

***2026 Girls Optimist Regatta
Noroton Yacht Club, Darien, CT
Monday, July 13, 2026***

**SAILING INSTRUCTIONS
Posted July 9, 2026**

1 ORGANIZING AUTHORITY

The Organizing Authority (OA) is the Noroton Yacht Club

2 RULES

2.1 The regatta is governed by the following:

- a.** the rules as defined in the 2025-2028 Racing Rules of Sailing (RRS)
- b.** Optimist Class Rules
- d.** JSA Code of Conduct. (Note: this is not a JSA event)
- e.** US Sailing SafeSport Handbook

2.2 Appendix V1 will apply.

2.3 RRS 60.2(a)(1) is changed so that "A boat intending to protest about an incident that occurs in the racing area shall notify the Race Committee (RC) finish boat of her intention as soon as possible after finishing, including (if possible) the boat identification number of the boat(s) being protested. The boat shall not consult with instructors, coaches, or support persons prior to such notification.

3 NOTICES TO COMPETITORS

Notices will be posted on the official regatta notice board on the event website: [2026 Girls Opti Regatta](#)

4 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted no fewer than 15 minutes before the harbor start on the day the changes take effect and will be announced at the Skipper/Coaches meeting.

5 SIGNALS MADE ASHORE

5.1 Signals made ashore will be displayed from the flagpole on the Patio. The Harbor Start will be signaled by a horn from the signal boat.

5.2 No boat shall leave the dock until the Harbor Start has been signaled.

- 5.3 When flag AP is displayed ashore, ‘1 minute’ is replaced with ‘not less than 30 minutes’ in the race signal AP.

6 SCHEDULE OF RACES

TIME	ACTIVITY	LOCATION
0900 – 0930	Registration	Main Clubhouse Breezeway
0930	Skipper/Coaches’ Meeting	Patio
1000	Harbor Start	RC Leaves Harbor
1045	First Warning	Starting Area
1500	No Warning made after 1500	Starting Area
Awards presented after racing		Patio
Flag A displayed, with no sound, while boats are finishing means ‘No more racing today’.		

7 RACING AREA

The racing area will be approximately one-half mile south of G “1” at the entrance to Noroton Harbor.

8 THE COURSE

The course is shown on Addendum A. After finishing, all boats shall immediately clear the finish area by sailing to the designated ‘waiting area’ and remain there until all boats have finished.

9 MARKS

- 9.1 Rounding marks 1, 2 and 3 will be orange tetrahedrons. Mark 1a will be an orange ball.
- 9.2 The starting marks will be an orange flag on the Race Committee signal vessel and a yellow tetrahedron.
- 9.3 The finishing marks will be a blue flag on the Race Committee signal vessel and a yellow tetrahedron.

10 THE START

- 10.1 Races will be started using Appendix U, “Sound-Signal-Starting-System” (3 minute start).
- 10.2 A series of short sounds will be used to call attention just before the warning signal for each start.
- 10.3 The race committee will display a white Optimist class flag prior to the start of a race for the White Fleet.
- 10.4 Blue and Red Fleet will start and race together. The race committee will hoist flag Echo (Blue over Red) in addition to the Optimist Class flag prior to the start of the Red and Blue fleet.
- 10.5 A boat starting later than four minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS 35, 60.5(b) and A5,
- 10.6 The starting line will be between a staff displaying an orange flag on the starboard end of the Race Committee vessel and a yellow tetrahedron on the port end.

11 RECALLS OF OCS BOATS

- 11.1** When an individual recall is signaled, the RC will attempt to hail the sail numbers of all boats that are OCS. This changes RRS 29.1.
- 11.2** If code flag “I” and/or “Z” and/or “U” or the black flag has been displayed, the RC will attempt to hail the sail number(s) of boats on the course side of the starting line during the minute before her starting signal.
- 11.3** Failure of the RC’s amplification system, the order of the hails, or failure of a boat to hear her number hailed shall not be grounds for a boat to request redress. This changes RRS 61.4(b)(1).

12 CHANGE OF COURSE

The Race Committee may change a leg of the course as needed with no visual or sound signals. Change marks will not be used. This changes rule 33.

13 THE FINISH

The finish line will be between a staff displaying a blue flag on the port and of the Race Committee vessel and a yellow tetrahedron on the starboard end.

14 TIME LIMITS

- 14.1** Time limits for the first boat in each fleet shall be 60 minutes.
- 14.2** Boats failing to finish within 20 minutes after the first boat in their class sails the course and finishes will be scored Time Limit Expired (TLE) without a hearing. They shall receive points equal to the number of boats finishing before the time limit expired plus 1 point, but not worse than DNF. This changes RRS 35, 60.5, A4 and A5.

