



## Northeast Harbor Sailing School

Eastern Bemis Regatta

Sailing Instructions

July 8, 2010

### 1. RULES

The races organized by the Northeast Harbor Fleet (NEHF) will be governed by *The Racing Rules of Sailing* (RRS). The prescriptions of the US Sailing Association will apply.

### 2. ENTRIES

Each entry shall represent a club from the Eastern Division of the Northeast Sailing Association. All participants must wear a US Coast Guard approved life jacket with whistle attached while on the water. Both skipper and crew must not turn 19 years old in 2010.

### 3. NOTICES TO COMPETITORS

Notices to competitors shall be given verbally.

### 4. CHANGES TO SAILING INSTRUCTIONS

Any changes to the sailing instructions will be given verbally between races.

### 5. SIGNALS MADE ASHORE

No signals will be made ashore.

### 6. SCHEDULE OF RACES

All competitors shall report to the Northeast Harbor Fleet at 1130 on Thursday. As many races as teams will be run, but no races will be started after 1600.

### 7. RACING AREA

The racing area shall be off Gilpatrick Cove.

### 8. CHECK IN BEFORE START

Boats are required to check in before their first start of each day. Boats check in by passing the stern of the Race Committee signal boat on starboard tack and verbally notifying the Race Committee of their intent to race or by calling the race committee on VHF Channel 65. Boats electing not to start a second or subsequent race are requested to so notify a race committee boat before leaving the racing area.

9. THE COURSES

The Course shall be a modified windward leeward with the start and finish line approximately in the center of the race course.

10. THE START

Races will be started by using the dinghy sound sequence system.

11. MARKS

The racing marks are orange balls.

12. THE START AND FINISH

The finish line will be between a staff on the Race Committee Signal Boat with an orange flag and the water's edge (course side) of the starting mark.

13. TIME LIMITS

The time limit for the first boat is 1 hour. Boats failing to finish within 30 minutes after the first boat sails the course and finishes will be scored Did Not Finish without a hearing.

14. PROTESTS AND REQUESTS FOR REDRESS

Protest forms are available from the NEHF office located at the Fleet house. Protests and requests for redress shall be delivered there within 20 minutes of the last boat in the last race reaching shore.

Hearings will be held at the Fleet House as soon as practicable.

15. SCORING

The Low-Point Scoring System, RRS A2 and A5, shall apply. All races shall count with no discard. Three races must be completed for the series to count.

16. PRIZES

Prizes will be awarded to skippers and crews placing first and second.

The first and second place finishers will qualify to compete in the NSA junior championship at Southport YC. Qualifying teams must decide to participate or not prior to 1700 on July 9, 2010.

17. DISPOSAL OF WASTE OR TRASH

Sailors observed discharging trash over the side of their boat shall be disqualified from all races.