



MANASQUAN RIVER YACHT CLUB

40° 06' 13.56" N 74° 03' 28.81" W



SAILING INSTRUCTIONS (SIs)

2024 ILCA District 10 Championship

June 15-16, 2024

**The Organizing Authority is the
Manasquan River Yacht Club (MRYC)**

The notation '[NP]' in a rule of the sailing instructions (SIs) means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a). The notation '[DP]' in a rule in the sailing instructions (SIs) or notice of race (NoR) means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.

1. RULES

The event is governed by the rules as defined in The Racing Rules of Sailing (RRS), including US Sailing Prescriptions, rules of the International Laser Class Association (ILCA), this Notice of Race and the Sailing Instructions.

2. SAILING INSTRUCTIONS

2.1 Any change to the sailing instructions will be posted before 0830 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

3. SAFETY REGULATIONS

- 3.1 All boats require a tow to and from the Ocean Racing Area. Tows will be assigned and provided for all boats unless a designated Support Boat has registered in advance of the regatta.
- 3.2 Every Racing Boat shall carry a tow line (minimum of 35 ft) or spare mainsheet which may be stowed aboard their towboat during racing.
- 3.3 All Tows and Support Boats are required to attend the Tow Coordination meetings daily before departure to the Ocean racing area. Coordination times are designated in the schedule

- 3.4 Competitors will check in with race committee on land before the tow and then again on the water after leaving their tow boat. Competitors shall hail their sail number until acknowledged by the Race
- 3.5 Life jackets/PFD/Buoyancy aids shall be worn on the water except briefly while changing clothing, failure to do so may result in DSQ. Flag Y shall not be displayed. This changes RRS 40. 1.3.
- 3.6 Competitors retiring from a race shall notify the race committee at first reasonable opportunity.
- 3.7 Competitors may not leave the Ocean Racing Area without a tow boat. Any Tow or Support Boat leaving the Ocean Racing area for any reason must notify the Race Committee.

4. COMMUNICATIONS WITH COMPETITORS

- 4.1 On the water, the race committee intends to monitor and communicate via VHF radio on channel 6.
- 4.2 If Code Flag “ L” is flying on the Race Committee Boat competitors should “Come within Hail” for verbal instructions.
- 4.2 Notices to competitors will be posted on the online notice board located at http://www.regattanetwork.com/clubmgmt/applet_notice_board.php?regatta_id=28099 and the Official Notice Board at the MYRC Boathouse.
- 4.3 [DP] From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed at the Manasquan River Yacht Club Flag Pole.
- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes.' This changes RRS Race Signals AP.

6 SCHEDULE

| | | |
|---------------------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Friday, June 14 th | 1300 | Venue Open to Competitors |
| Saturday, June 15 th | 900 | MANDATORY TOW MEETING: Saturday, June 15th 900 ALL COMMITTEE, COACHES and SUPPORT BOATS TOWING COMPETITORS MUST ATTEND FOR TOW COORDINATION TO THE OCEAN |
| | 930-1100 | Regatta Registration and Boat set up, |
| | 1100 | Competitors Meeting: On Land Check In |
| | 1245 | First Warning |
| | 1700 | No Starts After |
| Sunday, June 16 th | 1030 | Competitors meeting: On Land Check In and Tow Coordination |
| | 1130 | First Warning |
| | 1530 | No Starts After |
| | ASAP | Results presentation and Refreshments |

7 RACING AREA

- 7.1 The racing area is the Atlantic Ocean approximately 1 mile offshore in the vicinity of the Manasquan Inlet or inshore in the Manasquan River in the vicinity of the Manasquan River Yacht Club.
- 7.2 SI Addendum I indicates the location of the racing areas.
- 7.2 The PRO will decide on the racing area, this discussion will not be grounds for redress.
- 7.3 Fleets may be split between racing areas, this discussion will not be grounds for redress.

8 COURSES

- 8.1 The diagram in SI Addendum II shows the windward /leeward course to be sailed, including the approximate angles between marks, the order in which marks are to be passed, and the side on which each mark is to be left.
- 8.2 The number of Legs to be sailed for each race will be displayed on the Committee boat.

