



WEST COAST SAILING
OWN THE WATER



Sharing the Sailing Community



Frigid Digit Regatta

January 25-26, 2020

Presented by the Seattle Laser and RS Aero Fleet

Sailing Instructions

1 RULES

- 1.1 This regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS).
- 1.2 US Sailing prescriptions to the following rules apply: RRS 34, 40, 48.1, 60.3, 61.4, 63.2, 63.4, 64.3(b), 67, 70.5(a), 76.1, 82, 86.3, 88.2, Appendix G and R. Inclusion of additional prescriptions may be noted elsewhere in the Notice of Race or Sailing Instructions. US Sailing prescriptions are available at www.ussailing.org.
- 1.3 Changes to the rules may be noted elsewhere in the Notice of Race or Sailing Instructions. If the Notice of Race and Sailing Instructions are in conflict, the Sailing Instructions have precedence.

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the official notice board at the CYC clubhouse east entrance and optionally on the CYC website at www.cycseattle.org.
- 2.2 The race committee may provide unofficial communication, which is communication not governed by the rules, at any time by hail or over VHF. A request for redress may not be based on any aspect of unofficial communication, including content, timeliness, or failure to hear. This changes RRS 62.1(a).
- 2.3 See class list for preferred VHF radio channels.

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Changes to the Sailing Instructions posted on the official notice board will be posted by 0930 the day it takes effect, except that any change in the schedule of races will be posted by 1800 the day before it takes effect.

4 SCHEDULE

- 4.1 The schedule is as follows:

Saturday

1030 – 1045	Competitor's briefing
1115 – 1145	Practice starts (when available)
1200	First warning signal
After racing	Party at clubhouse with food available for purchase

Sunday

1015 – 1045	Practice starts (when available)
1100	First warning signal
1600	No warning signal after this time
After racing	Awards party at clubhouse

- 4.2 A target of at least four and up to six races may be sailed each day with a typical race duration of 20 to 40 minutes.

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be made from a race committee signal boat while moored at Shilshole Marina at the CYC clubhouse, dock W, or dock X.
- 5.2 When flag AP is displayed ashore, the warning signal will be made not less than 30 minutes after the removal of AP unless at that time the race is postponed again or abandoned. This changes RRS Race Signals AP.

6 RACING AREA AND RACE COMMITTEE SIGNAL BOAT

- 6.1 The racing area is Puget Sound in the vicinity of Shilshole Bay.
- 6.2 The race committee signal boat will be the CYC M/V YC 5. If necessary, an alternate race committee signal boat may be used. The race committee signal boat will display the CYC burgee and a blue "R/C" flag or sign.

7 CLASSES

- 7.1 Tasar, RS Aero, Laser, Laser Radial, Laser 4.7, Optimist and other centerboard classes with at least five boats may apply.
- 7.2 The class list and assignments will be announced as a notice to competitors issued by 1200 on Friday before the regatta. Subsequent changes may be made with the same process as changes to the Sailing Instructions.

8 COURSES

- 8.1 The course will be signaled from a reader board on the race committee signal boat. The course description is a series of letters on one row indicating the marks and their required sequence. The first letter displayed is the starting mark buoy, the last letter is the finishing mark buoy, and the letters between are rounding marks. The class number or symbol may precede the course for that



