



SEMANA DEL ATLANTICO 2015 MEETING INTERNACIONAL CIUDAD DE VIGO – EXCELLENCE CUP 2015-2016

XL TROFEO MARTÍN BARREIRO

OPTIMIST Categories A-B-C

CADET CLASS

30 October- 1 November, 2015 - Real Club Náutico de Vigo, Galicia, Spain.

SAILING INSTRUCTIONS (SI) Organising authority

The 2015 SEMANA DEL ATLÁNTICO, XXXIX TROFEO MARTÍN BARREIRO, Meeting Internacional CIUDAD DE VIGO is organised by the Real Club Náutico de Vigo in conjunction with the Real Federación Española de Vela, the National Optimist Class Association Federación Gallega de Vela.

1. RULES

1.1 The regatta will be governed by:

- (a) The “rules” as defined in the Racing Rules of Sailing ISAF 2013-2016.
- (b) National Authority prescriptions.
- (c) International Optimist Class rules.
- (d) Appendix P will apply.
- (e) Jury members may penalise any boat that is observed throwing garbage. Modify Rule 63.1 RRV.
- (f) These Sailing Instructions

If there is any conflict between the Sailing Instructions and the Notice of Race, the sailingInstructions will prevail. And if there is a conflict between the English and Spanish text, English will prevail.

2. NOTICES TO COMPETITORS

All notices to competitors will be posted on the official notice board located in the Race Office.
(See attachment 1)

3.CHANGES TO THE SAILING INSTRUCTIONS

Any change to the SI will be posted before 0900 hours on the day it will take effect, except that any change to the schedule of races will be posted by 2000 hours on the day before it will take effect.

4. SIGNALS

MADE ASHORE

4.1 Signals made ashore will be displayed from the official flagpole located in the upstairs floor of the sailing school building. (See attachment 1).When a signal is displayed over a division flag it applies to that division only.

4.2 Flag “D” with a sound signal means: ‘the warning signal will be made not less than 30 minutes after flag “D” is displayed.’ Boats shall not leave their berthing places until this signal is made.

4.3 Flag B displayed means that instruction 18.3 applies.



SIGNALS MADE AT SEA

4.4 Besides the signals foreseen in RRS "Race Signals", the following special signal will be made:

(a) When the Red Cross flag is displayed on the Race Committee vessel it means: " Coach and other team support boats must cooperate with the Organising Committee in safety tasks.

5. SCHEDULE OF RACES

5.1 Programme:

	A&B	C & Cadet
October, 29	Official Arrival Day. 10:00 -20:00 Sign in at Registration Office. 15:30 Race Training 19:30 Coaches Meeting (mandatory)	
October, 30	12:00 First warning Sign Qualifying Series	12:30 Races. (Only C)
October, 31	11:00 First warning Sign Qualifying Series	11:30 Races. C 14:00 Cadet Class
November, 1	11:00 First warning Signal Fir Series 17:30- Price Giving.	11:30 Races. C & Cadet

On Sunday 01th no warning signal will be made after 15.30 h, except by the consequence of a previous general recall.

5.2 The races will be numbered consecutively according to the order which they have been sailed. Three Races will be sailed per day. One extra race can be sailed if the Race Committee is below the program.

5.3 Warning signal for the second and next races in the same day will be hoisted as soon as practical. It will be preceded with Flag AP hoisted at least four minutes.

6. RACE FORMAT

Optimist Categories A-B:

6.1 The regatta will consist in a 6 Races Qualifying Series (Q-Series) and a 3 Races Final Series (FSeries).

Minimum 4 races are required to be completed by each fleet to constitute a Q-Series. If, at the end of October 31th, 4 Races are not completed by all sailors or if some sailors have more race scores than others, the Q-Series will be extended and no F-Series will be sailed.

6.2 For the qualifying series boats will be assigned to fleets (Yellow, Blue, Red) of, as nearly as possible, equal size and ability.

Initial assignments will be made by a seeding committee appointed by the race committee. These assignments will be posted by 21.00, the day before the first qualifying race.

6.3 A) In the qualifying series boats will be reassigned to fleets after each day of racing, except if on the first day only one race is completed. The series scores for reassignment will be calculated for those races, numbered in order of completion, completed by all fleets. Reassignments will be made as follows:

Rank in series	Fleet assignment	Rank in series	Fleet assignment
First	Yellow	Fourth	Red
Second	Blue	Fifth	Blue
Third	Red	Sixth	Yellow
		And so on..	

B) Assignments will be based on the ranking available at 21.00 that day regardless of protests or requests for redress not yet decided.

C) If at the end of the day some sailors have more score results than others, the sailors with less scores will sail the missing races next day (on the same group as they where on previous day) and thereafter they will sail in the new group.

6.4 A) Boats will be assigned to final-series fleets Gold, Silver and Bronze on the basis of their ranks in the qualifying series. The final-series fleets will have, as nearly as possible, equal size but so that the Silver fleet is not larger than the Gold fleet, nor the Bronze fleet larger than the Silver fleet.

B) Any recalculation of qualifying-series ranking after boats have been assigned to final-series fletes will not affect the assignments except that a redress decision may promote a boat to a higher fleet.

