



DOUBLE REE

IRELAND'S PREMIER YOUTH DOUBLE-HANDED REGATTA

Venue: Ballyglass, Athlone, Ireland N37 K257

SAILING INSTRUCTIONS

Four Championships featuring

Mirrors	Fevas	420s	29ers
National Championship	Midland Championship	Leinster Championship	Western Championship
19-21 July	20-21 July	20-21 July	20-21 July

PRO David Dickson

The Organising Authority (OA) for this event is Lough Ree Yacht Club (LRYC) in association with the Irish Associations of the Mirror, RS Feva, 29er and 420 Classes.

SCHEDULE

Date	Class(s)		Time
Thursday 18th July	Mirrors	Registration	19:00 - 21:00
Friday 19th July	Mirrors	Registration	09:00 - 10:25
	Mirrors	Briefing	10:30
	Mirrors	1st Warning Signal	11:55
	Other Classes	Registration	19:00 - 21:00
Saturday 20th July	29er, Fevas & 420s	Registration	09:00 - 10:25
	All classes	Briefing	10:30
	All classes	1st Warning Signal	11:55
Sunday 21st July	All classes	1st Warning Signal	10:25
	All classes	Prize-giving	ASAP after racing

The notation '[NP]' in a rule of the SIs means that a boat may not protest another boat for breaking that rule. This changes *RRS 60.1 (a)*.

The notation '[DP]' is used as described in the introduction to *The Racing Rules of Sailing*.

SAILING INSTRUCTIONS (SIs)

1. RULES

- 1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.
- 1.2 The NoR, these SIs and any subsequent changes to either, will apply.
- 1.3 In the event of a conflict between the NoR, the SIs will prevail.

2. CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any changes to the SIs will be posted on the Official Notice Board at least 90 mins before the first start of the day and indicated by displaying flag L ashore.
- 2.2 Any change to the schedule of races, which will bring the time of the first warning signal for any class/es forward on the following day, will be posted by 21:00 hours on the day before it will take effect.

3. COMMUNICATIONS WITH COMPETITORS

- 3.1 Notices to competitors will be posted on the Official Notice Board located in the Window situated at the front of the clubhouse and on the event WhatsApp Group "Double Ree 2024" which can be joined [HERE](#).
- 3.2 The Race Office is located in the Committee Room in the clubhouse, or, if un-manned, please telephone John McGonigle (087 9791154)
- 3.3 [DP] From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive any voice or data communication that is not available to all boats.



4 CODE OF CONDUCT

4.1 [DP] Competitors and support persons shall comply with reasonable requests from Race Officials.

5. SIGNALS MADE ASHORE

5.1 Signals made ashore will be displayed from the club flagpole situated in front of the clubhouse.

5.2 When Flag AP is displayed ashore with two sound signals "Racing is postponed & launching is prohibited until it is lowered", and, '1 minute' is replaced with 'not less than 30 minutes' in the Race Signal AP. This changes *RRS Race Signal AP*.

6. SCHEDULE OF RACES

6.1 Schedule Table

First Warning Signal	Date	Mirrors Nine (9) Races Numbers	Fevas & 420s Six (6) Races Numbers	29er's Eight (8) races Numbers
11:55	Friday 19th July	1, 2, 3		
11:55	Saturday 20th July	4, 5, 6	1, 2, 3	1, 2, 3, 4
09:55	Sunday 21st July	7, 8, 9 All classes	4, 5, 6 Prize-giving	5, 6, 7, 8 ASAP after racing

6.2 Races will be run back-to-back.

6.3 One extra race per day may be sailed, provided that no class becomes more than one race ahead of schedule and the change is made according to SI 2.1 and 2.2





6.4 The warning signal for subsequent races on each day will be as soon as is practical after the completion of the previous race.

6.5 On Friday 19th and Saturday 20th no warning signal will be made after 18.00.

6.6 On Sunday 21st, the last scheduled day of racing no warning signal will be made after 15.00.

7. CLASS FLAG

7.1 CLASS FLAGS

Mirrors		(Mirror Class Flag)	420s		(420 Class Flag)
RS Fevas		(SODA Class Flag)	29ers		(International Code Flag Q)

8. RACING AREA

8.1 **ADDENDUM A** shows the intended racing area which is approximately 2 Kilometers to the north of the club.

8.2 In adverse weather conditions, the Race Officer may, at his discretion, change the race area and course, sail selected classes or abandon racing for silver or bronze fleets.

