

**Black and White**  
**Average Lap Handicap Race**  
**Start and Finish Procedure**  
 (Separate Start for Fast & Slow Fleets.  
 Note: results combined as one race)

**Time**

First start 1100.

1 <sup>st</sup>	Start Windsurfers	
2 <sup>nd</sup>	Start Fast Handicap	Scorpion Flag
3 <sup>rd</sup>	Start Slow Handicap ( Slower than Scorpion)	Handicap Flag

**Start Procedure**

Time	Flags			Start
-6 min	Windsurfer	<b>UP</b>		
-3 min	Scorpion & Preparatory Flag	<b>UP</b> <b>UP</b>		
-0 min	Handicap Flag	<b>Up</b>	Windsurfer	<b>DOWN</b> Windsurfer
+3 min	Numeral 6	<b>Up</b>	Scorpion	<b>DOWN</b> Fast Fleet
+6 min			Handicap	<b>DOWN</b> Slow fleet
+9 min			Numeral 6 & I Flag	<b>DOWN</b> Junior/Youth

All flag signals accompanied by one sound signal

If there are less than 2 boats in the junior/youth fleet start then they may start with the slow handicap.

**Individual recall**

X flag up with one extra sound signal. Lower flag when recalled boat has rounded either end of the line and re-crossed the start line or after two minutes (i.e. one minute before next start).

**General recall**

First substitute up with two extra sound signals.

If any fleet is recalled it moves to the back of the starting sequence.

**During the race**

Record each boat through the gate on each lap

Plan the finishing procedure

**Finish**

Duration : 60-70 minutes for leading Fast Fleet Boat.

50-65 minutes for leading Slow Fleet Boat.

30-40 minutes for leading Windsurfer.

30-40 minutes for the leading Junior Boat

Open the finish line as per the NCSC Sailing Instructions

**Shorten Course** if boats have not completed the number of laps displayed on the course board. Shorten the course for the fleet you wish to finish when the first boat passes the last mark before the finish by raising the shorten course flag and flag of the fleet you wish to finish with two sound signals.

Every boat which crosses the finish line is a finisher.

Give each finishing boat a short hoot on the horn.

**Record the number of laps and the finishing time of each boat.**

## Nottinghamshire County Sailing Club

### Black & White Series - Pursuit Race Instructions

These procedures should be read in conjunction with the NCSC Sailing Instructions

#### Start

Time (not before)	Race	Flag
13.15	Windsurfer	Windsurfer (Flag R)
13.18	Junior	Numeral 6
13.21	Pursuit	Handicap (Flag H)

Junior boats (Mirror, Topper, Laser Pico, Laser 4.7, Cadet, RS Feva) are expected to use the Junior start. They may, at the Race Officer's discretion, take part in the Pursuit race but should in that instance start at time zero (0.0), with the Laser 4.7 class.

#### Start Procedure

Time	Flags		Start
-12 min	Windsurfer	Up	
-9 min	Junior & Prep'y Flag	Up	
-6 min	Handicap	Up	Windsurfer
-3 min			Junior
0 min			Pursuit

All flag signals accompanied by one sound signal. Note: Race timer only starts at -9 so stop watch timing is required for first 3 minutes.

Every 30 seconds a short sound signal will be made and the number board changed every minute with a long sound signal.

Boat	Start time 2017
Liberty	-23.0
Laser 4.7	0.0
Solo	3.5
Laser Radial	3.5
GP14	4.0
RS Vision	4.0
Enterprise	5.0
Wayfarer	5.5
RS Aero 5	5.5
420	5.5
2000	6.0
405	6.5
Laser Standard	6.5
Laser Stratos	6.5
Solution	6.5
Xenon	7.0
Laser 3000	7.5
Laser Vago	7.5

Supernova	7.5
RS Aero 7	8.0
Hadron	8.0
Lark	8.0
National 12	8.0
RS Vareo	8.0
RS200	9.0
Albacore	9.5
Finn	9.5
Scorpion	9.5
Silver Flying Fifteen (Nos2700-3400)	9.5
Devoti D-Zero	10.0
RS Aero 9	10.5
Blaze	11.0
Buzz	11.0
Flying Fifteen	11.5
RS100 8.4	12.0
Phantom	12.5
RS300	13.5
Contender	13.5
RS100 10.2	13.5
Wooden Fireball	13.5
RS500	14.0
ICON	14.0
Fireball	14.5
Devoti D-One	15.0
RS400	16.0
29er	17.5
RS600	17.5
505	18.0

### **During the race**

Record each boat through the gate on each lap

### **Finish**

#### **Slow Handicap/Junior /Youth Race**

After 40 to 45 minutes, finish the leading junior/youth boat. Record times for finishing boats to enable handicap positions to be calculated.

