

**LEIGH AND LOWTON SAILING CLUB
SAILING INSTRUCTIONS FOR
SUNRISE TO SUNSET ENDURANCE RACE 10TH JUNE 2023**



1 RULES

- 1.1 The event will be governed by the Racing Rules of Sailing 2021-2024 (RRS), the prescriptions of the RYA and these sailing instructions.
- 1.2 Rule 26 will be changed to allow an alternative starting sequence.
- 1.3 Rule 40 is changed so that personal buoyancy must be worn at all times when afloat. Flag Y will not be displayed.
- 1.4 Rule 41 is amended so that:
 - 1.4.1 Safety boat crews will be permitted to provide assistance to help recover boats from capsize without penalty.
 - 1.4.2 Assistance at crew changeover shall be allowed using other members of the team.
 - 1.4.3 Assistance in the event of damage to tow a boat to the hauling out area shall be allowed but the lap completed in whole or part under tow shall be disallowed.
 - 1.4.4 Teams may communicate with, or pass instructions to their boats provided that they do not use loud hailers, sound amplification equipment, telephones or radios and provided that no physical contact is made with the boat other than inside the docking area. It should be noted that no verbal communication shall take place between the shore and boats until 07.00hrs in deference to our neighbours (this restriction does not apply to boats which are at the docking area or hauled out for repair).
- 1.5 Rule 45 is changed so that a boat shall not be required to be afloat at the preparatory signal. However, the timing of the laps completed by the boat shall be calculated from the race starting time as though the boat had been afloat. The rule is also changed to allow hauling out during the race.
- 1.6 Rule 48 is changed such that teams will be allowed to substitute class compliant equipment and sails during the race. Spare hulls of the same class will not be allowed. Crew shall be allowed to leave the boat to allow a change to a different crew.
- 1.7 Rule 61.1 is changed such that teams shall be required to use protest flags, red, minimum 100mm x 100mm but the time to display shall be until the protestor is satisfied that the protestee has undertaken the necessary penalty or the protestor has finished their sailing session.
- 1.8 Rule 62.2 is changed to require requests for redress to be delivered within the protest time limit.
- 1.9 Rule 77 is changed to allow sails to be used without compliance with Appendix G of Racing Rules of Sailing 2021-2024 with regards to national letters and numbers on sails.

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the event notice board located in the LLSC clubhouse and may be supplemented with a notification on the event WhatsApp group.

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Changes to the Sailing Instructions will be posted on the event notice board located in the club house.
- 3.2 Any changes to sailing instructions prior to the race will be posted not less than 30 minutes before the start of the race.
- 3.3 In accordance with Rule 90.2, Sailing Instructions may be varied at any time by a notice on the event notice board. Except in case of emergency, amendments will not come into effect in less than 30 minutes after they have been posted.
- 3.4 Teams shall be deemed to have read any notice which has continuously been displayed on the official notice board for 30 minutes or more other than the notice of a restart of an adjourned race and notice of Protest after the finish of the last boat. Teams shall be solely responsible for checking the notice boards.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed on the flag staff on the clubhouse.
- 4.2 When flag AP is displayed ashore, 1 minute is replaced with "not less than 20 minutes" in the meaning of race signal AP

5 SAIL NUMBERS AND BOAT IDENTIFICATION

- 5.1 Boats will be identified by their sail numbers only. If any team wishes to change their sail number during the race, they shall inform the Race Committee beforehand of the original sail number registered and the new number to be used. The new number cannot duplicate any other boat's sail number racing in the race.

6 SCHEDULE OF RACES

- 6.1 Date of racing: 10TH June 2023
- 6.2 Number of races: There is one race scheduled for the day.
- 6.3 The competitors' briefing will take place on the 9th June at approximately 19:00 hours.
- 6.4 The scheduled time of the warning signal for the race is 04:35 hours.
- 6.5 The scheduled time of the finishing signal for the race is 21:40 hours.

7 CLASSES AND ELIGIBILITY

- 7.1 The classes to be sailed in the race are International Enterprise (without spinnaker), GP14 and Firefly.
- 7.2 To compete in the event, entrants must define which of the following four categories their teams fall into. These are:
 - Unrestricted – no restriction on age or gender of helms and crews
 - Masters – sailed by a team of helms with an age of 50 or over at the start of the race, with crews of any age
 - Ladies – sailed by a team consisting of female helms and crews
 - University/Youth – sailed by a team consisting of:
 - a) Members of a University Sailing Club. This may be a mixture of persons of any gender from different University Sailing Clubs.
 - b) Members of a Youth Training Group, e.g. Feva NW Regional Training Group. This may be a mixture of persons of any gender under the age of 18, on the day of the race, from different Sailing Clubs.

