



SAILING INSTRUCTIONS



Capstone Regatta *for the Grace Veeder Trophy*

Organizing Authority: Stillwater Yacht Club

1. RULES

- 1.1. This regatta will be governed by the rules as defined in *The Racing Rules of Sailing for 2025-2028* (RRS)
- 1.2. RRS 40 is deleted and replaced with: "Competitors shall wear life jackets or other adequate personal buoyancy while racing." Flag Y may not be displayed.
- 1.3. RRS Appendix T1, *Post Race Penalties*, will apply.
- 1.4. RRS Appendices T2, T3, and T4 pertaining to arbitration, will apply.

2. SIGNALS ASHORE, NOTICES TO COMPETITORS, AND COMMUNICATIONS

- 2.1. Signals ashore will be made from the flagpole on Stillwater Pier.
- 2.2. Notices to competitors will be posted on the regatta website and the Official Notice Board located at *Charlie's Place* on Stillwater Pier.
- 2.3. Changes to the Sailing Instructions, if any, will be posted not later than 1100 hours on the day they take effect, except that any change to the schedule of races will be posted by 1800 hours on the day before it takes effect.
- 2.4. The Race Committee intends to communicate on marine VHF channel 68.

3. SCHEDULE

- 3.1. This is a one-day event scheduled for Sunday, August 9, 2026.
 - 3.1.1. Rig and launch boats 1000 hours
 - 3.1.2. Competitors' meeting 1100 hours (Stillwater Pier)
 - 3.1.3. First warning signal 1200 hours
 - 3.1.4. Awards ceremony 1600 hours (Stillwater Pier)
- 3.2. The Race Committee reserves the right to make changes to the racing schedule.

4. MARKS

- 4.1. All marks are orange buoys.

5. COURSES and STARTING/FINISHING LINES

- 5.1. Descriptions of the numbered courses and a course diagram are provided in Appendix A.
- 5.2. The course to be sailed will be designated by a yellow number on a black placard.
- 5.3. Starts will be conducted in accordance with RRS Appendix U3.

- 5.4. The starting line and the finishing line will be between a staff with an orange flag on the Committee boat and Mark S. This changes RRS Appendix S, Section 11.1.
- 5.5. The starting line is restricted. Boats may only sail through the line when starting or finishing.

6. OBSTRUCTIONS

- 6.1. Large bodies of kelp shall rank as obstructions, as shall the waters within a 100' radius of a stationary dive boat or a "Diver Down" safety flag displayed from a floating object.

7. HAILING OCS BOATS

- 7.1. The Race Committee may hail the sail number or other identifying feature of any boat that was on the course side of the starting line at the start signal.
- 7.2. The failure of a hail, the failure of a boat to hear a hail, or the order of the hail(s) shall not be grounds for a yacht to request redress. This changes Rule 62.1.

8. PENALTIES AT THE TIME OF AN INCIDENT

- 8.1. The first two sentences of Rule 44.1 are changed to: A boat may take a One-Turn Penalty when she may have broken a rule of Part 2 or Rule 31 while racing.

9. TIME LIMITS

- 9.1. The time limit for the first boat to finish a race shall be one (1) hour.
- 9.2. Boats failing to finish a race within 30 minutes of the time the first boat successfully finishes will be scored Did Not Finish (DNF) without a hearing. This changes Rules 35, A4 and A5.

10. BOAT RETIRING

- 10.1. A boat retiring before completing a race shall notify the Race Committee as soon as reasonably possible by sailing past a Race Committee boat and hailing their intention to retire.

11. COACHING

- 11.1. Coaching will be allowed during a race for boats sailing in the last 25% of their respective class.

12. SCORING

- 12.1. The Low Point Scoring System of RRS Appendix A will apply, except that if five (5) or more races are completed, competitors may discard their worst score.
- 12.2. Five (5) races are planned. Additional races may be sailed if time and conditions permit. A minimum of one (1) race must be completed to constitute a series.
- 12.3. A boat disqualified by the Protest Committee shall be scored the number of entrants in the series plus two (2). This changes Rule A5.2.

13. PROTESTS

- 13.1. The protest filing period expires one (1) hour after the principal Race Committee boat returns to its mooring. The protest filing time limit will be posted on the Official Notice Board.
- 13.2. Hearing schedules and notices to the parties to a hearing will be posted on the Official Notice Board within 90 minutes of the time the principal Race Committee boat returns to its mooring.

Appendix A

Courses

1	Start	Wp	Lp	Fin				
2	Start	Wp	Lp	Wp	Lp	Fin		
3	Start	Wp	Rp	Lp	Fin			
4	Start	Wp	Rp	Lp	Wp	Rp	Lp	Fin

Note: Unless shortened, all courses finish upwind.