**Either** open the finish line by raising the Blue and Junior Numeral (6) flags on the committee boat with two sound signals. Every boat which crosses the finish line is a finisher. Give each finishing boat a short hoot on the horn.

**Or** finish the first boat between a mark and a safety boat displaying the Blue flag. Record the number of laps and the finishing time of each boat.

### **Pursuit**

The pursuit race will be finished after 75 minutes have elapsed.

**BOATS SHOULD NOT CHANGE POSITION AFTER THE 75 MINUTE SIGNAL HAS BEEN SOUNDED.**

The finish line is a moving line. Anticipate where the leading boat will be at 75 minutes. Position a **SAFETY BOAT** displaying the Blue flag at that point. On exactly 75 minutes, give one long sound signal. **The safety boat should then go from the lead boat back through the fleet as fast as it is possible to record the finishing order till the last boat has been reached.**

**Nottinghamshire County Sailing Club**

**Tuesday Evenings - Start and Finish Procedure**

**Race start times**

**19.00** Handicap Flag (H)  
**2<sup>nd</sup> race** Back to back with first race. Approx. 15 minutes after last boat finishes

**Start Procedure**

Time	Flag	
-6 min	Handicap Flag	UP
-3 min	Preparatory Flag*	UP
-0 min	Handicap and Prep'y Flag	DOWN

All flag signals accompanied by one sound signal.

- \* - The 'P' Flag should generally be used. The 'I', 'Z' or 'Black' Flag may be used at the Race Officer's discretion.

**Individual recall**

If one or small number of craft OCS (on course side) - X flag up with one extra sound signal. Lower flag when recalled craft have correctly started, or after 2 minutes.

**General recall**

If too many craft to make registering sail numbers is practicable are OCS: First substitute flag up with two sound signals.

Lower general recall flag one minute before you are ready to start the sequence again.

**During the race**

Record each boat through the gate on each lap.

**Course**

Keep the course short, but try to include all points of sailing. Use the moveable marks A and X to create short legs.

**Duration**

20-30 minutes per race.

**Finish**

As per NCSC Sailing Instructions. Note: To Shorten Course raise the shorten course flag (S) and the Handicap flag with two sound signals when the first boat you want to finish is approaching the mark prior to the finish.

Every boat which crosses the finish line is a finisher. Give each finishing boat a short hoot on the horn.

Record the number of laps and the finishing time of each boat.

## THURSDAY evening - Starboard Trophy Average Lap Handicap Race

### Time

- 19.00 Fast Handicap (All boats faster than Scorpion).  
 19.03 Slow Handicap (Scorpion and all boats slower).  
 19.06 Junior Fleet – Note: juniors have a separate start but their results are incorporated into the overall Slow fleet placings.

### Start sequence

<u>Time</u>	<u>Flag</u>		<u>Start</u>
-9 min	Scorpion (NATO 2) Flag	UP	
-6 min	Handicap (H) & Preparatory * Flag	UP	
-3 min	Scorpion Flag	DOWN	<b>Fast Fleet</b>
	Junior Flag	UP	
0 min	Handicap & Preparatory	DOWN	<b>Slow Fleet</b>
<b>+3 min</b>	<b>Junior Flag</b>	<b>DOWN</b>	<b>Juniors</b>

All flag signals accompanied by one sound signal

- \* - P Flag (behind the line) to be used generally. I Flag (round the ends), Z Flag (penalty application) or Black Flag (Disqualified) may be used at RO's discretion

### Individual recall

X flag up with one extra sound signal. Lower flag when recalled boat has restarted correctly or after two minutes (ie one minute before next start).

### General recall

First substitute up with two extra sound signals.

If the Fast fleet is subjected to a General Recall it will start after the Junior fleet

If the Slow fleet is subjected to a General recal it will start after the Junior fleet unless the Fast fleet has also been recalled in which case it will start after the fast fleet.

### During the race

Record each boat through the gate on each lap, ideally noting order through the Gate on each lap.

### Duration

Target: 60 minutes for lead boat in each Fleet, in order to allow PY system to produce optimally correct results. This is dependent on lighting conditions – recognising requirement to allow safe landing and boat pack up.

### Finish procedure

As per NCSC SI's.

