

**Leigh and Lowton Sailing Club**  
**FLASH DASH 2026**  
**SAILING INSTRUCTIONS (SIs)**

**1. RULES**

1.1. The event will be governed by the rules as defined in *The Racing Rules of Sailing 2025-2028*.

**2. CHANGES TO SAILING INSTRUCTIONS**

2.1. Any change to the sailing instructions will be posted at least 1 hour before any race that it will affect.

**3. NOTICES TO COMPETITORS**

3.1. Notices to competitors will be posted on the official notice board located in the club house.

**4. SIGNALS MADE ASHORE**

4.1. Signals made ashore will be displayed at the race box above the clubhouse.  
4.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 20 minutes' in the race signal AP.

**5. SCHEDULE OF RACES**

5.1. Date of racing: Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup> Mar 2026.  
5.2. There will be 8 races scheduled over the weekend. If any races are not sailed on day 1 they may be sailed on day 2.  
5.3. The scheduled time of the warning signal for the first race on Saturday is 11:57 hrs; and at 10:27 hrs on Sunday.  
5.4. To alert boats that a race, or sequence of races will begin soon, the orange starting mark flag will be displayed on the committee boat with multiple sound signals, approximately 1 minute before the first warning signal.

**6. CLASS FLAGS**

The Class flags are

<b>RS 400</b>	Numeral Pennant 1
<b>FAST Handicap</b>	Numeral Pennant 2
<b>RS200</b>	Numeral Pennant 3
<b>SLOW Handicap</b>	Numeral Pennant 4

**7. RACING AREAS**

SI Attachment A shows the location of the racing area.

**8. THE COURSES**

8.1. The diagram below in Attachment A shows the approximate positions of the marks; the distances and angles are not to scale. In addition to the marks shown, temporary marks A, H, W and Y (orange pillar buoys) may be used in any location.  
8.2. No later than the warning signal, the course to be sailed will be displayed on the rear of the committee boat. A Red background indicates marks to be rounded to Port and a Green background indicates marks to be rounded to Starboard. The number of laps is not shown, see SI 12.  
8.3. The finish line is a gate for each lap of the course. Boats shall sail between the gate marks from the direction of the previous mark.  
8.4. A boat that did not pass through the finish line at the end of an intermediate lap will not be scored for that lap. This amends RRS A5.1. Any other failure to sail the correct course will be scored as Did Not Finish without a hearing.

**9. MARKS**

9.1. Marks 1, 2, 3, 4, 5, 6, 7, 8, 9 and X are yellow or orange spherical buoys. Marks I, M and O are white spherical buoys. Marks P and T are red spherical buoys and can be repositioned. Marks A, H, W and Y are orange pillar buoys, may have sponsor branding, and can be placed in any position on the lake.

9.2. The starting and finishing marks will be committee boat at the starboard end and a dan buoy at the port end.

**10. OBSTRUCTIONS**

The following areas are designated as obstructions:

10.1. The nature reserve beyond racing marks 3, 4, 5 and 6, which is marked with green buoys  
10.2. In the proximity of fishermen's equipment (approx. 30 metres from shore).  
10.3. A yellow buoy near Mark 7 indicating the approximate position of an underwater obstruction which should be passed on the deep water side.

**11. THE START**

11.1. Races will be started as follows:

11.2. Races shall be started by using the following signals as shown in the table below. This changes RRS 26.

11.3. Times shall be taken from the visual signals; the absence of a sound signal shall be disregarded.  
11.4. The warning signal for each succeeding Fleet shall be made with the starting signal of the preceding class.

Minutes before start	Visual Signal	Sound Signal	Means
3	Class flag	1	Warning signal
2	P, I, U, or black flag	1	Preparatory signal
1	Preparatory flag removed	1	One-minute
0	Class flag removed	1	Starting signal

The warning signals and starting order will be:

- RS 400 fleet: International Code Numeral 1
- FAST Handicap fleet: International Code Numeral 2
- RS 200 fleet: International Code Numeral 3
- SLOW Handicap fleet: International Code Numeral 4

