



NEWHAVEN & SEAFORD  
SAILING CLUB

**(NSSC)**

**Sailing Programme**  
**2009**

Member's name: .....

Address:.....

Headquarters: Clubhouse Marine Parade,  
Seaford BN25 2QR tel: 01323  
890077

Inland Water: The Pond, Piddinghoe.  
Tel: 01273 512764

## NEWHAVEN AND SEAFORD SAILING CLUB

### SAILING INSTRUCTIONS 2009 RULES

1. The Racing Rules of Sailing 2009- 2012, the prescriptions of the RYA and the rules of the relevant Class Associations will govern the races of Newhaven and Seaford Sailing Club except as these Sailing Instructions change any of those. The title 'skipper' below refers to the owner, helmsman or other person in charge of the boat on the water.

### ENTRIES

2. Skippers are to enter their boats by signing on using the relevant signing on sheet except for Keelboats, who are exempt from signing on. Eligibility requirements for boats and competitors are as follows:

2.1 The safety of a boat and her entire management, including insurance\*, shall be the sole responsibility of the skipper, who must also ensure that the boat and crew are adequate to face the conditions that may arise in the course of a race. Moreover, the skipper warrants the suitability of the boat for the race or races. (\*Boats are to be insured against third party risks to the minimum value of £2,000,000.)

2.2 Neither these Sailing Instructions nor any inspection of the boat limits or reduces the absolute responsibility of the skipper for the crew, the boat and her management.

2.2.1 This rule applies to the parents of under-18 year old competitors who may not take part in racing unless the NSSC holds a signed copy of the parental declaration which must have been signed when registering their children as cadets on the club application form.

2.3 The race organisers shall not be responsible for any loss, damage, death or personal injury howsoever caused to the skipper or crew, as a result of taking part in the race or races.

## NEWHAVEN PORT CONTROL

The following gives details of the Port Control System. In any boat you **MUST** obey the lights. You must also obtain permission to enter or leave the harbour from

### Newhaven Radio on Ch 12

or

### Port Control on (01273) 752625 or 752641

The following lights will be displayed on the West Pier Signalling Station:

Colour	State	Meaning
RED RED RED	Flashing Flashing Flashing	Serious emergency – All vessels to stop or divert according to instructions
RED RED RED	Fixed Fixed Fixed	Vessels shall not proceed
GREEN GREEN WHITE	Fixed Fixed Fixed	Vessels may proceed. Two-way traffic
GREEN WHITE GREEN	Fixed Fixed Fixed	A vessel may proceed <b>ONLY</b> when it has specific orders, from 'Newhaven Port Control', to do so.

Additional lights showing **3 Reds only** will be displayed on the NE corner of the Marina and on the NW corner of the No 2 Ro-Ro ferry berth pontoon. These have the same meaning as the red lights on the West Pier.

**Contact information:**

Commodore:	commodorenssc@nssc.org.uk
Vice Commodore	vicecommodorenssc@nssc.org.uk
Sailing Secretary	sailingsecnssc@nssc.org.uk
Company Secretary	companysecnssc@nssc.org.uk
Treasurer	treasurernssc@nssc.org.uk
Rear Commodore Seaford	seafordnssc@nssc.org.uk
Rear Commodore Piddinghoe	piddinghoenssc@nssc.org.uk
Rear Commodore Newhaven	newhavennssc@nssc.org.uk
Membership secretary	membershipsecnssc@nssc.org.uk
Cadet co-ordinator	<a href="mailto:cadetsnssc@nssc.org.uk">cadetsnssc@nssc.org.uk</a>
Mainsheet Editor	Mainsheetnssc@nssc.org.uk
Club Web site	nssc.org.uk

2.4 Competitors are to wear buoyancy aids when racing.

2.5 All skippers must be members of the Newhaven and Seaford Sailing Club except when the race is part of an Open meeting when separate Sailing Instructions will be issued.

**NOTICES TO COMPETITORS**

3. General sailing notices to competitors will be posted on the official notice board situated next to the galley before the first race that they affect. Changes to the course or other details on the day of a race, will be posted at the wet entrance before the start of racing and Flag 'L' flown from the signal mast. In the event of a committee boat start Flag 'C' will be flown from the Race Box and changes announced from the committee boat.

