



Central 4 Fleet Race
April 11, 2026
Hosted by Bentley University
at Harvard Sailing Center



SAILING INSTRUCTIONS

1. RULES

- 1.1. The regatta will be governed by the [Racing Rules of Sailing \(RRS\) 2025-2028](#), the prescriptions of US SAILING, the [Procedural Rules \(PR\)](#) and Class Rules for Intercollegiate Sailing Competition, the [NEISA Rules and Regulations](#) (except as any of these are modified by these sailing instructions), and by these Sailing Instructions (SI).

2. NOTICES TO COMPETITORS

- 2.1. The Official Notice Board will be the whiteboard on the lower floor of the Harvard Sailing Center.

3. CHANGES IN SAILING INSTRUCTIONS

- 3.1. Any changes in the sailing instructions will be announced orally and posted as soon as practicable.

4. SCHEDULE OF EVENTS

Saturday, April 11
1030 Report Time
1045 Competitors Meeting immediately followed by Coaches Meeting
ASAP First Warning
1800 No Starting Signal after

There will be a 20 minute lunch break. Please plan to have food for lunch on-site prior to the beginning of lunch break.

5. FORMAT

- 5.1. A Division will sail FJs and B Division 420s through approximately half the races. A Division will then sail 420s and B Division will sail FJs. The approximate point of half the races will be at the discretion of the race committee and organizing authority. This modifies PR 22 (b)(i).
- 5.2. In the event of high winds or 9 or fewer teams in attendance, RC may change the proposed format in 5.1 to have both divisions sail either 420s or FJs only.

6. **BOATS & EQUIPMENT**

- 6.1. 420s and/or FJs will be provided for competitors, who shall not modify any boat or cause them to be modified in any way. Competitors have the option of rigging the mainsheet purchase either 3:1 or 4:1.
- 6.2. The standing rigging shall not be adjusted.
- 6.3. Competitors shall report any damage or loss of equipment, however slight, to a member of the Race Committee on the water or immediately after arriving ashore
- 6.4. When rigging:
 - 6.4.1. Boat covers are to be tied to the boat cradles during racing
 - 6.4.2. The monofilament "goose fence" must be lowered prior to launching
 - 6.4.3. Do not tension rigs or install rudders prior to launching
- 6.5. When derigging:
 - 6.5.1. Boat tie downs are to be placed OVER the covers and tied THROUGH the chain plates

7. **ROTATION**

- 7.1. The rotation of boats will be posted in Techscore.

8. **COURSES**

- 8.1. The courses will be posted on the official regatta notice board.
- 8.2. Rounding marks will be orange or yellow marks with black stripes.

9. **START/FINISH**

- 9.1. Races will be started in accordance with PR 18(b)(i).
- 9.2. The start line will be between an orange flag on the Race Committee Signal Boat and the course side edge of an orange mark with a black stripe to port of the Signal Boat.
- 9.3. The finish line will be:
 - 9.3.1. Between an orange flag on the Race Committee Signal Boat and the course side edge of an orange mark with a black stripe to port of the Signal Boat
 - 9.3.2. Between a blue flag on the Race Committee Finish Boat and the nearest mark to the Finish Boat's port side

10. **PENALTIES**

- 10.1. The first two sentences of rule 44.1 are changed to: 'A boat may take a One-Turn Penalty when she may have broken a rule of Part 2 or rule 31 while racing. However, when she may have broken a rule of Part 2 while in the zone around a mark other than a starting mark, her penalty shall be a Two-Turns Penalty.'
- 10.2. PR 31.1(a) is modified to add that "A hail of "yellow flag" shall suffice as acceptance of the penalty (Changes RRS 44.3(a) and (b)) and a boat that has accepted an alternate penalty while racing shall inform the Race Committee of her penalty at the first reasonable opportunity after finishing."

11. **PROTESTS**

11.1. Protests shall be filed within 15 minutes of securing boats to the dock for a lunch break, postponement, or the end of the day's sailing. This changes PR 30.

11.2. Video or photographic evidence taken from any source may be presented as evidence.

12. **SAFETY**

12.1. Competitors who require assistance from rescue boats should signify by waving arms overhead.

12.2. A competitor who retires from a race shall notify the Race Committee as soon as possible.

13. **COACHING**

13.1. PR 19 will apply.

13.2. Coaching will be from the Harvard Sailing docks, boathouse, or ashore.

14. **DRONES**

14.1. Drone usage by any competitor, coach, or other team member is prohibited. Such drone usage may be grounds for disqualification from all races during which the drone was in flight.

14.2. Photos/videos captured during this event by a drone not operated by a team or its coach shall not be used for coaching purposes for the duration of the event.

15. **FACILITIES**

15.1. The event will be hosted at the Harvard Sailing Center, 45 Memorial Dr., Cambridge, MA.

15.2. Please keep gear/bags organized and out of high traffic areas. Do not block stairs or doorways with gear/bags.

15.3. Adequate street parking is usually available on the westbound side of Memorial Drive (across the street from the boathouse) on weekend mornings.

16. **ICSA REPRESENTATIVE**

16.1. The ICSA representative shall be designated at the regatta.

17. **REGATTA CHAIR CONTACT INFO**

17.1. Jared Reineck

Email: jreineck@bentley.edu