



**2019 Cressy High School
Singlehanded National Championship
Sponsored by: LaserPerformance**

Host Organization: Santa Barbara Yacht Club
Host Team: UC Santa Barbara Sailing Team
Santa Barbara, California
November 2-3, 2019



SAILING INSTRUCTIONS



1 RULES

- 1.1 The regatta will be governed by the rules as defined in the current Racing Rules of Sailing (RRS), the Prescriptions of US Sailing, the [Inter-Scholastic Sailing Association \(ISSA\) Procedural Rules \(PR\)](#), the [ISSA Cressy Championship Conditions](#), the Notice of Race, and these sailing instructions. In the event of a conflict between the governing documents and the Sailing Instructions, the latter shall take precedence.
- 1.2 The Organizing Authority (OA) is the Inter-Scholastic Sailing Association (ISSA) in conjunction with the Santa Barbara Yacht Club.
- 1.3 RRS Appendix P is in effect as modified by ISSA Procedural Rule 14(c).

2 NOTICES TO COMPETITORS

Official notices including changes to the sailing instructions will be posted on the official notice board located on Techscore at scores.hssailing.org.

3 CHANGES TO THE SAILING INSTRUCTIONS

Changes to the sailing instructions shall be approved by the protest committee and posted no later than one half hour prior to the first warning signal on the day it will take effect. Any schedule change will be posted by 1800 on the day before it takes effect.

4 SIGNALS MADE ASHORE

Signals made ashore will be displayed on a staff next to the Regatta Headquarters.

5 SCHEDULE

5.1	<u>Time</u>	<u>Event</u>	<u>Location</u>
	Friday, November 1		
	1300-1730	Check-In, Boat Assignment, & optional practice	SB Harbor Launch Ramp
	1700-1830	Complimentary hors d'oeuvres	SBYC

Saturday, November 2

0900	Report Time	SB Harbor Launch Ramp
0915	Competitor Meeting	SB Harbor Launch Ramp
0900-1015	Continental Breakfast	SB Harbor Launch Ramp
1100	First warning signal	
1800	Hosted Dinner	SBYC

Sunday, November 3

0900	Report Time	SB Harbor Launch Ramp
0900-1015	Continental Breakfast	SB Harbor Launch Ramp
0915	Competitor Meeting	SB Harbor Launch Ramp
1100	First warning signal	
1530	No warning signal after this time	
After Racing	Awards and post-race snacks	SB Harbor Launch Ramp
After Racing	Mandatory boat check-in with LP	SB Harbor Launch Ramp

5.2 14 races total are scheduled.

6 FORMAT & BOATS

- 6.1 Boats, sails and complete rigging will be provided by Laser Performance.
- 6.2 Competitors may provide and use temporary telltales, wind indicators, and elastic cord to tie up the hiking strap.
- 6.3 Foils, tillers, tiller extensions, mainsheets, control lines, and spars may not be substituted.
- 6.4 Use of electronic and digital compasses is prohibited, even when integrated into a timing device and/or worn on the wrist.
- 6.5 There will be no rotation of boats.
- 6.6 The race committee will attempt to complete 14 races.

7 RACING AREA

The racing area will be in the Santa Barbara Channel, due south of the Santa Barbara Yacht Club as shown in 'Attachment B – Racing Area'.

8 COURSES & MARKS

- 8.1 Courses will be in accordance with ISSA PR 7.7.
- 8.2 The Race Committee may designate course selection orally. Courses will be chosen from 'Attachment C – Courses (Trapezoid)' and 'Attachment D – Courses (Windward/Leeward)'.
- 8.3 Marks will be shapes and colors consistent with that which is described in 'Attachment C – Courses (Trapezoid)' and 'Attachment D – Courses (Windward/Leeward)'.
- 8.4 In accordance with ISSA PR 7.7(c), after the starting signal, the race committee may change the position of any mark to maintain course configuration, provided that no boat is on that leg of the course. No signals are required (changes RRS 33).

9 START, FINISH, AND RECALLS

- 9.1 Races will be started in accordance with the ISSA Procedural Rule 7.8(a).
- 9.2 Individual recalls will be made in accordance with RRS Appendix U4.

- 9.3 General recalls will be signaled by a series of short whistles or horns. After a general recall, the round the ends provision of RRS 30.1 shall apply except flag I need not be displayed in accordance with ISSA PR 7.8(b), (changes RRS 30.1).
- 9.4 The starting line will be between a staff displaying an orange flag on the RC signal boat at the starboard end and the course side of the port-end starting mark as shown in 'Attachment C – Courses (Trapezoid)' and 'Attachment D – Courses (Windward/Leeward)'.
- 9.5 The finishing line will be between a staff displaying an orange flag on the RC boat and the course side of the finishing mark as shown in 'Attachment C – Courses (Trapezoid)' and 'Attachment D – Courses (Windward/Leeward)'.

10 BREAKDOWNS

- 10.1 Breakdown requests shall be filed in the same manner as protests.
- 10.2 Breakdowns shall be scored in accordance with ISSA PR 9(e). Compensation shall be consistent with ISSA PR Appendix 3.

11 PROTESTS

- 11.1 Protest procedure will be in accordance with ISSA PR Part VI.
- 11.2 Per Procedural Rule 8(b), competitors shall not communicate with a coach before reporting to the race committee their intent to protest.
- 11.3 Protest forms will be available at the Regatta Headquarters.
- 11.4 A protest by a boat, or by the Race Committee or Protest Committee about an incident observed in the racing area, shall be delivered to the Regatta Headquarters no later than 30 minutes after the last boat reaches the shore after the last race of the day.
- 11.5 Protests hearings will be heard in the approximate order they are received as soon as possible following the end of racing.
- 11.6 Protest hearing location will be adjacent to Regatta Headquarters

12 SCORING

Scoring will be in accordance with ISSA PR 9.

13 COACHING

- 13.1 Competitors may receive coaching while afloat, only from registered coaches in host provided coach boats, including instruction, assistance, equipment or sustenance, only on November 2 and November 3, 2019.
- 13.2 Coaches, team leaders, chaperones, advisors, parents, or other support personnel shall not go afloat in the sailing area on the published date of the regatta or the practice day, except as detailed in sailing instruction 13.1. The penalty for failing to comply with this requirement may be the disqualification of all boats, competitors, and teams associated with the infringing personnel.
- 13.3 Host will provide supervision in the race area during the optional practice period on Friday afternoon, November 1, 2019.

14 SAFETY

- 14.1 Competitors shall wear USCG approved lifejackets as outlined in Procedural Rule 2.2.
- 14.2 A boat that retires from a race shall notify race officials (RC, judges, safety boats) either before leaving the course, or if that is impossible, immediately after arriving ashore.

15 TROPHIES

Prizes will be awarded for 1st, 2nd, and 3rd in the regatta for each fleet. The top school will have its name engraved on the perpetual Cressy Trophy.

16 PHOTOGRAPHY CONSENT

By entering the Championships competitors accept that they may be photographed and/or videotaped participating in the races and/or using the host's facilities and they consent to taking of such images and to the use, reuse, publication and republication of such images in any media, in conjunction with the competitor's name or not, without compensation and without competitor approval of such images or any use thereof.

17 DISCLAIMER OF LIABILITY

Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk. See RRS 4, Decision to Race. The race organizers (organizing authority, race committee, protest committee, host, sponsors, or any other organization or official) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.