

# SAILING INSTRUCTIONS

## 2024 ILCA 7 Men's World Championship

24–31 January 2024

**Adelaide, AUSTRALIA**

*Organizing Authority: Adelaide Sailing Club (Host) and  
the International Laser Class Association (ILCA)*

Amendment 1 on 25 January 2024 – SI 11.1, 11.5, 22.2

### 1. RULES

- 1.1 The event will be governed by the rules as defined in The Racing Rules of Sailing (RRS).
- 1.2 No National Authority prescriptions will apply.
- 1.3 ILCA class rule 7(a) is restricted as follows: "Only one competitor shall be on board whilst racing. The competitor shall be named on the entry form."
- 1.4 In accordance with ILCA class rule 22(e), the use of heartbeat monitor with no additional function or capability is permitted. The heartbeat monitor device shall comply with the class rule 22.
- 1.5 Appendix P, Special Procedures for Rule 42, will apply as amended in SIs 15.
- 1.6 Appendix T, Arbitration, will apply.
- 1.7 In all rules governing this event:
  - 1.7.1 **[NP]** denotes a rule that shall not be grounds for protests by a boat. This changes RRS 60.1(a).
  - 1.7.2 **[SP]** denotes a rule for which the race committee or technical committee may apply a standard penalty without a hearing or a discretionary penalty may be applied by the international jury with a hearing. However, the race committee or technical committee may protest a boat if it considers a standard penalty is inappropriate. A boat that has been penalised with a standard penalty shall neither be protested by another boat for the same incident nor can another boat request redress for this committee action. This changes RRS 60.1, 63.1 and A5.
- 1.8 Decisions of the international jury will be final as provided in RRS 70.5.
- 1.9 **[NP] [DP]** All competitors and support persons shall follow any reasonable instructions given by a race official.
- 1.10 If there is a conflict between languages the English text will take precedence.
- 1.11 RRS 90.3(e) applies.
- 1.12 For Medal Race, World Sailing Appendix MR, Umpired Medal Racing, will apply and changes a number of racing rules. The version that is current is available on the World Sailing website ([www.sailing.org](http://www.sailing.org)).

### 2. COMMUNICATIONS AND IMPORTANT LOCATIONS

- 2.1 Notices to competitors will be posted online on the official notice board (ONB) which can be found on the event website: <https://2024ilca7men.ilca-worlds.org/>.
- 2.2 The important locations:

	<b>Location</b>
Official Notice Board	<a href="https://onb.ilca.roms.ar/ilca7men2024/">https://onb.ilca.roms.ar/ilca7men2024/</a>
Official Flagpole	North West Corner of the Club House
Race Office	South end of lower level of the Club House
Equipment Inspection	At the boat shed car park level – South end of Club
Hearing Room	At the Sea Rescue Squadron, east of Club House

- 2.3 **[DP]** While afloat, a competitor shall not carry equipment capable of making or receiving voice or data transmissions, except for equipment provided by the organising authority.

### 3. [DP] [NP] FLEET IDENTIFICATION

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- 3.1 While racing in split fleets, each boat shall display a coloured band corresponding to the fleet to which she has been assigned. The band shall be placed on the bottom mast between the boom vang fitting and the boom.
- 3.2 When the organizing authority supplies the ranking-coloured bib vests for event leaders (1<sup>st</sup> Yellow, 2<sup>nd</sup> Red, 3<sup>rd</sup> Blue) the competitors shall wear it when they are racing for that day.
- 3.3 A supplied bib vest shall be worn outside other clothing while racing. Competitors shall not deliberately cut or tear them.

### 4. CHANGES TO SAILING INSTRUCTIONS

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- 4.1 Any change to the sailing instructions will be posted no later than 2 (two) hours before the warning signal of the race on the day it will take effect except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