9 MARKS

- 9.1 The Pin will be a yellow cylinder. Turning marks will be orange.
- 9.2 An offset mark may be used. If an offset mark is used it will be a hard orange ball.
- 9.3 In the event that only one mark is in place for a gate, it shall be left to port.

10 THE START

- 10.1 There will be separate starts for ILCA 7 and ILCA 6 at RC's discretion based on fleet size.
- 10.2 Races will be started using appendix U as modified here. 5 attention sound signals at 5 minutes, then at 3 minutes appendix u sound system will start.
- 10.3 The Starting Line shall be between a staff displaying an orange flag on the Race Committee Signal Boat and the starting pin.
- 10.4 The RC will display the class flag of the next class to start. If there is a combined start both class flags will be displayed. This changes Appendix U2 & U3.

11 STARTING PENALTIES

- 11.1 I Flag Rule 30.1 will be in effect at all times, this modifies Appendix U.

12. RECALLS

- 12.1 The Race committee will signal individual recalls by displaying Code Flag X with one (1) horn and may attempt to hail OCS boats. Failure to hear this hail or the order of the boats called shall not constitute grounds for Redress. General Recall will be signaled by displaying "First Substitute" with two (2) horns. This changes appendix U4 & U5

13 CHANGE OF COURSE AFTER THE START

13.1 The Race Committee may adjust the course up to 10 degrees or lengthen or shorten a leg up to 10% without signaling a course change. This changes RRS 33.

14 THE FINISH

14.1 The finishing line is between a staff on the Committee boat displaying an orange flag and the course side of a nearby pin.

15 TIME LIMITS

15.1 The First Mark Time Limit, Race Time Limit (see RRS 35), and the Finishing Window are shown in minutes in the table below.

| First Mark Time Limit | Race Time Limit | Finishing Window | Target Time |
|-----------------------|-----------------|------------------|-------------|
| 30 | 75 | 20 | 40 |

15.2 If no boat has passed the first mark within the First Mark Time Limit, the race will be abandoned.

15.3 The Finishing Window is the time for boats to finish after the first boat sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place one more than the points scored by the last boat that finished within the Finishing Window. This changes RRS 35, A5.1, A5.2 and A10.

15.4 Failure to meet the Target Time will not be grounds for redress. This changes RRS 62.1(a).

16 HEARING REQUESTS

16.1 A boat that is intending to protest or request redress shall notify the Race Committee after finishing the race in which they are protesting or requesting redress.

16.2 The protest filing time limit is 30 minutes after a boat's respective towing vessel docks. The time will be posted on the Official Notice Board at the MRYC Boathouse.

16.3 Hearing request forms are available at the MRYC Boathouse.

16.4 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held beginning at the time posted.

17 SCORING

17.1. The Low Point Scoring System, Appendix A, will apply.

17.2. Seven (7) races are scheduled; one (1) completed races will constitute a regatta.

17.3. If Four (4) or more races are scored, the worst score shall be excluded. This modifies

- 17.4 Requests for scoring Review may be made on forms available at the MRYC Boathouse or online at http://www.regattanetwork.com/clubmgmt/applet_notice_board.php?regatta_id=28099

18 COACHING AND SUPPORT BOATS

- 18.1 All person's running Coach and Support Boats are required to attend the Tow Coordination meeting each day as per schedule.
- 18.2 Coach and Support Boats shall check in and be acknowledged by the Race Committee Boat on VHF Channel 6 when they arrive on the Ocean Race Course.
- 18.3 Team leaders, coaches and other support persons shall stay outside the course while boats are racing.
- 18.4 Support boats may not communicate in any way with competitors while racing, except in case of emergency. The penalty for failing to comply with this requirement will be at the discretion of the protest committee after a hearing.

19 CODE OF CONDUCT

- 19.1 [DP] Competitors and support persons shall comply with reasonable requests from race officials.

20 EQUIPMENT AND MEASUREMENT CHECKS

- 20.1 Competitors are responsible for ensuring equipment is in compliance with the ILCA rules. Class legal Laser or ILCA sails are required. A boat or equipment may be inspected by the RC, Protest Committee, or Technical Committee at any time for compliance with the class rules, notice of race and sailing instructions.
- 20..2 [DP] When instructed by a race official on the water, a boat shall proceed to a designated area for inspection or safety inspection.

