



*“The Ladies CUP 2011
And Northwest Offshore
Racing Association
Championship 2011*

At Sligo Yacht Club
August 12th – 14th 2011

SAILING INSTRUCTIONS

1 RULES

- 1.1* The regatta will be governed by the rules as defined in *The Racing Rules of Sailing (RRS)*, the prescriptions of the ISA, the IRC and ECHO Ratings Rules, the Notice of Race, these Sailing Instructions and any amendments thereto.
- 1.2 All yachts will race in a single class for both IRC and Echo with the exception of Whitesail yachts who will be treated as a separate class.
- 1.3 For West Coast Superleague purposes results may be recalculated using WIORA IRC class divisions.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board outside the committee room of Sligo Yacht Club.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted at least 90 minutes before racing on any day of the event.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed at the flag pole at Sligo Yacht Club.



- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP.

5 SCHEDULE

5.1 Dates of racing:

Friday 12th August: Race 1: First Gun 1500 hrs

Race 2 as soon as possible after Race 1

Saturday 13th August Race 3 First Gun 1100hrs

Race 4: as soon as possible after Race 2

Race 5: as soon as possible after Race 3

Sunday 29th August Race 6: First Gun 1230hrs

6. RACING AREA

The racing area will be Sligo bay. See appendix 1.

7. THE START

- 7.1 Races will be started with the warning signal made 5 minutes before the starting signal.

- 7.2 A warning to the start sequence commencing will be given over the VHF radio (Channel 12). This warning may not be a countdown to the sequence.

- 7.3 The start sequence will operate as follows:

5 Min: Sound Signal - Cruiser Class Flag Displayed

4 Min Sound Signal - P Flag Replaces I Flag

1 Min Sound Signal - I Flag Replaces P Flag

Start Sound Signal - I Flag Lowered

- 7.4 The starting line will be between the flag flying on the committee boat and a laid mark. This laid mark may also be the leeward mark of the course.

- 7.5 A boat starting later than **5 minutes** after her starting signal will be scored Did Not Start without a hearing. This changes rules A4 and A5.

- 7.6 The white sails fleet will start with the IRC fleet..

8 THE FINISH

- 8.1 The finishing line will normally be between the committee boat and the final mark on the course.

- 8.2 In the event of a shortened course, the committee boat will sound 2 guns as the leaders approach, will fly an "S" flag and announce the shortening of the course on VHF channel 12. In this case the finish may be between the committee boat and any mark of the course or a round pink buoy laid to create the finish line.



9 PENALTY SYSTEM

- 9.1 For all class(es) rule 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

10 TIME LIMITS

- 10.1 Time limit for all classes are as follows:

Race 1,2,3,4 &5 2 Hours

Race 6: 3 Hours

- 10.2 Boats failing to finish within, 45 minutes after the first boat in her fleet sails the course and finishes will be scored Did Not Finish without a hearing. This changes rules 35, A4 and A5.

11 PROTESTS AND REQUESTS FOR REDRESS

- 11.1 Protest forms are available at the race office, located at Sligo Yacht Club. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 11.2 For each class, the protest time limit is 90 minutes after the last boat has finished the last race of the day.

9 THE COURSES

- 9.1 The courses to be sailed may be any of the following; Round the cans, Windward/ Leeward, Olympic.
- 9.2 The course for each fleet will be announced on VHF Channel 12 in advance of the fleets start sequence.
- 9.3 White sails fleet will sail the same course as the IRC fleet but will complete 1 lap less. Thus if the IRC fleet sails 3 laps the whitesail course will be 2 laps

10 DIVISIONS & FLEETS

- 10.1 It is the intention of the organising committee to run two separate fleets.
1. IRC / ECHO / 2. White Sails

11 SCORING

- 11.1 The Low Point System of Appendix A will apply.
- 11.2 3 races are required to be completed to constitute a series.
- 11.3 (a) When fewer than 4 races have been completed, a boat's series score will be the total of her race scores.
- (b) When from 4 to 5 races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
- 11.4 Echo handicapping will be progressive.

12 RADIO COMMUNICATION

Unless requested by the Race Officer or in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile telephones.

13 PRIZES

- 13.1 Ladies Cup:



Prizes will be awarded to the winners of the following classes, IRC (The Ladies Cup), ECHO (The Elsie Trophy) and White Sails.

Individual Race prizes may also be awarded.

13.2 NORA

Prizes will be awarded to the winners of the following classes:

IRC : NORA Trophy

Echo: NORA Echo trophy

White Sails

14 Qualifying Races:

Races 1 to 6 will count for NORA, with 1 discard if 5 or more races are sailed

Races 2 to 6 will count for The Ladies Cup, with 1 discard if 5 races are sailed.

15 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race.

16 INSURANCE

Each participating boat shall be insured with valid third party and racing liability insurance. This insurance certificate must be attached to the entry form. Failure to present valid insurance may result in disqualification.