

Baltic Regatta for Solo Sailors for the Polonez Cup 2025
IX Polish Solo Sailing Championships 2025
Świnoujście, 03-08.08.2025
SAILING INSTRUCTIONS

1. RULES

- 1.1. The regatta will be held according to the rules defined in the World Sailing Racing Rules of Sailing.
 - 1.2. MPZŻM 1972
 - 1.3. Additionally, the ORC 2022 Rating System, World Sailing Offshore Special Regulations – Category 3 with liferafts will apply.
 - 1.4. Appendix “T” will be applicable.
 - 1.5. National authority regulations of PZŻ will apply.
 - 1.6. The PRŻcz II (yachts meeting) rules do not apply between 21:00 and 05:30.
 - 1.7. In the case of discrepancies between documents, the provisions in the Sailing Instructions in Polish will prevail.
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2. SAFETY RULES

- 2.1. The race committee may protest yachts for breaking the following safety rules.
 - 2.2. Competitors must wear personal flotation devices at all times while on the water, except when changing clothes or adjusting personal attire.
 - 2.3. A yacht that does not leave the port must notify the race committee as soon as possible.
 - 2.4. Upon arrival at the start area, every yacht must pass on a starboard tack behind the race committee boat and confirm its sail number and yacht name by shouting or on VHF radio.
 - 2.5. A yacht that withdraws from the race must notify the race committee as soon as possible by any means of communication or immediately after returning to port.
 - 2.6. Additional safety information, including emergency services and medical contact numbers, will be posted on the notice board.
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3. CODE OF CONDUCT

Competitors, coaches, supporters, and others must comply with the requirements of the organizers, the race committee, and the protest team.

4. COMMUNICATIONS FOR COMPETITORS

- 4.1. Communications for competitors will be posted on the official electronic notice board REGATY POLONEZA, JURY COMMITTEE in the WhatsApp group.

4.2. The communication channel for the race area will be VHF channel 77. Competitors must monitor channels 16 and 77 during the race.

5. CHANGES TO SAILING INSTRUCTIONS

Any changes to the sailing instructions will be announced no later than 90 minutes before the Warning Signal for the race in which they apply, except when the change concerns the race schedule. In such cases, the change must be posted by 22:00 on the day before it takes effect.

6. SIGNALS GIVEN ASHORE

6.1. Signals given ashore will be displayed on the race committee boat.

6.2. When the AP flag is raised ashore, the '1-minute' signal is replaced by "no sooner than 60 minutes." The AP flag above H displayed ashore means: "Yachts may not leave the port. Wait for further instructions." This changes "Signals in the Race" - "Postponement Signals" - "AP" and "AP above H."

7. YACHT CLASSES

The Polonez Cup will be contested by yachts in the ORC group, holding ORC Club or ORC International certificates.

A separate classification for the Polish Solo Sailing Championship will be formed from the ORC group, consisting only of yachts with ORC International certificates.

Yachts without ORC certificates may participate in the OPEN group, which will be classified separately.

8. CLASS FLAGS AND RACE SCHEDULE

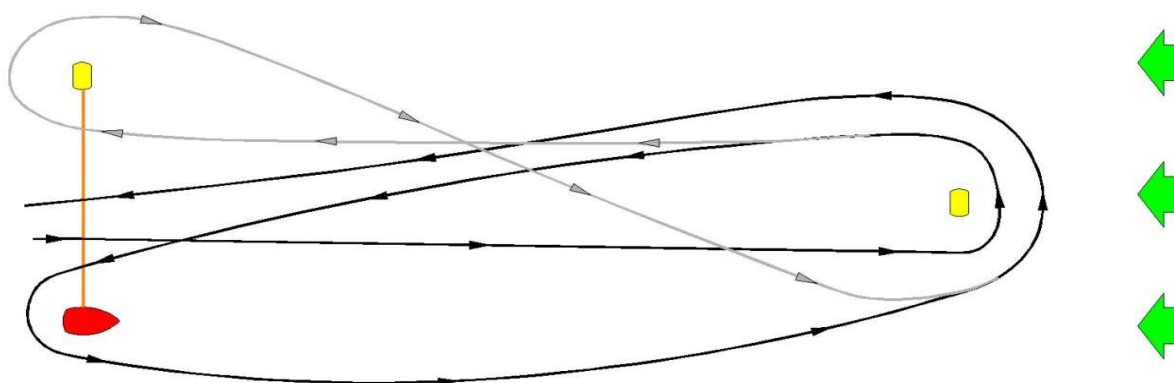
For all yachts, the warning signal will be the "Q" flag (MKS).
The time zone is GMT+2. The race area is the BALTIC SEA.