7.3 Entrants must be from an affiliated sailing club.

8 MARKS

8.1 Marks 1, 2, 3, 4, 5, 6, 7, 8, 9 and X are spherical buoys.

8.2 Marks I, M and O will be white spherical buoys.

8.3 Mark P will be a red spherical buoy.

8.4 Marks Y and A will be orange pillar buoys, may have sponsor branding, and can be placed in any position on the lake.

9 OBSTRUCTIONS

The following areas are designated as obstructions:

9.1 The nature reserve beyond racing marks 3, 4, 5 and 6, which is marked with green buoys.

9.2 In the proximity of fishermen's equipment (approx. 20 metres from shore).

9.3 A yellow buoy near Mark 7 indicating the approximate position of an underwater obstruction which should be passed on the deep-water side.

10 COURSE

10.1 The course to be sailed will be set around the club marks on Pennington Flash as shown in Attachment A.

10.2 Mark A and Mark Y may be set on any part of the course.

10.3 All boats must sail through the club line between the marks I (Inner) and M (middle) on each lap. Boats that do not sail through this gate will not be scored for that lap.

10.4 The course to be sailed will be displayed in the window of the race box and, if the committee boat is used for the start, on the stern of the committee boat at the start. Marks to be taken to port will be displayed against a red background. Marks to be taken to starboard will be displayed against a green background. The use of the letter 'L' on a black background indicates the need to pass through the gate as described in section 10.3.

11 THE START

11.1 The starting line will be one of two options. This changes RRS Rule 26. The option will be identified in the window of the race box:

- between the mast of the committee boat displaying an orange flag and the outer limit mark (A Dan Buoy Showing an Orange Flag) – identified as 'Committee Boat'.
- on a transit from the orange triangle on the race box and the black and white striped post on the foreshore, between the marks I (Inner) and M (middle) – identified as 'Race Box'

11.2 For all starts, regardless of where they are controlled from, the following signals shall be used. Times shall be taken from the visual signal. The absence of a sound signal shall be disregarded.

Minutes before start	Visual Signal	Sound signal (whistle blast)	Means
5	IC Pennant number 1 displayed	1	Warning signal
4	IC 'P' flag displayed	1	Preparatory signal
1	IC 'P' flag removed	1	One minute signal
0	IC Pennant number 1 removed	1	Starting signal

11.3 Flags shall be displayed from the flag halliards on the committee boat for committee boat starts. Flags shall be displayed from the flag staff on the clubhouse for starts controlled from the race box.

11.4 An individual recall shall be signalled by a single whistle blast and the display of IC 'X' flag. A general recall shall be signalled by two whistle blasts and the display of the First Substitute. The next warning signal will be made one minute after the removal of the First Substitute.

11.5 A boat not returning after being OCS will be given a 15-minute penalty.

11.6 Boats do not have to be afloat at the preparatory signal. (This varies RRS Rule 45.)

12 CHANGEOVERS, TEAM MEMBERS AND MAINTENANCE

12.1 The boats must adhere to class rules at all times and make a declaration that their buoyancy test is current. The only exception is that smaller, cut down sails of any kind may be used.

12.2 Team members can be changed at any time.

12.3 Helm and crew may change places at any time. Only two people may be on board at any time.

12.4 Each team is required to keep their own log of when changeovers occur and their lap times each time through the start/finish line, plus any on-the-water penalties taken. The team must inform the Race Committee of any penalties taken within 30 minutes of completing their session on the water, with an approximate time of incident.

12.5 Team members may only sail for one team in the event, unless with the express permission of the Race Committee.

12.6 Teams wishing to enter the Masters and Ladies' race, must enter on a separate sign on sheet before the start of that race.

12.7 Teams must ensure that they sail the correct course through the line between the Inner and Middle marks when effecting any changeover

12.8 The changeover may take place either on the pontoon if provided or on the foreshore in front of the club. Teams will not deliberately obstruct other teams at the changeovers and the Race Committee may penalise any team 10 minutes without hearing for this infringement. Two new team members plus two additional team members are allowed on the pontoon at any changeover. Buoyancy aids must be worn.

12.9 If a team's boat requires maintenance of any kind, it must be hauled out onto a trolley and attended to on the foreshore, this is a safety measure. Any equipment may be replaced, sails changed or remedies made as required by the team. This changes

RRS Rule 48.2. Other team members as well as the crew may undertake these activities. This changes RRS Rule 41.

13 THE FINISH

- 13.1 The finish will be at 21:40hours and will be indicated by two sound signals and the display of a flashing beacon on the race box. After the sound signal boats shall continue sailing until they have been finished by the race committee.
- 13.2 A few minutes before the end of the race, the Race Officer will place finish boats stationed at a number of positions around the course. As the finish signal is made and the beacon displayed, the finish boats will move through the fleet in a reverse direction to the course direction, noting the approximate position of each craft on the course on a course chart and informing that craft that they may now stop racing. This position will determine the proportion of a lap completed by each craft subsequent to their previous pass through the lap gate and will be added to their total of complete laps finished during the race.

