

East Lothian Medina National Championships 15th and 16th July 2023



Organising Authority – East Lothian Yacht Club

SAILING INSTRUCTIONS

1 RULES

- 1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing.
- 1.2 Flotation Devices must always be worn while afloat. Flag Y will not be displayed. This changes RRS 40.

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the official notice board located in the sail loft café.

3 CHANGES TO THE SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted on the official notice board before 10:00hrs each day.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed on the flagpole at the clubhouse.
- 4.2 Where flag AP is displayed ashore 1 Minute is replaced with not less than 30 minutes in the race signal AP.

5 SCHEDULE OF RACES

- 5.1 The schedule for racing is as follows:

Date	First Warning Signal	Number of Planned Races
Saturday 15 th July	11.30	2
Sunday 16 th July	12.15	2

- 5.2 No warning signal will be made after 16:00 hrs on Sunday 16th July.

6 CLASS FLAGS

- 6.1 The class flag will be flag T.

7 RACING AREAS

7.1 The courses may be in the west bay of North Berwick between Craigleith Island and the Lamb offshore of the Law rocks or in the area to the North East of North Berwick harbour, extending East towards the Bass Rock.

8 THE COURSE

8.1 The courses will be as shown in the diagram addendum 1 below and will be triangle, sausage or a combination of both.

Each triangle and each sausage constitute one lap.

8.2 The approximate magnetic bearing to the first mark may be displayed on the committee boat.

8.3 The number of laps will be displayed on a whiteboard on the committee boat.

9 MARKS

9.1 Course marks shall be as detailed in the course chart in Addendum A and generally be yellow or orange cylindrical marks or red, white, or yellow spherical buoys.

10 THE START

10.1 The line is defined as the line between the mast on the committee boat and the pin end buoy.

10.2 An inner limit mark may be used to protect the committee boat. If used, no boats shall pass between the limit mark and the committee boat.

10.3 The starting sequence will be as shown below. This changes RRS 26.

Time	Signal	Signals Displayed/Removed
-6 minutes	Warning Signal	Class flag displayed.
-3 minutes	Preparatory Signal	Preparatory signal displayed.
0 minutes	Start Signal	Both class and preparatory flag removed.

10.5 Prior to commencing the starting sequence the race committee may draw attention to the upcoming sequence by displaying an orange flag and making multiple sound signals.

10.6 A boat that does not start within 20 minutes of her warning signal shall be scored Did Not Start without a hearing. This changes RRS A4 and A5.

11 THE FINISH

11.1 The finish line will be between the mast on the committee boat and the pin end buoy. The committee boat may be substituted by a RIB flying a blue flag for finishing purposes.

11.2 An inner limit mark may be used to protect the finish boat. If used, no boats shall pass between the limit mark and the finish boat.

11.3 The race committee may signal to shorten course by displaying flag S with two sounds on the committee boat. If the course is shortened boats must complete the lap they are on by rounding mark 3 and sail to the finish line.

11.4 The race committee may move the committee boat at the finish from its position at the start.

11.5 The race committee may decide to finish the race at any of the marks, in that case flag S will be displayed on the committee boat together with two sounds, the finish line will be between the mark and a rib flying a blue flag.

11.5 To aid the quick turnaround of races boats may be finished in their observed position on the course. In that case, they will be informed by a rib or radio. This changes RRS 28.1, 35, A4 and A5.

13 TIME LIMITS AND TARGETS

13.1 The target time for the first boat finishing will be 60 minutes. If conditions allow the second race each day maybe of longer duration.

13.2 The race committee may finish boats failing to finish within 15 minutes after the first boat sails the course and finishes by their observed position on the course. This changes RRS 28.1, 35, A4 and A5.

14 PROTESTS AND REQUESTS FOR REDRESS

14.1 Protest situations will be settled by verbal arbitration. The race officer and competitors involved should be informed within 20 minutes of the last competitor arriving ashore protest forms will be available from the race officer. Arbitration discussions will be arranged by the arbitrator and decisions communicated verbally, a boat which accepts that it has broken a rule may take a penalty of 30% of the boats finishing the race added to her finishing position. Decisions not accepted by competitors can be taken to a protest hearing.

15 SCORING

15.1 One race is required to be completed to constitute a series.

16 SAFETY REGULATIONS

16.1 A boat that retires from a race shall notify the race committee as soon possible.

17 REPLACEMENT OF CREW OR EQUIPMENT

17.1 Substitution of competitors will not be allowed without prior written approval of the race committee.

18 RADIO COMMUNICATION

18. While racing, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats. While racing a boat may make and receive VHF messages to and from race control on channel M2 / P4.

ADDENDUM A

Lap 1 and 3, start/finish – 1 – 2 – 3 - start/finish.

Lap 2 and 4, start/ finish 1 – 3– start/finish.

The number of laps will be written on a whiteboard on the committee boat.