DATE	RACE	START TIME
August 4, 2025	SHORT RACE	14:00
August 5, 2025	OFFSHORE RACE	11:00

Within the Polish Solo Sailing Championship (MŻMP SH), there will be two races:

- A short race (with a duration of at least 50 minutes)
 - A long-distance race with a coefficient of 1.8
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9. SHORT RACE COURSE (Upwind / Downwind)



The race course, upwind and downwind, will consist of two laps (Start – 1 port buoy – gate – 1 port buoy – finish):

- Cross the start line heading towards the upwind mark.
- Leave the yellow upwind mark to port.
- Gate: Leave the yellow gate buoy on the start line to starboard, OR leave the race committee boat to port.
- Leave the yellow upwind buoy to port.
- Cross the finish line from the direction of the upwind mark.

10. TIME LIMITS FOR UPWIND/DOWNWIND RACE

10.1. The upwind/downwind race will last about 60 minutes.

10.2. A yacht starting later than 4 minutes after the start signal will receive a DNS, which modifies Rule A4.1 PRŽ.

10.3. If no yacht rounds the first upwind mark within 30 minutes from the start, the race will be abandoned.

10.4. If no yacht reaches the finish line within 90 minutes from the start, the race will be abandoned.

10.5. Yachts failing to finish within 45 minutes of the first yacht in their class will receive a DNF. This changes PRŽ Rules 35, A4, and A5.

10.6. Crossing the finish line is considered a statement of completing the course correctly and fulfilling any required penalties.

11. OFFSHORE RACE COURSE

11.1. The start will be set upwind.

11.2. The distribution mark – a yellow cylindrical buoy, approximately 1 nautical mile upwind from

the start line. The direction of rounding the distribution buoy will be indicated by displaying a red or green flag on the race committee boat before the start procedure.

- Red flag: Round the distribution buoy to port.
- Green flag: Round the distribution buoy to starboard.

11.3. The route includes a passage between Ertholm archipelago islands, with the following coordinates:

- 55°19.219'N 015°11.986'E
- 55°19.955'N 015°10.520'E
- 55°19.906'N 015°10.126'E

11.4. On the way back, pass between the KO-3 buoy (53°01.097'N 14°16.278'E) and KO-4 buoy (54°00.010'N 14°16.595'E) from east to west.

11.5. Round the green Stawa approach mark no. 13 to port at 53°58.817'N 14°15.591'E.

11.6. Sailing on the western side of the Świnoujście approach fairway (entering the fairway will be treated as a withdrawal from the race).



12. START

12.1. The start signals will be given according to Rule 26 PRŻ.

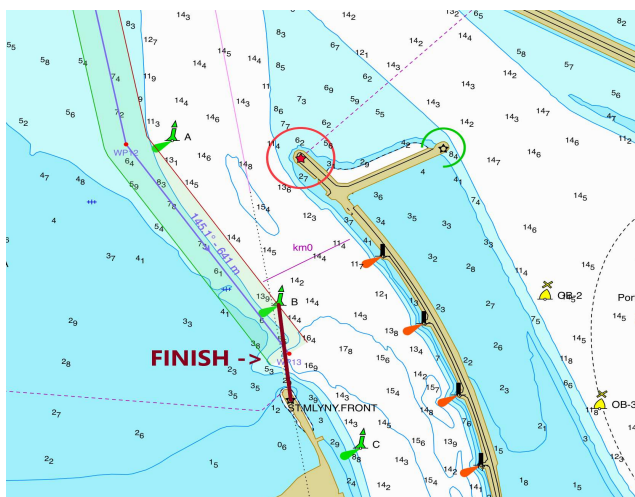
12.2. The start line will be between the KS ship and the yellow permanent buoy KO-5 with an X-shaped mark, located on the eastern side of the Świnoujście approach fairway at 53°57.228'N 14°17.404'E.

12.3. To notify yachts that the race is about to start, an orange flag and a single sound signal will be displayed at least five minutes before the warning signal.