- class and must be shown if there are multiple rows. Multiple classes may be listed on one row.
- 8.2 Marks are specified in Attachment A: Mark Descriptions.
- 8.3 All rounding marks other than gate marks and mark F must be left to port. When mark F is used as a rounding mark, a boat must also cross the finishing line from the direction of the last mark when rounding, leaving F to port or starboard depending on the course. When mark S is used as a rounding mark following a leeward mark, a boat must also cross the starting line from the direction of the last mark when rounding.
- 8.4 A leeward rounding mark may be a gate mark when the mark letter is repeated (XX, YY, or ZZ) in the course description. If one of the gate marks is missing, the course at that mark is to round the remaining mark to port.
- 8.5 If a starting or finishing mark is substituted by an object displaying flag M, repetitive sound signals are not required. This changes RRS 34(b).
- 8.6 After completing the first leg of the course, a boat shall not cross the finishing line unless she is finishing or rounding the finishing mark buoy as a rounding mark. This changes RRS 28.2. A boat that fails to observe this restriction may exonerate herself by taking a Two-Turns Penalty as described in RRS 44.2. This changes RRS 44.1 but does not change RRS 44.1(b). A boat that fails to exonerate herself will be scored Did Not Finish (DNF) without a hearing. This changes RRS 63.1 and A5. The finishing line and marks is an obstruction and not a mark for a boat required to keep clear.
- 8.7 Except while rounding mark "E" as a mark of the course, a boat must not enter the area near the Shilshole Marina south entrance between Shilshole Bay entrance lighted buoy G "1", entrance lighted buoy R "2", and breakwater light G "3". A boat that fails to observe this restriction may not exonerate herself. This area is an obstruction for a boat required to keep clear.
- 9 THE START**
- 9.1 The starting line will be between a staff displaying an orange flag on the race committee signal boat and the course side of the starting mark buoy.
- 9.2 If a general recall for a preceding class is signaled after the warning signal of a succeeding class, then the visual signals for the succeeding class will be removed and the start of the succeeding class will be considered abandoned without further signal.
- 9.3 If a boat is subject to RRS 29.1, Individual Recall, or RRS 30, Starting Penalties, the race committee may attempt to hail her sail number directly and on VHF. This is unofficial communication as in Sailing Instructions 2.2.
- 9.4 A boat starting later than three minutes after her starting signal will be scored Did Not Start (DNS). This changes RRS A5.
- 9.5 A boat whose warning signal has not been made must avoid the starting area when other boats are racing but have not yet started.
- 9.6 The race committee signal boat, when a starting mark, may maneuver to maintain the starting line at any time, including while anchored.
- 9.7 The warning signal will be made 3 minutes before the starting signal and the preparatory signal will be made 2 minutes before the starting signal. This changes RRS 26.
- 10 THE FINISH**
- 10.1 The finishing line will be between a staff displaying an orange flag on the race committee signal boat and the course side of the finishing mark buoy.
- 10.2 The race committee may adjust the finishing marks to maintain the finishing line without regard to RRS 33.
- 11 TIME LIMIT**
- 11.1 The time limit is the maximum allowable time from a boat's starting signal to her finishing time or a time of day. A boat that does not finish within her time limit will be scored Did Not Finish (DNF). This changes RRS 35.
- 11.2 Time limit is 60 minutes for the first boat in class and for other boats 20 minutes after the first boat that sails the course.
- 12 PROTESTS AND PENALTIES**
- 12.1 A boat intending to protest or request redress for an incident that occurred while racing must orally notify the race committee on the signal boat as soon as reasonably possible after retiring or finishing by hail or VHF until she receives an oral confirmation from the race committee. This changes RRS 61.1(a).
- 12.2 Written protests and requests for redress must be delivered within the protest time limit to a representative of the protest committee near the official notice board.
- 12.3 The protest time limit will be posted on the official notice board and will be 45 minutes after the end of the last race for the class each day or 10 minutes after the posting of the time limit, whichever is later.
- 12.4 Hearing notices will be posted on the official notice board within 5 minutes after the protest time limit to inform parties of the time and place of the hearing. Hearings may commence at any time if parties are present and prepared; otherwise, hearings may be scheduled as early as 10 minutes after the protest time limit. The posting of hearing notices shall be considered notice as required by RRS 63.2.
- 12.5 A boat may not protest another boat for Sailing Instructions 9.5. This changes RRS 60.1(a).
- 12.6 Penalties under Sailing Instructions 9.5 or 14 may be less than disqualification. This changes RRS 64.1.
- 12.7 RRS Appendix V2, Penalties Taken After a Race, applies.



12.8 RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty, except for taking a penalty for an incident that occurred in the zone of a mark, other than a starting mark, that she is required to leave on one side.

13 SCORING

13.1 Boats will be scored in class.

13.2 A boat that did not start (OCS), did not finish (DNF), retired (RET), or is disqualified (DSQ, DNE, DGM, UFD, BFD) will be scored for the finishing place one more and a boat that did not start (DNC, DNS) will be scored for the finishing place two more than the number boats starting and finishing and not thereafter retiring or being disqualified. This changes RRS A4.2. RRS A9 is deleted.

13.3 A boat's series score will be the total of her race scores, except that a boat's worst score will be excluded if six or more races are completed. This changes RRS A2.1. One race will constitute a series.

14 EQUIPMENT AND OPERATING REQUIREMENTS

14.1 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 responsibility for a boat's decision to participate in a race or to continue racing is hers alone. The race organizers (organizing authority, race committee, technical 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.

14.2 Boats must check in with the race committee signal boat at the starting area each day before their first warning signal. Boats should check in by hail unless safety requires checking in by VHF.

14.3 A boat that retires while racing must orally notify the race committee as soon as reasonably possible after retiring by hail or VHF.

14.4 For centerboard boats, competitors must wear personal floatation devices, as in RRS 40, and, for regattas November through March, must also wear a wetsuit or drysuit. These requirements apply while afloat except briefly while changing or adjusting clothing or personal equipment.

14.5 Keelboats must comply with the safety regulations of the US Coast Guard as identified in the Notice of Race.

14.6 The race committee or technical committee may inspect a boat at any time before or after racing for compliance with requirements.

