

# RACE STARTS

## **Standard Lassie Start Sequence:**

### **Three (3) Minute Start Sequence:**

1. A courtesy signal will be three (3) short horns to signify one minute until the 3-minute start sequence begins.
2. Three (3) minutes before the start of the race:
  - Start sequence begins.
  - Class flag is raised.
  - 1 horn blast
3. Two (2) minutes before the start of the race:
  - Preparatory flag (P Flag - blue and white) is raised.
  - 1 horn blast
4. One (1) minute before the start of the race:
  - Preparatory flag (P Flag - blue and white) is lowered.
  - 1 horn blast
5. Start of the Race
  - Class flag is lowered.
  - 1 horn blast
  - Next class flag is raised immediately after previous class flag is lowered.

## **Standard Regatta Start Sequence:**




### **Five (5) Minute Race Start Sequence:**

1. A courtesy signal will be three (3) short horns to signify one minute until the 5-minute start sequence begins.
2. Five (5) minutes before the start of the race:
  - Start sequence begins.
  - Class flag is raised.
  - 1 horn blast
3. Four (4) minutes before the start of the race:
  - Preparatory flag (P Flag - blue and white) is raised
  - 1 horn blast
4. One (1) minute before the start of the race:
  - Preparatory flag (P Flag - blue and white) is lowered.
  - 1 horn blast
5. Start of the Race
  - Class flag is lowered.
  - 1 horn blast
  - Next class flag is raised immediately after class flag is lowered

## RACE SIGNALS










The meanings of visual and sound signals are stated below. An arrow pointing up or down (↑ ↓) means that a visual signal is displayed or removed. A dot (•) means a sound: five short dashes (-----) mean repetitive sounds; a long dash (—) means a long sound. When a visual signal is displayed over a class flag, fleet flag, event flag or race area flag, the signal applies only to that class, fleet, event or race area.

### Postponement Signals





		
↑ •• ↓ •	↑ ••	↑ ••
<b>AP</b> Races not started are <i>postponed</i> . The warning signal will be made 1 minute after removal unless at that time the race is <i>postponed</i> again or <i>abandoned</i> .	<b>AP over H</b> Races not started are <i>postponed</i> . Further signals ashore.	<b>AP over A</b> Races not started are <i>postponed</i> . No more racing today.

### AP over a Numeral Pennant 1-9






*Postponement of 1-9 hours from the scheduled starting time.*

			
Pennant 1 ↑ •• ↓ •	Pennant 2 ↑ •• ↓ •	Pennant 3 ↑ •• ↓ •	Pennant 4 ↑ •• ↓ •
			
Pennant 5 ↑ •• ↓ •	Pennant 6 ↑ •• ↓ •	Pennant 7 ↑ •• ↓ •	Pennant 8 ↑ •• ↓ •
			
Pennant 9 ↑ •• ↓ •			

### Abandonment Signals

			<b>Safety</b> 
↑ ••• ↓ •	↑ •••	↑ •••	↑ —
<b>N</b> All races that have started are <i>abandoned</i> . Return to the starting area. The warning signal will be made 1 minute after removal unless at that time the race is <i>abandoned</i> again or <i>postponed</i> .	<b>N over H</b> All races are <i>abandoned</i> . Further signals ashore.	<b>N over A</b> All races are <i>abandoned</i> . No more racing today.	<b>V</b> Monitor communication channel for safety instructions (see rule 37).






### Preparatory Signals

				
↑ • ↓ —	↑ • ↓ —	↑ • ↓ —	↑ • ↓ —	↑ • ↓ —
<b>P</b> Preparatory signal.	<b>I</b> Rule 30.1 is in effect.	<b>Z</b> Rule 30.2 is in effect.	<b>U</b> Rule 30.3 is in effect.	<b>Black flag.</b> Rule 30.4 is in effect.





### Recall Signals

		<b>Shortened Course</b> 
↑ •	↑ •• ↓ •	↑ ••
<b>X</b> Individual recall.	<b>First Substitute</b> General recall. The warning signal will be made 1 minute after removal.	<b>S</b> The course has been shortened. Rule 32.2 is in effect.

### Changing the Next Leg

				
-----	to starboard;	to port;	to decrease the length of the leg;	to increase the length of the leg.
<b>C</b> The position of the next <i>mark</i> has been changed:				

### Other Signals

				
↑ •	-----	↑ •	(no sound)	(no sound)
<b>L</b> Ashore: A notice to competitors has been posted. Afloat: Come within hail or follow this vessel.	<b>M</b> The object displaying this signal replaces a missing <i>mark</i> .	<b>Y</b> Wear a personal flotation device (see rule 40).	<b>Orange flag.</b> The staff displaying this flag is one end of the starting line.	<b>Blue flag.</b> The staff displaying this flag is one end of the finishing line.

