

# Lake Washington Sailing Club

## Sailing Instructions for 2023 Capitol Cup

### 1.0 Rules

- 1.1 The regatta will be governed by The Racing Rules of Sailing, including Appendices B and U.
- 1.2 Sail Numbers: Boards without sail numbers will not be scored. Boards must use the same sail number throughout the regatta.

### 2.0 Registration must be completed prior to the Skippers Meeting.

### 3.0 Notices to Competitors: Notices to competitors will be posted on the official notice board located next to the Women's Restroom.

- 3.1 Changes to Sailing Instructions will be posted no later than 15-minutes before the race they are to take effect.

### 4.0 Signals Made Ashore

- 4.1 Signals made ashore will be displayed from the clubhouse race deck.
- 4.2 If a Postponement is signaled ashore, the warning signal will be made not less than 20 minutes after flag AP is lowered.

### 5.0 Schedule of Races

- 5.1 **Number of Races:** Up to 6 races will be sailed.
- 5.2 **First Warning:** The first warning is 1-minute after the AP flag is lowered when on the water.
- 5.3 **Class Flags:** The class flag for each class may be a letter pennant. Class flags will be posted on the official notice board immediately after the Skippers Meeting on the day of the race. More than one class may be started at the same time.

### 6.0 Racing Area: The racing area will be the turning basin and shipping channel for the Port of West Sacramento.

### 7.0 Courses and Marks: A course sheet will be provided to each competitor at the registration table in clubhouse. A number pennant displayed on the RC boat will signal the course to sail.

- 7.1 The Start and Finish line will be between an orange flag on the RC boat and a ball to its port.
- 7.2 Marks: All marks to be rounded to port unless otherwise indicated on the course sheet. The course sheet will show 3 primary marks, each being a colored ball, corresponding to Windward (W), Reach (R), and Leeward (L) marks. A separate white ball will be used as the windward mark for the Green fleet. This white ball is labeled W(G) on the course sheet. Course four will be an extended distance course. The windward mark for course 4 will be a large yellow ball located in the ship channel west of the turning basin.

### 8.0 Start: Races will be started using Appendix U with the warning signal given 3 minutes before the starting signal. There will be a minimum 1-minute delay between starts.

- 8.1 Boards whose warning signal has not been sounded shall avoid the starting area.

### 9.0 Time Limits: If no class finishes within 45 minutes of their start, the race could be abandoned.

### 10.0 Protests and Request for Redress forms will be available in the clubhouse and must be delivered to the PRO within 30-minutes after the RC boat returns to the dock. The RC will sound a horn upon returning to the dock. A protest hearing will be scheduled upon receipt of the protest form.

### 11.0 Scoring:

- 11.1 The Low Point Scoring, RRS A4 will be used. There will be 1 throw out if 5 or more races are sailed.