**CHANGES IN SAILING INSTRUCTIONS**

4. See above. Permanent changes may also be announced in Mainsheet and will also be posted as above.

**SIGNALS MADE ASHORE**

5. Signals made ashore will be displayed on the Club signal mast, or by the electronic race control system.

**SCHEDULE OF RACES**

6. Races are scheduled as published in the Sailing Programme for 2008

**RACING AREA**

7. The racing area will be in Seaford Bay except for the long distance races to Brighton and Birling Gap etc. as published in the programme.

**THE COURSE**

8. The course will be sailed as described by the letters displayed on the race box in the order that they are displayed.

The number of rounds will also be displayed on the race box. The course will also be displayed on the board in the wet entrance area. The red or green flags or coloured boards in the Race Box window will indicate that the course is to be sailed with marks to port (red) or starboard (green). Where there are port and starboard marks in a course, a red or green indicator will not be flown and competitors are to consult the course board for the correct rounding of each mark.

#### **MARKS**

9. The marks to be used will be the inflatable Club buoys. Other marks may be used, eg loop-over buoys on the Council bathing buoys, advertising buoys and mark boats where necessary.

#### **THE START**

10.1 Races will be started using **Rule 26**. There will be either a single fleet start or a multi-fleet start. The number of starts will be indicated by the row of lights on the balcony.

- a. Fast Fleets (PY equal to or less than 1078) – Warning signal NN4
- b. Slow Fleet (PY greater than 1078) – Warning signal NN6
- c. Keelboats – Warning signal NN9
- or
- a. Dinghies and Catamarans – Warning signal NN4
- b. Keelboats – Warning signal NN9
- or
- d. Single fleet starts – Warning Signal NN4

Where lanes are used the keel boats and catamarans will use the outer lane. All other boats inner lane nearest beach.

!0.2. Flag O will be used for the cruiser keel boat racing.

#### **Racing Series**

AM 1 - 10 Races  
AM 2 - 9 Races  
AM 3 - 6 Races  
PM 1 - 10 Races  
PM 2 - 8 Races  
PM 3 - 5 Races  
Wed 1 - 9 Races  
Wed 2 - 9 Races  
Seahaven Cup - 2 Races  
Class Championship - 5 Races  
Tufton Beamish - 4 races  
Bosuns Cup - 4 Races  
Sussex Express Cup - 4 Races  
Regatta - 4 Races  
Tourney - 4 Races  
Beginners 4 Races  
Squib Winter - 7 Races  
Freeman Iceberg - 9 races  
Elford Frostbite - 8 Races

Date	Day	Event	Start	HW	Hgt	LW	Hgt	
13/12/2009	Sun	Freeman Iceberg 7	11:00	Piddinghoe				
		Squib Winter sailing series 6	11:00	08:27	6.0	14:57	1.5	
20/12/2009	Sun	Freeman Iceberg 8	11:00	Piddinghoe				
		Squib Winter sailing series 7	11:00	13:12	6.2	07:16	1.4	
26/12/2008	Sat	Freeman Iceberg 9	11:00	Piddinghoe				
		Squib Winter sailing -blow cobwebs away	11:00	05:15	5.4	11:50	2.2	
01/01/2010	Fri	New Years Day Hang Over Race	14:00	Piddinghoe				
01/01/2010		Squibs New Year sail in the bay -	Depart not before Lunch!					
03/01/2010	Sun	Elford Numbum 1	11:00	Piddinghoe				
10/01/2010	Sun	Elford Numbum 2	11:00	Piddinghoe				
17/01/2010	Sun	Elford Numbum 3	11:00	Piddinghoe				
24/01/2010	Sun	Elford Numbum 4	11:00	Piddinghoe				
31/02/2010	Sun	Elford Numbum 5	11:00	Piddinghoe				
07/02/2010	Sun	Elford Numbum 6	11:00	Piddinghoe				
14/02/2009	Sun	Elford Numbum 7	11:00	Piddinghoe				
21/02/2010	Sun	Elford Numbum 8	11:00	Piddinghoe				

10.3 Where a postponement has been made ashore, there will be not less than a FIVE-minute interval between the end of the Postponement and the Warning signal.

