



2024 Sail East at Bay Wind Regatta ILCA Canadian Championships July 19-21, 2024

SAILING INSTRUCTIONS

Organizing Authority: St Margaret Sailing Club on behalf of Sail Canada

Note: the Optimist Green and C420 Green fleets have a separate set of sailing instructions for this event.

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

1 Rules

- 1.1 The event is governed by the rules as defined in The Racing Rules of Sailing.
- 1.2 Sail Canada Prescriptions will apply. Sail Canada Prescriptions can be found at https://www.sailing.ca/wp-content/uploads/2022/06/sail_canada_prescriptions_2021_2024_14_03_2022.pdf

2 CHANGES TO THE SAILING INSTRUCTIONS

- 2.1 Any change to the Sailing Instructions will be posted before 0900 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 COMMUNICATIONS

- 3.1 The race office can be contacted at baywindregistration@smc.ca.
- 3.2 On the water, the race committee will monitor and communicate with officials, coaches, and support persons on the VHF radio channels listed below.

Course	Channel
Alpha	71
Bravo	72
Charlie	69
SMSC Clubhouse	68



4 CODE OF CONDUCT

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

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed at the flag staff on the south side of the St. Margaret Sailing Club main clubhouse.
- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in Race Signals AP.
- 5.3 [NP] Boats shall not launch until Code Flag D is displayed with one sound signal. The warning signal will not be made before the scheduled time or less than 60 minutes after flag D is displayed.

6 SCHEDULE OF RACES







- 6.1 The schedule will be:

Date	Time	Event
Friday, July 19	0900	ILCA coaches' meeting in main clubhouse
	1100	First warning signal, ILCA 4, ILCA 6, ILCA 7
Saturday, July 20	0900	Coaches' meeting in main clubhouse
	1100	First warning signal, all classes
Sunday, July 21	0900	Coaches' meeting in main clubhouse
	1100	First warning signal, all classes
	1500	Latest warning signal, all classes
	1630	Approximate awards time

- 6.2 ILCA 4, ILCA 6, ILCA 7 will sail up to 3 races per day. Opti/C420 will sail up to 4 races per day. 29ers will sail up to 5 races per day.
- 6.3 One extra race per day may be sailed, provided that no class becomes more than one race ahead of schedule and the change is made in accordance with SI 2.1.
- 6.4 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.

7 CLASS FLAGS

7.1 Class flags will be:

Class	Class Flag	Racing Area
ILCA 4	 Red ILCA symbol on Yellow	Alpha
ILCA 6	 Red ILCA symbol on Green	
ILCA 7	 Red ILCA symbol on White	
29er	 White 29er on Green	Bravo
C420	 Blue 420 symbol on White	
Optimist	 Black Optimist symbol on White	

8 RACING AREAS

8.1 Appendix C shows the locations of the racing areas.

8.2 Each class is allocated to a racing area in accordance with SI 7.1.

9 COURSES

9.1 The diagrams in Appendix A and Appendix B show the courses, the order in which marks are to be passed, and the side on which each mark is to be left.

10 MARKS

10.1 Marks 1, 2, 3, 4, and 5 will be orange inflatable tetrahedrons.

10.2 Mark 1L and 2L shall be a yellow inflatable tetrahedron.

10.3 The starting marks will be:

10.3.1 The race committee signal boat at the starboard end displaying an orange flag, and

10.3.2 A yellow inflatable pin or a race committee boat displaying an orange flag at the port end.

10.4 The finishing marks will be:

10.4.1 A race committee boat at the starboard end displaying a blue flag, and

10.4.2 A yellow inflatable pin at the port end.

10.5 New marks, as described in SI 12.1 will be inflatable tetrahedron(s) with a black band.

10.6 If a gate mark is missing, the remaining mark shall be rounded to port.

11 THE START

11.1 The starting line will be between the staff displaying the orange flag on the race committee signal boat at the starboard end, and either the staff displaying the orange flag on the race committee boat or the course side of the mark at the port end.

- 11.2 [NP] Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 11.3 A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

12 CHANGE OF THE NEXT LEG OF THE COURSE

- 12.1 To change the next leg of the course, the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

13 THE FINISH

- 13.1 The finishing line is between the staff displaying a blue flag on the starboard side end and the course side of the port-end finishing mark.

14 PENALTY SYSTEM

- 14.1 For the 29er class, RRS 44.1 and RRS P2.1 are changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.
- 14.2 RRS Appendix P applies but is changed as per NOR 1.2.2 and 1.2.5
- 14.3 RRS P2.3 does not apply and RRS P2.2 is changed so that it applies to any penalty after the first one.

15 TIME LIMITS AND TARGET TIMES

- 15.1 Time limits and target times are as follows:

Class	Mark 1 Time Limit	Race Time Limit	Race Target Time
ILCA 4 ILCA 6 ILCA 7	30 minutes	75 minutes	50 minutes
29er	20 minutes	60 minutes	30 minutes
C420 Optimist	25 minutes	70 minutes	40 minutes

- 15.2 The race will be abandoned if no boat has passed the first mark within the Mark 1 Time Limit.
- 15.3 Boats failing to finish within 20 minutes after the first boat sails the course and finishes, will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35.
- 15.4 Failure to meet the Target Time will not be grounds for redress. This changes RRS 62.1(a).
- 15.5 When it is in the best interests of the fleet and its competitors, and If the race committee determines that the finishing order of some boats in a race is unlikely to change, it may use reasonable discretion to score those boats still racing points equal to their position in the race. This changes RRS A3, A4 and A5.2.

