

South Regionals

October 3rd and 4th, 2026

Willamette Sailing Club

Portland, OR

Sailing Instructions

1. RULES:

- 1.1. The regatta will be governed by the Racing Rules of Sailing for 2025-2028, the prescriptions of US SAILING, the ISSA Procedural Rules, the NWISA District Rules, this Notice of Race, and the Sailing Instructions.
- 1.2. The US Sailing prescriptions to Rule 60, 63.2, and 63.4 are deleted and will not apply.
- 1.3. Under rule 70.5(a), the right of appeal is denied.
- 1.4. Each competing program must have a damage deposit on file with NWISA per District rule 7.3.

2. NOTICES TO COMPETITORS:

- 2.1. Official notices, including changes to sailing instructions or the schedule, will be posted on the official notice board (whiteboard) located on the east wall of the WSC sailing facility.

3. BOATS AND FORMAT:

- 3.1. The regatta shall be sailed in 420s following the standard A/B Fleet Racing format.
- 3.2. **Teams will remain in the same boat throughout the regatta.** The sail numbers will be published on Techscore at <http://scores.hssailing.org>. A/B rotations will take place on the south docks alongside the WSC sailing facility.

4. REGISTRATION AND CHECK-IN:

- 4.1. Designated team representatives should check in for each sailor at the registration table on Saturday morning by presenting fees and waivers for each participant.
- 4.2. Each competitor must submit the regatta fee and have a waiver on file. The waiver is attached at the end of this document (Appendix 1).
- 4.3. **The fee for this regatta is \$5.**

5. SCHEDULE:

Saturday, October 3rd		Sunday, October 4th	
1000	Report Time & Registration Opens	1030	Report Time
1100	Registration Ends	1130	First Warning
1030	Mandatory Competitors' Meeting	1500	No race will be started after this time
1100	First Warning; Sailing will continue throughout the day	1530	Results and Awards Presentation
~ 1700	Racing Ends		

Any changes to the schedule will be posted on the Official Notice Board located on the east wall of the WSC sailing facility.

6. STARTS & FINISHES

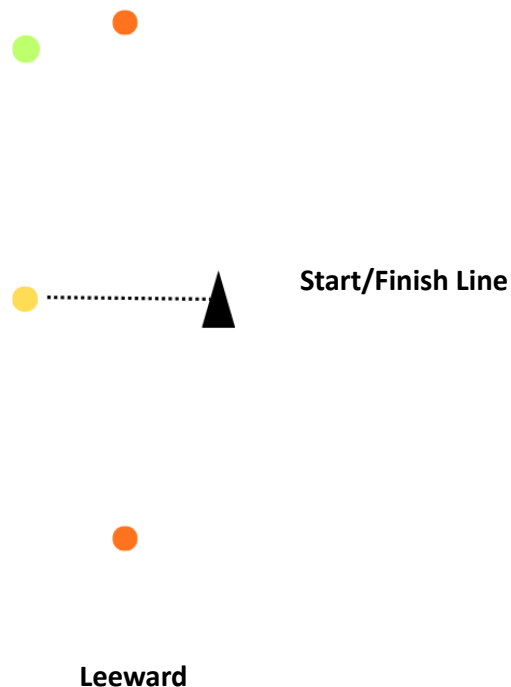
- 6.1. The start/finish line shall be between the C420 class flag on the Race Committee boat and a buoy to port.
- 6.2. The starting sequence shall be 3 minutes, and flags need not be displayed. Whistles will be sounded periodically in accordance with a musical start. This changes Rule 26.
- 6.3. The I-Flag shall take effect automatically after each general recall, and need not be displayed.
- 6.4. Individual recalls will be hailed in accordance with the ISSA Procedural Rules. Failure to hear a hail, order of hails, or tardiness in hailing sail numbers shall not be grounds for redress.

7. COURSES:

- 7.1. See diagram below with possible courses.
- 7.2. Courses will be announced verbally and will be displayed on the RC boat prior to each start.
- 7.3. The Race Committee will do their best to make the course fair for all competitors and square to the wind as described by the course diagram. However, sudden wind shifts up to 180 degrees may be expected during the course of a 10-20 minute race. Racing may continue as designated by the course diagrams irrespective of the wind angle at the start or end of each race.
- 7.4. Commercial vessels must stay in the channel and have right-of-way over racing vessels. In the event that a commercial vessel interferes with the course, competitors **MUST** give way. If anyone receives a five-horn warning signal from a commercial vessel or is deemed in an unsafe position by the Race Committee, they will receive DSQ for that race. Race Committee will do their best to escort the commercial vessel through the race course and competitors may not pass between the commercial vessel and the escort or they will receive a score of DSQ.

