

**Ironman Regatta at Shore Acres Yacht Club**  
**July 11, 2024**  
**Sailing Instructions**

**RULES**

- The Regatta will be governed by The Racing Rules of Sailing (RRS), the Sailing Instructions, the rules of the applicable classes, except as any of these are changed by these sailing instructions, and by the competitors' meeting.

**NOTICES TO COMPETITORS**

- Notices to competitors will be posted on the white board in the under club area of the deck of the yacht club, which will function as the official bulletin board.

**CHANGES IN SAILING INSTRUCTIONS**

- Any change to the sailing instructions will be posted or announced before the 9:30 AM competitor's meeting.

**SCHEDULE OF RACES**

- Five races are scheduled. Racing will commence at 1015 or 30 minutes after the competitors meeting whichever is later. Completion of one race will constitute a regatta.
- Times of other races will be at the discretion of the race committees.

**CLASS FLEETS**

- Optimist Green Fleet (First year racers who have not previously placed in top three of a regatta)
- Optimist Red, Blue, and White Fleets
  - Red Fleet ages -13-15 years
  - Blue Fleet ages – 11-12 years
  - White Fleet ages – 10 years and under
- Laser Radials, Laser 4.7, 420 and Sunfish

**RACING AREA**

- There will be three racing venues:
  1. Optimist Green
  2. Optimist Red, Blue, White
  3. Laser Radial, Laser 4.7, 420, and Sunfish

**MARKS**

- Marks will be pink, yellow, or orange portable inflatable marks.

**SIGNALS MADE ASHORE**

- Signals made ashore will be displayed from the flagpole at SAYC.

**THE COURSE**

- The gate will be closed. Courses will be announced verbally.

**THE START**

- The starting sequence will follow the three-minute dinghy format, Appendix Q (RRS). The signals will be 3 min., 2 min., 1 min. 30 sec., 1 min., 30 sec., 20 sec., 10 sec., 5-4-3-2-1-Go.
- For the fleets racing in venue 3, each fleet will get a separate three-minute starting sequence with approximately one minute between sequences. The order of start in venue 3 will be posted at the competitors meeting.
- The starting line will be between a staff displaying an orange flag or shape on the race committee boat and the starting mark.
- A boat shall start no later than 3 minutes after her starting signal.
- Boats whose warning signal has not been made shall keep clear of the starting area and of all boats in the starting area whose warning signal has been made.

**RECALLS**

- Individual recall will be signaled by the hail of the sail numbers; Flag X may be displayed.
  - General recalls will be signaled by two long sounds; First substitute may be displayed.
- Failure of a competitor to hear an adequate course, postponement, starting sequence or recall signal shall not be grounds for redress.

