

2019 Connecticut River Leukemia Cup Regatta

May 4 - 5, 2019

Presented by: Essex Corinthian Yacht Club, Pettipaug Yacht Club, Essex Yacht Club, Frostbite Yacht Club

Sailing Instructions

1. **RULES:** All races will be governed by the current rules as defined in the 2017 – 2021 US Sailing Racing Rules of Sailing, The Notice of Race (NOR) and these Sailing Instructions. Appendix V (Alternative Penalties) is in effect.
2. **CHANGES TO SAILING INSTRUCTIONS AND NOTICE TO COMPETITORS:** Changes to the Sailing Instructions and Notice to Competitors will be posted on the Yachtscoring Notice Board no later than 10am the day they take effect.
3. **LAUNCHING:** Boats will be launched at Essex Yacht Club or Pettipaug Yacht Club.
4. **SKIPPER'S MEETING:** Skippers meeting will take place at **10:30am on Saturday** by the boat ramp between ECYC & EYC. RC will be in the River Room at ECYC prior should you have questions.
5. **COMMUNICATION:** RC will be monitoring **VHF channel 69** for the duration of the regatta.
6. **SCHEDULE OF RACES:** The first warning will be made at **12:00pm** both days. All boats are requested to sail by the stern of the Race Committee boat and check in prior to the first warning signal. Multiple races are scheduled for both days.
7. **SAFETY:** All sailors shall wear zipped or tied USCG approved PFDs at all times while on the water. Single handed sailors are required to wear a full torso wetsuit or dry suit. Any boat withdrawing from the race shall notify the Race Committee or a designated safety boat. All boats shall grant the right of way to commercial traffic. In the case of commercial traffic or an on the water emergency, competitors will be notified via VHF, safety boat, or signal boat, to proceed to a designated area.
8. **CLASS FLAGS:** Color shapes (buckets and/or flags) will be used to notify each class of their start:
Ideal 18: BLUE, **MC Scow:** GREEN, **Etchells:** WHITE, **Laser:** RED, **JY-15:** YELLOW, **Sea Dog:** ORANGE
9. **COURSES:** Course for each race will be posted on the RC Signal Boat prior to each start. **While racing, the Start and Finish Lines are closed unless starting or finishing.** All marks will be left to **PORT** unless noted on the Course Board with the letter **S** prior to each start.
 - Course W:** Windward/Leeward
 - Course T:** Triangle (Windward / Wing / Leeward)
 - Course TW:** Triangle Windward Leeward (Windward / Wing / Leeward / Windward/Leeward)
 - Course D:** Distance Race: Green Buoy "23" North of Calves Island / Inflatable Near Brockway Is.
 - Course DU:** Distance Race: Inflatable Near Brockway Is./ Green Buoy "23" North of Calves Island
10. **MARKS:** The START and FINISH will be on opposite sides of the RC Signal Boat. Primary rounding marks will be Yellow. The Alternate Windward Mark will be Orange: The letter "A" will be displayed on the Course Board when the alternate windward mark is in effect.
11. **THE START:** Races will be started in accordance with Appendix U Sound Signal Starting (**3-minute sequence**). The starting line will be between a white flag on the committee boat and a nearby mark. **Class Color will be displayed before each sequence begins.**
12. **THE FINISH:** The finish line will be between an orange flag on the committee boat and an orange mark on the opposite side of the Starting Line.
13. **TIME LIMITS:** The time limit for each race will be 1 hour with the exception courses D & DU which will have a 2-hour time limit. Boats failing to finish within 30 minutes of the first finisher will be scored TLE.
14. **PROTESTS & REQUESTS FOR REDRESS:** Protests and requests for redress shall be reported to the RC boat upon finishing. Protests shall be written on forms available from the Race Committee and lodged within thirty (30) minutes from the time the RC returns to the dock.
15. **SCORING:** One Design classes will use the Low Point Scoring System. A boat's worst finish will be discarded after a class had completed 5 races.