6.5 One discard will apply with four or more races completed for all the fleets.

6.6 The Trophy will be valid if at least one race for all the groups is finished.

Optimist Category C and Cadet Class:

6.7 Fleet races will be sailed. 9 races (Optimist) and 6 (Cadet)

6.8 One discard will apply with four or more races completed

7. COLOUR GROUPS AND CLASS FLAGS

7.1 For category Optimist A & B, :

Group Blue	Blue Flag
Group Red	Red Flag
Group Yellow	Yellow Flag
Group Gold	Yellow Flag
Group Silver	Blue Flag
Group Bronze	Red Flag

7.2 While racing, each participant must carry the colour band of his Group at the top of the sail.

7.3 For the **Category Optimist C** the Class Flag will be the “**G**” I.C.S.

For the Cadet the Class Flag will be the “**T**” I.C.S.

8. RACING AREA

Attachment 2 shows the location of the racing area.

9. THE COURSE

The diagram in Attachment 3 shows the course for categories A and B, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

The diagram in Attachment 4 shows the course for category C & Cadet, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

10. MARKS

10.1 **Categories A-B:** Marks 1, 2, 3S and 3P will be red inflatable cylindrical buoys.

10.1.1 Starting Marks will be Race Committee boats at both ends of the starting line. (Official Race Committee boat on the starboard end of the line)

10.1.2 The finishing marks will be Race Committee boat and red pin end buoy.

10.2 **Category C & Cadet:** Marks 1,2 will be white inflatable cylindrical buoys.




10.2.1 The starting marks will be Race Committee boat at the starboard end and a yellow inflatable Cónical buoy at the port end.

10.2.2 The finishing marks will be Race Committee boat and on starboard a red cylindrical inflatable buoy.

11. THE START

11.1 Starting area is defined as the rectangle that covers a surface of 100 mts from windward and leeward of the starting line and 50 meters each end of the starting line.

11.2 Races will be started as follows:

SIGNAL	VISUAL SIGNAL	TIME BEFORE START
WARNIG	Group Flag 1 Sound	5
PREPARATORY	Code Flag "I", "U" or "BLACK"    1 Sound	4
	Flag "I", "U" or "BLACK" removed 1 Sound	1
START	Group Flag Removed 1 Sound	0

11.3 If Flag U has been displayed as the preparatory signal, no part of a boat's hull, crew or equipment shall be in the triangle formed by the ends of the Starting line and the first mark during the last minute before her starting signal. If a boat breaks this rule and is identified she shall be disqualified without a hearing but not if the race is restarted or resailed or postponed or abandoned before the starting signal. This changes rule 26.

When Flag U is used as the preparatory signal, Rule 29.1, individual recall does not apply.

The scoring abbreviation for a Flag U penalty is UFD. This changes A11 Scoring Abbreviations.

11.4 (Categories A-B) The starting line will be between staffs displaying orange flag on Race Committee boats at both ends.

11.5 Individual recalls will be made in accordance with rule 29.1 except that flag X will be displayed for up to 2 minutes. This changes rule 29.1.

11.6 Once the starting sequence for the first group has started, all boats from other divisions shall wait inside the waiting area. The waiting area windward boundary will be designated by red inflatable cylindrical training buoys. Boats may approach the starting line only after the starting signal of the previous group has been made and no individual or general recall has been signalled. If an individual recall has been signalled, boats may approach the line only after the X flag has been removed. Boats that have finished shall return directly to the waiting area or ashore, keeping well clear of all boats racing and of all boats whose warning signal has been made.

Jury will penalize with 5 points, without hearing all boats whose warning signal has not been displayed and was observed into the Starting Area.

11.7 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start (DNS). This changes rules A4 and A5.

11.8 Race committee boat can use engine to maintain his position if necessary.

12. THE FINISH

The finishing line will be between a staff displaying a blue and a orange flags (Categories A-B) and a Blue and a yellow flags (Category C & Cadet) on the finishing boat and a red cylindrical inflatable buoy.

13. CHANGE OF COURSE

When is not possible to change the position of the Marks, the course may be reset using one or more new marks. When new Marks are already in use , the course may be reset using the original marks.

14. PENALTY SYSTEM

14.1 A boat that has taken a penalty or retired according to rule 44.1 shall complete an acknowledgement form at the Race Office within the protest time limit.

14.2 The penalty for breaches of Class Rules, Sailing Instructions 4.2, 7.2, 11.4, 14.1, 18, 19, 20, 22 and 24 may be less than disqualification if the jury so decides.

14.3 Appendix P will apply.

14.4 In addition to taking action in accordance with Appendix P, if a member of the jury sees a boat breaking a rule they may make a sound signal but her sail number will not be hailed. If the appropriate penalty is not taken the Jury may protest one or more boats.

14.5 The scoring abbreviation for a discretionary penalty imposed under instruction 14.2 will be DPI.

15. TIME LIMITS AND TARGET TIMES

15.1 Time limits and target times (in minutes) are as follows:

Time lin	Mark 1 time lin	Target tin
90	30	50

15.2 If no boat has passed Mark 1 within the Mark 1 time limit the race will be abandoned. Failure to meet the target time will not be grounds for redress. This changes rule 62.1(a).

15.3 Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored Did Not Finish (DNF). This changes rules 35, A4 and A5.

