



2019 IRONMAN REGATTA

March 9 - 10, 2019



SAILING INSTRUCTIONS

1. RULES:

- 1.1 The regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS), the Notice of Race (NOR) and these Sailing Instructions (SI).
- 1.2 In the event of a conflict between the NOR and the SI, the SI shall prevail.
- 1.3 RRS Appendix T and V: Arbitration and One Turn Penalty Rule shall be in effect.

2. ENTRY AND ELIGIBILITY:

- 2.1 Eligible boats may enter by completing registration by 11:00 AM, Saturday, March 9 with Birmingham Sailing Club. Boats without a USSA Portsmouth Yardstick Handicap Rating will be assigned a handicap based on nearest similarity to other documented boats.

3. NOTICES TO COMPETITORS

- 3.1 Notices will be posted on the official regatta notice board located in the Club House.

4. COMPETITOR'S MEETING:

- 4.1 A Competitor's Meeting will be held at 11:30 AM Saturday on the patio of the Club House.
- 4.2 Following Race 1, competitors will be given verbal instructions for the Long Distance Race Course. This will be signaled with Come Within Hail "L" flag either on the water or at dockside.

5. SIGNALS MADE ASHORE:

- 5.1 Signals made ashore will be displayed from the flag pole near the shore in front of the Clubhouse.
- 5.2 A sound signal made when the Race Committee returns to shore at the end of that day's racing, means the beginning of a one hour time limit to file protests has begun.

6. SCHEDULE OF RACE ACTIVITIES:

SATURDAY, MARCH 9

10:00 AM	Registration Opens
11:00 AM	Registration Closes
11:30 AM	Competitor's Meeting (BSC Patio)
12:30 PM	Warning Signal Race 1, Start 1, Fleet 1 Subsequent Race 1 Fleet Starts to follow
2:30 PM	Approx for Race 2 Long Distance Race Start, All boats

SUNDAY, MARCH 10

11:30 AM	Warning Signal, Race 3 Gold Division, Subsequent Race 3 Silver and Bronze Starts to follow
1:00 PM	Latest time to start a race



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7. MARKS:

7.1 The Marks for Race 1 and Race 3 courses will be described at the Competitor's Meeting and are designated as follows:

A = the Windward mark

B = the Reaching mark

C = the Leeward mark (may be set either to windward or leeward of the Starting Line)

X = the Finishing mark

Only those marks displayed on the Committee Boat are marks of the Course in a race.

7.2 The location and description of Marks for Race 2 will be given verbally following Race 1. See paragraph 4.2

8. COURSES:

8.1 Race 1 will be individual Fleet races with separate Starts for One Design fleets with 5 more entries or Open fleet Portsmouth handicapped for those not sailing One Design. Race 2 will be a Long Distance Race with a single Start for all entries, Portsmouth handicapped. Race 3 will be a Portsmouth handicapped race with 3 separate Starts as split into 3 Divisions.

8.1 The Race Committee Signal Boat will display letters designating the marks of the Race 1 and 3 courses in the order to be rounded, including the Finishing Mark, but not the Starting Mark.

The last letter displayed designates the Finishing Mark.

For example, a windward-leeward, twice around course with an upwind finish would be designated as "AC2X", and a windward-leeward-windward with downwind finish would be designated as "ACAX". (See Attachment "A" for example courses.)

8.2 The Starting Line is not an obstruction; there is no closed gate.

8.3 See Paragraph 4.2 and 7.2 for Race 2 Course.

9. CHECKING IN PRIOR TO START:

9.1 Before the Warning Signal for the FIRST START of each day of racing, each boat is required to sail past the stern of the Committee Boat on starboard tack and verbally check in.

10. THE START:

10.1 Races will be started in accordance with RRS 26.

10.2 The Starting Line will be between a staff displaying an orange flag on the committee boat and an adjacent port end pin with orange pennant, "X" mark.

10.3 The Starting Sequence will be signaled with a unique flag for each separate Fleet Start. A description of each Fleet's Warning Signal flag and Starting Order will be given at the Competitor's Meeting.



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11. RECALLS:

- 11.1 Individual Recalls will be signaled in accordance with RRS 29.1. The Race Committee will attempt to hail the sail number(s) of boat(s) determined to be OCS at the start.
- 11.2 VHF Marine Radios are allowed and may be used to notify boats determined to be OCS.
- 11.3 A committee support boat may be used to pass along OCS notification but will not identify premature starters without concurrence from the PRO and as signaled from the Committee Boat.

12. CHANGING THE COURSE AFTER THE START:

- 12.1 Any change of course will be signaled with Code Flag "C", two sound signals and a green flag (starboard shift) or red flag (port shift) before the leading boat has begun the new leg, although the mark may not yet then be in the new position.

13. THE FINISH:

- 13.1 The Finishing line will be between an orange flag on a committee boat and an adjacent mark.
- 13.2 The Finishing Line, except for a Change of Course or Shortened Course, will use the Starting Mark "X" as one end of the line.

14. TIME LIMIT:

- 14.1 The time limit for the first boat to finish each race is as follows:
Race 1 - 45 minutes, Race 2 - 90 minutes, Race 3 - 60 minutes.
- 14.2 Boats still racing 15 minutes after the first boat 'Finishes' Race 1 and Race 3 and 30 minutes for Race 2 will be scored TLE (Time Limit Expired) and receive a score equal to the number of boats that have Finished within the time limit Plus 2 Points not to exceed the number of boats Starting that race.
- 14.3 Expiration of the Time Limit shall be signaled with one long sound signal and display of Code Flag "L" if there are Finishers and with Code Flag "N" (Abandonment) if there are none.



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15. PROTESTS:

- 15.1 PROTEST FLAGS are Not required, but a valid protest must be accompanied by a hail of “Protest” to the infringing boat at the time of the incident without unnecessary delay.
- 15.2 Protests shall be submitted in writing on forms available at the clubhouse and submitted to the Race Committee within one hour of the Committee Boat docking.

16. SCORING:

- 16.1 Race 1 shall be scored using on a modified Low Point basis, with Portsmouth handicapping where appropriate, and points normalized to a 10 boat size fleet. Further definition at Competitor’s Meeting.
- 16.2 Race 2 and 3 shall be scored using a standard Low Point System with Portsmouth handicapping for Corrected Time.
- 16.3 Following Race 1 and 2, the regatta entries will be split into 3 Divisions based on top, middle and bottom thirds of low point totals.
- 16.3 Two races will constitute the regatta should a 3rd race not be completed.

17. DISCLAIMER OF LIABILITY:

- 17.1 Competitors participate in the regatta entirely at their own risk. See RRS Rule 4, Decision to Race.
- 17.2 The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to, during, or after the regatta.