



Nova Scotia Optimist Championship

September 22th-23rd, 2007



SAILING INSTRUCTIONS

1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing* and the Optimist Dinghy Class Rules.
- 1.2 The prescriptions of the Canadian Yachting Association will apply.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located in the LYC Sailing Centre.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 1000 hrs on the day it will take effect, except that any change to the schedule of races will be posted by 2000 hrs on the day before it will take effect.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed on the flag pole on the south east corner of the LYC deck.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 1 hour' in the race signal AP. In the event AP is displayed ashore, sailors are not to leave the beach.

5 SCHEDULE OF RACES

- 5.1 Dates of racing: September 22nd & 23rd.
- 5.2 Number of races: Up to 9 races will be run with a daily maximum of 5 races.
- 5.3 The scheduled time of the warning signal for the first race each day is 1100 hrs.
- 5.4 On the last day of the regatta no warning signal will be made after 1530 hrs.

6 CLASS FLAGS

Class flag for the Championship fleet will be an orange Volvo flag. In the event that there are 5 or more competitors registered for the Green fleet, a separate start will be offered for the Green fleet and the class flag for the Green fleet will be a green flag. If there are less than 5 competitors registered for Green fleet, they will start with the championship fleet, but will sail the Green fleet course and be scored separately.

7 SAFETY

All participants shall wear a PFD at all times while on the water. All boats must adhere to safety requirements outlined by the Optimist class. Inspections may be conducted.

8 THE COURSES

- 8.1 The diagrams in Attachment A show the courses to be sailed, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.
- 8.2 When there is a leeward gate, boats shall sail between the gate marks from the direction of the previous mark and round either gate mark.

9 MARKS

- 9.1 Marks 1 and 2, or 2S and 2P in the event a gate is used, will be yellow inflatables.
- 9.2 A new mark, as provided in instruction 11.1, will be an orange inflatable.
- 9.3 The starting and finishing marks will be orange flag buoys.

10 THE START

- 10.1** Races will be started by using rule 26 with the warning signal given 5 minutes before the starting signal. An attention signal of 5 sounds may be given approximately one minute before the warning signal.
- 10.2** The starting line will be between the leading edge of the spar or staff on the race committee boat flying the RC flag at the starboard end of the line, and the staff on the start mark at the port end.
- 10.3** A boat starting later than 5 minutes after her starting signal will be scored Did Not Start. This changes rule A4.

11 CHANGE OF THE NEXT LEG OF THE COURSE

- 11.1** To change the next leg of the course, the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

12 THE FINISH

- 12.1** The finishing line will be between the spar on the finishing mark at the starboard-end of the line, and the spar or staff flying the RC flag on the race committee boat at the port-end.

13 TIME LIMITS

- 13.1** Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Did Not Finish. This changes rules 35 and A4.

14 PROTESTS AND REQUESTS FOR REDRESS

- 14.1** Protest forms are available at the information desk in the LYC Sailing Centre. Protest forms shall be delivered there within the protest time limit.
- 14.2** For each class, the protest time limit is 45 minutes after the Race Committee boat has reached the dock.
- 14.3** Notices will be posted within 30 minutes after the protest time limit expires to inform competitors of hearings in which they are parties or named as witnesses.
- 14.4** On the last day of the regatta, a request for reopening a hearing or a request for redress must be lodged no later than 30 minutes after the final results have been posted.

15 SCORING

- 15.1** 3 races are required to be completed to constitute a series.
- 15.2** (a) When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.
- (b) When 5 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

16 SUPPORT BOATS

Except to assist a boat in distress requiring assistance, support boats of coaches, parents and other support personnel shall not be within 50 metres of any racing boat from the time of the preparatory signal for the first class to start until all boats have finished or the race committee has signalled a postponement, general recall, or abandonment.

17 PRIZES

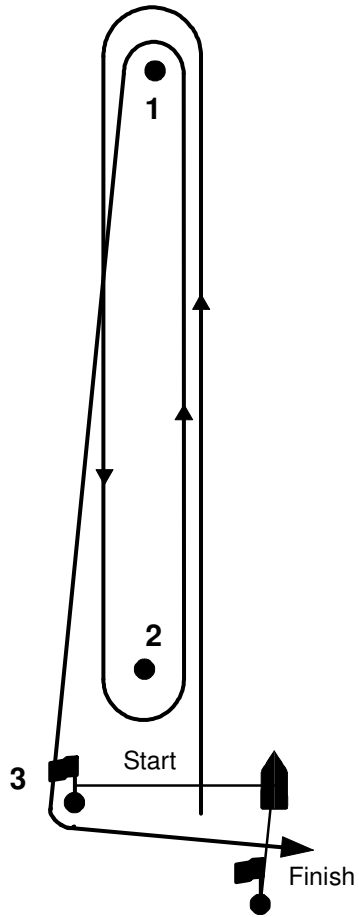
Prizes will be given for the top 3 finishers. In addition, prizes will be given for the top finisher in the Green (beginner), White (born 1997 & after), Blue (born 1995 or 1996), and Red (born 1992, 1993 or 1994) divisions.

18 DISCLAIMER OF LIABILITY

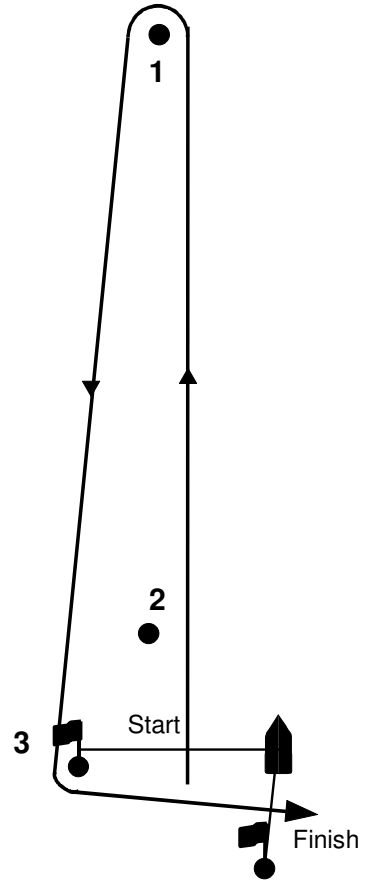
Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

ATTACHMENT A

Championship Fleet
Start – 1 – 2 – 1 – 3 – Finish



Green Fleet
Start – 1 - 3 – Finish



Note: Mark 2 may be replaced with a gate (2P and 2S)