16. PROTESTS AND REQUESTS FOR REDRESS

16.1 Immediately after finishing, a boat that intends to lodge a protest will inform the Race Committee boat at the finishing line about the boat/boats she intends to protest until her intention is recognised by the Protest Committee. (Addition to RRS rule 61.1a).

16.2 Protest forms are available at the Race Office. Protests and requests for redress or reopening shall be delivered there within the protest time limit.

16.3 The protest time limit is 60 minutes after the last boat has finished the last race of the day, or the race committee signals no more racing today, whichever is later.

16.4 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the Jury Room located in Race Office (See attachment 1). No protest hearing will be started after 22:00.

16.5 Notices of protests by the Race Committee or Jury will be posted in the official notice board to inform competitors according to rule 61.1(b).

16.6 A list of boats that, under instruction 15.3, have been penalised for breaking rule 42 will be posted on the official notice board.

16.7 For the purpose of measurement rule protests (rule 64.3 (b)) the 'authority responsible' is the Measurer appointed by the Organising Authority.

16.8 Breaches of instructions 4.2, 7.2, 11.4, 14.1, 18, 19, 20, 22 and 24 will not be grounds for a protest by a boat. This changes rule 60.1(a).

16.9 On the last scheduled day of racing a request for reopening a hearing shall be delivered (the following changes rule 66):

(a) within the protest time limit if the requesting party was informed of the decision on the previous day;

(b) no later than 30 minutes after the requesting party was informed of the decision on that day.

16.10 On the last scheduled day of racing a request for redress based on a jury decision shall be delivered no later than 30 minutes after the decision was posted. This changes rule 62.2.

17. SCORING

Appendix A will apply and the Low-point scoring system will be used except that when from 4 or more races have been completed, a boat's regatta score will be the total of her race scores excluding her worst score.

18. SAFETY REGULATIONS

18.1 A boat that retires from a race shall notify the Race Committee as soon as possible and shall also fill in the relevant form available at the Race Office.

18.2 Each day of competition, before flag D is displayed, the Coaches or Team Leaders shall notify the Race Office of the boats not intending to race that day.

18.3 When code flag B is displayed ashore each Coach or Team Leader shall sign the checklist within 45 minutes after the flag has been displayed, to indicate that all team members have returned to shore. Flag B will be displayed not before than the last boat has finished the last race of the day or the race is abandoned.

18.4 Competitors who require assistance should blow a whistle or wave the paddle or one arm. The Race Committee reserves the right to assist competitors who in its opinion require assistance, regardless of the wishes of the competitor. This will not be grounds for redress. This changes rule 62.1(a).

18.5 All boats shall only return to their assigned places in Real Club Náutico de Vigo. All competitors shall carefully observe this sailing instruction. Otherwise they can be requested to pay the expenses of search and rescue operations.

18.6 The boats, when leaving and arriving at the port, must respect a buoys located approximately 80 metres east of the Dukes of Alba (Attachment 5). To exit the mark will be leave always to port and to enter will be leave always to starboard. Failure to comply with this rule will imply a penalty of 10 points in the day's races or other sanction to consider the Protest Committee.

19. REPLACEMENT OF EQUIPMENT

19.1 Substitution of damaged or lost equipment will not be allowed unless approved in writing by the Race Committee. Requests for substitution shall be made to the Race Committee at the first reasonable opportunity.

19.2 Substitution of damaged equipment may be permitted providing that the relevant form has been filled in at the Race Office, the damaged equipment has been checked by the Race Committee and the substituting equipment has been inspected.

19.3 If the substitution was made on the water between races, both the damaged and the substituting pieces of equipment shall be presented to the Race Committee after the end of the day's racing. In this case, the substitution is subject to the approval of the Race Committee given retrospectively.

20. EQUIPMENT AND MEASUREMENT CHECKS

20.1 A boat or equipment may be inspected at any time for compliance with the Class Rules, the NoR and the SI. If a boat is required by inspection after finish a race, no adjustments shall be made on the boat before the measurement inspection.

