



Cascadia Cup  
September 30- October 1, 2023  
Sail Sand Point, Seattle, WA

Sailing Instructions

1. **RULES:**

- 1.1. The regatta will be governed by the current ISSA/ICSA Procedural Rules, the Racing Rules of Sailing, the prescriptions of US Sailing, the Notice of Race and this Sailing Instructions, however:
  - 1.1.1. The US Sailing prescriptions to rules 60, 63.2, and 63.4 will not be in effect; and
  - 1.1.2. Under *RRS 70.5(a)*, the right of appeal is denied.
  - 1.1.3. If there is a conflict between Procedural Rules, the protest committee shall apply the Rule(s) that it believes to be the fairest.
  - 1.1.4. This regatta is classified as an "Open" event per NWISA District Rules. Sailor substitutions are permitted between Varsity/JV (Gold/Silver) per *NWISA District Rule 7.2*.

2. **NOTICES TO COMPETITORS**

- 2.1. Official notices including changes to sailing instructions will be posted on the official notice board located on the Sail Sand Point office windows.
- 2.2. Changes to the sailing instructions shall be posted no later than one half hour prior to the first warning signal on the day it will take effect, except that a change to the schedule must be communicated by 1700 the day prior to when it takes effect.

3. **SIGNALS MADE ASHORE**

- 3.1. Signals made ashore shall be displayed from the SSP flagpole or a race committee boat at the dock.
- 3.2. When flag-AP is displayed ashore, a warning signal shall not follow within 20 minutes of its removal.

4. **BOATS AND FORMAT**

- 4.1. The regatta will be run as a two-division A/B event with separate Gold and Silver fleets.
- 4.2. The event is non-rotational. Teams will sail the same boat for the duration of the event.
- 4.3. College and High School teams will race together in both Gold and Silver fleets.
- 4.4. Each team is limited to one boat in Gold Fleet, except that it may add a second women's boat. There is no limit to the number of boats a team may field in Silver Fleet.

5. **SCHEDULE:**

**Saturday, September 30**

0930	Report time/Check-In
1045	Mandatory Competitors Meeting
1130	First warning; sailing will continue throughout the day
1700	Or as soon as practicable after racing, College Sailing Forum

**Sunday, October 1**

0900	'Doors Open' - Access to SSP Docks/Facilities
1030	First warning; sailing will continue throughout the day.
1530	No warning signals made after this time

*Note: The Race Officer may choose to run practice starts prior to the first race of each division each day. Any changes to the schedule will be posted on the Official Notice Board located on the Sail Sand Point pier.*

## 6. THE START

- 6.1. The start line will be between a staff on the Race Committee Boat displaying an orange flag and either an orange flag located on a boat to port or an orange buoy.
- 6.2. Races will start using *RRS US Sailing Prescription Appendix U – Sound Signal Starting System* in accordance with *ISSA PR 7.9(a)*.
- 6.3. Individual recalls will be made in accordance with *ISSA PR 7.9b/ICSA PR 18b)ii*.
- 6.4. General recalls will be signaled by a series of short whistles. After a general recall, the round the ends provision of *RRS 30.1* shall automatically apply. The I-Flag need not be displayed in accordance with *ISSA PR 7.9(c)* (Changes *RRS 30.1*).

## 7. COURSE AND MARKS

- 7.1. The race committee will display the course pendants prior to the warning signal and note.
- 7.2. Marks will be round either fender-style buoys or inflatable conical and cylindrical race marks matching the color of the attached course diagram.
- 7.3. In accordance with *ISSA PR 7.8(c)* after the starting signal, the race committee may change the position of any mark to maintain course configuration, provided that no boat is on that leg of the course. No signals are required.
- 7.4. In accordance with *ISSA PR 7.8(d)* races will not be shortened, they will be abandoned.
- 7.5. See Course Appendix attached.

## 8. THE FINISH

- 8.1. The Finish will be between a blue flag displayed from the Race Committee boat and a white buoy to starboard.
- 8.2. The finish line is restricted to boats that are finishing or boats that have yet to *start*. A boat which breaks this rule may exonerate herself by promptly taking a two-turns penalty.
- 8.3. After finishing the final race of a set, competitors shall sail directly to the assigned rotation dock to switch pairs.
  - 8.3.1. Rotation docks will be assigned at the mandatory competitors meeting.
- 8.4. The race officer may, if there is a clear order among boats that fail to finish within a timely manner, choose to finish those remaining boats in place. This changes *RRS Rule 35*.

## 9. PROTESTS AND REDRESS

- 9.1. Protest procedure will be in accordance with *ISSA PR Part VI*.
- 9.2. Protest forms/written submission is not required for a valid protest.
- 9.3. Competitors seeking redress and/or reporting a breakdown should follow the same protest procedure and notify the race committee or a support boat as soon as possible. If possible, they should attempt to finish the race(s).

## 10. SCORING

- 10.1. The regatta will be scored in accordance with *ISSA/ICSA Procedural Rules*.
- 10.2. Although High School and College teams will be racing against one another, they will be scored separately. Unofficial combined results may be made available. All official results will be posted on the respective TechScore sites.
- 10.3. Teams failing to enter RP information by the end of Sunday shall be assessed an automatic penalty in accordance with the Procedural Rules.

## 11. TRAVEL AND TRANSPORTATION

- 11.1. Teams are responsible for their own transportation. The address of the regatta site is: 7861 62nd Ave NE Seattle WA 98115. Directions to the racing venue can be found at <https://www.sailsandpoint.org/about-us/contact/> .