14.7 A boat may put biodegradable sail stops in the water when hoisting a sail. This changes RRS 55.

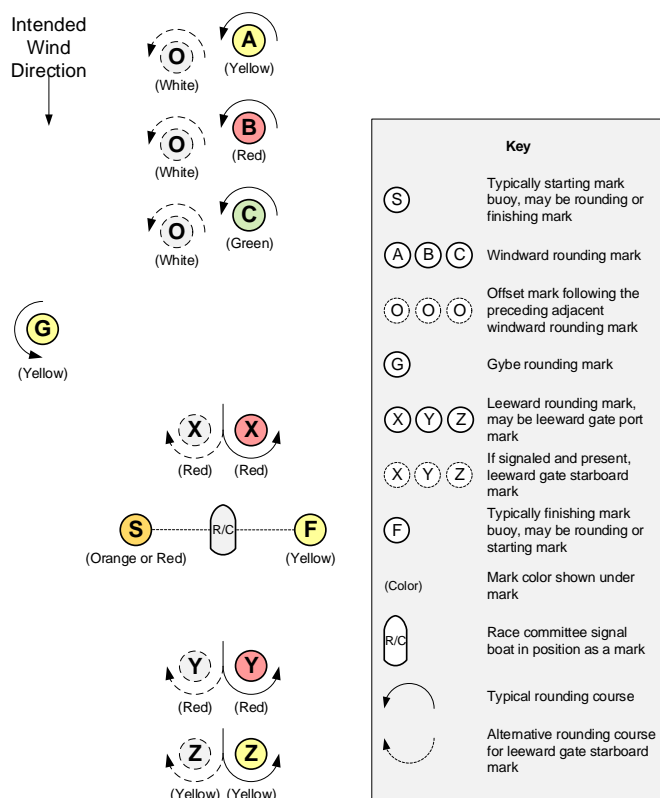
15 SOCIAL ACTIVITIES AND AWARDS

15.1 Party at the clubhouse after racing each day with awards on last day for 1st, 2nd, and 3rd in class.

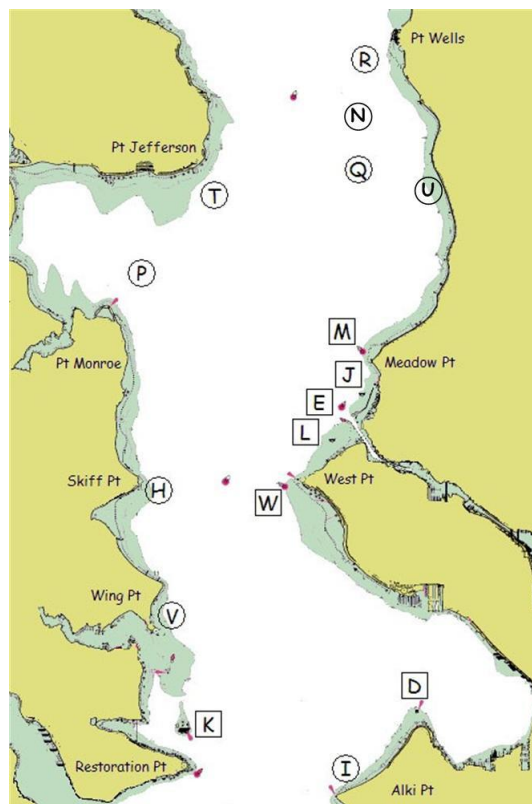


Attachment A: Mark Descriptions

Buoy Course Marks (position relative to R/C)



Geographic Marks (position based on location)



The course diagram for buoy course marks shows the general orientation of the race committee signal boat ("R/C"), other marks (identified by the letters S, A, B, C, O, G, X, Y, Z and F), and the intended wind direction. All buoy course marks other than the race committee signal boat are inflatable buoys. Positions are approximate and the diagram is not to scale.

Notes:

- S When a starting mark for a downwind start, may be on either side of the race committee signal boat.
- XX When XX is signaled in the course description, mark X may be a gate.
- YY When YY is signaled in the course description, mark Y may be a gate.
- ZZ When ZZ is signaled in the course description, mark Z may be a gate.

Bearings are magnetic. Distances are nautical miles (NM). Bearings, distances, and positions are approximate. Each temporary mark is shown with its label in a circle. Each permanent mark is near its label in a square box.

- D Duwamish Head Lt. (LL #16910)
- E Shilshole Bay Entrance Lighted Buoy G "1" (LL #18125)
- H Temporary mark 0.3 NM E of Skiff Pt.
- I Temporary mark 0.5 NM N of Alki Pt.
- J Round ball buoy with flag 0.25 NM SSW of marina N entrance
- K Blakely Rock (LL #16830)
- L White buoy 0.5 NM SW of marina S entrance
- M Meadow Pt. Buoy (LL #16765)
- N Temporary mark 1.0 NM E of Traffic Separation Lane Lighted Buoy SF (LL #16745)
- P Temporary mark 0.5 NM NNE of Pt. Monroe
- Q Temporary mark 3.0 NM bearing 340° from Meadow Pt. Buoy
- R Temporary mark 0.5 NM SW of Pt. Wells
- T Temporary mark 0.5 NM SE of Pt. Jefferson
- U White spar buoy 2.9 NM bearing 6° from Meadow Pt. Buoy at 47° 44.4N, 122° 22.95W
- V Temporary mark 0.3 NM NNE of Wing Pt.
- W West Pt. Buoy (LL #16805)