21. OFFICIAL AND ACCREDITED BOATS

21.1 Official boats will be marked as follows:

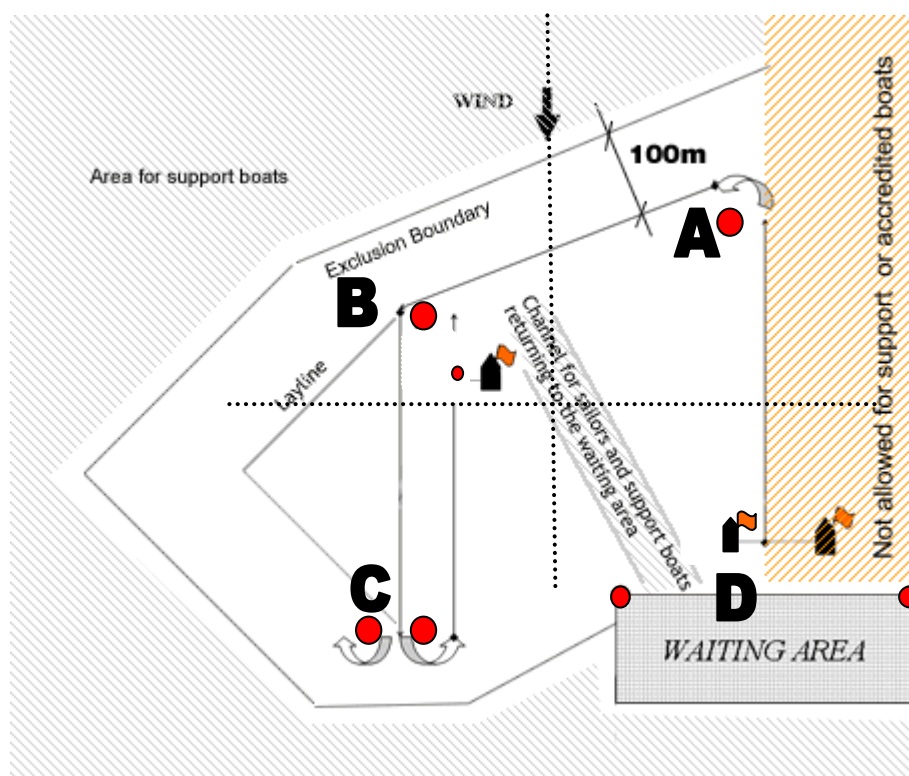
Categories	A-B	C and Cadet
Race Committee signals boat	Orange flag	Yellow flag
All other Race Committee boats	Orange flag	
Jury Boat	White flag marked with black 'J'	
Rescue Boat	RCN Vigo flag	
Support and Coaches boats	A sticker (Race Office)	

21.2 Accredited boats will be marked as follows:

Press, spectators and VIP boats	White flag marked with black "Media"
---------------------------------	--------------------------------------

22. SUPPORT BOATS

22.1 Unless the SI 22.3 applies, Team Leaders, Coaches and other support personnel shall stay outside areas where boats are racing from the time of the warning signal for a division's race until all boats in all divisions have finished or the Race Committee signals a postponement, general recall or abandonment. To observe the race, support boats will be able to move from leeward to windward through the port side of the course keeping well clear of the exclusion boundary, approximately 100 metres outside of the course area. Support boats may also go to the finishing line from the waiting area through the centre channel. (See Chart below). Race Committee vessels may indicate a support boat to move further from the course area, in which case the mentioned boat shall do so immediately.



22.2 The penalty for failing to comply with the instruction 23.1 may result in the disqualification (from the race/s in which the infringement took place) of all boats associated with the infringing boat or other penalty at the discretion of the Jury.

22.3 When the Red Cross emblem (a red cross on white background) is displayed on the Race Committee signal boat, coaches and other team support boats shall collaborate with the organising committee in rescue assistance. For this purpose each coach is assigned at one of the area according to the diagram of the instruction 23.1 for rescue operations. The list of assignment of the coaches to the different areas is posted on the Official Notice Board.

23. BEHAVIOUR

Team members and officials shall observe the regulations of the host club and the house rules of the hotel and shall behave correctly at all times. Bad behaviour at any time, whether on shore or afloat, with or without any damage to the facilities, may be investigated by the Jury, who may call a hearing and impose a scoring penalty when appropriate.

24. TRASH DISPOSAL

Boats shall not put trash in the water. Trash may be placed aboard support and Race Committee boats.

25. BERTHING

Boats shall be kept in their assigned places in the boat park. The Protest Committee will take action if this rule is violated.

26. PRIZES

26.1 Prizes will be awarded to the top finishers.

27. DISCLAIMER OF LIABILITY

27.1 Competitors participate in the regatta entirely at their own risk and responsibility. See rule 4, Decision to Race.

27.2 The Organising Authority and any other party involved in the organization of the Championship will accept no liability whatsoever for any injury, damage, loss or claim, whether personal or material, incurred by or inflicted to participants before, during or after the Championship.

