

2026 PRSA Capital City Laser Regatta
April 11-12, 2026
Potomac River Sailing Association
Washington Sailing Marina, Alexandria VA

SAILING INSTRUCTIONS

1. RULES

- 1.1 This regatta will be governed by the 'rules' as defined in The Racing Rules of Sailing (RRS).
- 1.2 The fundamental rule under Part One of the ILCA Class Rules shall apply.
- 1.3. **Rig Swapping Turned On** - Entrants shall start and finish together and be scored as a single fleet. Competitors may choose ILCA7 (Full) or ILCA6 (Radial) rigs at their discretion, and change rigs throughout the regatta, provided that all rig changes are made on shore and all sails have the same number.
- 1.4 Appendix U (**Audible-Signal Racing System**) shall apply.
- 1.5 Appendix V, Rule V1 (**One-Turn Penalty Outside the Zone**) shall apply.

2. ENTRIES

- 2.1 The regatta is open to ILCA7 and ILCA6 class sailboats. Eligible boats may be entered by completing the registration form and paying the regatta fees at [Capital City Regatta, Potomac River Sailing Association - nextSailor](#)

3. NOTICES TO COMPETITORS

- 3.1 Notices to competitors will be posted online at the NextSailor notice board.

4. CHANGES IN SAILING INSTRUCTIONS

- 4.1 Any change in the sailing instructions will be posted before Saturday on the online official notice board (above), except on Saturday when changes will be posted within 10 minutes following the Competitors Meeting and Weather Assessment Update.

5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed adjacent to the launching dock.
- 5.2 When "AP" (red and white vertical striped pennant) is displayed ashore '1 minute' is replaced with 'not less than 30 minutes.'

6. NUMBER AND SCHEDULE OF RACES

- 6.1 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 Weather Assessment Email
<u>Saturday</u>	1100	Competitors Meeting and Weather Assessment Update
	1200	Warning signal for Race 1; other races to follow
	1630	No warning signal after this time

Sunday 1100 Warning signal for 1st race of the day; other races to follow
 1500 No warning signal after this time

6.2 Races will be run back to back.

7. RACING AREA

7.1 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 will announce the change at the Competitor's Meeting.

8. THE COURSE

8.1 The Course Diagram Appendix (below) shows the courses including the approximate angles between legs, the order in which marks are to be passed, and the side to which each mark is to be left.

8.2 The W course will be indicated by the letter "W", the O course by the letter "O", the T course by the letter "T" displayed on the Race Committee boat. A number below the course letter indicates the number of roundings of the leeward mark. For example, "W2" will indicate two windward-leeward laps and "O2" will indicate a triangle followed by a windward-leeward lap.

9. MARKS

9.1 Marks 1, 2, 3 and 4 will be as described in the Course Diagram Appendix.

9.2 The start and finishing marks will be as described in the Course Diagram Appendix.

10. THE START

10.1 The class flag for both classes will be a red Laser burst insignia on white field.

10.2 The starting line will be between a staff displaying an orange flag on the Race Committee boat and the start mark (as described in the Course Diagram Appendix).

10.3 The audible-signal start sequence as described in Appendix U will be used (**3 minute starts**) (See Excerpts section below).

10.4 A boat shall not start later than 10 minutes after her starting signal.

11. RECALLS AND STARTING PENALTIES

11.1 An anchored Race Committee vessel may or may not attempt to hail boats that have started on course side.

11.2 At the RC's discretion after the first general recall they may display the I, U, or Black Flag to indicate rule 30.1, 30.3 or 30.4 is in effect.

12. CHANGE OF POSITION OF THE NEXT MARK

12.1 To change the position of the next mark, the Race Committee will move the original mark as soon as practicable. The change will be signaled before the leading boat has begun the leg. Any mark to be rounded after rounding the first relocated mark may be relocated without further signaling to maintain the course configuration.

13. THE FINISH

13.1 The finishing line will be between a staff displaying the orange flag on the Race Committee boat and the finish mark (as described in the Course Diagram Appendix).

14. TIME LIMIT

14.1 The time limit for the first yacht to finish will be 1 hour from their starting signal.

14.2 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 A5.2 and A10.

15. PENALTY SYSTEM

- 15.1 RRS/US Sailing Appendix V1 (One turn penalty outside of the zone) will apply. (See Excerpts section below)

16. PROTESTS

- 16.1 The protest time limit is 60 minutes after the Race Committee comes ashore. That time will be signaled by the Race Committee boat passing the docks at Washington Sailing Marina and sounding one blast of the horn.
- 16.3 Protest forms are available from the Principal Race Officer (PRO) on the Race Committee. Protests and requests for redress or reopening shall be delivered to the PRO within the appropriate time limit.

17. SCORING

- 17.1 One race is required to be completed to constitute a regatta.
- 17.2 The low point scoring system described in RRS Appendix A will apply.
- 17.3 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.

18. SAFETY

- 18.1 Sailors are required to wear personal flotation devices while on the water. Sailors are strongly advised to wear clothing (dry suits, wet suits) appropriate for water temperatures.
- 18.2 Each boat shall pass astern of the Race Committee Boat before the preparatory signal of her first race each day so that her sail number can be recorded and acknowledged.
- 18.3 Sailors needing help should signal with a raised open hand. Those not needing help should signal by tapping the top of their head with an open hand.
- 18.4 A boat that retires from a race shall notify the Race Committee boat or a Race Committee vessel before leaving the course area, or, if that is impossible, notify the Race Committee or its representative immediately after arriving ashore.
- 18.5 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.

