

The Friis Trophy Team Race  
Hosted by Harvard  
March 21-22, 2026  
Sailing Instructions

1. RULES

This regatta will be governed by the Racing Rules of Sailing, including Appendix D, the prescriptions of US SAILING; the Procedural Rules and Class Rules for Intercollegiate Sailing Competition; and The NEISA Rules and Regulations Manual, except as modified by these instructions.

- 1.1 All races will be umpired. RRS D2 will be modified by the Procedural Rules.
- 1.2 Races in an incomplete round may be used as races in a subsequent round.
- 1.3 RRS D1.1(d) is in effect.

2. NOTICES TO COMPETITORS

Notices will be posted on the Official Regatta Notice Board located in the Harvard Sailing Center.

3. CHANGES TO THE SAILING INSTRUCTIONS

Any changes in the Sailing Instructions will be announced orally and posted prior to the first race in which they will take effect.

4. SCHEDULE OF EVENTS

Saturday 3/21/26:

|                      |      |
|----------------------|------|
| Report Time          | 1030 |
| Competitors' Meeting | 1055 |
| First Warning        | 1115 |
| No start after       |      |

1700

Sunday 3/22/26:

|                |      |
|----------------|------|
| Report Time    | 0930 |
| First Warning  | 1000 |
| No start after | 1500 |

5. FORMAT

- 5.1 The PRO will attempt to complete 1 round robin of all 9 teams. If time allows there will be a 2nd round robin. If time allows there may be Final Top Four round and a bottom five.
- 5.2 If the above formats are not possible in the allotted time, the PRO will announce the best course of action.
- 5.3 RRS D4.3B will only apply to the first round.

6. BOATS AND EQUIPMENT

6.1 Harvard's fleet of E420's and/or Zim FJs will be provided. Standing rigging shall not be adjusted. The mainsheet purchase may be rigged either 3:1 or 4:1.

6.2 In addition to any other requirements set for in the rules, competitors shall report any damage or loss of equipment to the Race Committee or PRO immediately after the finish or arrival at the dock.

6.3 Breakdowns will be decided using the ICSA Procedural Rules. Breakdown consideration will not be given for loss of clevis pins and cotter rings where the shrouds attach to the hull, or failure of knots (except at the head of the mainsail, if it was determined there was no opportunity to check it).

7. ROTATIONS

Rotation of boats will be in accordance with the rotation posted on Tech Score and on the Notice Board. All exchanges and rotations will take place at the Harvard dock.

8. RACING AREA

The racing area will be in the lower basin of the Charles River.