9. COURSES

9.1 The diagrams in **ADDENDUM B & C** show the courses.

10. MARKS

10.1 For the Start see 12 below.

10.2 Marks 1A & 1B will be Orange Pyramidal Marks.

10.3 Mark 2 will be a Yellow Cylindrical Mark.

10.4 Other Rounding Marks will be Yellow Spherical Buoys.

10.5 For the Finish see 14 below.

11. OBSTRUCTIONS *(Not applicable at this event.)*

12. THE START

12.1 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed at least two minutes before a Warning Signal is made.

12.2 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other Classes.

12.3 The fleets will start in the following sequence:

Mirrors

Fevas

420

29ers

12.4 On the water, the sequence may be changed at the discretion of the Race Committee.

12.5 Races will be started using RRS 26 with the warning signal made 5 minutes before the starting signal.

12.6 The starting line is between the Committee Boat's **MIZZEN MAST displaying an ORANGE FLAG** at the Starboard end and the course side of the port-end starting mark which will be a **STAFF displaying an ORANGE FLAG** in a rib at the Port end.

12.7 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start (DNS), without a hearing. This changes *RRS A4 and A5*.

12.8 Sail numbers of boats disqualified may be displayed or may be individually "hailed" at the first windward mark. Boats whose numbers are displayed or hailed shall sail clear of the fleet and retire immediately.

13. CHANGE OF THE NEXT LEG OF THE COURSE

13.1 To change the next leg of the course, the Race Committee will move the original mark or the finishing line to a new position.

13.2 The change will be signaled by displaying Flag C in a Race Committee vessel with repetitive sound signals, in accordance with *RRS 33*. Minor adjustments of mark positions will not be signaled by the Race Committee.

13.3 Boats shall pass between the Race Committee vessel signaling the change of the next leg and the nearby mark, leaving the mark to port and the Race Committee vessel to starboard.

14. THE FINISH

14.1 The Finishing Line will be between a Race Committee Boat's **Main Mast displaying a Blue Flag**, and a **Black Buoy**.

14.2 If a boat intends to request a hearing she shall inform a Committee Boat as soon as is practical after finishing.



15. PENALTY SYSTEM

- 15.1 Penalties as per *RRS 44.1* (Two-Turns Penalty) applies **except that for the 29ers only**, *RRS 44.1* is changed so that the two-turns penalty is replaced by a one-turn penalty.
- ~~First, Second and Third Overall.~~
 - ~~First, Second and Third Silver Fleet.~~
 - ~~First, Second and Third in Bronze Fleet.~~

16. TIME LIMITS AND TARGET TIMES

- 16.1 The Mark 1 Time Limits, Race Time Limits (see *RRS 35*), Finishing Windows, and Target times are shown in the table below. Times are shown in minutes.

Fleet	Mark 1 Time Limit	Race Time Limit	Finishing Window	Target Times
29ers	20	60	15	30
All Other Fleets	20	75	15	40

- 16.2 The Finishing Window is the time for boats to finish after the first boat sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalised or given redress, will be scored Time Limit Expired (TLE) without a hearing.
- 16.3 A boat scored TLE shall be scored points for the finishing place one more than the points scored by the last boat that finished within the Finishing Window. This changes *RRS 35, A5.1, A5.2 and A10*.
- 16.4 Failure to meet the Target Time will not be grounds for redress. This changes *RRS 62.1(a)*.
- 16.5 If no boat has passed Mark 1 of the course within 20 minutes of the starting signal the race will be abandoned. This amends *SI14.1* of the *IMCAI Championship SIs 2007* and *RRS 35*.
- 16.6 In order to avoid delays, count back may be offered.

17. HEARING REQUESTS

- 17.1 The protest time limit is 60 minutes after the last boat finishes the last race of the day or the race committee signals no more racing today, whichever is later. The time will be posted on the official notice board.
- 17.2 Hearing request forms are available from the Race Office at the clubhouse Committee Room.
- 17.3 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the Protest Room, located at the clubhouse, beginning at the time posted.
- 17.4 On the last day of the event a request for re-opening a hearing shall be delivered:
- (1) Within the hearing request time limit if the party requesting re-opening was informed of the decision on the previous day.
 - (2) No later than 30 minutes after the party requesting re-opening was informed of the decision on that day.

18. SCORING

- 18.1 Three race/s are required to be completed to constitute a series.
- 18.2 When fewer than four races have been completed, a boat's series score will be the total of her race scores. This changes *RRS A2*.
- 18.3 When from four to seven races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
- 18.4 When eight or nine races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.