Offset

Windward



Course 1: Start, Windward, Offset, Leeward, Finish

Course 2: Start, Windward, Offset, Leeward, Windward, Offset, Leeward, Finish

Course 3: Start, Windward, Offset, Leeward, Windward, Offset, Finish

8. POSTPONEMENT

- 8.1. In the event of a postponement, the AP-Flag will be displayed from the Race Committee boat. When postponed ashore, the Race Committee may start a race no sooner than 5 minutes after the AP-Flag is lowered.

9. SCORING

- 9.1. The regatta will be scored in accordance with the ISSA Procedural Rules.
- 9.2. To comply with ISSA PR 4.3, Record of Participation must be completed online at ts.hssailing.org and should be updated as soon as possible during racing but shall be complete by 1700 on Monday, April 7th.

10. PROTESTS

- 10.1. Protest procedure will be in accordance with ISSA PR Part VI.
- 10.2. Competitors shall not communicate with a coach before reporting to the race committee their intent to protest.
- 10.3. Boats intending to protest shall notify the Race Committee of whom they are protesting as soon as possible after finishing the race in which the incident occurred. The protest time limit for submitting the written protests shall be 30 minutes after the Signal Boat docks at the end of the day.

- 10.4. Boats may not protest the race committee or request redress on the grounds of an unfair course.

11. BREAKDOWNS

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

12. TIME LIMITS:

- 12.1. If a boat is delaying the finish of a race, the race committee may end the race and score the boat in its current position, or score the boat DNF at its discretion. And, a boat shall not start later than 4 minutes after her starting signal. A boat that starts later than 4 minutes after her starting signal shall be scored DNS. This changes Rule A4.

13. COACHING

13.1 Competitors may receive coaching including instructions, assistance, equipment or sustenance only while on shore, unless otherwise directed by the Race Committee.

13.2 Competitors may be on the water, moving marks, and aiding Race Committee when they are not actively competing. They may receive coaching from Race Committee only when they are not competing.

14. CONDUCT:

- 14.1. No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, or distilled spirits, each as defined in Chapter 51 of the US Internal Revenue Code and intended for beverage use), or marijuana, cocaine, or any other controlled substance (as defined in 21 US Code 802), the possession of which, by that contestant, is unlawful under 21 US Code 841.
- 14.2. Infringements of this regulation and/or other inappropriate conduct occurring during the regatta may be the basis for a hearing under RRS 69.1. The protest committee for such a hearing shall, at a time and place selected by it, meet to hear said protest, and it may impose scoring penalties, or other sanctions that it deems appropriate, including summary removal from the regatta.

15. SAFETY AND DISCLAIMER

- 15.1. Competitors shall wear a USCG-approved Type III PFD at all times while afloat.
- 15.2. Competitors participate in this regatta entirely at their own risk. See rule 4, Decision to Race. NWISA, supporting organizations, regatta volunteers, and ISSA will not accept any liability for material damage, personal injury, or death sustained in conjunction with, prior to, during, or after this regatta.

16. REGATTA CONTACTS:

	Name	Email
Regatta Chair:	Ella Notdurft	headcoach@willamettesailingclub.com
NWISA Rep:	Anna Morrow	secretary@nwisa.com
PRO:	Nolan Petrin	

Course Diagrams:

  Windward/Offset (WM)

Courses:

1: S-WM-F

2: S-WM-LM-WM-F

3: S-WM-LM-

WM-LM-WM-F

APPENDIX 1

Please print, sign, and turn in the following waiver at CHECK-IN:

Sailor Name: _____

School Name: _____

WAIVER OF LIABILITY/RELEASE OF RISK INTERSCHOLASTIC SAILING ASSOCIATION (ISSA)

As the sailor who is at least 18 years old or as the parent/guardian of the above named student, I hereby acknowledge that 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 ISSA and race organizers (**organizing authority, race committee, host club, 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 ISSA and race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

Date: _____

Signature of adult sailor or parent/guardian: _____

Print name: _____

Relation to named student (if under 18): _____