



**Lake Forest Fall Scramble
Tier 3 – October 18th, 2025
SAILING INSTRUCTIONS (SIs)**

1 RULES

- 1.1 The regatta shall be governed by: 2025-2028 Racing Rules of Sailing (RRS), the NOR, the SI's, and prescriptions of the US Sailing Association. For the 420 class, the ISSA Procedural Rules, MISSA By-laws and District Rules, and the Scholastic Dinghy Class Rules shall also apply.
- 1.2 In the event of a conflict between the governing documents, the Sailing Instructions shall take precedence.
- 1.3 The Organizing Authority is MISSA in conjunction with Lake Forest Sailing for the 420 class. For the Opti class, the Organizing Authority is Lake Forest Sailing.
- 1.4 RRS 60.4(a)(2) is changed as follows: (2) if it alleges a breach of a rule of Part 2 or rule 31 and is from a boat that was not involved in, and did not see, the incident, or.

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any changes to the SI's will be posted before 0900 on the day it will take effect on the Official Notice Board at Techscore for the 420 class. For the Opti class, the official notice board is on The Club Spot and on the Notice board under the Boat Pavilion.
- 2.2 Changes to the sailing instructions may be made on the water in accordance with RRS 90.2(c) and ISSA PR 7.3 by hailing competitors of the change, flying code flag "L" and relaying the change via VHF to coaches and support personnel. Any changes that will affect future races in the series will be posted once ashore.

3 SIGNALS MADE ASHORE

- 3.1 Signals made ashore will be displayed at the flagpole.
- 3.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in Race Signals AP.

4 SCHEDULE OF RACES

Saturday, October 18th

- 0900 – Check in/registration/rigging of boats
- 0930 – Competitor's meeting
- 1015 – 1st warning signal
- 1500 – No races will be started after this time
- Awards to immediately follow racing.

5 RACING AREA

- 5.1 The Racing Area will be waters outside of Lake Forest Harbor.

6 COURSES

- 6.1 The diagram included in the sailing instructions shows the course, 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. The length of each leg and exact configuration of the course will be based on the sailing conditions.
- 6.2 The race committee may designate course selection orally and/or from a whiteboard located on the race committee boat.
- 6.3 If one of the gate marks is missing, boats shall round the remaining gate mark to port.

7 MARKS

- 7.1 Rounding marks will be green buoys for the Optis and red buoys for the 420s.
- 7.2 The starting marks for the 420s will be an RC vessel displaying an orange flag at one end of the starting line and a green Tetrahedron on the other end of the line.
- 7.3 The starting marks for the Optis will be an RC vessel displaying an orange flag at one end of the starting line and an orange tetrahedron on the other end of the line.
- 7.4 The finishing marks for the 420s will be a RC vessel displaying a blue flag at one end of the finishing line and a green ball mark at the other end of the finish line.
- 7.5 The finishing marks for the Optis will be an RC vessel displaying a blue flag at one end of the finishing line and an orange tetrahedron at the other end of the finish line.

8 THE START

- 8.1 The starting line for the 420s is between a staff displaying an orange flag on the race committee boat and a green tetrahedron on the other end of the line.
- 8.2 The starting line for the Optis is between a staff displaying an orange flag on the race committee boat and an orange tetrahedron on the other end of the line.
- 8.3 The starting sequence shall be a 3-minute dinghy start per RRS Appendix U.
- 8.4 Individual Recalls for 420's will be made in accordance with ISSA PR 7.9(b).
- 8.5 The start following a General Recall for the 420's will be run under an I Flag. The I Flag does not need to be flown per ISSA Rule 7.9(c).
- 8.6 A boat that does not start within 3 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

9 THE FINISH

- 9.1 For both courses the finish line will be between an RC vessel displaying a blue flag on the finishing mark and the course side of the other finishing mark.

10 TIME LIMITS

- 10.1 The finishing window will be 15 minutes.
- 10.2 The Finishing Window is the time for boats to finish after the first boat sails the course and finishes. Boats failing to finish within the Finishing Window and not thereafter retiring, being penalized, or given redress shall be scored Did Not Finish (DNF) without a hearing. This changes RRS 35 and A5.

11 HEARING REQUESTS

- 10.1 The protest time limit is 30 minutes after the race committee dock time.
- 10.2 Hearing request forms are available at the Boat Pavilion.

11 SCORING

- 11.1 The Low Point Scoring System of RRS Appendix A will apply as revised below.
- 11.2 A minimum of 3 races are required to be completed to constitute a series.
- 11.3 A boat's series score shall be the total of their race scores, per the low point scoring system.
- 11.4 There shall be no throw outs for High School 420's.
- 11.5 There shall be 1 throw-out after six (6) races and two throw-outs after eleven (11) races in the Optimists Fleets.

12 COACHING

- 12.1 It is the responsibility of the coaches to know the limits of their competitors and pull competitors from racing if conditions exceed their limitations.
- 12.2 Coaches shall stay clear of the racing area unless assisting competitors. Coaching and rotations should take place to leeward of the start/finish line.
- 12.3 For the Opti class, on the water coaching is permitted for the back half of the fleet.

13 OFFICIAL NOTICE FOR ALL TEAMS

- 13.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue racing is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia, or other causes.

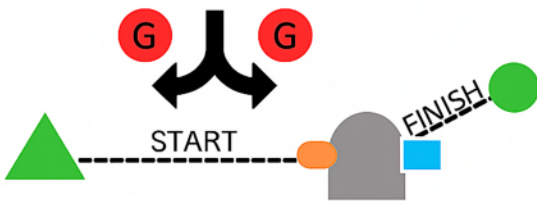
14 REGATTA CONTACT:

- 14.1 Regatta Contact: Naomi Jamboretz – 847-810-3664 – jamboretzn@cityoflakeforest.com

C420 Course Chart

Course 1: W-O-G-F

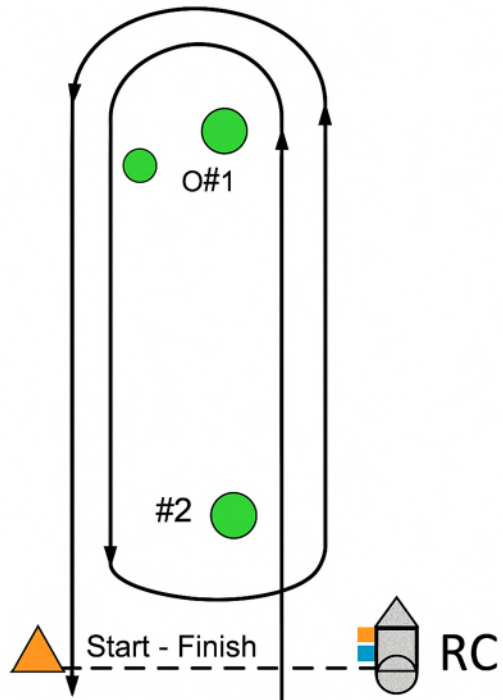
Course 2: W-O-G-W-O-G-F



OPTI Course Chart

Course 1: #1-O-F

Course 2: #1-O-#2-#1-O-F



W - Even # of legs