19. SAFETY REGULATIONS

- 19.1 All competitors shall always wear adequate personal flotation devices when afloat, except briefly while changing or adjusting clothing or personal equipment. Dry or wet suits are not appropriate flotation devices. This changes *RRS 40*.
- 19.2 Each sailor must collect a tally band when launching.
The tally band must be worn by each sailor, otherwise, the boat will not be scored.
Tally bands must be returned immediately when competitors return to the club.
- 19.3 The OA may stop a boat launching, or require it to return ashore, if it considers the boat, its equipment or crew, are not adequate for the likely conditions, or for any other reason.
The decision is final and shall not be grounds for redress.
- 19.4 [DP] A boat that retires from a race, or does not intend to start a race, should notify the Race Committee as soon as possible.

20. REPLACEMENT OF CREW OR EQUIPMENT

- 20.1 [DP] Substitution of competitors is not allowed without prior written approval of the Race Committee.
- 20.2 [DP] Substitution of damaged or lost equipment is not allowed unless authorized in writing by the Race Committee. Requests for substitution shall be made to the Race Committee at the first reasonable opportunity, which may be after the race.
- 20.3 Permission, to be followed up in writing when the competitor comes ashore, may be given verbally by the Race Committee on the water.

21. EQUIPMENT AND MEASUREMENT CHECKS

- 21.1 A boat or equipment may be inspected at any time for compliance with the class rules, NoR and SIs.
- 21.2 [DP] When instructed by a Race Official on the water, a boat shall proceed to a designated area for inspection.

22. SUPPLIED BOATS *(Not applicable at this event)*

23. OFFICIAL VESSELS

- 23.1 Boats designated by the Race Committee to lay marks, perform race management and rescue duties, to carry umpires/juries, to carry Race Committee personnel and authorised media representatives are deemed to be Official Vessels.

24. SUPPORT VESSELS

- 24.1 All other craft not competing in the event, including (but not limited to) those of team leaders, coaches, parents/guardians and supporters, are deemed to be Support Boats.
- 24.2 **Kill cords shall be worn at all times when the engine is running.**
- 24.3 Support boats **shall not cause a wake and** must keep clear of the Race Area while boats from any class are racing from the time of the warning signal until all boats have finished or retired, or the Race Committee signals a postponement, or abandonment for all classes, and act in accordance with the instructions of the Race Committee Failure to do so may result in the boat(s) being supported being penalised or disqualified.

25. TRASH DISPOSAL

- 25.1 Trash may be placed aboard official or support person vessels.

26. BERTHING

- 26.1 [DP] Boats shall be kept in their assigned places while ashore.



27. HAUL OUT RESTRICTIONS *(Not applicable at this event)*

28. DIVING EQUIPMENT AND PLASTIC POOLS *(Not applicable at this event)*

29. PRIZES

29.1 Prizegiving will be on Sunday 21st July at the Clubhouse as soon as is possible following racing, when all competitors are ashore, and the final results are available.

29.2 Prizes will be awarded as per NoR.

29.3 First, Second and Third Overall.

First, Second and Third Silver Fleet.

First, Second and Third in Bronze Fleet.

30. RISK STATEMENT

30.1 *RRS 3* states:

'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury.