### 5. [DP] REGISTRATION, BOATS & EQUIPMENT INSPECTION

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- 5.1 Each competitor shall register at the race office and complete all required registration and equipment inspection formalities before racing. A competitor that does not complete all required registration and equipment formalities will not be entered to the event under RRS 75.
- 5.2 Information on equipment inspection will be posted on the official notice board. Boats shall be presented with all equipment that shall be used in the event, with the bottom mast, boom and all control lines rigged and with the sail and top section derigged ready for inspection.
- 5.3 Equipment inspection will take place at the boat park according to the schedule posted on the official notice board.
- 5.4 Equipment inspection outside these times will only be possible at the discretion of the technical committee and on payment of AUD 20.
- 5.5 Equipment, including wet clothing may be inspected at any time for compliance with the class rules and the sailing instructions according to the following procedures:
  - 5.5.1 A competitor may be instructed by the technical committee, either ashore or on the water, to proceed immediately to the inspection area for inspection.
  - 5.5.2 Until permission is given by the technical committee, a competitor once instructed to proceed for inspection, shall have no unauthorised contact with any support person, no person shall join or leave the boat, no equipment or other item shall be taken on or off that boat and the boat shall not leave the inspection area.
- 5.6 In the event of damage, hulls and equipment listed in NOR 7.2 may only be replaced with the written permission of the technical committee. If the damage occurs between 2 (two) hours before the first scheduled start on a racing day, and before the start of the last race of the day, provisional verbal permission shall be obtained from the technical committee, international jury or race committee and the written permission of the technical committee shall be applied for before the end of the protest time limit at the end of the day in which the replacement takes place.

### 6. SIGNALS MADE ASHORE

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- 6.1 Signals made ashore will be displayed at the official flagpole. The location is stated in SI 2.2.
- 6.2 **[DP] [NP]** A boat shall not leave the shore until flag D (with one sound signal) is displayed. The warning signal will be made not less than 45 minutes after flag D is displayed.
- 6.3 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in the race signal AP. This changes RRS Race Signals.

### 7. FORMAT OF RACING

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- 7.1 The event consists of an opening series and, provided a minimum of 6 races have been completed in the opening series, a medal race.
- 7.2 The event will be split into 3 (three) fleets and, the opening series will be divided into a qualifying series and a final series in accordance with the Qualifying and Final Series Formats (see SI Addendum A).
- 7.3 At 2000 on the penultimate day (30 January 2024) the top ten ranked boats in the overall ranking of opening series will be assigned to sail in the medal race. The International Jury may extend this time limit.

- 7.4 On the last day (31 January 2024) one medal race is scheduled, with one further opening series race for those not assigned to the medal race.
- 7.5 10 opening series races are scheduled over 5 days, with 2 races a day, followed by one medal race and one additional opening series race on the last day for boats that do not qualify for the medal race.
- 7.6 If 4 races have not been completed by the end of the third scheduled racing day the qualifying series will continue until the end of the racing day in which a 4 qualifying race is completed.
- 7.7 A qualifying series race will not count until all qualifying series fleets have completed that race.

## 8. SCHEDULE

### 8.1 Event Schedule:

Date	Event
24 January	0900-1300 & 1330-1830 Registration, Equipment Inspection, Charter Boat Allocation
25 January	0900-1300 Registration, Equipment Inspection, Charter Boat Allocation 1400 Practice Race Warning Signal 1700 Coaches Meeting 1800 Opening Ceremony
26 January	2 races back-to-back, (Qualifying series)
27 January	2 races back-to-back, (Qualifying series)
28 January	2 races back-to-back, (Qualifying series)
29 January	2 races back-to-back, (Qualifying/Final series, if 4 races have been sailed)
30 January	2 races back-to-back, Qualifying/Final series)
31 January	1 Medal Race and 1 Last Race 1600 Last possible Warning Signal 1830 Prize Giving Ceremony

This replaces NOR 9.1

- 8.2 The time of the first warning signal on the racing days will be 1300. This changes NOR 9.2
- 8.3 The schedule may be changed to sail more than 2 races a day, when behind schedule. However, no more than 3 races a day will be sailed.
- 8.4 Each day succeeding races will be started as soon as practicable after the finish of the previous race.
- 8.5 On the last day of the championship, no warning signal will be made after 1600.

## 9. RACING AREAS

- 9.1 Addendum B shows the racing area. The racing area is defined as an area extending 100 meters beyond the entire course in which a boat would normally sail while racing.
- 9.2 **[DP]** Boats not racing shall avoid the racing area.

## 10. COURSES

- 10.1 Addendum C shows the course designations, including the course signals, the order in which marks are to be passed, and the side on which each mark is to be left.
- 10.2 No later than the warning signal, the race committee signal vessel will display the approximate compass bearing of the first leg.
- 10.3 The course may be shortened to finish at a rounding mark, or a gate provided four or more legs have been sailed on an outer course and at least three or more legs have been completed on an inner course (excluding the leg between mark 1 and mark 1A).
- 10.4 The leeward gate may be replaced by a single mark, in this case the mark shall be left to port.
- 10.5 A trapezoid course will be used, except for a medal race where the Windward/Leeward course will be used. This changes NOR 14.1.