15 SCORING

- 15.1** At least one race is required to be completed to constitute a series.
- 15.2** When fewer than five (5) races have been completed, a boat’s series score will be the total of her race scores. When five (5) or more races have been completed, a boat’s series score will be the total of her race scores excluding her worst score.
- 15.3** The Race Committee will run as many races as practical.
- 15.3** Fleets (Blue and Red) that race together will be scored separately by fleet.
- 15.5** The Race Committee may award boats their positions should conditions make it impractical to await their finish. This changes rule 35, A4.1 and A5.

16 SAFETY REGULATIONS

- 16.1** Competitors are required to wear a properly fastened PFD with whistle attached at all times (except for brief periods to adjust clothing) when on the water or on the dock.
- 16.2** Before the first warning signal for each day, all boats shall check in with RC by sailing on starboard tack or towing past the stern of the anchored RC signal vessel and hailing their sail number until acknowledged by a committee member.
- 16.3** A boat that retires from a race shall notify a race committee boat before leaving the race area. If this is not possible, the competitor shall notify a regatta representative immediately after arriving ashore.

17 SUPPORT VESSELS

- 17.1** Instructors, coaches and other support persons and spectators shall stay outside areas where boats are racing from the time of the preparatory signal for the first class to start until all boats have finished or retired from a completed race, or the Race Committee signals a postponement or abandonment. Coaching is not permitted after a general recall.
- 17.2** Coaches and support personnel shall monitor the Race Committee VHF channel 73 and follow any safety instructions issued by the Race Committee.
- 17.3** When the Race Committee displays flag V with multiple repeated sounds, all boats and official and support vessels shall, if possible, monitor the Race Committee communication channel for search and rescue instructions. This changes rule 37 and Race Signal V.
- 17.4** Event coaches may coach boats that are in the back half of the fleet at the direction of the PRO.

18 RADIO COMMUNICATION

Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications of any kind. This restriction also applies to mobile telephones and any other wireless devices.

19 TRASH DISPOSAL

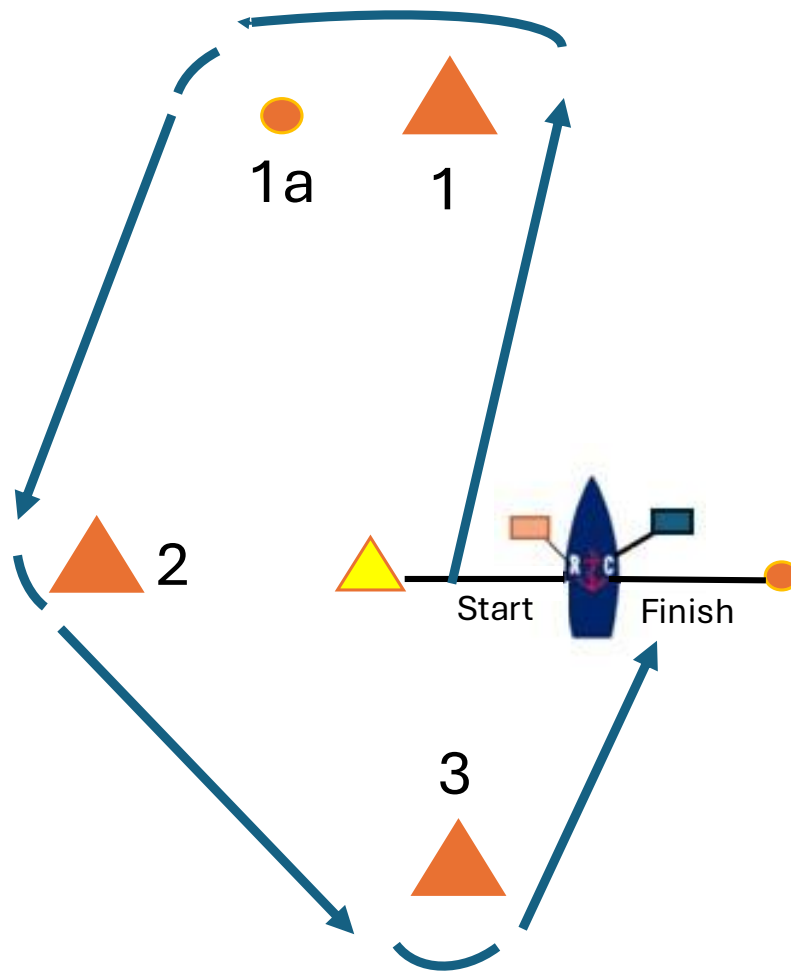
Competitors and support persons shall not intentionally put trash in the water. This rule applies at all times while afloat. The penalty for a breach of this rule may be less than disqualification. Trash may be placed aboard support or official boats. Disposable water bottles will not be distributed. Water is available from official boats and support boats, and each contestant is responsible for bringing a refillable container for water.

Regatta Chairs:

Kate Dockstader	617-504-7337
Erin Maxwell	917-627-2400

PRO:	Britt Hall	203-246-2673
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Addendum A: Course D



COURSE: Start, 1, 1a, 2, 3, Finish