



Lawrence A. White Invitational

U.S. Coast Guard Academy
New London, CT
October 8-9, 2022



SAILING INSTRUCTIONS

1. RULES

- 1.1. This regatta will be governed by the Racing Rules of Sailing (2021-2024), the prescriptions of US SAILING, the ISSA Procedural Rules (PR), the Scholastic Dinghy Class Rules 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 United States Coast Guard Academy.

2. NOTICES TO COMPETITORS

- 2.1. Notices will be posted on the official regatta notice board located in main classroom of Jacobs Rock.

3. CHANGES IN SAILING INSTRUCTIONS

- 3.1. Any changes in the sailing instructions will be announced orally and posted before the first race in which they are to take effect.

4. SCHEDULE OF EVENTS

Saturday	0930	Report Time	Sunday	0930	Report Time
	1000	Competitors Meeting		1010	First Warning Signal
	ASAP	First Warning Signal		1500	Last Possible Start Signal
	1700	No Start Signal After			

5. FORMAT

- 5.1. The event will be sailed in two divisions.
- 5.2. A single round robin of 18 races is scheduled. Competitors will switch boats after every two races.
- 5.3. No more than ten races per division will be sailed on Saturday.
- 5.4. A-Division will sail Z420s on Saturday and FJs on Sunday.
- 5.5. B-Division will sail FJs on Saturday and Z420s on Sunday.

6. BOATS & EQUIPMENT

- 6.1. 2020 ZIM FJs and 2015 Laser Performance Z420s will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way. Competitors have the option of rigging the mainsheet purchase either 3:1 or 4:1.
- 6.2. The standing rigging shall not be adjusted.
- 6.3. The penalty for infringing instruction 6.1 or 6.2 will be disqualification from all races sailed in contravention of those instructions.
- 6.4. Competitors shall report all damage or loss of equipment, however slight, to CGA staff on shore or to the Race Committee Finish Boat on the water.

7. ROTATION

- 7.1. The rotation of boats will be in accordance with the online rotation, which will be available prior to the competitors' meeting.
- 7.2. To reduce potential damage to the fleets, boats 1-9 in each division will rotate on the southern float and boats 10-18 will rotate on the eastern most float on the causeway after each set.

8. MARKS

- 8.1. All rounding marks will be colored balls.

- 8.2. The starting line will be between a staff displaying a red flag on the Race Committee Start Boat and a colored ball at the port end (start mark).
- 8.3. For downwind finishes on course W4, the finish line will be between a staff displaying a red flag on the Race Committee Boat and a colored ball located off the starboard side of the finish boat
- 8.4. For upwind finishes on courses W3 and W5, the finishing line will be between the windward mark and the offset mark (marks 1 and 2)

9. COURSES

Courses will be posted on the Official Notice Board .

10. STARTING SYSTEM

- 10.1. Races will be started in accordance with PR 7.9.
- 10.2. The I Flag Rule may be initiated with a hail of "One Minute Rule" or "I Flag Rule." Code Flag I need not be displayed. This changes RRS 30.1.

11. PROTESTS AND BREAKDOWNS

- 11.1. Protests and breakdowns shall be filed in accordance with the ISSA Procedural Rules.
- 11.2. Protests and breakdowns shall be filed with 30 minutes of securing boats to the shore after the race or set of races in which the incident occurred. Protest time limits will be posted on the Official Notice Board.
- 11.3. Protests forms will be available by the Notice Board near the main doorway of Jacobs Rock.

12. SCORING

- 12.1. Scoring will be done in accordance with PR 9.
- 12.2. Compliance with ISSA PR 4.3, Record of Participation, will be enforced. RP information shall be completed online at ts.hssailing.org.

13. SAFETY

- 13.1. Competitors who require assistance from rescue boats should so signify by waving arms overhead. A competitor who retires from a race shall notify the Race Committee as soon as possible.
- 13.2. Starts will not be delayed to accommodate capsized boats.
- 13.3. At the discretion of the Regatta Chairman, a race may be abandoned at any point if there is submarine traffic approaching in the Thames River. When a race is abandoned, competitors shall sail toward Jacobs Rock floats and the rotation area. Failure to comply with SI 12.3 will result in disqualification from the regatta. This changes 32.1.

14. COACHING

- 14.1. PR 8 will apply.
- 14.2. Coaching will be on shore.

15. CHANGING

- 15.1. The US Coast Guard Academy is a high traffic area to visitors and tourists. When changing under layers, competitors must use the locker rooms.

16. PRIZES

- 16.1. The winner will have its name engraved on the perpetual Lawrence A. White Trophy.