27.3 All competitors and support staff will be required to execute liability waiver.

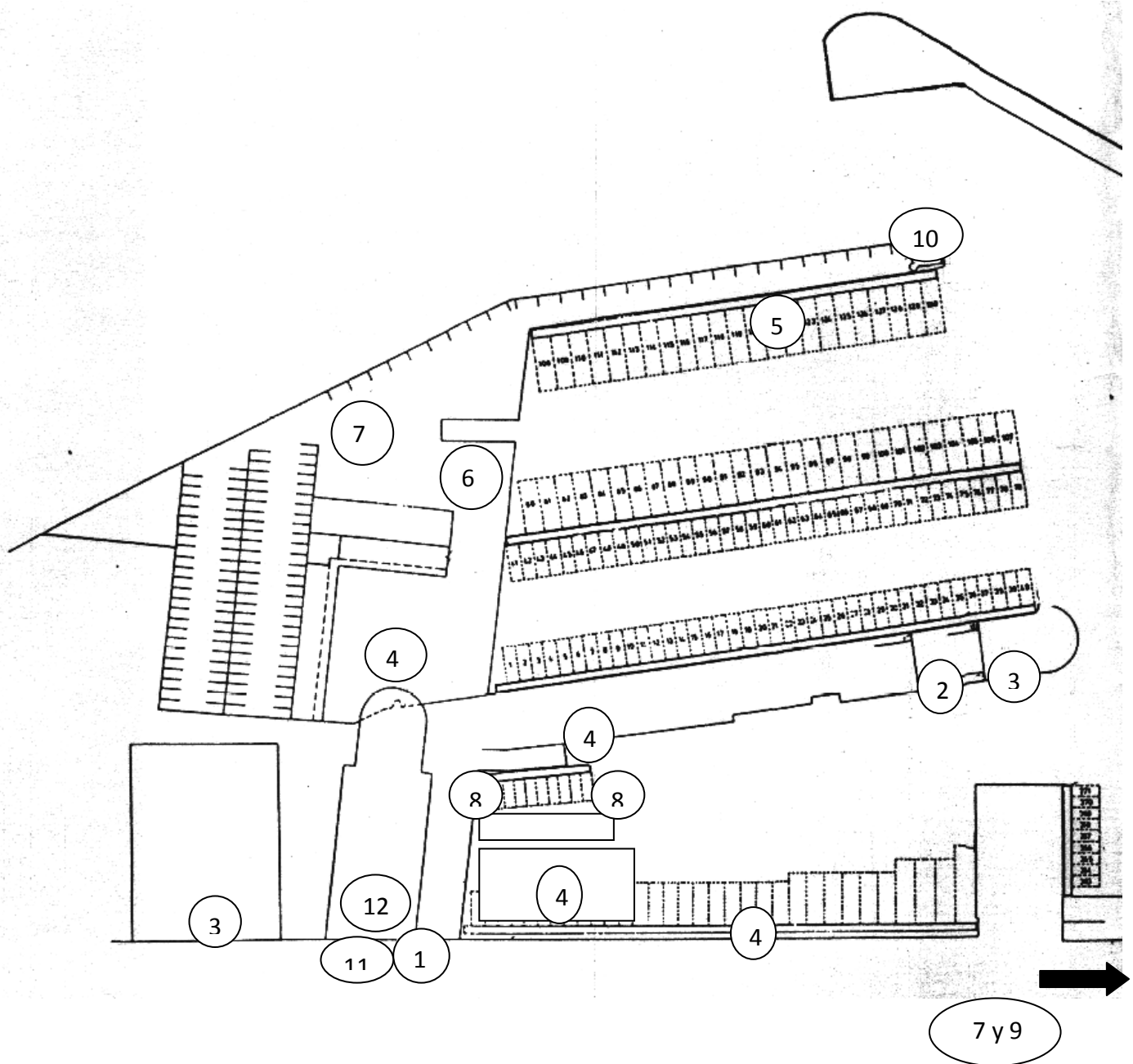
28. INSURANCE

28.1 Each participant should be insured with valid third-party liability insurance with a minimum cover of Euros 300.000.

