



## 2022 High School Singlehanded National Championships for the Cressy Trophy

Hosted by

**Old Dominion University**

**October 29-30, 2022**

### SAILING INSTRUCTIONS

1. **RULES:** The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*, the [ISSA Procedural Rules](#) and the [ISSA National Championship General Conditions](#), [the Scholastic Dinghy Class Rules](#), the NOR, and these SI's. In the event of a conflict between the governing documents and the Sailing Instructions, the latter shall take precedence.
2. **NOTICE TO COMPETITORS:**
  - 2.1 Official notices will be posted on the official notice board located on Techscore. Order of protests and other jury action may be posted on the waterside glass entry way of the Sailing Center.
  - 2.2 Changes to the sailing instructions shall be approved by the chief judge and the ISSA representative and shall be posted on the official notice board, with an announcement prior to taking effect.
3. **SCHEDULE:**
  - 3.1 Report times each day are listed in the NOR.
  - 3.2 The number of races each day will be at the discretion of the regatta chair and the ISSA Rep.
4. **COURSES AND MARKS:**
  - 4.1 The courses will be announced before each race and will be taken from the Course Diagram on the Notice Board.
  - 4.2 All marks will be orange round spheres, except the finishing mark which will be yellow.
5. **START/FINISH AND SIGNALS:**
  - 5.1 Races will start in accordance with ISSA PR 7.9(a).
  - 5.2 The starting line will be between an orange staff on the signal boat and an orange staff on an anchored pin end boat. The finish line will be between an orange staff on the starboard side of the signal boat and a yellow round sphere. This changes RRS Race Signals.
  - 5.3 The ILCA 7 fleet class flag is a white flag with the ILCA logo. The ILCA 6 fleet class flag is a yellow flag with the ILCA logo.
6. **FORMAT:**
  - 6.1 The committee will attempt to complete 18 races. Preference is to complete 10 races on Saturday, and 8 on Sunday.

7. **PROTESTS:** Protests shall be filed within 30 minutes of the last boat reaching shore at the end of the day or any other breaks in racing taken ashore. Changes ISSA PR 16d. Protest forms will be available in the ODU Sailing classroom and handed to a protest committee official.
- 7.1 Video, data and/or photographs taken from any source shall not be presented by the competitors as evidence at protest hearings. This changes RRS 63.6.
8. **SCORING:** Scoring will be in accordance with ISSA PR 9.
9. **COACHING:** ISSA PR 8 will apply. Coaching will take place from shore or a host provided boat.
10. **SAFETY:** A boat that retires from a race shall notify the race committee either before leaving the course, or if that is impossible, immediately after arriving ashore.
11. **GPS Tracking:** At registration each boat will be issued by the OA a Trac Trac GPS tracking unit, that shall be secured to each boat's mast. At the end of each day, trackers shall be returned to the ODU Sailing Center classroom.
12. **REGATTA CONTACTS:**

Mitch Brindley Head Coach Old Dominion University [mbrindle@odu.edu](mailto:mbrindle@odu.edu) 757-683-3387

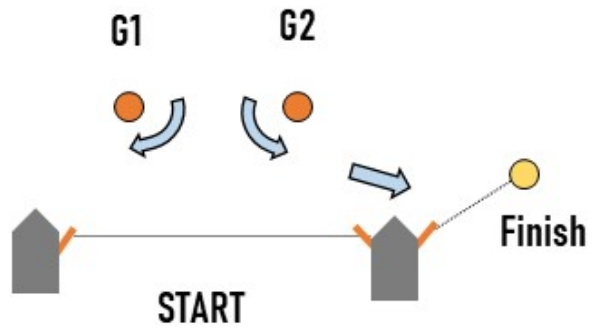
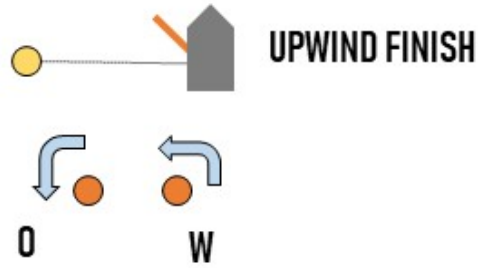
Dr. Randall Nunn MASSA District Director - [MASSADistrict@gmail.com](mailto:MASSADistrict@gmail.com) 732-581-1100



**Course Diagram**

**W4: START-W-0-G1 or G2-W-0-G2-FINISH**

**W3: START-W-0-G1 or G2-UPWIND FINISH**



## 5. SCHEDULE OF EVENTS Friday October 28, 2022

11:00 Charter boat pick-up

1:00-5:30pm On-site Registration at ODU Sailing Center, and sail assignment. Venue is open for practice.