

Central Series 4  
Bacow Sailing Pavilion, Tufts University  
Upper Mystic Lake, Medford, MA  
April 14, 2019  
Sailing Instructions

1 Rules

The Regatta will be governed by *The Racing Rules of Sailing* and the *ICSA Procedural Rules*.

2 Notices to Competitors

Notices to competitors will be posted on the official notice board on the third floor

3 Schedule of Races

Report time Sunday	0930
Competitors Meeting	0945
First Warning Signal	1020
No Sunday start after	1500

4 Rigging

Shroud tension may be adjusted at the dock provided you do not lose any fasteners.

5 Format

A division sails two races, rotates, then B sails, and so on.

6 The Course

The standard course will be 4, 5, or 6 legs (windward-leeward) with offsets and gates.

7 Marks

All the marks are flag buoys with numbers or letters. 1 (Yellow) is windward, 2 (Blue) is the offset, G (Purple) & F (Orange) are the gate marks, and F will also serve as the finish mark.

8 The Start

8.1 Races will be started using Appendix Q, Sound Signal Starting System.

8.2 The starting line will be between the RC and mark S (Orange).

9 The Finish

9.1 The finish line for leeward finishes will be between a flag on the starboard end committee boat and the closest gate mark lettered F (Orange).

9.2 The finish line for windward finishes will be between a flag on a committee boat and mark 1 (Yellow).

10 Protests

10.1 The four requirements for a valid protest are: hailing the protestee immediately, informing the RC upon finishing, informing the protestee ashore, and filing a protest with the RC ashore promptly.

10.2 Forms are in the office and must be filed within 30 minutes of arriving ashore for any break.