



SUNSTROKE SERIES

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

SAILING INSTRUCTIONS

Thursdays, May 6 – August 26, 2010

GENERAL INFORMATION

South Coast Corinthian Yacht Club, 13445 Mindanao Way, Marina del Rey CA 90292 | Web: www.sccyc.org
Series Chairman: Kelly Cantley | Phone: 818.259.8989 | Email: kelcant@yahoo.com

1. RULES

- 1.1 This series will be governed by the rules as defined in the 2009-2012 Racing Rules of Sailing (RRS).
- 1.2 The Organizing Authority (OA) is SCCYC.
- 1.3 Each entrant must meet the eligibility, entry and fee requirements as outlined in the Notice of Race.
- 1.4 Competitors shall not intentionally discharge waste material into the waters of Marina del Rey Harbor.

2. NOTICES TO COMPETITORS

Notices to competitors will be posted on the bulletin board at the bottom of the stairs at the SCCYC clubhouse. The Race Committee (RC) may make verbal notices while on the water.

3. CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted by 1600 hours on the day it will take effect, except that any change to the schedule of races will be posted by 1900 hours on the Thursday before it will take effect.

4. SCHEDULE

The Starting Signal will be at 1800 hours for the first race each evening with five (5) races scheduled. The RC, at its discretion, may run fewer races.

5. CLASSES / CLASS FLAGS

- 5.1 Classes have been established for Lido 14, Coronado 15 and Laser. Other dinghy classes desiring a start must contact the Series Chairman in advance. Classes need a minimum of three (3) entries to be established.
- 5.2 Class flags are designated as follows: Laser - **red**; Coronado 15 - **green**; Lido 14 – **L14**; and Capri 14.2 – **C14.2**. Class flags for other classes will be announced on the water by the RC.
- 5.3 The order of starts will be announced on the water by the RC (See SI 7.4).

6. RACING AREA

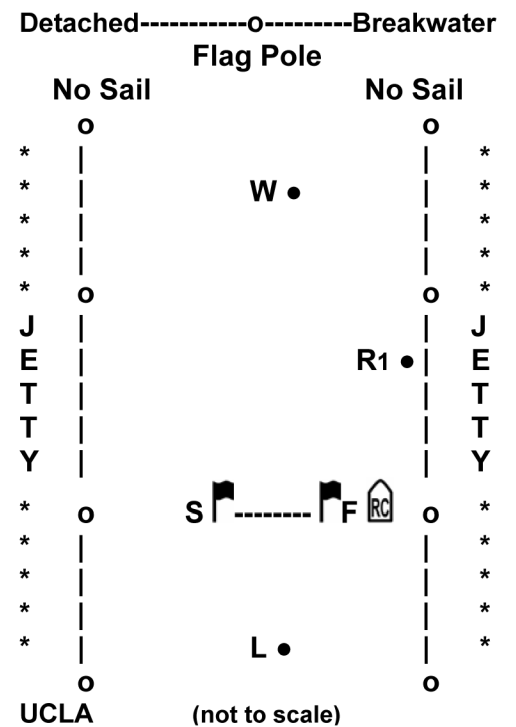
Racing will be inside Marina del Rey Harbor between the “No Sail” lanes of the entrance channel with Mark L set in the proximity of the UCLA boat dock.

7. COURSES

- 7.1 The Course Diagram on this page shows the relative position of the Starting Line and Marks W, R1, S, F and L. Mark positions are approximate and may be adjusted to accommodate wind conditions.
- 7.2 All marks shall be left to port except as noted by an “s” on the course descriptions
- 7.3 The following courses will be used:

Pennant	Course Description	Pennant	Course Description
1	Start – W – Finish	4	Start – W – L – W – L – Finish
2	Start – W – L – Finish	5	Start – Ws – R1s – S – L - Finish
3	Start – W – L – W – Finish		

Course Diagram



7.4 The RC will signal the class starting and the course for that class at the Preparatory Signal either by displaying such information on the RC Boat or by hailing. This changes RRS 27.1.

7.5 While *racing*, a boat shall not sail with any part of her hull, in the area between the two lines of "No Sail" buoys and their respective jetties. The line between any two adjacent "No Sail" buoys is considered a continuing obstruction. A "two turns" penalty shall apply to any competitor who breaks SI 7.5. Competitor's are reminded that a boat begins *racing* at her preparatory signal. See definition of *racing* in the RRS.

8. MARKS

Marks **W** and **L** and **R1** will be inflatable shapes. Mark **S** will be an orange flag buoy. Mark **F** will be an orange flag or shape on the RC boat.

9. THE START

9.1 The Sound-Signal Starting System of RRS Appendix S will be used, except there will be no Warning Signal and the Starting Signal of one class will be the Preparatory Signal for the next. A series of sound signals may be made approximately thirty (30) seconds before the first Preparatory Signal for each race.

9.2 The starting line will be between Mark **S** at the left hand end and Mark **F** at the right hand end.

9.3 A boat starting more than two (2) minutes after her Starting Signal will be scored DNS. This changes RRS 63.1 and A5.

10. THE FINISH

The finishing line will be between Mark **S** at one end and Mark **F** at the other end.

11. PROTESTS AND REQUESTS FOR REDRESS

11.1 Protests shall be filed with the RC within thirty (30) minutes after the RC boat has docked. Protest forms will be available at SCCYC

11.2 Protests will be heard in approximately the order of receipt as soon as possible but, at the discretion of the RC, may be heard at another date convenient to all parties to the protest.

12. SCORING

12.1 Each evening's races will be scored as provided in RRS Appendix A using the Low Point System except that all scores will count and RRS A9 will apply with the following modification: a boat that did not come to the starting area shall be scored points for the finishing place two more than the number of boats that came to the starting area.

12.2 This series will be scored as provided in Appendix A of the RRS using the Low Point System, counting each boat's final standing from each evening as a single score, excluding her worst three final standings. For the Lido Fleet, the July 15 standings will not be included in the series score.

12.3 A competitor who has entered a boat in the series and serves on the RC shall receive as a series score, for that evening only, points equal to first place (thus, for series standing purposes only, there will be two boats with first place points for that evening's races). A boat may only receive such points once during the series.

13. PRIZES

13.1 Prizes for each evening will be awarded at SCCYC as soon as possible after racing. The number of boats competing that evening will determine the number of prizes awarded.

13.2 Prizes for the series will be awarded on the last evening, Thursday, August 26.

14. DISCLAIMER OF LIABILITY

Competitors in this event are participating entirely at their own risk. See RRS 4, Decision to Race. By participating in this event, each competitor agrees to release the race organizers (organizing authority, host yacht club, race committee, protest committee, sponsors, and any others acting in an official capacity for this event) from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.