## 12. COACHING

- 12.1. Team leaders, chaperones, coaches, parents, advisors and other support personnel shall not go afloat in the sailing area from Saturday morning to the end of racing Sunday unless an exception has been explicitly permitted by the regatta chair. The penalty for failing to comply with this requirement may be the disqualification of all boats, competitors and teams associated with the infringing support personnel.

12.2. Competitors may receive coaching including instructions, assistance, equipment or sustenance only while on the designated rotation float or on shore.

**13. SAFETY**

13.1. Competitors shall wear USCG approved Type III lifejackets. Inflatable type lifejackets are not permitted.

13.2. A boat that requires assistance in order to recover from a capsize shall retire from that race.

13.3. A boat that retires from a race shall notify the race committee either before leaving the course, or if that is impossible, immediately after arriving ashore.

**14. CONDUCT**

14.1. No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, or distilled spirits, each as defined in Chapter 51 of the US Internal Revenue Code and intended for beverage use), or marijuana, cocaine, or any other controlled substance (as defined in *21 US Code 802*), the possession of which, by that contestant is unlawful under *21 US Code 841*.

14.2. Infringements of this regulation and/or other inappropriate conduct occurring during the regatta, may be the basis for a hearing under *RRS 69.1*. The protest committee for such a hearing shall, at a time and place selected by it, meet to hear said protest, and it may impose scoring penalties, or other sanctions that it deems appropriate, including summary removal from the regatta.

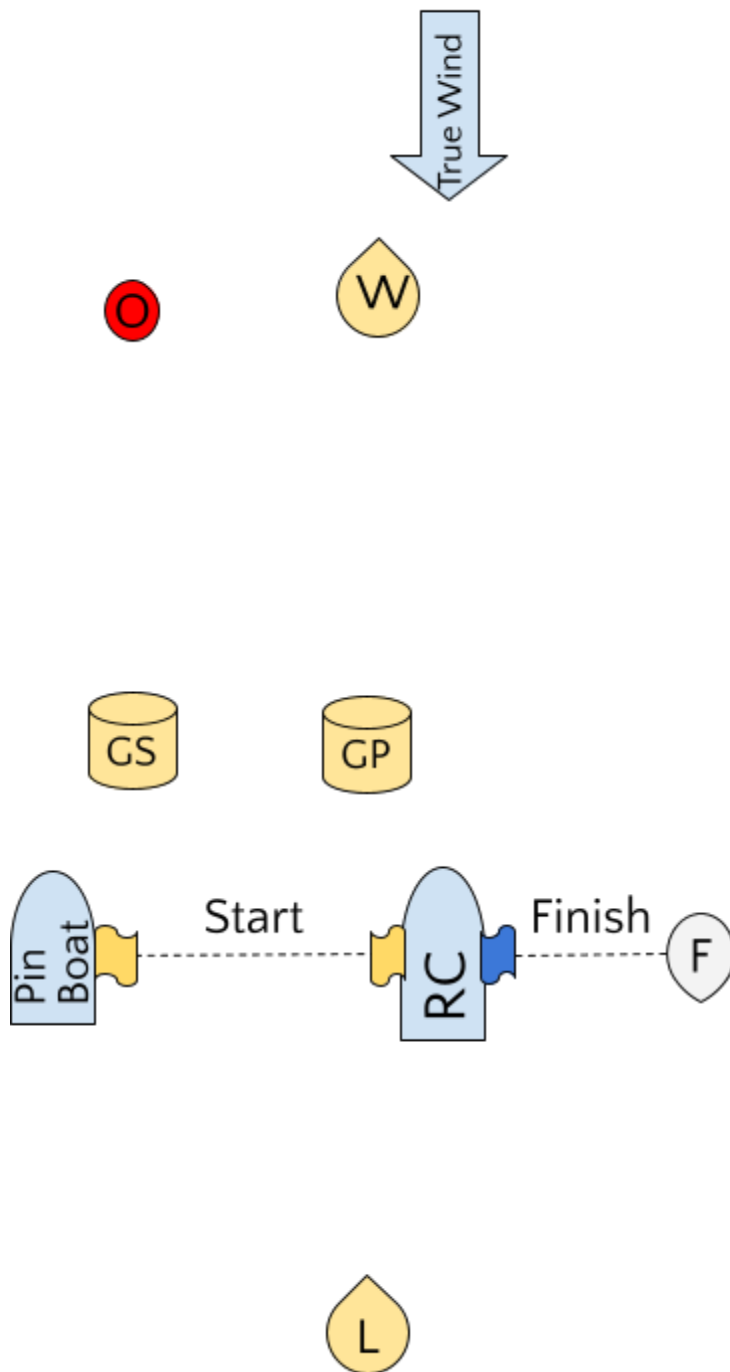
**15. REGATTA CONTACTS**

Regatta Chair:  
UW Sailing Team:

**Name**  
Nora Gallogly  
Maya Outhred

**Email**  
[nora@sailsandpoint.org](mailto:nora@sailsandpoint.org)  
[huskysailing@gmail.com](mailto:huskysailing@gmail.com)

## Course Appendix



GS Rounded to Starboard.  
All Other Marks Rounded to Port.

The Finish Line is **CLOSED** except for boats finishing and boats who have yet to *start*. The start line is **OPEN**.

**Course 1:**

S-W-O\*-L-F (Upwind Finish)

**Course 2:**

S-W-O\*-L-W-O\*-L-F (Upwind Finish)

**Course 3:**

S-W-O\*-GS/GP\*\*-W-O\*-L-F (Upwind Finish)

**Course 4:**

S-W-O\*-GS/GP\*\*-W-O\*-F (Downwind Finish)

\*The offset mark is ignored if not present

\*\*If a gate mark is missing, the remaining gate mark shall be rounded to port

**Figures and course not drawn to scale, all angles approximate**