10.4 When starting a race from the Race Box a transit may be used in which case the start line shall be a line drawn from the triangle mounted on the Race Box and the triangle mounted on deck rail and extended seaward. Mark 'A' shall be the outer distance mark. Otherwise the start will be between the triangle mounted on the race box and the 'A' mark.

10.5 Boats whose preparatory signal has not been made shall keep clear of the starting area.

10.6 Fleets subject to a general recall will restart after the last fleet has started in the normal sequence. If there is more than one general recall the fleets will restart in their original order after the remainder have started.

### LIGHT CONTROL SYSTEM

11.1 When using the Light Control System, the start sequence will proceed as follows:

- 5 minute – Warning Signal – The vertical arm signal switched on
- 4 minute – Preparatory Signal – Bottom Left signal light switched on
- 1 minute – Preparatory Signal – Bottom Left signal light switched off

Multi-fleet starts will take place at SIX-minute intervals, with one minute between the start signal and subsequent warning signal.

Equivalent signal flags will not be used when using the Light Control System

11.2 Other light signals:  
**Postponement** – Red flashing light

**Individual recall** – Bottom left signal light flashing for about 30 seconds

**General recall** – Two timing lights flashing alternately for about 30 seconds

**Shortened Course** – A single timing light (bottom left) is switched on constant

**Finish** – A single flash of timing light (bottom right)

**Race Abandoned** – All Three timing lights flashing

#### CHANGE OF COURSE AFTER THE START

12. Courses may be changed in accordance with Racing Rules of sailing.

#### THE FINISH

13. When not using a Committee boat, the finish line will be between the triangle above the clubhouse and the designated finish buoy (not the transit).

#### SHORTENING COURSE & TIME LIMITS

14.1 Courses may be shortened at the discretion of the Race officer.

14.2 The time limit for races **within** Seaford Bay will be 45 minutes after the lead boat has finished. For races **outside** of Seaford Bay, the time limit shall be two hours after the lead boat has finished. Any boats finishing outside these times will be scored as Did Not Finish.

#### PROTESTS

15.1 Protests shall be written on forms available at the race box. The Race Officer is to be informed of a competitor's intention to protest within 30 mins of coming ashore after the race or races if back-to-back. The written protest is to be delivered to the Race Officer as soon as reasonably practicable after that.

15.2 Protest notices will be posted within 30 minutes of the protest time limit to inform competitors where and when

17/10/2009	Sat	Squib Cruise Training Day/Fun Day Prebook	10:00	11:09	6.9	17:30	0.8
18/10/2009	Sun	AM Series 3.6	11:00	11:50	7.0	18:09	0.8
		Resail (For any event missed)					
		PM Series 3.5	14:00				
25/10/2009	Sun	<b>Cup Winners &amp; Burfoot Cup</b>	11:00	15:16	5.2	09:14	2.3
01/11/2009	Sun	Freeman Iceberg 1	11:00			Piddinghoe	
		Squib Winter sailing series 1	11:00	09:45	6.4	16:09	1.3
08/11/2009	Sun	Freeman Iceberg 2	11:15			Piddinghoe	
		Squib Cruising - Remembrance Sunday - Join the RNLI for a service in the bay.	10:30	14:42	6.0	08:42	1.5
15/11/2009	Sun	Freeman Iceberg 3	11:00			Piddinghoe	
		Squib Winter sailing series 2	11:00	09:43	6.6	16:06	1
21/11/2009	Sat	<b>Dinner &amp; Dance</b>	TBA			Venue TBA	
22/11/2009	Sun	Freeman Iceberg 4	11:00			Piddinghoe	
		Squib Winter sailing series 3	11:00	14:06	5.8	08:09	1.8
29/11/2009	Sun	Freeman Iceberg 5	11:00			Piddinghoe	
		Squib Winter sailing series 4	11:00	08:21	5.9	14:45	1.7
06/12/2009	Sun	Freeman Iceberg 6	11:00			Piddinghoe	
		Squib Winter sailing series 5	11:00	13:45	6.6	07:45	1