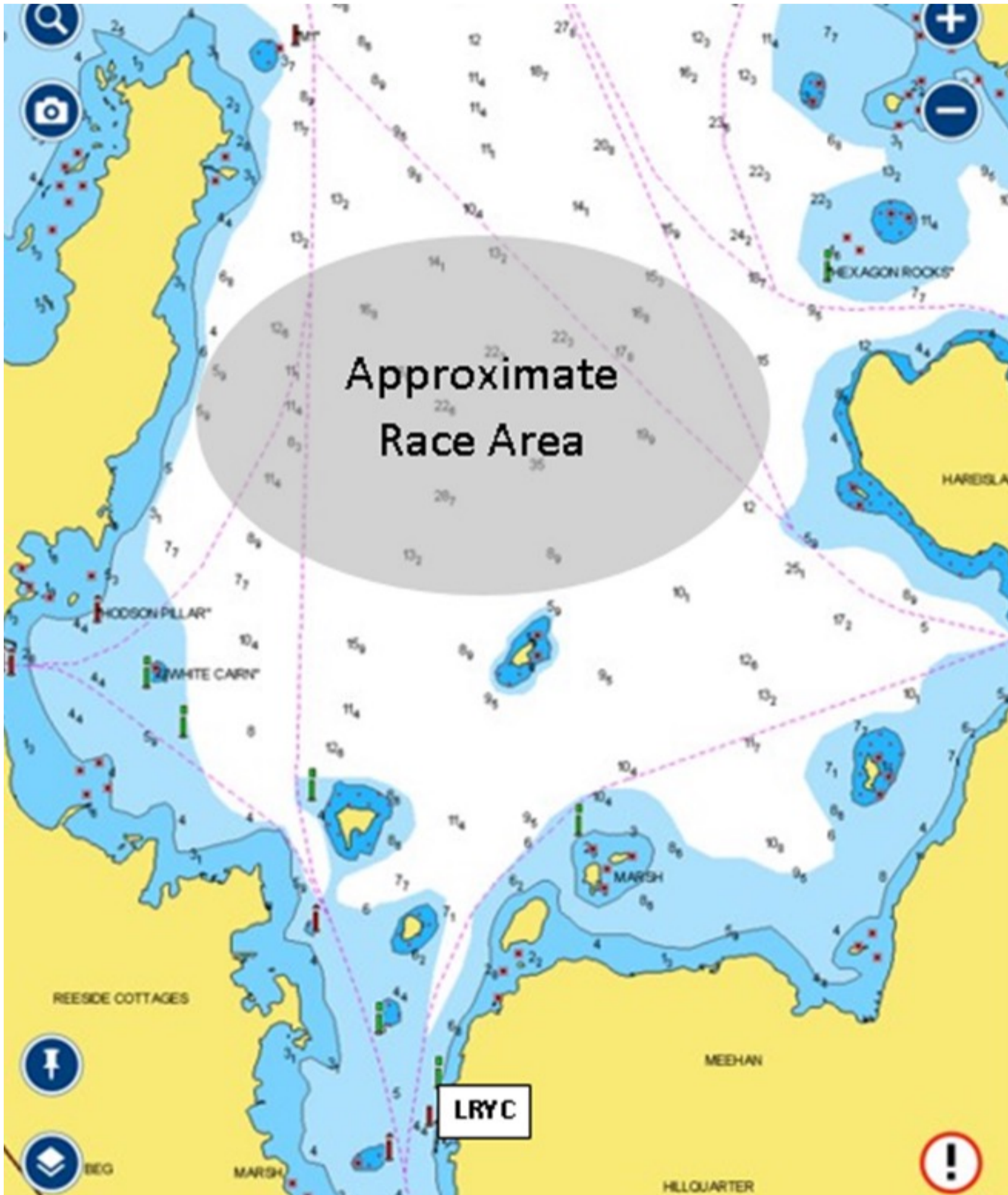
Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes'.

31. INSURANCE

31.1 All boats shall be insured with valid third-party liability insurance.

The minimum indemnity limit shall be €3 million (or equivalent) per incident, valid for the duration of the event.

ADDENDUM A APPROXIMATE RACE AREA

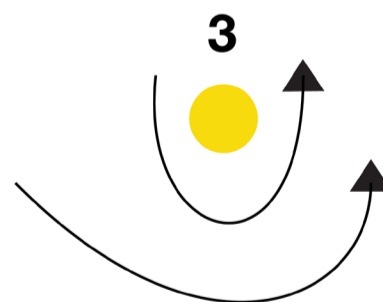
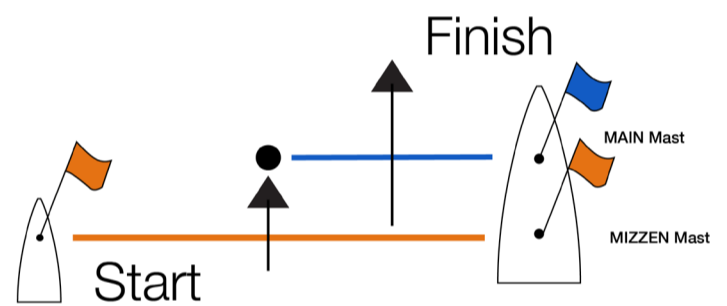
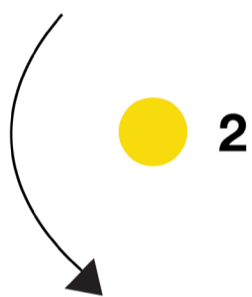
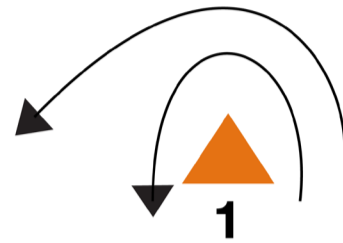


Allow a minimum of ½ to ¾ hour to get to starting area.

