TRAC

(Training Regatta at Cedar)

Cedar Lake Yacht Club

July 7-8, 2022

Supplement to the Sailing Instructions

Optimist Dinghy Red, White, and Blue Fleets.

1. The Race Office and Registration will be in the Foyer of the Cedar Lake Yacht Club.

2. The Official Notice Board will be on the bulletin board posted on the South side of the CLYC clubhouse.

3. A coaches meeting at 0845 under the flagpole located on the SE side of the CLYC clubhouse, a competitor meeting at 0900.

4. Schedule of Races:

a. The first warning of the day will be at 1000, subsequent races to follow.

b. As many races as possible will be held.

c. A break for lunch will be signaled by code flag H at the finish of a race. The PRO will announce the warning time for the subsequent race.

d. No Warning shall be made after 1530 hours.

5. Marks

a. Marks of the course will be orange balls.

(11.1 the finish line will be between a staff displaying an orange flag)

6. Courses will be those as described in Appendix S

7. Scoring: All races will be scored with no throw outs. This changes RRS A2.1

8. Rule 40.1 Personal Flotation Devices shall apply. Each competitor shall wear a personal flotation device at all times

except briefly when changing or adjusting personal equipment.

9. This is a "training" regatta. Coaching and communication will be allowed by designated coaches for competitors in the bottom half of each race. This modifies Rule 41 " Outside Help"

10. Protest Time Limit: Protests or Requests for Redress must be filed no later than 1 hour after the last boat finishes races: 1) the race prior to the lunch break or 2) the last race of the day.