### Shorten Course Procedure

If the boats have not completed the number of laps displayed on the course board, raise shorten course and the fleet flag or flags of the boats you wish to finish with two sound signals just before they reach the mark prior to the finish line.

Every boat which crosses the finish line is a finisher. Give each finishing boat a short hoot on the horn. **Record the number of laps and the finishing time of each boat.**

# SATURDAY AFTERNOON SERIES

Competitions: Stanier Trophy (Adults)  
Saturday Challenge Cup  
Junior Challenge Trophy  
Youth Challenge Trophy

## General Description

Two races held back to back from April through to September (exact dates as in the Club Handbook). For details regarding eligibility for relevant trophies see note at end.

Each race has three starts;

First start - Experienced & Novice Adults. Second start - All juniors and youth sailors (under 19 yrs old on 31<sup>st</sup> December). Third start – Windsurfers.

A medium size course should be set in the main section of the lake, using several marks not just a small triangle. This is to give a large enough course for adult experienced racers and for the juniors to gain experience sailing a proper course. However, the course should be short enough for the Race Officer to control the duration by shortening course at the completion of several laps, and preferably a minimum of 3 laps. If possible courses should be selected from the short course section of the Fixed Course Book.

## Race times and notes

**14.15 Adult handicap Start Flag (H)**

Duration: Target - 45 minutes for leading boat in normal conditions.

**14.18 Junior/Youth handicap Start Flag (Numeral 6)**

Duration: Target - 30 minutes for leading boat in normal conditions.

**14.21 Windsurfers Start Flag (R)**

Duration: Target - 30 minutes for leading board in normal conditions.

For all starts – boats or boards that are judged to require excessive time to complete further laps after the duration may be finished first. i.e. completing less laps.

At the discretion of the Race Officer, juniors and youth sailors may start in the first start.

**The 2nd race start sequence should be initiated as soon as possible after the last boat or board has finished the 1st race.**

## Start and Finish Procedure

For additional details please refer to the general NCSC Sailing Instructions

### Start Procedure

<u>Time</u>	<u>Flag</u>		<u>Flag</u>		<u>Start</u>
-6 min	Handicap	UP			
-3 min	Prep* & Junior (No.6)	UP			
-0 min	Windsurfer	UP	Handicap	DOWN	Adult
+3 min			Junior	DOWN	Junior/Youth
+6 min			Windsurfer & Prep	DOWN	Windsurfers

All flag signals accompanied by one sound signal.

\* - Preparatory Flag: P Flag (behind the line) to be used generally. I Flag (round the ends), Z Flag (penalty application) or Black Flag (Disqualified) may be used at RO's discretion

**During the race** - Record each boat through the gate on each lap, ideally noting order through the Gate on each lap.

### Finish Procedure

As NCSC SI's. Generally the designated number of laps on the course board will be greater than the number that will be completed in the race. In this case the Shortened Course procedure must be followed: Raise the Shorten Course flag (Flag S) and the flag of the fleet or fleets you wish to finish with two sound signals just before they reach the mark prior to the finish.

Every boat which crosses the finishing line is a finisher.

Give each finishing boat a short sound signal. Record the number of laps and the finishing time of each boat.

### Trophies

There will be separate trophies awarded for experienced & novice adult helms although they all start together in the first start. After the series has been running 4 weeks the Sailing Committee will decide which helms they consider experienced and separate the entries accordingly. The Sailing Committee will review the entries regularly and update the two trophy lists.

The Juniors/Youths have three separate trophies:

**Junior Challenge Trophy** , any junior under the age of 13 on the 31<sup>st</sup> December.

**The Saturday Trophy** for those 13 or over but under 15 on 31<sup>st</sup> December.

**The Youth Challenge Trophy**. For those over 15 but under 19 on 31<sup>st</sup> December.

Please ensure Juniors/Youths include date of birth on the signing-on sheet.



## Nottinghamshire County Sailing Club

### Main Series - Class Racing Start and Finish Procedure

(NCSC SI's to be followed – this is for guidance only)

**Starts** 1<sup>st</sup> Race: 11.00 2<sup>nd</sup> Race: not before 13.15

Time	Class	Flag UP	Flag Down-START
-6	Windsurfer	Windsurfer	
-3	RS400	RS400& Preparatory Flag ( <i>P normally - may be I, Z or Black</i> )	
0	Menagerie	Handicap	Windsurfer
+3	Flying Fifteen	Flying Fifteen	RS400
+6	Scorpion	Scorpion	Handicap
+9	Laser	Laser	Flying Fifteen
+12	Solo	Solo	Scorpion
+15	Junior	Junior	Laser
+18	Recalled Fleet	Recalled Fleet	Solo
+21			Junior and Prep Flag (if no recall)
+24			Recalled Fleet & Prep Flag (if recall)

All flag signals accompanied by one sound signal

#### Individual recall

X flag up with one extra sound signal. Lower flag when recalled boat has correctly re-crossed the start line or after two minutes (ie one minute before next start).