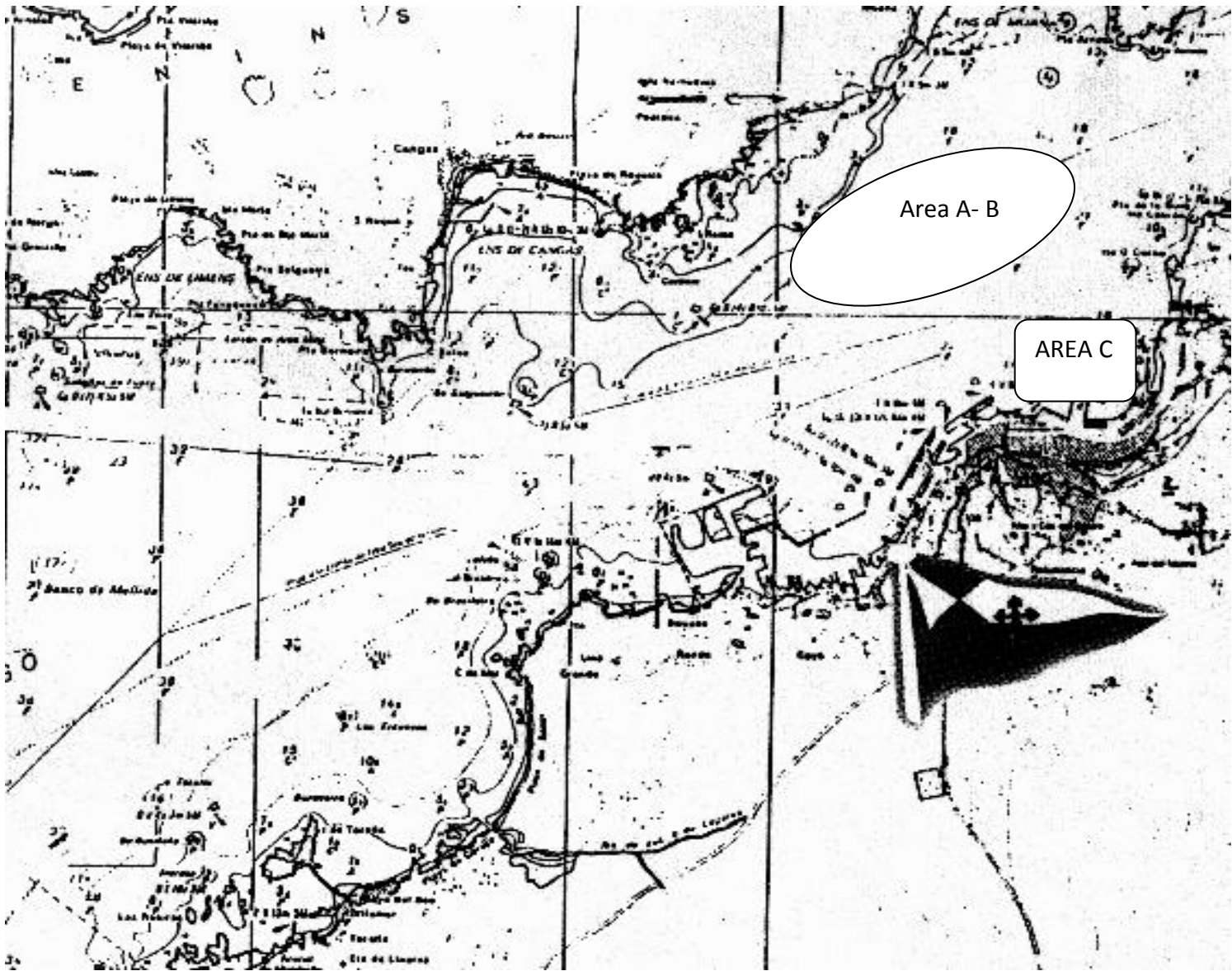
29. VHF RADIO CHANNEL

RC will use channel 69.