ADDENDUM B ----- FRIDAY 19TH
COURSE DIAGRAM – MIRRORS ONLY

COURSE

START - 1 - 2 - 3 - 1 - 3 - 1 - 2 - 3 - FINISH

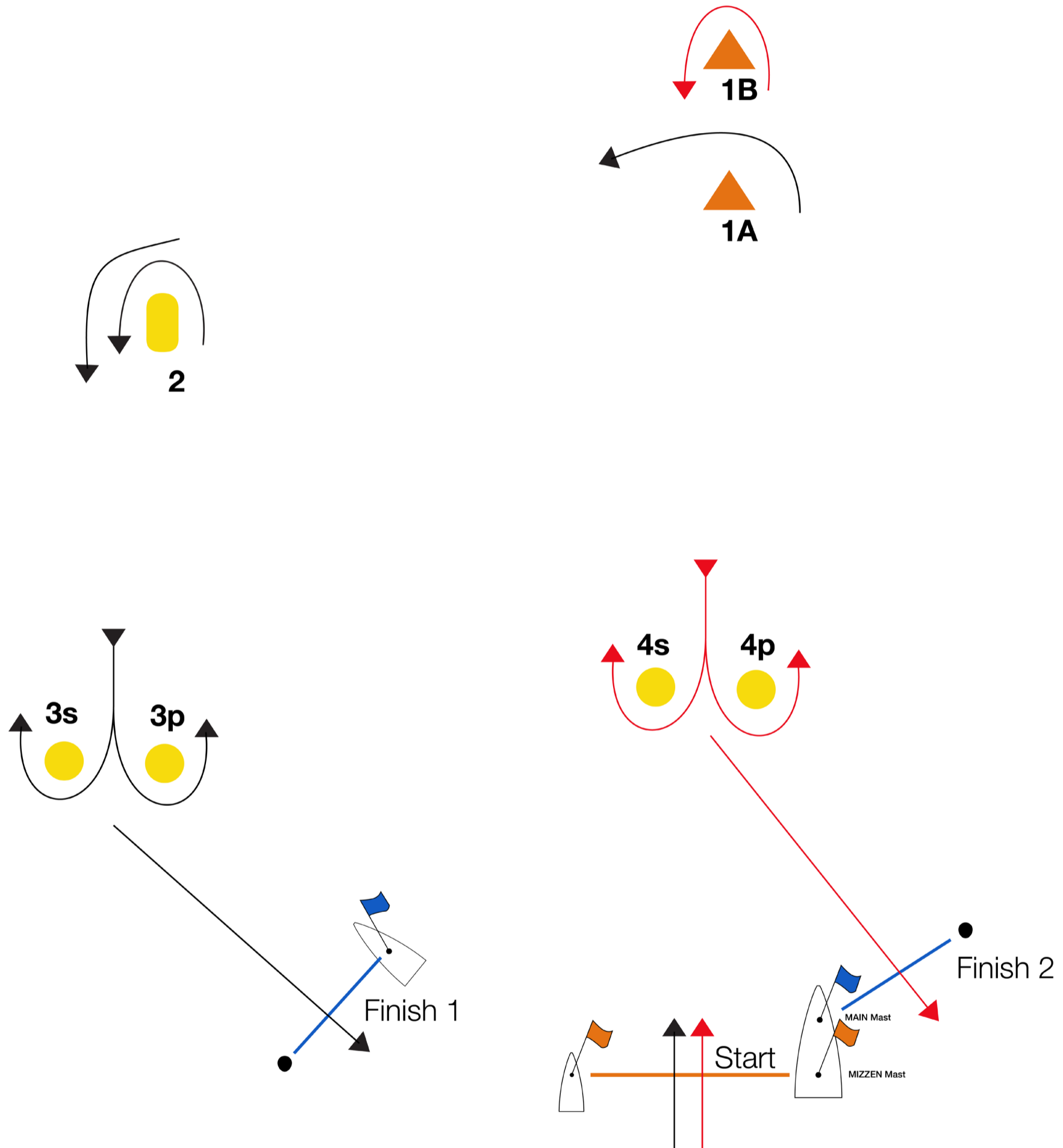


NOT TO SCALE

**ADDENDUM C ----- SATURDAY & SUNDAY 20th & 21st
COURSE DIAGRAM --- ALL CLASSES**

COURSES

Mirrors	START - 1A - 2 - 3s/3p - 2 - 3p - FINISH 1
Fevas	START - 1A - 2 - 3s/3p - 2 - 3p - FINISH 1
420s	START - 1A - 2 - 3s/3p - 2 - 3s/3p - 2 - 3p - FINISH 1
29ers	START - 1B - 4s/4p - 1B - 4p - FINISH 2



NOT TO SCALE