#### General recall

First substitute up with two extra sound signals.  
The recalled fleet starts after last fleet of sequence.

#### During the race

Record each boat through the gate on each lap  
Plan the finishing procedure.

**Duration** 60 - 75 minutes for RS400, Flying Fifteen & Menagerie classes  
50 - 60 minutes for Scorpion, Laser & Solo classes  
30 - 40 minutes for Junior & Windsurfer classes

#### FINISH PROCEEDURE - As NCSC Sailing Instructions

##### FINISH PROCEEDURE - Guidance

If the number of laps displayed on the course board have been completed. Finish each boat with a sound signal record their position and record elapsed time if in the Menagerie and Laser class fleets.

##### Shorten Course

If the fleet has not completed the number of laps indicated: As the first boat of each class reaches the mark prior to the finish, raise the shorten course flag (Flag S) along with the flag of the class or classes you wish to finish, accompanied by 2 sound signals.

Every boat which crosses the finish line is a finisher.

Record the number of laps and finishing times for LASER, Menagerie and Junior classes.

# Sunday Main Series 3<sup>rd</sup> Race

## Wadsworth Trophy

### Start and Finish Procedure

**Start - As soon as practicable after the second Class race. But, NOT before 1500.**

1 <sup>st</sup> Start	Handicap
2 <sup>nd</sup> Start	Junior/Youth
3 <sup>rd</sup> Start	Windsurfers

As NCSC SI's, there must be 2 boats or boards participating to initiate a start sequence. If necessary, Junior/Youth sailors may start with the Handicap fleet. (Junior/Youth is U19 as on 31<sup>st</sup> Dec of year)

**Course:-** The course set should be suitable for Junior and inexperienced racers and therefore be uncomplicated and not overly long – target the slowest boat to require no more than 15 mins per lap. For the handicap to work the course should ideally contain a run approximately half the length of the beat.

### Start Procedure

Time	Flags			Start
-6 min	Handicap & P Flag	<b>UP</b>		
-3 min	Junior (Numeral 6)	<b>UP</b>		
0	Windsurfer	<b>UP</b>	Handicap	Handicap
+3 min			Junior	Juniors
+6 min			Windsurfer & P Flag	Windsurfer
All flag signals accompanied by one sound signal				

**Individual recall –** As SI's: Use X flag up with one extra sound signal.

**General recall -** First substitute up with two extra sound signals. If a fleet is recalled, it moves to the end of the starting sequences.

### During the race

Record each boat through the Gate on each lap.

### Duration – (target)

Handicap	45-50 minutes
Juniors	30-45 minutes
Windsurfers	30-45 minutes

### Finish

As NCSC SI's. Use Shorten Course flag 'S' as necessary if the boats have not completed the number of laps on the course board. Flag S and the relevant class flag(s) should be raised as the first boat of the class reaches the mark prior to the finish, accompanied by 2 sounds of the horn.

Record finishing time and number of laps completed. Every boat which crosses the finish line is a finisher. Give each finishing boat a short hoot on the horn.

## Oakleaf Handicap Race Instructions

<b>Start</b>	Not before 1100.	
		<b>Flag to be used</b>
1st Start	Windsurfers	Windsurfer
2 <sup>nd</sup> Start	Fast Handicap (Scorpion & Faster)	Scorpion Flag
3 <sup>rd</sup> Start	Slow Handicap (Slower than Scorpion)	Handicap (Flag H)
4th Start	Juniors/Youth	Numeral 6

**Course:-** For the handicap to work the course should contain a run approximately half the length of the beat and race duration as near to the recommendation as possible.

### Start Procedure

Time	Flags	Flags	Start
-6 min	Windsurfer	<b>UP</b>	
-3 min	Scorpion & Preparatory Flag	<b>UP</b>	
-0 min	Handicap	<b>UP</b>	Windsurfer
+3 min	Numeral 6	<b>UP</b>	Fast Handicap
+6 min			Slow Handicap
+9 min			Junior/youth

All flag signals accompanied by one sound signal

### Individual recall

X flag up with one extra sound signal. Lower flag when recalled boat has correctly re-crossed the start line or after two minutes (i.e. one minute before next start).