Date	Day	Event	Start	HW	Hgt	LW	Hgt
31/08/2009	Mon	Sussex Express Cup 3	11:00	09:20	5.1	15:41	2.3
		Sussex Express Cup 4	14:00				
06/09/2009	Sun	AM Series 2.7	11:00	13:00	6.6	07:05	1
		AM Series 2.8	14:00				
12/09/2009	Sat	PM Series 2.8	11:00	16:50	5.5	10:49	1.9
		Laser Oaulifier	09:30				
13/09/2009	Sat	Squib cruising: Brighton for lunch	11:00	18:19	5.2	12:10	2.2
		Laser Qualifier	11:00	12:57	7.1	06:56	0.5
20/09/2009	Sun	AM Series 2.9	11:00				
		AM Series 3.1	14:00				
		PM Series 3.1					
27/09/2009	Sun	<b>Brighton and Back (Open)</b>	11:00	18:11	4.7	12:02	2.7
		<b>Portobello Race (Open)</b>	14:00				
		PM Series 3.2					
04/10/2009	Sun	AM Series 3.2	11:00	11:55	6.6	18:17	1.1
		AM Series 3.3	14:00				
		PM Series 3.3					
10/10/2009	Sat	Squib training - Fun Day (pre-book)	10:00	15:38	6.0	09:43	1.6
11/10/2009	Sun	AM Series 3.4	11:00	16:48	5.5	10:45	2
		AM Series 3.5	14:00				
		PM Series 3.4					

there is a hearing in which they are parties to a hearing or named as witnesses.

### SCORING

16.1 Series racing will be scored as provided in Appendix A using the Low Point System (Rule 88.3) amended as follows:

- Boats finishing a race are awarded points equal to their finishing position.
- Boats that come to start a race but do not finish are awarded points equal to the number of boats starting +1.
- Boats not coming to the start are awarded points equal to the number of boats in the Series +1.
- Helms undertaking a duty will be awarded third place for the race missed – only two duties will count in each series.

### TROPHIES

17.1 For all Races and Series, points will be awarded to the winning boat regardless of the competitors who crew them. However, competitors who change boats within the same Class can apply to the Sailing Committee to register the new boat for the entire Series.

17.2 For Class racing to apply, at least 3 boats must be present at the start line and at least 5 boats must have raced during the Series. Fleet racing will potentially include Lasers, Laser Radials, Fireballs, Multihulls, Laser II and Squibs. At least 5 boats of a fleet must have competed in the series for fleet prizes to be awarded. For Cup races, at least 5 boats must be present at the start. At least one of these must have launched from the beach.

17.3 In addition, boats fulfilling the stated criteria will be eligible to qualify for the following:

Commodore's Cup	Commissioning Race
Squib Cup Series	First overall Squib in all Wednesday Series
Wayfarer Trophy Series	First overall Cadet in all Wednesday Series
Condor Cup	First Squib in the two long distance races plus first races in May, June and July
Vice Commodore's Cup	Brighton long distance race
Howatson Cup	Portobello long distance race
Gunfleet Trophy	Cuckmere Race
Seven Sisters Trophy	Birling Gap race
Cup Winners Cup	Qualifying sailors are winners of Club events, Series and Club open events after removal of fun races eg, Morning Races during sailing Week
Burfoot Cup	Boats not qualifying for the Cup Winners Cup
Chairman's Cup	Highest placed sailor not winning any other Trophy
Lady Helm	Lady helm
Cadet helm	Cadet helm
Tina Trophies	Female cadet helm and crew
RNLI Plaque	Male cadet helm
Crew's Cup	Male crew
Ladies Crew's Cup	Female crew
Family Trophy	First overall in Family Series (more than one generation in boat to qualify)
Signed	
<b>Penny Springall (Sailing Secretary)</b>	
<b>Jan 2009</b>	

