

LAKE FOREST SAILING



MISSA SW -

Tier 3 – April 19 SAILING INSTRUCTIONS (SIs)

1 RULES

- 1.1 The regatta will be governed by: 2025-2028 Racing Rules of Sailing (RRS), prescriptions of the US Sailing Association, ISSA Procedural Rules, MISSA By-laws and District Rules, NOR, and the SI's.
- 1.2 In the event of a conflict between the governing documents, the Sailing Instructions will take precedence.
- 1.3 The Organizing Authority is MISSA in conjunction with Sheridan Shore Sailing School.
- 1.4 In accordance with Rule 70.3(b) and ISSA PR 18, the decisions of the protest committee are final. US Sailing Permission has been granted.

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any changes to the SI's will be posted before 0900 on the day it will take effect on the Official Notice Board on Tech Score.
- 2.2 Changes to the sailing instructions may be made on the water in accordance with RRS 90.2(c) and ISSA PR 7.3 by hailing competitors of the change, flying code flag "L" and relaying the change via VHF to coaches and support personnel.

3 SIGNALS MADE ASHORE

- 3.1 Signals made ashore will be displayed at the flag pole on the upper deck.
- 3.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in Race Signals AP.

4 SCHEDULE OF RACES

Saturday, April 19

0900 - Arrival

0930 - Competitor's meeting

0945 - Harbor Launch

1015- 1st warning signal

1600 - No races will be started after this time

Awards to immediately follow racing



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5 RACING AREA

5.1 The Racing Area will be ¼ mile outside of Wilmette Harbor.

6 COURSES

- 6.1 The diagram(s) with the course will be available on Techscore and Clubspot.
- 6.2 The race committee may designate course selection orally and/or from a whiteboard located on the race committee boat.

7 MARKS

7.1 Marks will be yellow and red buoys.

8 THE START

- 8.1 The starting line is between a staff displaying an orange flag on the race committee boat and a yellow ball to port of the race committee boat.
- 8.2 The starting sequence shall be a 3-minute dinghy start per RRS Appendix U
- 8.3 Individual Recalls will be made in accordance with ISSA PR 7.9(b)
- 8.4 The start following a General Recall will be run under an I Flag. The I Flag does not need to be flown per ISSA Rule 7.9(c).
- 8.5 A boat that does not start within 3 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

9 THE FINISH

9.1 The finish line will be between a staff with a Blue Flag on the Race Committee boat and a yellow ball to starboard of the race committee boat.

10 HEARING REQUESTS

- 10.1 The protest time limit is 30 minutes after the race committee dock time.
- 10.2 Hearing request forms are available from the race office at the Sheridan Shores Office

11 SCORING

11.1 A team's series score shall be the total of their race scores per ISSA PR 9.

12 COACHING

- 12.1 It is the responsibility of the coaches to know the limits of their competitors and pull competitors from racing if conditions exceed their limitations.
- 12.2 Coaches shall stay clear of the racing area unless assisting competitors. Coaching should take place to leeward/starboard of the finish line.



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13 OFFICIAL NOTICE FOR ALL TEAMS

13.1 Sheridan Shore Sailing School, Wilmette Harbor Club, Metropolitan Water Reclamation District, and its officers, members, employees, and race committee assume and accept no responsibility for property damage to any boat or personal injury to any skipper, crew, or friends incurred while participating in this regatta, including pre-and post-race activities. It is the responsibility of the skipper, along with his/her coach, advisor, and/or parent(s) to assess the condition of his/her boat, whether or not he/she owns said boat, and its suitability for the weather expected during the race, and to decide whether to start or continue any race.

14 REGATTA CONTACT:

14.1 Regatta Contact: Naomi Jamboretz - 847 404 3915

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