16 HEARING REQUESTS

- 16.1 The protest time limit is 30 minutes after the race committee signal boat for that course docks. The time will be posted on the official notice board.
- 16.2 Hearing request forms available at the Jury Desk located at the SMSC clubhouse.

- 16.3 Scoring inquiry forms are on the official documents web page (<https://baywind.smsc.ca/official-documents>) or from the Scoring Office located at the SMSC Sailing Centre building.
- 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 in the protest room, located on the main floor of the SMSC clubhouse, beginning at the time posted.
- 16.5 A list of boats that have been penalized for breaking RRS 42 under Appendix P will be posted on the official notice board.

17 SCORING

- 17.1 When less than 5 races have been completed, a boat's series score will be the total of her race scores. When 5 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

18 [NP] SAFETY REGULATIONS

- 18.1 When leaving the harbour and again when returning, competitors shall sail through a gate formed by a buoy and the end of the breakwater so that the race committee (seagulls) can record the numbers of boats departing and returning to harbour. If boats are being towed, they must be towed through the gate, and must hail their sail numbers if their sails are not hoisted.
- 18.2 All boats shall check in with their race committee signal boat upon arriving at the course by sailing past the stern of the boat on the starboard tack and hailing their sail number.
- 18.3 A boat that retires from a race shall notify the race committee as soon as possible or the race office immediately after returning to shore.
- 18.4 In fog, a code flag L may be displayed at the finish line. This means stay close by the finish and wait to be escorted to the harbour by a patrol boat.

19 REPLACEMENT OF CREW OR EQUIPMENT

- 19.1 [DP] Substitution of competitors is not allowed without prior written approval of the Organizing Authority.

20 EQUIPMENT AND MEASUREMENT CHECKS

- 20.1 A boat or equipment may be inspected at any time for compliance with the class rules, notice of race, and sailing instructions.

21 OFFICIAL VESSELS

- 21.1 Official vessels will be identified as follows:
- Race Committee signal boats will be identified by a Race Committee flag and a code flag designating their race area. The flags may be removed prior to the first warning of the day.
 - Race Committee Mark and Safety boats will not carry specific identification.
 - Jury boats will display a white flag with a black letter J.
- 21.2 Failure of an official boat to fly an identification flag is not grounds for redress. This changes RRS 60.1(b).

22 [DP] SUPPORT TEAMS

- 22.1 Team leaders, coaches, and other support persons shall stay outside areas where boats are racing from the time of the preparatory signal for the first start until all boats have finished or retired, or the race committee signals a postponement, general recall, or abandonment.
- 22.2 Support boats shall monitor the race committee VHF working channel. The race committee, in support of safety operations, may lift the restrictions of SI 21.2. Coaches are essential to the safety plan of the regatta, and they are required to assist in providing safety cover to competitors on the water.
- 22.3 Failure of a support boat to register or abide by SI 21.2 or 21.3 may result in action by the protest committee under RRS 64.5.

23 TRASH DISPOSAL

- 23.1 Trash may be placed aboard official or support person vessels.

24 RISK STATEMENT

- 24.1 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.**

Appendix A – Alpha Courses

Course	Description	
<p>The diagram illustrates a five-mark Laser trapezoid course. The top part shows a trapezoid with two marks, 1 and 2. Mark 1 is at the top right, and mark 2 is at the top left. The angle between the top and right sides is 60°-70°, and the angle between the top and left sides is 110°-120°. A wind direction arrow points downwards. The bottom part shows the full course layout with marks 1, 2, 3s, 3p, 4s, 4p, 5, Start, and Finish. Mark 1 is at the top right, mark 2 is at the top left, mark 3s is at the bottom left, mark 3p is at the bottom left, mark 4s is at the bottom right, mark 4p is at the bottom right, and mark 5 is at the bottom right. The Start and Finish lines are at the bottom right.</p>	Five mark Laser trapezoid	
	Possible courses	
	Signal	Mark Rounding Order
	I1	Start-1-2-3p-5-Finish
	I2	Start-1-4s/4p-1-2-3p-5-Finish
O2	Start-1-2-3s/3p-2-3p-5-Finish	

Appendix B – Bravo Courses

Windward-Leeward, for C420, Opti

Course	Description	
	<p>Two windward mark w/l course with Hollywood finish</p>	
	Possible courses	
	Signal	Mark Rounding Order
	L1L	Start-1L-2p-Finish
	L2L	Start-1L-2s/2p-1L-2p-Finish
	L1	Start-1-2p-Finish
L2	Start-1-2s/2p-1-2p-Finish	

Windward-Leeward, for 29er

Course	Description	
	<p>29er Windward Leeward with downwind finish</p>	
	Possible courses	
	Signal	Mark Rounding Order
	L2L	Start-1L-2LP-1L-Finish
	L3L	Start-1L-2LP-1L-2LP-2L-finish

Appendix C – Racing Areas

