



Sister Esther Trophy **Hosted by Salve Regina University**

October 7-8, 2023

SAILING INSTRUCTIONS

1. RULES- This regatta will be governed by the rules as defined in the Racing Rules of Sailing 2021-2024, the ICSA Procedural Rules, and these Sailing Instructions. The organizing authority is the Intercollegiate Sailing Association of North America in conjunction with host Salve Regina University.

Note: RRS44.1 shall be replaced with RRS Appendix V rule V1.

2. NOTICES TO COMPETITORS- Notices to competitors will be posted on the official notice board (white board) located in the Wallace Building (Green Building closest to FJ dock).

3. CHANGES TO THE SAILING INSTRUCTIONS- Any Change to the Sailing Instructions will be posted 10 minutes prior to the boat rotation for the races it will take effect. Any schedule change will be posted by 1600 on the day before it takes effect.

4. SCHEDULE- 14 races are scheduled, of which three (3) races shall be required to constitute a series as provided in the ICSA PR. **There will be no competitors meeting, and any questions regarding this event can be emailed to: steven.pelissier@salve.edu.** Sails, rudders, and tillers are in the boats and SRU undergrads will be standing by to assist as needed. FJs are located at the Sail Newport youth dock & Larks are in the Fort Adams basin (see map on tech score).

Saturday 10:30 Report Time
NO COMPETITORS MEETING
11:00 First Warning
18:00 No Race After This Time

Sunday 9:30 Report Time
10:00 First Warning
15:00 No Race After This Time

5. FORMAT- Racing will be held in FJ's & Larks with A & B Divisions. The regatta format will be Fleet racing with a maximum of 14 races in each division. A division will sail FJs Saturday and Larks Sunday, while B division will sail Larks Saturday and FJs Sunday.

6. RACING AREA-The racing area will be near Fort Adams, in either Narragansett Bay or Newport Harbor. (see venue map)

- 7. ROTATION-** Rotations will occur every two races. We will rotate in the Fort Adams Basin or Volvo Pier, depending on wind direction/course location.
- 8. COURSES and MARKS-** The courses are illustrated on the APPENDIX A of these Sailing Instructions. Courses will be announced verbally by the Race Committee Signal Boat before the warning signal. If a competitor is unclear of the course, they may ask the RC for clarification at any time before 2 mins of the start of that race.
- 9. STARTING AND FINISHING LINES; STARTING SYSTEM-** Races will be started in accordance with RRS S3. The starting/finishing (except when finishing to windward) line will be between a staff displaying an orange flag on the Race Committee Signal Boat and the water's edge (course side) of a white starting mark. When finishing to windward the finishing line will be between water's edge (course side) of marks W1 and W2. If a boat is delaying the finish of a race, or the rotation, the Race Committee may end the race and score the boat in its current position.
- 10. PROTESTS-** Protests shall comply with the ICSA Procedural Rules. Protest forms are available in the Salve Sailing Center/Wallace Building (Green building near FJ dock) and shall be submitted to the Scorer. Protests shall be filed within 15 minutes of reaching the dock after a race set is completed, postponement at the dock, or the last race of the day. This changes PR 30. Hearings will be held as soon as possible.
- 11. COACHING-** ICSA PR 19 will apply, and all Coaches shall remain ashore.
- 12. DISCLAIMER-** Competitors shall participate in the regatta entirely at their own risk (see RRS 4, DECISION TO RACE). Salve Regina University does not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to, during, or after the regatta.

APPENDIX A Course Configuration (not to scale)

Marks W2 o o W1

Gate L o o
 o-----o
 Start/Finish Line

Course signals and course to be sailed

Course signals will be hailed from the RC boat at or before the warning signal. Marks W1 and W2 will be large orange/red inflatable balls. The Gate will be small orange/red inflatable balls. Marks W shall be rounded to Port and gate L shall be rounded as a gate. For Course W3 and W5, the finish is between marks W1 and W2 **(NOT BETWEEN THE RC AND W1)**.

Signal	Course
W3	Start-W1-W2-Gate L-Finish to windward between W1 and W2
W4	Start-W1-W2-Gate L-W1-W2- Finish
W5	Start-W1-W2-Gate L-W1-W2-Gate L-Finish to windward between W1 and W2