03/08/2009	Mon	<b>Sailing Week (Open)</b>	11:00	10:34	5.6	16:54	1.8
04/08/2009	Tue	<b>Sailing Week (Open)</b>	11:00	11:18	5.9	17:34	1.5
05/08/2009	Wed	<b>Sailing Week (Open)</b>	11:00	11:54	6.1	18:10	1.4
	Wed	Wednesday Series 2.6	19:00				
06/08/2009	Thur	<b>Sailing Week (Open)</b>	11:00	12:28	6.3	18:43	1.3
07/08/2009	Fri	<b>Sailing Week (Open)</b>	11:00	13:00	6.4	19:15	1.2
08/08/2009	Sat	<b>Expedition</b>	TBA	13:31	6.4	19:46	1.1
09/08/2009	Sun	AM Series 2.3 Resail (For any event missed) PM Series 2.5	11:00	14:00	6.4	08:04	1
12/08/2009	Wed	Wednesday Series 2.7	14:00				
16/08/2009	Sun	AM Series 2.4 AM Series 2.5 PM Series 2.6	19:00	15:35	6.2	22:00	1.5
			11:00	07:24	5.2	13:54	2.1
			14:00				
19/08/2009		Wednesday Series 2.8	19:00	23:21	6.6	17:23	1
22/08/2009	Sat	Squib Cruising - Royal sovereign (30 nm)	09:30	13:24	7.1	07:21	0.4
23/08/2009	Sun	AM Series 2.6 PM Series 2.7	11:00	14:05	7.1	08:03	0.4
26/08/2009	Wed	Wednesday Series 2.9	19:00	15:56	6.2	22:18	1.5
30/08/2009	Sun	Sussex Express Cup 1	11:00	07:58	4.8	14:25	2.6
		Sussex Express Cup 2	14:00				

Date	Day	Event	Start	HW	Hgt	LW	Hgt
05/07/2009	Sun	Class Championships 1	11:00	10:49	5.7	17:09	1.6
		Class Championships 2					
		Class Championships 3	14:00				
08/07/2009	Wed	Wednesday Series 2.2	19:30	12:48	6.2	19:03	1.3
11/07/2009	Sat	Beginners Race 5	14:00		Piddinghoe		
11/07/2009	Sat	Squib Cruising: The BIG one CSI (30mm)	TBA	14:29	6.2	08:29	1.1
12/07/2009	Sun	<b>Federation Cup (Eastbourne)</b>	TBA	15:01	6.1	09:02	1.2
15/07/2009	Wed	Wednesday Series 2.3	19:30	16:57	5.8	23:26	1.8
18?07/2009	Sat	Beginners Race 6	14:00		Piddinghoe		
19/07/2009	Sun	Class Championships 4	11:00	09:03	5.6	15:27	1.7
		Class Championships 5					
		PM Series 2.3	14:00				
22/07/2009	Wed	Wednesday Series 2.4	19:30	12:06	6.66	18:26	0.8
26/07/2009	Sun	AM Series 2.1	11:00	15:13	6.9	09:10	0.5
		AM Series 2.2					4
		PM Series 2.4	14:00				
29/07/2009	Wed	Wednesday Series 2.5	19:30	17:21	5.8	23:50	1.8
01/08/2009	Sat	<b>Seaford Games Tourney 1</b>	14:00	08:28	5.0	14:52	2.3
02/08/2009	Sun	<b>Seaford Games Tourney 2-4 (Open)</b>	11:00	09:40	5.3	16:03	2.1
			14:00				

Date	Day	Event	Start	HW	Height	LW	Height
07/03/2009	Sat	Working Party - Seaford	10:00	Seaford			
08/03/2009	Sun	Working Party - Seaford	10:00	Seaford			
14/03/2009	Sat	Working Party - Piddinghoe	10:00	Piddinghoe			
15/03/2009	Sun	Working Party - Piddinghoe	10:00	Piddinghoe			
22/03/2009	Sun	Commissioning Race	11:00	08:23	5.03	14:44	2
		PM Series 1.1					
29/03/2009	Sun	AM Series 1.1	11:00	13:39	6.7	07:46	0.7
		PM Series 1.2					
04/04/2009	Sat	Squib Cruising: Hot Toddy	10:30	06:57	5.2	13:35	1.9
		Sail - Portobello					
05/04/2009	Sun	AM Series 1.2	11:00	08:28	5.38	15:00	1.5
		PM Series 1.3	14:00				
12/04/2009	Sun	Bosun's Cup 1/2	11:00	13:42	6.5	07:45	0.8
		Bosun's Cup 3/4	14:00				
13/04/2009	Mon	Bosun's Cup 4	11:00	14:50	6.0	08:18	0.95
		PM Series 1.4	14:00				
18/04/2009	Sat	<b>Open Day</b>	TBA	Piddinghoe, Seaford, Nhaven			
19/04/2009	Sun	AM Series 1.3	11:00	07:08	4.6	13:34	2.33
		PM Series 1.5	14:00				
26/04/2009	Sun	AM Series 1.4	11:00	12:39	6.7	06:45	0.7
		PM Series 1.6	14:00				