## SCORING

Classes, Divisions, and Series will be scored individually:  
Series includes, Fall, Winter and Spring

420 Class

Sunfish Class Divisions: Luffers, Salts, and Super Salts

Fall Series will have the ITS Division. Winter series this division will be combined into the Luffer division.

All three Racing Series will be used to calculate Sailor-of-the-Year award for both Classes, Sunfish and 420.

Place	Points
First Place	1
Second Place	2
Third Place	3
4, 5, 6, etc.	4, 5, 6, etc.
DNF (Did Not Finish)	Fleet of the Day + 1
DNS (Did Not Start)	Fleet of the Day + 1
DSQ (Disqualified)	Fleet of the Day + 1
Interclub Race Participant - Away	1
Interclub Race Participant - Home	Home Fleet Score (The inter club score is used only for inter club race scoring)
Race Committee Participant	Season Average

## RACE CATEGORIES

(Procedures for Determining Racing Sailing Groups)

These procedures apply to the Sunfish racers as needed. At the beginning of the season in September, all sailors who plan to race in each series should communicate with both race and Fleet Captains of one's intent.

The Sunfish Captain and Statistician will assign each racer to one of the following three racing groups:

- **Luffers** - Sailors new to the fleet with little or no sailing/racing experience in the type of boat they are sailing.
- **Salts** - Sailors with some racing experience and who have a general knowledge of racing rules.
- **Super Salts** - Sailors with a fair amount of racing experience and a good understanding of racing rules

Sailors may remain in the same group for several seasons, or they may move back and forth among groups. An attempt is made to keep the number of active racers in each group equal. There are several variables that determine which group a sailor is assigned to each season. They include, but are not limited to the following:

- performance throughout the previous racing seasons (based on an individual's race history and not solely on the final standings for a season)
- number of racers needed for each group to achieve a good balance.

The list will be available for general review prior to the first race of the season. Any challenges will be heard between the first and second race dates of the season by the Sunfish Captain.

## REGATTA PREPARATION

The following are some helpful tips taken from the notes of Rita Steele (2010 Women's World Sunfish Champion and Luffing Lassie) to assist in preparing for a regatta:

### **During the week before the Regatta:**

1. Assemble the boat. Put on the rudder, dagger board, and sail. Inspect your lines for cuts or frays and make sure there are no missing sail ties, or broken parts.
2. Decide if one wants to use a compass or Windex.
3. Review and pack a rule book.
4. Load the boat(s) onto a trailer and make sure they are securely tied down.
5. Try to take a dolly for each boat, if available. One cannot always get one's trailer as close as you would like at some race sites.
6. Check license tag, lights, registration, and insurance card.
7. Pack electrical tape, spare sail ties, Joy or Woolite in case of dirt.

### **The night before the Regatta:**

1. Pack your life jacket, shoes, watch, gloves, sun block, hat, and water. 2. You will also need a change of clothes, soap, shampoo, towel, comb or brush, and shoes.
3. Ensure you have directions to the venue and know where you may have to pay tolls.
4. Before you go to sleep, visualize the racecourse (this means, check the weather and tides at the venue).

### **Morning of the Regatta:**

1. Count back from the time you are scheduled to leave the dock to ensure you get up early enough to have plenty of time to eat breakfast, drive to the Regatta, unload your boat, park your trailer, and then rig your boat. Add a few minutes to help others with their boats.
2. Check-in!! Find the key information such as time and place of skippers' meeting and any weather changes.
3. Put on sun block and put a tube in your boat for later.
4. Stretch and warm-up before launching your boat.
5. Schedule a bathroom break before leaving the dock.
6. Take a snack and water on your boat.
7. Socialize

### **Skippers' Meeting:**

1. Read the race instructions!!
2. Listen during the Skippers' meeting.
3. Identify the committee boat for your course.

4. Check what the course will be. Ask questions and figure out how you are going to sail the course.
5. Get out to the racecourse early.
6. Check where the wind is coming from. When they set the windward mark, check, and see if the wind is coming from the right or left of the mark.
7. Watch the race committee for flags or horns.
8. Between races, drink water, electrolyte drink, and snack. You need to keep your energy level up.

**After the Race:**

1. As you sail in, mentally replay the races, and think about what you learned. Drink your water and eat something.
2. Rinse and load boats on the trailer. Ensure they are safe for the trip home and then...Relax.