



## 2026 Doc Gilbert Potomac Cup Regatta

May 30-31, 2026  
Potomac River Sailing Association  
Washington Sailing Marina, Alexandria VA

<https://www.nextsailor.com/regatta/PotomacCup2026>

### 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 All hails will use the last 3 digits of the sail number. The race committee will attempt to **hail OCS** boats. The timing of such hails, the order of hails, or the failure of a competitor to hear the hails shall not be considered an improper action or omission of the RC under RRS 62.1(a).
- 1.3 **VHF radios** are allowed for communications with the Race Committee per ILCA By- Laws Article VIII 5) B) 4) A). The RC intends to communicate with competitors and hail OCS boats using **VHF channel 71**. Failure to receive a hail shall not be cause for redress. The timeliness, order, and ability to understand a radio transmission is not redressable.
- 1.4 **Penalty System:** Appendix V, Rule V1 (***One-Turn Penalty Outside the Zone***) shall apply.
- 1.5 **Crew:** Class Rule in Bylaws Article VIII part 1 is changed to say "The total **number of persons aboard a boat** in an event shall be two (2) or three (3). The same number of crew shall be carried throughout all races of the event."

#### 2. ENTRIES

- 2.1 The regatta is open to Lightning class sailboats. Eligible boats may be entered by completing the registration form and paying the regatta fees at <https://www.nextsailor.com/regatta/PotomacCup2026>

#### 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 made prior to Competitors Meeting will be posted before the Saturday Competitor Meeting on the online official notice board (above), except changes made after the Competitors Meeting 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 RC 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>	<b>1030</b>	Competitors Meeting and Weather Assessment Update
	<b>1200</b>	Warning signal for Race 1; other races to follow
	<b>1630</b>	No warning signal after this time
<u>Sunday</u>	<b>1000</b>	Warning signal for 1 <sup>st</sup> race of the day; other races to follow
	<b>1500</b>	No warning signal after this time

- 6.2 Races will be run back to back.

#### 7. RACING AREA

The racing area will be approximately one nautical mile east of the docks at Leesylvania State Park.

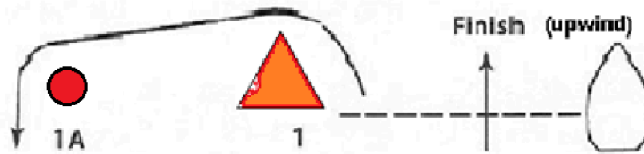
#### 8. THE COURSES

The diagram in the illustration below shows the courses, including the order in which marks are to be passed and the side on which each mark is to be left. The weather leg will be approximately 1 mile. There will be a weather mark and offset mark approximately 10-boat lengths away, both will be rounded to port. The leeward mark will be a gate with two marks approximately 7-10 boat lengths apart. A yacht must pass between the marks and can round either mark to go upwind. If one of the gate marks is missing, round the remaining mark to port.

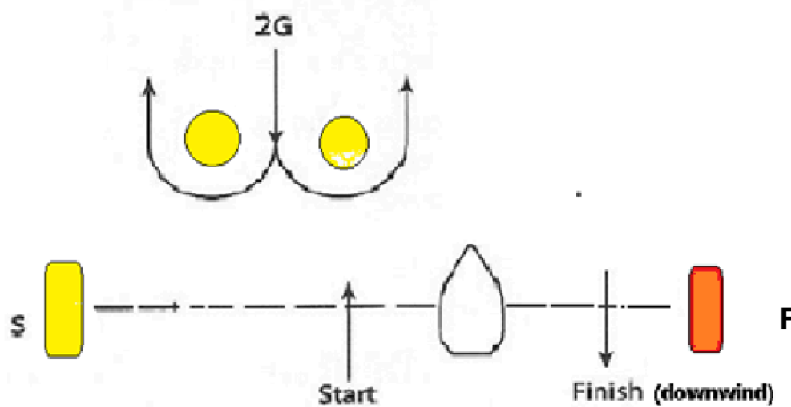
**Most likely course:** A four leg course, which shall be indicated by a **green flag with the numeral "4"** before the warning signal, is twice around a windward-leeward course for a total of 4 legs and the finish downwind to the left of the committee boat (looking downwind).

The five leg course, which shall be indicated by flying a **yellow flag with the numeral "5"** before the warning signal, is twice around a windward-leeward course with an extra weather leg for a total of 5 legs.

A three leg course, which shall be indicated by a **white flag with the numeral “3”** before the warning signal, is once around a windward-leeward course with an extra weather leg for a total of 3 legs.



**Not to Scale**



**Yellow flag with “5”:** 5 Leg W-L Course:

**Start--1(port)--1A(port)--2G--1(port)--1A(port)--2G-Finish(upwind);**

**Green flag with “4”:** Leg W-L Course:

**Start--1(port)--1A(port)--2G--1(port)--1A(port)-Finish(downwind);**

**White flag with “3”:** 3 Leg W-L Course:

**Start--1(port)--1A(port)--2G--Finish(upwind)**

## 9. MARKS

1. Mark 1 will be a **large orange tetrahedron**.
2. Mark 1A will be an **orange cylinder**.
3. The starting mark S will be a **small white styrofoam cylinder with a red flag on top**.
4. The leeward gate will be **two large yellow balls**.
5. The finishing mark for courses “5” and “3” will be Mark 1 and for course “4” will be an **orange cylinder**.

## 10. THE START

- 10.1 The class flag will be a red Lightning flash insignia on a yellow 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 A boat shall not start later than 10 minutes after her starting signal.

## **11. THE FINISH**

- 11.1 The finishing line will be between a staff displaying the **orange** flag on the Race Committee boat and the finish mark (as described in paragraph 8).

## **12. RECALLS AND STARTING PENALTIES**

- 12.1 A Race Committee vessel **may or may not** attempt to hail boats that have started on course side.

## **13. CHANGE OF POSITION OF THE NEXT MARK**

- 13.1 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.

## **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 35, A10.

## **15. PROTESTS**

- 15.1 A boat intending to protest or request redress based on an incident in the racing area that she is involved in or sees shall, at the first reasonable opportunity after she finishes, inform the Race Committee at the finishing line of her intent to protest or request redress and, when applicable, the identity of the protestee.  
15.2 The protest time limit is 60 minutes after the Race Committee comes ashore. That time will be signaled by the Race Committee boat returning to the ramp finger pier and sounding one blast of the horn.  
15.3 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.

## **16. SCORING**

- 16.1 One race is required to be completed to constitute a regatta.  
16.2 The low point scoring system described in RRS Appendix A will apply.  
16.3 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.

## **17. SAFETY**

- 17.1 Sailors are required to wear personal flotation devices while racing. Sailors are strongly advised to wear clothing (dry suits, wet suits) appropriate for water temperatures.  
17.2 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.  
17.3 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.

- 17.4 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.
- 17.5 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.

**18. DISCLAIMER OF LIABILITY**

- 18.1 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.