Date	Day	Event	Start	HW	Hgt	LW	Hgt
29/04/2009	Wed	Wednesday Series 1.1	19:30	14:56	6.3	21:16	1.1
03/05/2009	Sun	Tufton Beamish 1	11:00	06:42	5.4	13:16	1.68
		Tufton Beamish 2	14:00				
04/05/2009	Mon	Tufton Beamish 3	11:00	08:03	5.5	14:30	1.5
		Tufton Beamish 4	14:00				
06/05/2009	Wed	Wednesday Series 1.2	19:30	22:25	6.3	16:24	1.15
09/05/2007	Sat	Squib Cruising - Beachy Head (18nm)	10:30	12:07	6.4	06:08	0.94
10/05/2009	Sun	AM Series 1.5	11:00	12:44	6.4	06:45	0.95
		PM Series 1.7	14:00				
13/05/2009	Wed	Wednesday Series 1.3	19:30	14:31	6.0	20:44	1.5
17/05/2009	Sun	AM Series 1.6	11:00	17:35	5.2	11:28	2.1
		PM Series 1.8	14:00				
20/05/2009	Wed	Wednesday Series 1.4	19:30	20:48	5.7	14:39	1.8
24/05/2009	Sun	Regatta Race 1	11:00	11:33	6.5	18:00	0.9
		Regatta Race 2	14:00				
25/05/2009	Mon	Regatta Race 3	11:00	12:22	6.6	18:46	0.8
		Regatta Race 4	14:00				
27/05/2009	Wed	Wednesday Series 1.5	19:30	14:05	6.6	20:23	0.86
31/05/2009	Sun	AM Series 1.7 (Seahaven Cup Race 1)	11:00	17:46	5.9	11:39	1.4
		PM Series 1.9 (Seahaven Cup Race 2)	14:00				
03/06/2009	Wed	Wednesday Series 1.6	19:30	20:59	5.9	14:54	1.6

06/06/2009	Sat	Beginners Race 1	14:00			Piddinghoe	
		Squib Cruising: The BIG one CSI (30nm)	09:30	11:06	6.0	17:25	1.4
07/06/2009	Sun	<b>Birling Gap (Open)</b>	11:00	11:48	6.1	18:05	1.3
		<b>Cuckmere Haven (Open)</b>	14:00				
		PM Series 1.10					
10/06/2009	Wed	Wednesday Series 1.7	19:30	13:40	6.2	07:38	1.2
13/06/2009	Sat	Beginners Race 2					
14/06/2009	Sun	Pursuit Race	11:00	16:08	5.7	10:03	1.6
		Resail (For any event missed)					
17/06/2009	Wed	Wednesday Series 1.8	19:30	18:48	5.5	12:42	1.9
20/06/2009	Sat	Beginners Race 3	14:00	Piddinghoe			
21/06/2009	Sun	AM Series 1.8	11:00	10:23	6.1	16:48	1.2
		PM Series 2.1	14:00				
24/06/2009	Wed	Wednesday Series 1.9	19:30	13:08	6.7	19:26	0.75
27/06/2009	Sat	Junior Federation Event (Hastings)	TBA				
27/06/2009	Sat	Beginners Race 4	14:00	Piddinghoe			
28/06/2009	Sun	AM Series 1.9	11:00	16:24	6.5	10:20	0.9
		AM Series 1.10					
		PM Series 2.2	14:00				
01/07/2009	Wed	Wednesday Series 2.1	19:30	19:10	5.7	13:02	1.7
04/07/2009	Sat	<b>Topper Open</b>	TBA	09:57	5.5	16:20	1.8
		Squib Cruising: Shoreham/Palace Pier 30	09:30				