



## NOTICE OF RACE

### 2025 Doc Gilbert Potomac Cup Regatta

May 31 - June 1, 2025  
Hosted by Lightning Fleet 50,  
Leesylvania State Park  
2001 Daniel K Ludwig Drive, Leesylvania, VA 22191

<https://nextsailor.com/regatta/docgilbert>

#### **ORGANIZING AUTHORITY & HOST CLUB:**

Potomac River Sailing Association (PRSA), and Lightning Fleet 50.

#### **RULES:**

The current *Racing Rules of Sailing* (RRS), the prescriptions of US Sailing (except where changed by the Notice of Race or Sailing Instructions), this Notice of Race, and the Sailing Instructions shall be in effect. In case of conflict between the Notice of Race (NOR) and the Sailing Instructions (SI's), the Sailing Instructions shall prevail.

**RRS 42.3(c)** is changed to say "Except on a beat to windward, when surfing down the leeward side of a wave or when planing is possible, a boat's crew may pull the sheet, but not the guy, controlling any sail to initiate surfing or planing, but only once for each wave or gust of wind. When the mainsheet is pumped, only the part of the sheet between the crew member handling the sheet and the first block on the boom shall be used."

**RRS 44.1** is changed by adding the following sentence after the first sentence: "When an infringing yacht has its spinnaker drawing at the time of the infringement, drops it completely while taking her penalty, and resets it immediately and has it drawing after the penalty, the penalty is a One-Turn Penalty."

**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. Failure to receive a hail shall not be cause for redress. The timeliness, order, and ability to understand a radio transmission is not redressable.

**ELIGIBILITY:**

The regatta is open to all Lightning class sailboats. This event is a [Purnell Cup Regatta](#).

**REGISTRATION AND ENTRY:**

**\$175.00** Includes entry fee, breakfast, dinner for three, beer, and awards. The registration fee includes park entry for 1 car & boat (additional cars pay at the ranger station near park entrance), light breakfast on Saturday and Sunday, 3 dinner tickets for appetizers and Saturday dinner, hot dogs after the racing on Sunday, beverages throughout the weekend, and a “make your own PB&J” station will also be available for lunches. Please register online at <https://nextsailor.com/regatta/docgilbert>. Additional dinner tickets for Saturday may be purchased for \$15 (please purchase additional dinner tickets in advance via the NextSailor.org site so that we can be sure to have sufficient food on hand).

**SCHEDULE:****Friday, May 30**

Park open until dusk for those wishing to arrive and set up early. To avoid bad traffic avoid I-95 South between 2:00 and 7:00. Please park and leave your boat in the parking area near the launch cranes. All on shore regatta activities will take place in the pavilion at the end of the parking area near the cranes. If you plan to arrive after the park is closed, please contact Regatta Chair Nabeel Alsalam – [nabeel.alsalam@gmail.com](mailto:nabeel.alsalam@gmail.com) – for additional information.

**Saturday, May 31**

09:00-10:30 Check in

10:30 Competitors meeting

12:00 1st Warning Signal

Dinner after racing

**Sunday, June 1**

10:00 1st Warning Signal

15:00 Final Warning Signal Deadline

Awards following last race

**SAILING INSTRUCTIONS:**

The sailing Instructions will be available online a few days before the event and at registration.

**VENUE:**

Lightning Fleet 50's home is the Washington Sailing Marina (WSM), Alexandria, Virginia. However, we prefer to host our annual invitation regatta at Leesylvania State Park 20 miles south of our home, despite all the extra effort it takes to move everything needed to run the regatta. But we've decided we need 10 or more boats to justify the extra effort. So if we have 10 boats registered by May 21, we will sail at Leesylvania, otherwise, we will sail at the WSM. So please register early!

Leesylvania State Park is located just off I-95 south of Woodbridge, VA. Take exit 156 (approx. 14 miles south of the I-95/495/395 interchange aka the mixing bowl) and follow Route 784 East. Look for small brown signs for Leesylvania State Park. You'll merge onto Rt. 784E/Dale Blvd; go about a mile; turn right (south) onto Rt. 1; go 1 mile; take left onto Neabasco Creek Road; go 1.5 miles; turn right into park. Once in the park and after passing under the railroad bridge, look for the second parking lot with the cranes and just north of the park store. For Google maps or a GPS use [2001 Daniel K Ludwig Drive, Woodbridge, VA 22191](#).

Park Entry: the regatta entry fee covers the cost of 1 car and boat for the park. Fees for additional cars should be paid at the ranger station near the park entrance. An area for parking boats and competitor vehicles will be marked off with cones in the parking lot near the launch cranes.

#### **RACING AREA:**

Racing area: the racing area will be in the middle of the Potomac River east of the launch cranes/docks.

#### **COURSES:**

Courses will be windward/leeward as described in the Sailing Instructions. Courses may be shortened at the discretion of the Race Committee.

#### **SCORING:**

A total of six (6) races are planned. One (1) race is required to constitute a regatta. If (6) are completed, a boat's series score will be the total of her scores with a throw-out. This modifies RRS A2.

#### **DISCLAIMER OF LIABILITY:**

Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organizing authority and host club 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.

#### **AWARDS:**

Awards will be provided to the top five teams (skipper and crew). The Potomac Cup perpetual will be inscribed with the winner's name. The Doc Gilbert Potomac Cup Painting will be given to the highest placing Fleet 50 skipper to hold for one year and a plate added with their name.

**CONTACTS:**

Regatta Chair: Nabeel Alsalam – [nabeel.alsalam@gmail.com](mailto:nabeel.alsalam@gmail.com) / 571.766.6164

Fleet Captain: Frank Gallagher – [frankjgallagher@gmail.com](mailto:frankjgallagher@gmail.com) / 703.599.0144

**ACCOMODATIONS:**

Tent camping is permitted in the area near the pavilion on Friday and Saturday nights. Overnight RV parking near the pavilion is allowed. Inexpensive motels in the area include the Super8 – Dumfries (703-221-8838) and the Sleep Inn – Dumfries (703-445-0900).

**COMPETITORS LIST:**

Please add your name to the “Who’s Coming?” list on the ILCA Website at the bottom of this page:

[https://lightningclass.clubexpress.com/content.aspx?page\\_id=4091&club\\_id=93488&item\\_id=2554061](https://lightningclass.clubexpress.com/content.aspx?page_id=4091&club_id=93488&item_id=2554061)

**GREEN REGATTA:**

This regatta has been certified as a “green regatta” via the Sailors for the Sea regatta certification and sustainability program. Please be mindful of your use of resources and of waste disposal and recycling while at the regatta. Please bring refillable water bottles to the regatta.