12.4. False starts are not allowed. A yacht that is over the line at the start will incur a 30-minute penalty added to their race time.

13. FINISH

13.1. The finish line will be between the green approach buoy marked with the letter B and the Stawa Młyny head.



13.2. The finish line must be crossed from west to east.

13.3. It is recommended to call the race committee on channel 77 one mile before the finish line.

13.4. Crossing the finish line confirms the completion of the course according to the Sailing Instructions.

13.5. Every competitor must record the times of rounding the course marks and the finish line on the Route Completion and Battery Charging Form. Failure to do so will be considered as withdrawal from the race.

14. ROUTE COMPLETION, BATTERY CHARGING, AND FINISH FORM

14.1. The Route Completion and Battery Charging Form must record the time of passing each turning mark according to the table in Appendix 1.

14.2. If the battery is charged using the engine, this must be noted on the Battery Charging and Finish Form (Appendix 1).

14.3. The Battery Charging and Finish Form must be submitted as soon as possible after the yacht completes the race. The form will be considered delivered when a photo of it is sent to WhatsApp at romekgryglewski@gmail.com +48665787873.

14.4. Failure to fulfill this obligation will be treated as withdrawal from the race.

15. TIME LIMITS

Yachts that do not finish the race before 12:00 on 08.08.2024 will be scored as DNF. This point modifies rule PRŻ 35, A4, and A5.

16. PROTESTS AND REQUESTS FOR REDRESS

16.1. Yachts intending to protest are required to inform the Race Committee of their intent to protest

immediately after finishing the race by entering the letter "P" in the battery charging form.

16.2. The form for requesting action by the protest committee is available in the race package. The completed form will be considered submitted when a photo of it is sent via WhatsApp to romekgryglewski@gmail.com +48665787873.

16.3. The protest submission time is 60 minutes after the last yacht finishes the race.

16.4. After the protest submission period ends, a list of protests will be posted on the notice board, informing participants of protests in which they are involved as parties or witnesses.

16.5. The Race Committee will inform about the time and place of the protest hearings.

17. SCORING

17.1. In the ORC class for the long race, the Weather Routing Scoring method will be used to calculate results.

17.2. In case of significant discrepancies between the weather forecast and the actual conditions on the race course, or unforeseen circumstances that make the application of WRS difficult, the Race Committee may apply the Time on Distance All Purpose method.

17.3. In the ORC class for the short race, the Performance Curve Scoring windward/leeward method will be used to calculate results.

18. CHANGE OF CREW OR EQUIPMENT

18.1. Changing the crew member is not allowed without prior written consent from the Race Committee. Electronic consent (email) is permitted.

18.2. Replacing damaged or lost equipment is not allowed without the Race Committee's consent. Requests for replacement must be submitted to the committee at the earliest opportunity.

19. EQUIPMENT AND INSPECTIONS

19.1. Information regarding control measurements, their location, and time will be posted on the official notice board.

19.2. The yacht or its equipment may be inspected at any time to confirm compliance with the regulations.

19.3. A yacht may be instructed by the race measurer or OSR inspector to proceed immediately to the inspection area.

20. PRIZES

According to the Notice of Race.

21. DISCLAIMER OF LIABILITY

All participants enter the race entirely at their own risk. See rule 3 "Decision to Participate in the Race." Any actions performed or not performed by the organizers do not relieve the participants from responsibility for any damage caused by the yacht or its sailor resulting from participation in the race. The organizer will not be held liable for any damage to equipment, injuries, or death related to the race, before, during, or after the race.

22. FINAL PROVISIONS

22.1. Each yacht must display navigational lights from sunset to sunrise.

22.2. The course may be shortened at any mark.

22.3. A yacht that withdraws from the race must immediately inform the Race Committee and/or the race organizer by any available means.

22.4. No additional person other than the registered sailor may be onboard.

22.5. In case of a dangerous situation, each participant is obligated to assist another sailor.

23. INSURANCE

Each participating yacht must be insured with valid third-party liability insurance (min. €1,500,000 or equivalent), as required by PZZ for the duration of the race.

24. ADVERTISING

Yachts must carry the advertising provided by the organizer. The method of displaying advertising will be specified in a separate notice.

The Race Committee wishes all participants good luck!

Race Officer