



## 2026 PRSA Capital City Laser Regatta

April 11-12, 2026  
Potomac River Sailing Association  
Washington Sailing Marina, Alexandria VA

### NOTICE OF RACE

#### 1. Rules

- 1.1 These races will be governed by *rules* as defined in *The Racing Rules of Sailing*, the prescriptions of the US Sailing Association, and the rules of the International Laser Class Association except as any of these are altered by this notice, and/or by the sailing instructions.
- 1.2 The fundamental rule under Part One of the ILCA Class Rules shall apply.
- 1.3 RRS 40 will be deleted and replaced with: "Competitors shall wear personal flotation devices, except briefly while changing clothing or personal equipment. Wetsuits and drysuits are not personal flotation devices." Note that Flag "Y" will not be displayed.

#### 2. Eligibility and Entry

- 2.1 This regatta will be a Category A event as it relates to advertising.
- 2.2 All competitors must register, sign the waiver of liability, and pay the entry fee at <http://www.nextsailor.com/regatta/CapCity2026> . On site registration will **NOT** be available. To register on the day of the regatta, you will still need to do so on-line and pay the entry fee using a credit card.

#### 3. Entry Fees

- 3.1 The entry fee is \$45 for registering on or before midnight **April 6**. After that the entry fee is \$55. (Fees includes dinner Saturday night. There will be carnivore and vegetarian options in the grove area of the Marina.)
- 3.2 A \$10 fee for non-WSM boats will be charged to cover launch fees and overnight storage.
- 3.3 A \$5 discount will be available for current [Chesapeake Bay Yacht Racing Association](#) (CBYRA) Members

#### 4. Schedule

Several races may be sailed on any day at the discretion of the race committee. The warning signal for the first race on each day is scheduled as indicated below.

<u>Friday</u>	1800	PRO Safety Assessment Email
<u>Saturday</u>	1000 to 1100	On shore check-in
	1100	Competitor's Meeting
	1200	Warning signal for race 1; other races to follow
	1630	No warning signal after this time
		<i>Dinner will start approx. 1hr after last boat finishes</i>

Sunday      1100    Warning signal for 1<sup>st</sup> race of the day; other races to follow  
                  1500    No warning signal after this time  
                  Awards immediately following racing

## 5. **Sailing Instructions**

Sailing instructions will be posted to the regatta website a few days before the regatta: <http://www.nextsailor.com/regatta/CapCity2026> . Sailing Instructions will **not** be available at registration.

## 6. **Venue & Racing Area**

6.1 The Washington Sailing Marina is located at [1 Marina Drive, Alexandria, Virginia 22314](#), just off of the George Washington Parkway about 1.5 miles south of Reagan National Airport and a similar distance north of Old Town Alexandria.

6.2 Races will be conducted on the Potomac River east of the airport landing pier. If a change to that plan is necessary, the race committee (RC) will announce the change at the competitor's meeting.

## 7. **Rig-swapping rule**

7. 1. Unless a minimum of 8 ILCA7 and 8 ILCA6 entries have been declared prior to the skipper's meeting on Saturday, all entrants shall start and Finish together and be scored as a single Fleet. Competitors may choose ILCA7 (Standard) or ILCA6 (Radial) rigs at their discretion, and change rigs throughout the regatta, provided that all rig changes are made on shore. This changes ILCA Class Rule 28(d).

7. 2. Providing that a minimum of 8 ILCA7 and 8 ILCA6 entries have been declared prior to the skipper's meeting deadline, the ILCA6s shall be given a separate start and shall be scored separately from the ILCA7s (Rig-Swapping Rule turned off).

8. **Scoring:** If 4 or fewer races are completed, a boat's series score will be the total of all her race scores. Otherwise, her worst score will be excluded. This changes RRS A2. Boats failing to finish within 20 minutes after the first boat to finish will be scored TLP (time limit penalty). TLP is two plus the number of boats finishing within the time limit, and not thereafter retiring or being disqualified. This changes rule 35, A4.1, and A4.2.

## 9. **Prizes**

Prizes will be awarded to the top finishers and the top female in each fleet. The number of prizes for each division will be based on the number of entries and will be at the discretion of the Organizing Authority.

## 10. **Launching**

Two ramps are available. For launching off the ramp, competitors will be required to provide their own beach dollies. Road trailers can also be used.

## 10. **Sustainability**

PRSA has joined the race to restore the health of our waterways in partnership with the [Sailors for the Sea Clean Regattas Program](#). Protecting our natural resources (including National Parks such as Washington Sailing Marina) and our local waters (including the Potomac River) is very important to us. We ask for your help in this effort when racing with PRSA. In particular, we ask that you:

- Use reusable rather than single-use water bottles.
- Ensure that recycling and trash is separated properly before disposing of waste (please

take note of the separate recycling bins for cans, bottles, paper, and cardboard in the dinner area; food waste should be placed in the trash).

- Print one copy of the Sailing Instructions for yourself in advance using double-sided printing if you wish to have a hard copy of the SIs.
- Consider a water only washdown for your boat following the event.

**11. Disclaimer of Liability**

Competitors participate in the regatta entirely at their own risk. See RRS 4, “Decision to Race.” The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

**12. Weather Safety**

No race shall be held in the event of an active **Gale Warning** issued by the NOAA for any part of the race course. The Race Committee will monitor the weather the evening before racing as well as prior to leaving the dock before the start of racing.

**13. Further Information**

Visit <http://www.potomacroversailing.org> or the event website

<http://www.nextsailor.com/regatta/CapCity2026>