



# SUNSTROKE SERIES

Sponsored by D.I.S.C. Sports and Spine Center  
Hosted by South Coast Corinthian Yacht Club  
Marina del Rey, California USA

Thursdays, May 6 – August 26,

2010

## NOTICE TO COMPETITORS #1

RRS 29.1 “Individual Recall” is modified as follows:

The X flag shall be displayed until all boats are completely on the pre-start side of the line or one of its extensions (and have complied with rule 30.1 if it applies) **but not more than 30 seconds after the start.**