ATTACHEMENT 1

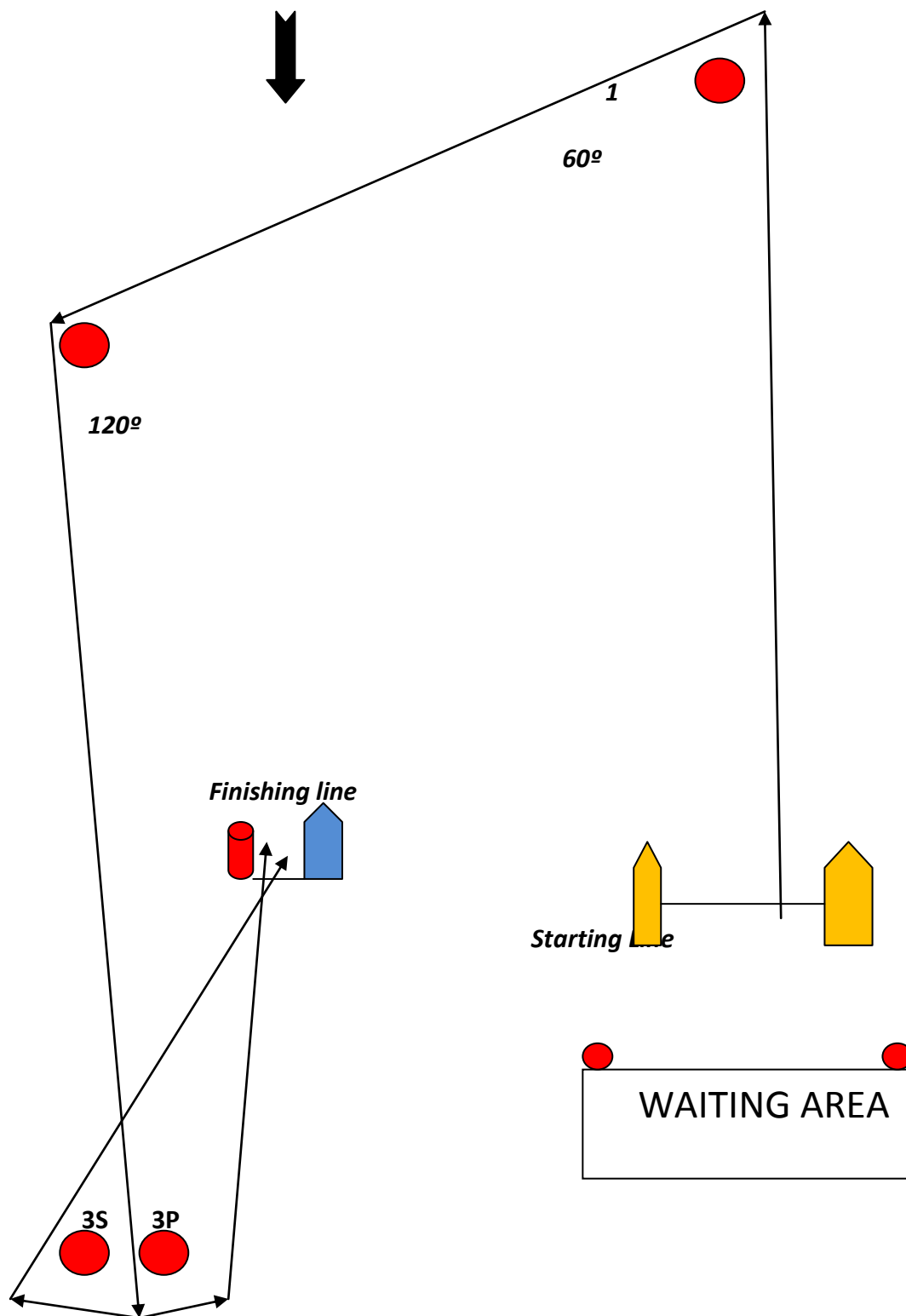


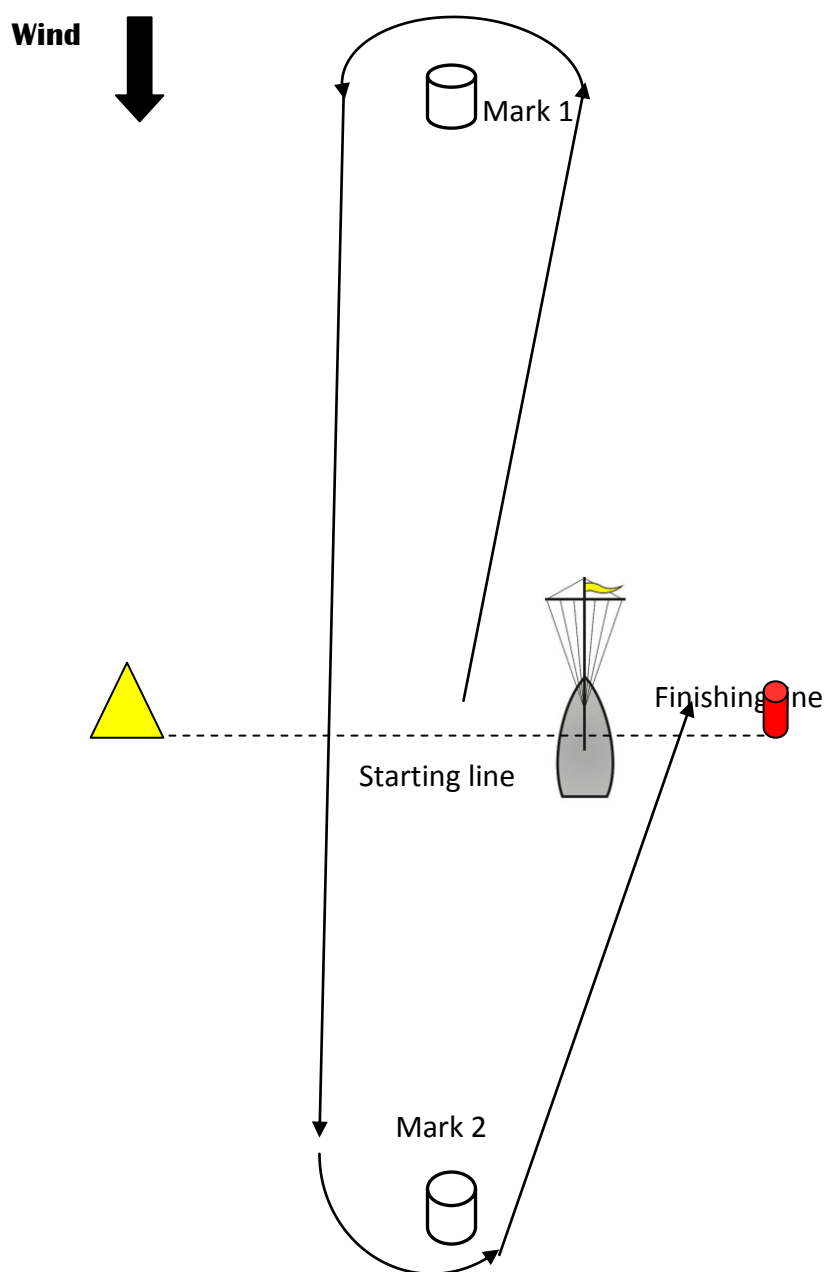
- | | |
|---------------------------------------|---|
| 1- Oficina de regatas // Race office | 7- Remolques//Trolleys |
| 2- Mástil de señales// Main flag pool | 8- Rampa// Launching |
| 3- W.C. Duchas//Showers | 9- Aparcamiento// Parking |
| 4- Zona Varada /landing area | 10- Gasolinera//Gas station |
| 5- Pantalán neumáticas// -Rib's dock | 11- Comité de Protestas // Protest Committee |
| 6- Grúa neumáticas// Elevator Rib's | 12- Dinner (ground floor) . Prize Ceremony (1rs |



ATTACHMENT 3: THE COURSE A-B

Course configuration: Start – 1 – 2 – Gate (3S – 3P) – Finish.
Marks 1, 2 and 3P shall be left to port; mark 3S to starboard.
Angles are approximate.





