



**Frosh/Soph Regatta 2022**  
**Sailing Instructions**

November 12-13, 2022  
WWU Lakewood Watersports Facility  
2410 Lake Whatcom Blvd  
Bellingham, WA 98229

1. RULES

The regatta will be governed by the current Racing Rules of Sailing, as modified by the prescriptions of US Sailing, the ICSA procedural rules, the Notice of Race, and these Sailing Instructions.

2. FORMAT & BOATS

A team shall consist of four or more eligible sailors from the same school. Competitors and their school must both be registered and in good standing with PCCSC and ICSA. This regatta will follow the standard A/B Fleet format. Competitors will rotate boats between sets.

3. NOTICES TO COMPETITORS & SIGNALS MADE ASHORE

All notices to competitors shall be posted on the white board in the Lakewood lounge. Additionally, all signals made ashore will be made from the Lakewood lounge steps. In the event of an onshore postponement, the race committee will start races no less than 20 minutes after the AP flag is lowered.

4. VENUE REQUIREMENTS

Based on the forecast conditions and venue policy, wetsuits may be required to be worn by all competitors at all times on the water.

4. SCHEDULE

Saturday, Nov. 12th 2022	Sunday, Nov. 13th 2022
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0900 Team Check-In & Rigging/Launching	0930 Lakewood Opens for Rigging/Launching
1015 Competitors' Meeting	1015 First Warning
1045 First Warning	1500 No Starts After

Please note that there is no limit to the number of races scheduled. It is the race committee's intent to race until the time limit if reasonably possible.

5. STARTS

The start/finish line will be between a flag on the race committee boat and an orange/pink buoy to its port side. Three minute starts will be used as described in Appendix S. The start/finish line is NOT restricted.

6. RECALLS

Individual recalls will be signaled verbally by the PRO and a single whistle. The Race Committee will hail sail numbers. Failure to hear a hail, a delay in hailing, the order in which hails are announced, or no hail from the Race Committee shall not be grounds for redress. In accordance with the ICSCA Procedural Rules, the I Flag will automatically be in effect after every general recall.

6. COURSES

Please see the attached course diagram. Courses will be announced verbally prior to each warning. All marks will be orange/pink buoys. Course Diagrams are available on Techscore and posted on the whiteboard in the lounge

7. PENALTIES & PROTESTS

The standard two-turns penalty shall apply while racing. Competitors wishing to protest must complete a protest form. Forms shall be returned to the registration/scoring table within 15 minutes of reaching the dock. If possible, protests will be heard between rotations using "3 minute justice." The protest committee may be made up of knowledgeable coaches, race officials, or other volunteers who are not interested parties, but not regatta competitors.

8. DECISION TO RACE & DISCLAIMER OF LIABILITY

Competitors participate in each regatta entirely at their own risk. See rule 4, Decision to Race. However, the Race Committee reserves the right to send a competitor ashore if they pose a safety risk to themselves or others. The host team, university, volunteers, PCCSC, and College Sailing will not accept any liability for material damage, personal injury, or death sustained in conjunction with or prior to, during, or after any PCCSC regatta.