



Optimist Green Fleet Regatta

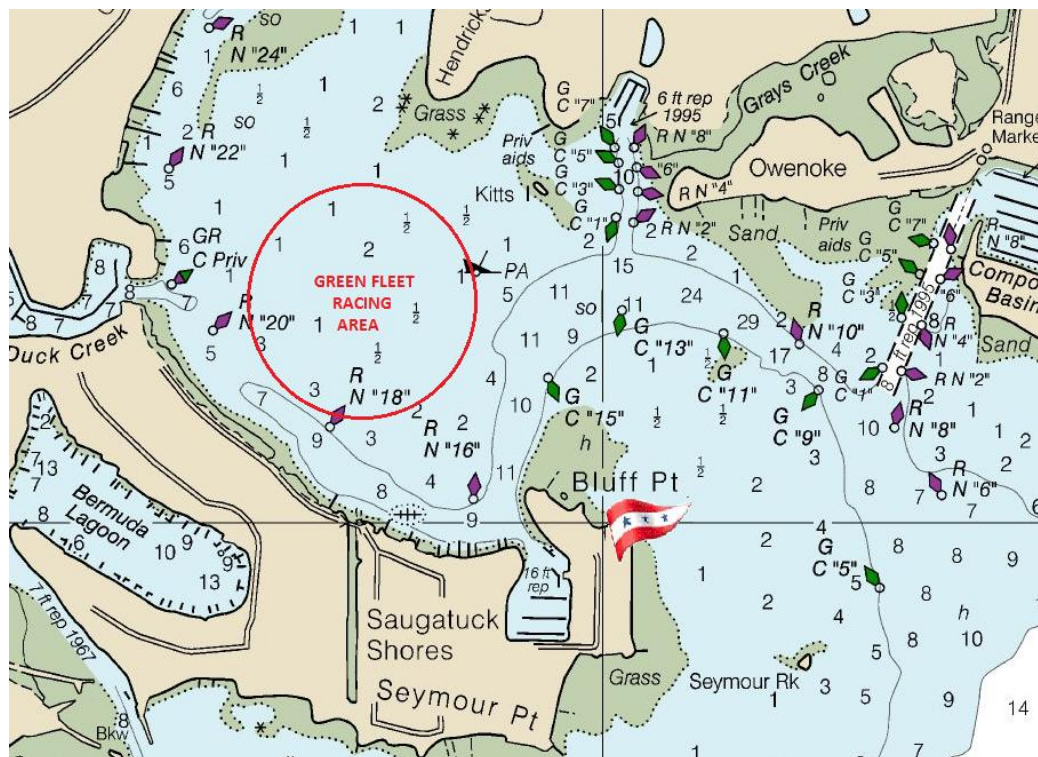
Cedar Point Yacht Club

Bluff Point, Westport, CT 06880

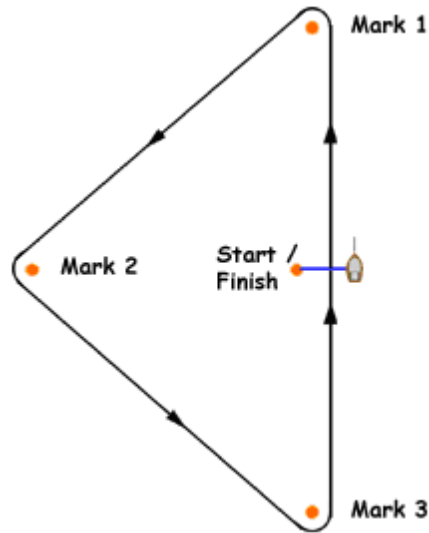
Thursday August 9th

SAILING INSTRUCTIONS

1. **SCHEDULE:** The schedule is as follows
09:30 Registration and required Boat Inspection starts
10:30 Instructors meeting
10:45 Skippers meeting at flagpole
11:00 Harbor start
11:30 First Race
12:30 Lunch on the water - BRING YOUR OWN and give to instructor
14:30 Estimated return of sailors to CPYC boat basin
15:00 Awards Ceremony
2. **RACING AREA:** The racing area will be in “The Flats” near mouth of Saugatuck River.



3. RACE COURSE: The course will be a triangle with marks left to port, as follows:



4. MARKS: Turning and start/finish marks will be described at Skippers Meeting.
5. STARTING AND FINISHING LINES: Starting and finishing lines will be between a staff displaying orange flag on race committee boat at starboard end, and starting/finishing mark at port end.
6. RACES: The first race will be a girls-only race; the second a boys-only race; thereafter all sailors race together.
7. STARTING SYSTEM: Races will be started using a 2-minute sound signal sequence as follows:

Time Before Start Signal & Sound Signal

2 minutes	2 Long
1 ½ minutes	1 long, 3 short
1 minute	1 Long
30 seconds	3 Short
20 seconds	2 Short
10 seconds	1 Short
Last 5 seconds	5 Short (1 each second)
Start	1 Long

*A series of short attention signals will be made before beginning of each starting sequence.

8. RECALLS: Individual and general recalls will be announced by race committee over loud hailer.

9. **TIME LIMIT:** Time limit for each race is 1 hour. Race Committee has option of ending race 20 minutes after first boat finishes.
10. **SAFETY:** Competitors' boats must pass Safety Inspection prior to Harbor Start. All sailors must check in with Race Committee Boat prior to first race. A boat that retires from race shall notify Race Committee or safety boat as soon as possible.
11. **COACHING:** Instructors will be allowed to coach sailors at back of fleet; however, coaching by parents is strictly forbidden, and any parent noted coaching will be asked to leave race area.
12. **PRIZES:** Green Fleet participant medals will be awarded to all sailors at the Awards Ceremony