14 SHORTENED COURSE

- 14.1 The course may be shortened by the race box displaying IC Flag "S" together with two sound signals at any point in the race After the sound signal boats shall continue sailing until they have been finished by the race committee.
- 14.2 In the event that the windspeed is diminishing causing the race to be shortened, a few minutes before the shorten course signal, the Race Officer will place finish boats stationed at a number of positions around the course. As the shorten course signal is made and the beacon displayed, the finish boats will move through the fleet in a reverse direction to the course direction, noting the approximate position of each craft on the course on a course chart and informing that craft that they may now stop racing. This position will determine the proportion of a lap completed by each craft subsequent to their previous pass through the lap gate and will be added to their total of complete laps finished during the race.

15 OBSTRUCTIONS

The following areas are designated as an obstruction:

- 15.1 The nature reserve beyond club racing marks 3, 4, 5, and 6, which is marked with green buoys
- 15.2 In the proximity of fishermen's equipment (approx. 20 metres from shore)
- 15.3 A yellow buoy near Mark 7 indicating the approximate position of an underwater obstruction which should be passed on the deep-water side.

16 TIME LIMIT

- 16.1 There will be no time limit after the finish signal for boats to finish as either Section 13.3 or Section 14.3 shall apply.

17 DECLARATIONS

- 17.1 Teams shall not be required to complete declarations provided by the Race Committee.
- 17.2 Race standings will be posted approximately every hour. It is the responsibility of the captain or another representative of each team to ensure that they agree with those standings. If they do not agree, they shall, within one hour of the standing being published submit prima facie evidence in writing (for example written records of the

team's lap times) that the facts as stated in the standings are incorrect. The Race Committee will then review the standings and adjust if necessary.

18 PENALTIES, PROTESTS AND HEARING REQUESTS

- 18.1 Penalties shall be taken on the water in accordance with RRS Part 2 and Rule 31.
- 18.2 Rule 61.1 (a) (Protest Requirements) is varied to require: A boat intending to protest shall always inform the other boat at the first reasonable opportunity. When her protest concerns an incident in the racing area that she is involved in or sees, she shall hail "protest" and conspicuously display a protest flag. The protest flags shall be red, minimum 100mm x 100mm, but the time to display shall be until the protestor is satisfied that the protestee has undertaken the necessary penalty or the protestor has finished their sailing session.
- 18.3 Hearing request forms are available at the race control box. Protests and requests for redress shall be delivered there within the appropriate time limit.
- 18.4 The Protest Time Limit is 30 minutes after the protesting competitor has finished the session on the water when the incident occurred.
- 18.5 RRS62.2 is changed as follows: A request for redress 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.
- 18.6 Notices will be posted on the event notice board no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Parties to a hearing shall be deemed to have had notification of the time and place set for the hearing after this information has been displayed on the event notice board for 30 minutes. Hearings will be held in the training building.
- 18.7 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:
- A) No rule infringement found, no penalties required, no protest lodged.
 - B) Parties agree to an exoneration penalty of 10 minutes added to that team's elapsed time.
 - C) No resolution found; a formal protest is lodged. If a competitor is found to have infringed a rule and penalised by the protest committee then an exoneration penalty of 20 minutes will be added to that team's elapsed time.
- 18.9 Parties to a protest hearing shall be informed of the decision either verbally or by a written notice posted on the event notice board.

19 SCORING

- 19.1 The average lap time for each entrant shall be calculated to determine the finishing positions. The calculation will use the following handicaps for each class:
- International Enterprise – 1025
 - GP14 – 1000
 - Firefly - 1100

20 PRIZES

- 20.1 As a minimum there will be a prize for the first placed boat in each class and for the first three boats overall.
- 20.2 Additional prizes will be awarded in accordance with the Additional Event Information which was issued with the Notice of Race.

21 INSURANCE

- 21.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £3,000,000 per event or the equivalent.

22 RISK STATEMENT

- 22.1 Rule 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone."

Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
- b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
- c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
- d) Their boat is in good order, equipped to sail in the event and they are fit to participate;
- e) The provision of a race management team, patrol boats, umpires and other officials and volunteers by the organiser does not relieve them of their own responsibilities;
- f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.

23 PROPULSION – PROHIBITED ACTIONS

- 23.1 In accordance with rule 69, any boat found breaking rule 42 by the Race Committee may be penalised by a 20 minutes time penalty without a hearing.
- 23.2 Appendix P will not apply.

24 RULE 41: OUTSIDE ASSISTANCE

Rule 41 is amended so that:

- 24.1 Safety boat crews will be permitted to provide assistance to help recover boats from capsize without penalty.
- 24.2 Assistance at crew changeover shall be allowed using other members of the team.
- 24.3 Assistance in the event of damage to tow a boat to the hauling out area shall be allowed but the lap completed in whole or part under tow shall be disallowed.
- 24.4 Teams may communicate with, or pass instructions to their boats provided that they do not use loud hailers, sound amplification equipment, telephones or radios and provided that no physical contact is made with the boat other than inside the docking area or when the boat is hauled out for repair (see Section 12.9). It should be noted that no verbal communication shall take place between the shore and boats until 07.00hrs in deference to our neighbours (this restriction does not apply to boats which are at the docking area or hauled out for repair).

25 SAFETY REGULATIONS

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