19. DISCLAIMER OF LIABILITY

- 19.1 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.

COURSE DIAGRAM APPENDIX

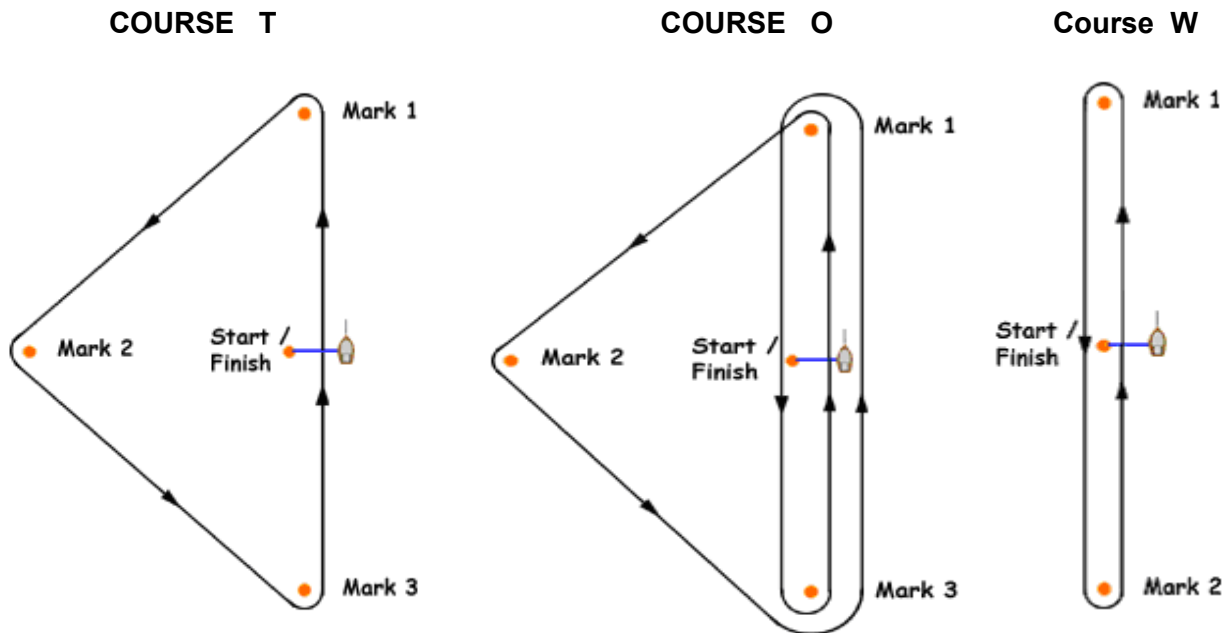
MARKS (9.1): Marks 1, 2, 3, and will be orange cylinders. Offset will be orange "hippity hops"

START MARK (9.2) / FINISH MARK (13.1): Styrofoam cylinder with a red flag.

COURSE T: Start – 1 – 2 – 3 – Finish (Number of Laps, 1 or as indicated).

COURSE O: Start – 1 – 2 – 3 – 1 – 3 – Finish

COURSE W: Start-1 – 2 – Finish (Number of Laps, 1 or as indicated). An offset mark will be placed directly after mark 1.



Number of Roundings of Leeward Mark: Indicated on a second flag below the W, O, or T flags.
(8.2)

Excerpts from the Racing Rules of Sailing

APPENDIX U: AUDIBLE-SIGNAL RACING SYSTEM

US Sailing prescribes that, when the Sailing Instructions so state the Audible-Signal Racing System described below shall be used. It is recommended primarily for small-boat racing or when race committee resources are limited. Rules in this appendix replace rule 26 and permit changes to Race Signals and the corresponding rules in Part 3.

- U1** Any Race Signal may be made by hailing, in which case the corresponding visual signal may also be used, but not its designated sound signal.
- U2** A series of short sounds may be made at any time to call attention to a hail or a visual signal.
- U3** The starting sequence shall consist of the following sound signals made at the indicated times. These signals shall be timed from their commencement and shall govern, even if visual signals are also used.

<i>Signal</i>	<i>Sound</i>	<i>Time before start</i>
Attention	Series of short sounds	Before the warning
Warning	3 long	3 minutes
Preparatory	2 long	2 minutes
	1 long, 3 short	1 minute, 30 seconds
	1 long	1 minute
	3 short	30 seconds
	2 short	20 seconds
Starting	1 short	10 seconds
	5 short, 1 second apart	5 – 4 – 3 – 2 – 1 seconds
	1 long	0

- U4** Individual recalls shall be signaled by hailing the last four digits of the sail number (or other distinguishing feature) of each recalled boat. Flag X need not be displayed.
- U5** Failure to hear an adequate hail or sound signal shall not be grounds for redress. This changes rule 61.4(b)(1).

APPENDIX V: PENALTY AT THE TIME OF AN INCIDENT

- V1** The first two sentences of rule 44.1 are changed to: 'A boat may take a One-Turn Penalty when she may have broken one or more rules of Part 2 or rule 31 in an incident while racing. However, when she may have broken one or more rules of Part 2 while in the zone around a mark other than a starting mark, her penalty shall be a TwoTurns Penalty.'