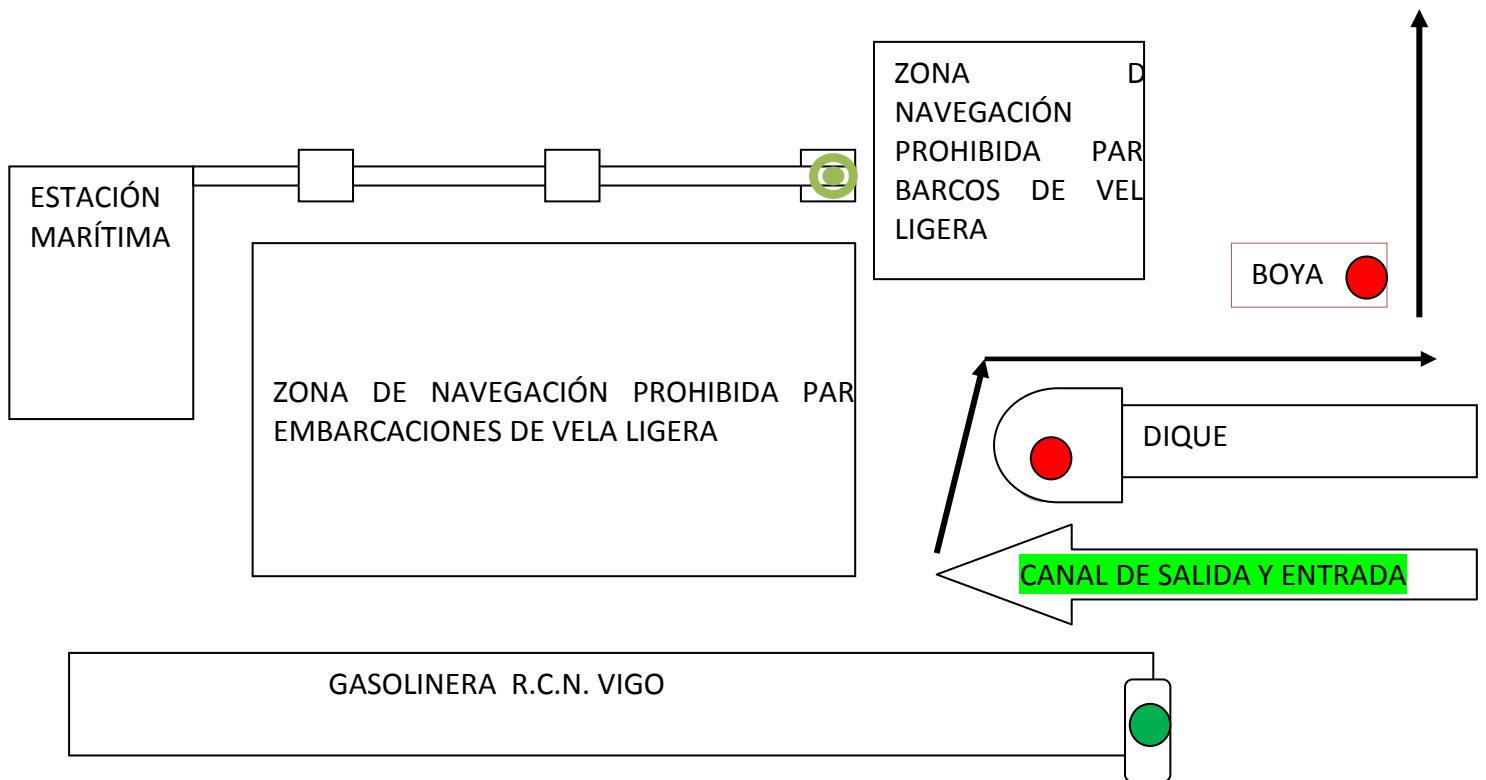
MARKS:

Marks 1 and 2: **White cylindrical inflatable buoys.**

The starting mark: **Yellow Conical inflatable.**

The finishing mark: **Red cylindrical inflatable.**

Marks 1 and 2 shall be left to port.



Por orden de Capitanía Marítima se obliga a todas las embarcaciones de vela ligera a salir y entrar por la zona indicada en el plano. Pegados al dique todo lo que puedan durante casi 30 metros antes de poner rumbo a la boya y para entrar a la inversa.

Gracias a todos por vuestra colaboración.

DISTRIBUCIÓN ESPACIOS



- 1- Oficina de regata y T.O.A./ Race office.
- 2- Grúa neumáticas/ Crane ribs.
- 3- Mástil de señales./ Signal mast.
- 4- Optimist zona 4: C.M. Oza, R.C.N. Sanxenxo, C.V.A., R.C.N. Portosín, MRCY Baiona, Belgium, Norway and Arenys de Mar.
- 5- Optimist zona 5: c.N. Balís, C.M. Canido, C.V. Lagos, R.C.N. Rodeira, C.V. Viana do Castelo, R.C.N. Coruña, C.N. Vilassar de Dalt, R.C.N. Torrevieja, R.C.N. Valencia, R.C.N. San Sebastián y R.C.N.Vigo.
- 6- Optimist zona 6: Asoc. Naval do Guadiana, C.V. Costa Nova, C.N. Sesimbra y G.C.N. Faro.
- 7- Optimist zona 7: N.C. Boa Esperança, S.C. Porto, C.N. Cascais, C.N. Tavira, C.N. Portimao, C.N. Alicante, C.N. Trocadero y R.C.M. Santander.
- 8- Petrol station: open from 8:00 to 20:00 hours.

DISTRIBUCIÓN ESPACIOS CLUBES ZONA 5



A

C.N.BALIS
C.M.CANIDO
C.V.LAGOS

B

C.N.RODEIRA
C.V.VIANA DO CASTELO

C

C.N.CORUÑA
C.N.VILASSAR DE DALT

D

R.C.N.VIGO
R.C.N.SAN SEBASTIAN

E

R.C.N.TORREVIEJA
R.C.N.VALENCIA

DISTRIBUCIÓN CLUBES ZONAS 6 Y 7