11.5. The FAST handicap fleet is for all boats with a Portsmouth Yardstick less than 1029. All other boats will be in the SLOW handicap fleet.  
11.6. The starting line is between staffs displaying orange flags on the starting marks.  
11.7. Boats whose warning signal has not been made shall avoid the starting area during the start sequence for other races.  
11.8. A boat starting later than 3 minutes after her starting signal will be scored 'Did Not Start' without a hearing. This changes RRS A5.1, A5.2 and A5.3  
11.9. When a General Recall is signalled and there are no other Classes which have not yet started, the First Substitute for this General Recall will be removed after 1 minute, at the warning signal for this Class. This changes RRS 29.2

11.10. When a General Recall is signalled for any class, except as detailed in SI 11.7, that Class will start after all other Classes. The First Substitute for this General Recall will be removed at the preparatory signal for the subsequent Class. The warning signal for a Class subject to a General Recall will be made with the starting signal of the preceding Class. This changes RRS 29.2

11.11. For a General Recalled Black flag start, boats that were deemed to be BFD, will not be displayed and may restart as normal, but will be awarded a BFD in their results. It is requested that boats do not restart if it was clear that they were a premature starter. This changes RRS 30.4.

**12. THE FINISH**

12.1. The finishing line is between staffs displaying orange flags on the finishing marks.

12.2. The race committee will signal that the finish line will shortly be opened by displaying an "S" Flag on the Committee Boat with two sound signals at approximately 40-50 minutes after the first start signal. Once indicated, every boat subsequently completing their current lap will be finished (irrespective of the number of laps completed) and then average lap times will be calculated. This modifies RRS "Race Signals" for the first finisher.

12.3. The race committee may finish some boats before the "S" Flag has been displayed. "W" flag will be displayed at the rear of the committee boat as the first finishing boat under this rule has rounded the final leeward mark with two sound signals different to those normally used for starting and finishing boats (e.g. a whistle). When this first boat crosses the finish line, a distinctive single sound signal (e.g. a whistle) will be made. Where possible the affected boat(s) will be hailed from the committee boat. This is intended to be used for a small number of Junior and novice sailors when completing another lap would take them significantly over the intended race duration. All other boats shall continue racing until the "S" flag is displayed together with two standard sound signals as described in Rule 12.2. Average lap times will be calculated as normal.

**13. PENALTIES**

Rule 44.1 is changed so that the two-turns penalty is replaced by a one-turn penalty.

**14. TIME LIMITS AND TARGET TIMES**

14.1. The Race Time Limit shall be 75 minutes for the first boat to finish. If the leading boat finishes within that limit then the time limit will be extended by a further 30 minutes. Boats failing to finish within the extended time limit shall be scored as DNF. This changes RRS 35, A5.1, A5.2, A5.3 and A10. Boats finished in this way will be advised of the fact by a safety boat and should stop racing thereafter.  
14.2. Failure to meet the Target Time in SI 12.2 will not be grounds for Redress. This changes RRS 62.1(a).

**15. HEARING REQUESTS**

15.1. Hearing request forms are available at the race control box. Protests and requests for redress shall be delivered there within the appropriate time limit, with a £10 deposit, returned if the request is upheld.

15.2. The Protest Time Limit is 30 minutes after the last boat has finished the last race of the day or the race committee signals no more racing today, whichever is later.

15.3. RRS62.2 is changed as follows: A request shall be in writing and identify the reason for making it. If the request is based on an incident in the racing area, it shall be delivered to the race office within the protest time limit. Other requests shall be delivered as soon as reasonably possible after learning of the reasons for making the request. The protest committee shall extend the time if there is good reason to do so. No red flag is required.

15.4. 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 race control box, or other suitable venue.

15.5. Under the provision of the RYA racing charter, competitors may request an advisory hearing (within the protest time limit, no hearing form required). If an advisory hearing is requested the protest time limit (if required) will be extended to 15 minutes after completion of the advisory hearing. The outcome of the advisory hearing can be as follows:

- No rule infringement found, no penalties required, no protest lodged.
- Parties agree to an exoneration penalty equal to 20% of the DNF points, as described in RRS 44.3c.
- No resolution found, formal protest lodged.

#### 16. SAFETY REGULATIONS

16.1. A boat that retires from a race shall notify the race committee at the first reasonable opportunity.

#### 17. REPLACEMENT OF CREW OR EQUIPMENT

17.1. A crew and helm may not swap roles in the same boat. Any change of helmsman will be considered as a separate entry into the series.

