

Ironman Regatta at Shore Acres Yacht Club
July 9, 2026
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 9:15 AM coaches' meeting.

SCHEDULE OF RACES

- Five races are scheduled. Racing will commence at 10 AM or as soon as possible after the completion of 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 **Area 3**, each fleet will get a separate three-minute starting sequence with approximately one minute between sequences. The order of start in **Area 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 or a pin boat serving as starting mark, at the discretion of the race committee.
- 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.

FINISH

- The finish line will be between a staff flying an orange flag or shape on a race committee boat and the finishing mark.

TIME LIMIT

- The time limit shall not exceed one (a) hour for each race. No races will start after 3:00pm.

PENALTIES, PROTESTS, AND REQUEST FOR REDRESS

- Rule 44.2 will be amended to "One Turn Penalty," a complete turn including one tack and one gybe in the same direction
- The requirement to display a red protest flag is waived. However, hailing "Protest" to the violator is still required, as is informing the race committee at the finish of the protested race.
- Protest forms are available at the clubhouse. Protests shall be delivered there within 30 (30) minutes after the time the race committee boat docks. The same protest time limit applies to any protest by the race committee or request for redress.
- Protest notices will be posted within ten (10) minutes after the protest time limit has expired or earlier to inform sailors where and when there is a hearing in which they are parties to a protest or named as witnesses.

SCORING

- The low point system, **Appendix A**, will apply
- A DSQ, resultant from a failed equipment inspection, shall not be excluded for any reason regardless of the number of races completed.
- If five races are completed, one will be thrown out.

SAFETY

- The race committee reserves the right to call for an inspection at any time.
- Each yacht shall have the following equipment on board:
 1. Life Jacket and whistles shall be worn by all competitors at all times
 2. All yachts shall have their sail number on both sides of their sail.
 3. All Optis are required to have on board standard equipment as per USODA regulations.
 4. All other classes are required to have a tow line readily available at all times. It should be at least thirty (30') long and of sufficient strength to tow a swamped boat.

WITHDRAWAL FROM RACE

- The race committee must be notified of withdrawal from the race. The committee will endeavor to account for all entered boats. If a boat does not start or fails to finish, the skipper shall report to the race committee or patrol boat before leaving the course
- Any boat withdrawing from the race without proper notice is subject to protest by the race committee.

SUPPORT BOATS

- Team leaders, coaches and other support personnel shall not be in the racing area from the time of the first warning signal until all boats have finished or the race committee signals a postponement, general recall or abandonment.
- The penalty for failing to comply with this requirement will be disqualification of all boats associated with the support personnel who do so.

RADIO COMMUNICATION

- No contact via cell phone, radio, or other communication device between coaches, support personnel, parents and sailors will be allowed. This may be ground for disqualification.

PRIZES

Subject to adjustment based on registration, prizes to be awards are as follows:

- Opti R, W & B Fleet ten deep for white and blue, five deep for red
- Green Fleet Participation Award
- Sunfish five deep if 15 or more boats registered; otherwise, 3 deep
- Laser 4.7 five deep if 15 or more boats registered; otherwise, 3 deep
- Laser Radial five deep if 15 or more boats registered; otherwise, 3 deep
- 420 skipper three deep if 15 or more boats registered; otherwise, 3 deep
- 420 crew three deep if 15 or more boats registered; otherwise, 3 deep