### General recall

First substitute up with two extra sound signals.

If any fleet is recalled it moves to the back of the starting sequence.

### During the race

Record each boat through the gate on each lap

Plan the finishing procedure

### Finish

Duration :	Handicap	60- 70 minutes (fast handicap)
		50- 65 minutes (slow handicap)
	Junior/youth	30-40 minutes
	Windsurfers	30-45 minutes

Open the finish line as per the NCSC Sailing Instructions

**Shorten Course.** If boats have not completed the number of laps displayed on the course board the course can be shortened. The procedure is as follow for each fleet you wish to finish; When the first boat reaches the last mark before the finish, raise the shorten course flag (Flag S) and the respective Class flag with two sound signals. Repeat for each fleet as required.

Every boat which crosses the finish line is a finisher. Give each finishing boat a short hoot on the horn. **Record the number of laps and the finishing time of each boat.**

## Nottinghamshire County Sailing Club

### Frostbite - Pursuit Race Instructions

These procedures should be read in conjunction with the NCSC Sailing Instructions

#### Start

Time (not before)	Race	Flag
13.15	Windsurfer	Windsurfer (Flag R)
13.18	Junior	Numeral 6
13.21	Pursuit	Handicap (Flag H)

Junior boats (Mirror, Topper, Laser Pico, Laser 4.7, Cadet, RS Feva) are expected to use the Junior start. They may, at the Race Officer's discretion, take part in the Pursuit race but should in that instance start at time zero (0.0), with the Laser 4.7 class.

#### Start Procedure

Time	Flags	Up	Start
-12 min	Windsurfer	Up	
-9 min	Junior & Prep'y Flag	Up	
-6 min	Handicap	Up	Windsurfer
-3 min			Junior
0 min			Pursuit

All flag signals accompanied by one sound signal. Note: Race timer only starts at -9 so stop watch timing is required for first 3 minutes.

Every 30 seconds a short sound signal will be made and the number board changed every minute with a long sound signal.

Boat	Start time 2016
Liberty	-23.0
Laser 4.7	0.0
Solo	3.5
Laser Radial	3.5
GP14	4.0
RS Vision	4.0
Enterprise	5.0
Wayfarer	5.5
RS Aero 5	5.5
420	5.5
2000	6.0
405	6.5
Laser Standard	6.5
Laser Stratos	6.5
Solution	6.5
Xenon	7.0
Laser 3000	7.5

Laser Vago	7.5
Supernova	7.5
RS Aero 7	8.0
Hadron	8.0
Lark	8.0
National 12	8.0
RS Vareo	8.0
RS200	9.0
Albacore	9.5
Finn	9.5
Scorpion	9.5
Silver Flying Fifteen (Nos2700-3400)	9.5
Devoti D-Zero	10.0
RS Aero 9	10.5
Blaze	11.0
Buzz	11.0
Flying Fifteen	11.5
RS100 8.4	12.0
Phantom	12.5
RS300	13.5
Contender	13.5
RS100 10.2	13.5
Wooden Fireball	13.5
RS500	14.0
ICON	14.0
Fireball	14.5
Devoti D-One	15.0
RS400	16.0
29er	17.5
RS600	17.5
505	18.0

### **During the race**

Record each boat through the gate on each lap

### **Finish**

#### **Slow Handicap/Junior /Youth Race**

After 40 to 45 minutes, finish the leading junior/youth boat. Record times for finishing boats to enable handicap positions to be calculated.

**Either** open the finish line by raising the Blue and Junior Numeral (6) flags on the committee boat with two sound signals. Every boat which crosses the finish line is a finisher. Give each finishing boat a short hoot on the horn.

**Or** finish the first boat between a mark and a safety boat displaying the Blue flag. Record the number of laps and the finishing time of each boat.

### **Pursuit**

The pursuit race will be finished after 75 minutes have elapsed.

**BOATS SHOULD NOT CHANGE POSITION AFTER THE 75 MINUTE SIGNAL HAS BEEN SOUNDED.**

The finish line is a moving line. Anticipate where the leading boat will be at 75 minutes. Position a **SAFETY BOAT** displaying the Blue flag at that point. On exactly 75 minutes, give one long sound signal. **The safety boat should then go from the lead boat back through the fleet as fast as it is possible to record the finishing order till the last boat has been reached.**