 The race committee will designate course selection orally.
- 4.3 In accordance with ISSA PR 7.8(c) after the starting signal, the race committee may change the position of any mark to maintain course configuration, provided that no boat

is on that leg of the course.

- 4.4 It is likely an offset mark will be placed after the windward mark.
- 4.5 Start lines are unrestricted after start and before finish.

5. SHORTENING AND ABANDONING RACES:

In accordance with ISSA PR 7.8(d) races will not be shortened, they will be abandoned. No signals are required. A race may be abandoned at any time at the discretion of the race committee.

6. THE START, FINISH, AND RECALLS:

- 6.1 Races will start in accordance with ISSA PR 7.9(a).
- 6.2 Individual recalls will be made in accordance with RRS 29.1.
- 6.3 General recalls will be signaled by a series of short whistles. After a general recall, the round the ends provision of RRS 30.1 shall apply except Flag I need not be displayed in accordance with ISSA PR 7.9(b).

7. BREAKDOWNS:

- 7.1 Breakdown requests shall be filed in the same manner as protests.
- 7.2 Breakdowns shall be scored in accordance with ISSA PR 9(e). Compensation shall be consistent with ISSA PR Appendix 5.

8. PROTESTS:

- 8.1 Protests procedure will be in accordance with ISSA PR Part VI.
- 8.2 Competitors shall not communicate with a coach before reporting to the race committee their intent to protest.

9. SCORING:

Scoring will be in accordance with ISSA PR 9.

10. COACHING:

- 10.1 Coaches, team leaders, chaperones, advisors, parents, or other support personnel shall not go afloat in the sailing area on the published dates of the regatta, unless explicitly permitted by the regatta chairperson. The penalty for failing to comply with this requirement may be the disqualification of all boats, competitors, and teams associated with the infringing personnel.
- 10.2 Competitors may receive coaching, including instruction, assistance, equipment or sustenance, only while on shore.

11. SAFETY:

- 11.1 Competitors shall wear USCG approved Type III lifejackets. Inflatable type lifejackets are not permitted.
- 11.2 A boat that retires from a race shall notify the race committee either before leaving the course, or if that is impossible, immediately after arriving ashore.

12. FORMAT:

Races will consist of two races in A division, rotations, then 2 races sailed in B division. A team's score will be calculated by adding A and B division scores. Scoring will be in accordance with ISSA PR 9. If on Sunday, nearing the end of racing, the race committee feels a two race rotation can not be completed a one race rotation may be used.

13. WAIVER OF LIABILITY:

Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk. See RRS 4, Decision to Race. The race organizers (organizing authority, race committee, protest committee, host club, sponsors, or any other organization or official) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

12. RIGHTS TO USE NAME AND LIKENESS:

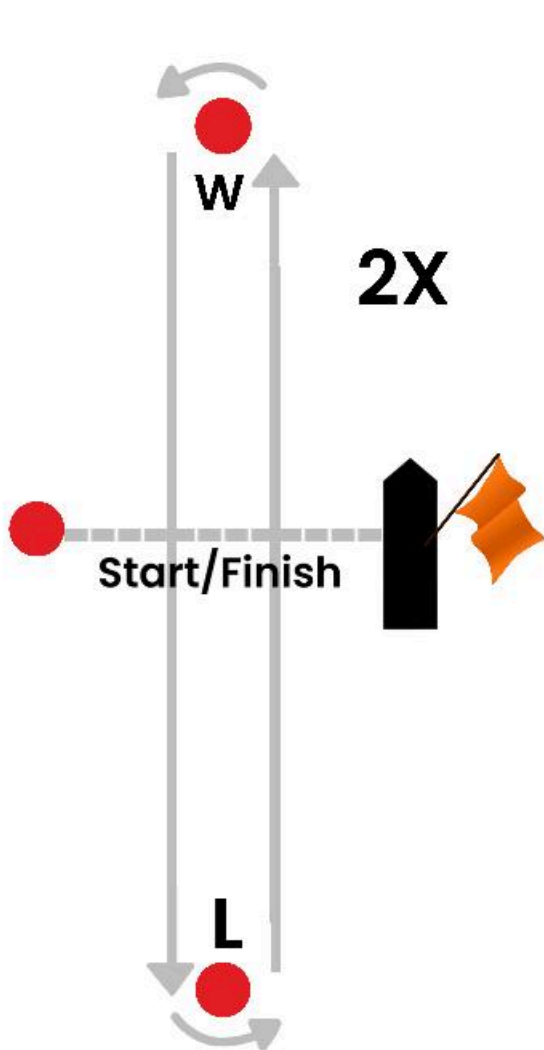
By participating in this event, competitors automatically grant to the Organizing Authority and the event sponsors the right, in perpetuity, to make, use and show, at their discretion, any photography, audio and video recordings, and other reproductions of them made at the venue or on the water from the time of their arrival at the venue, until their final departure, without compensation.

APPENDIX A

Diagrams for reference only, marks, flags, colors, distance, are all subject to change.

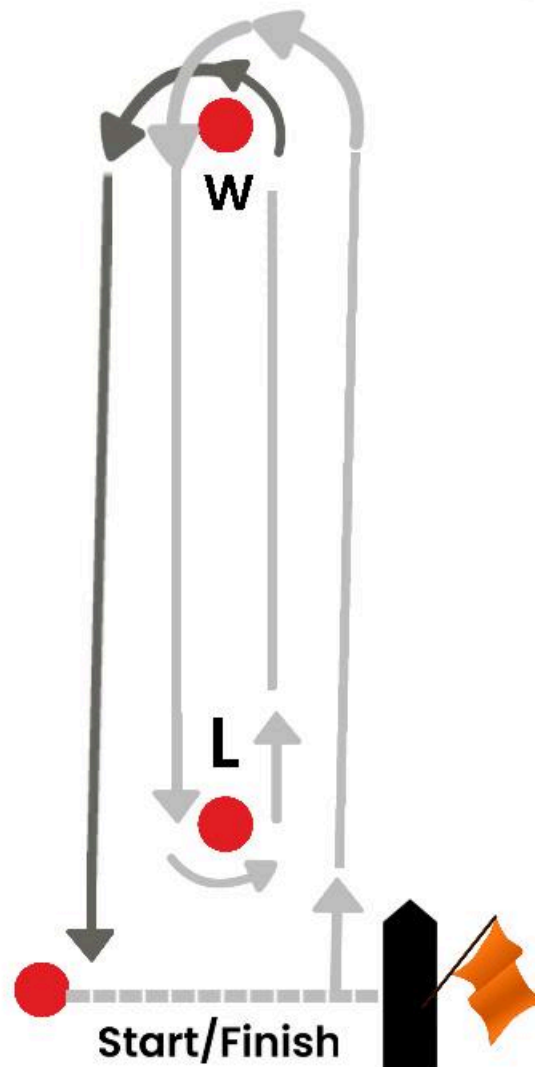
*****It is likely an off-set will be placed after the windward for both types of courses*****

Start lines: are unrestricted after start, and before finish



W1 - S-W-L-F

W2 - S-W-L-W-L-F



W4 - S-W-L-W-F