21 TRASH DISPOSAL

- 21.1 Trash may be placed aboard support person vessels.

22 PRIZES

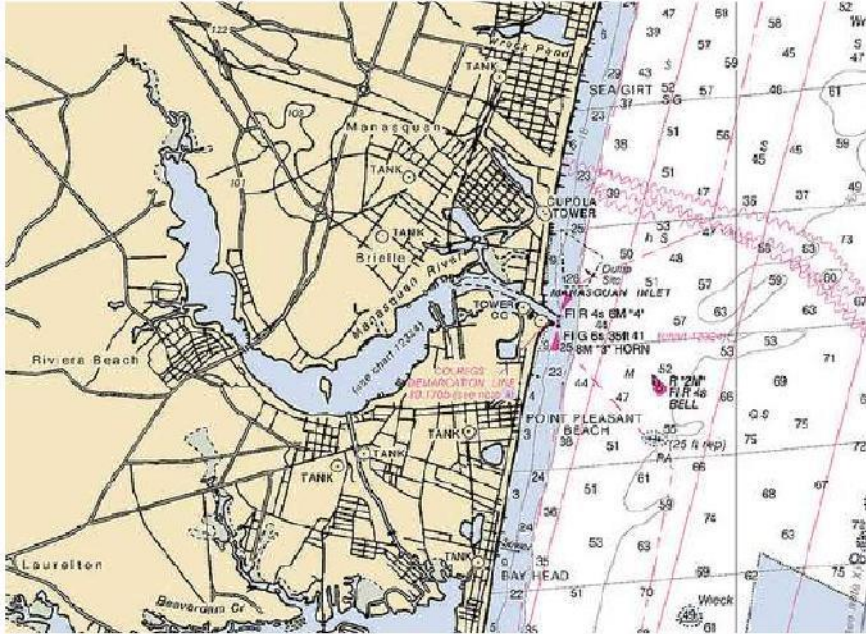
- 22.1 Prizes will be given for first through fifth in ILCA 6 and first through third in ILCA 7.

23 RISK STATEMENT

- 23.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.

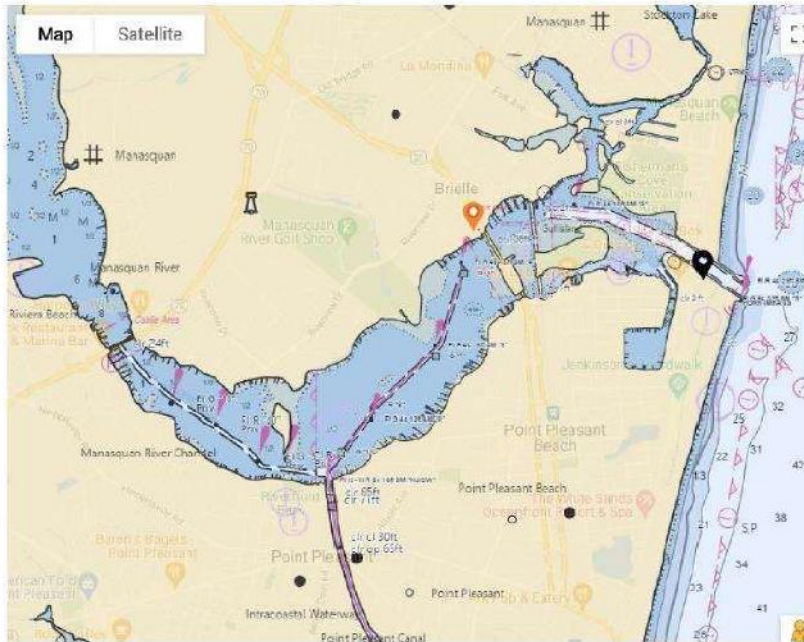
Ocean Course:

If weather and conditions permit. Atlantic Ocean offshore approx. 1 mile and well clear of the Inlet and Bell Bouy. Pt. Pleasant or Manasquan Beach areas as per conditions. Course Windward leeward approx. 1 mile long.



River Course :

Regular MRYC Race Course in the vicinity of the Yacht Club avoiding channels



Appendix II-

Windward /Leeward

Course