## 11. MARKS

- 11.1 Course marks 1, 2, 3s, 3p, 4s, and 4p ~~and 5~~ will all be Orange inflatable cylindrical buoys.
- 11.2 Course mark 1A will be Red inflatable pyramid.
- 11.3 The starting marks will be race committee vessels displaying orange flags.
- 11.4 The finishing marks will be race committee vessels displaying blue flags.
- 11.5 Alternate marks will be Pink inflatable cylindrical buoys.

## 12. THE START

- 12.1 To alert boats that a race or sequence of races will begin soon, the orange starting line flags will be displayed with one sound signal at least 5 minutes before a warning signal is made.
- 12.2 The warning signal for each succeeding race will be made as soon as practicable.
- 12.3 Start sequence, Fleet flags and Fleet identification (sleeve) colours:

Fleets	Fleet Flags	Sleeve Colour	Start Sequence	Course
ILCA 7 Men Yellow/Gold	Yellow	Yellow	1 <sup>st</sup> Start	Outer
ILCA 7 Men Blue/Silver	Blue	Blue	2 <sup>nd</sup> Start	Inner
ILCA 7 Men Red/Bronze	Red	Red	3 <sup>rd</sup> Start	Inner

- 12.4 The starting line will be between the staffs displaying orange flags on the starting marks.
- 12.5 **[DP] [NP]** Boats whose warning signal has not been made shall avoid the starting area during start sequences for other fleets.
- 12.6 A boat starting later than 4 minutes after her starting signal will be scored did not start (DNS) without a hearing. This changes RRS A4 and A5.
- 12.7 Races will be started using either RRS 30.3 (U Flag Rule), or RRS 30.4 (Black Flag Rule), except the medal race where Flag P will be used.
- 12.8 RRS 30.4 (Black Flag Rule) is supplemented as follows:
- 12.8.1 Sail numbers will be displayed for at least 3 minutes. A long sound signal will be made when the numbers are initially displayed. A boat whose number is so displayed shall leave the racing area, defined in SI 9.1 before the new preparatory signal. If she fails to do so, she will be scored DNE.
- 12.8.2 For the purposes of RRS 30.4 a race is 'restarted or resailed' when it has the same race number as a previously abandoned or recalled race. In case there are split fleets, races are named Q1 to Qn for the Qualifying series and F1 to Fn for the Final series.

## 13. CHANGE OF THE NEXT LEG OF THE COURSE

- 13.1 A change of the next leg of the course will first be attempted by changing the position of the original marks. When this is not possible the course will be reset using one or more new marks (described in SI 11). When new marks are already in use, the course may be further reset using the original marks. Any action or no action by the race committee under this instruction will not be grounds for redress under RRS 62.1(a).

## 14. THE FINISH

- 14.1 The finishing line will be between a staff displaying a blue flag on the race committee vessels at both ends, except when RRS 32.2 applies.

## 15. PENALTIES FOR BREACHES OF RRS 42

- 15.1 Appendix P will apply with the following changes:
- 15.1.1 If a first penalty is signalled after a boat has crossed the finish line, the penalty will be a 10% Scoring Penalty calculated as stated in RRS 44.3(c).
- 15.1.2 RRS P4 is replaced with "An action by the jury under RRS P1.2 shall not be grounds for a request for redress by a boat under RRS 60.1(b). The jury may initiate a redress hearing and may give redress for an action under RRS P1.2 by a member of the jury or its designated observer".

## 16. TIME LIMITS AND TARGET TIMES

- 16.1 Time limits and target times in minutes are as follows:

Race	Race Time Limit	Finish Window	Race Target Time
Fleet Race	75	20	60
Medal Race	40	10	20

- 16.2 Boats failing to finish within the time stated in the Finish Window, after the first boat sails the course and finishes will be scored Did Not Finish (DNF). This changes RRS 35, A4 and A5.
- 16.3 Failure to meet the target time will not be grounds for redress under RRS 62.1(a).

## 17. HEARING REQUESTS, ENQUIRIES AND PENALTIES

- 17.1 Hearing request forms are available on the Official Notice Board at ROMS:  
<https://onb.ilca.roms.ar/ilca7men2024/>  
 Hearing requests shall be delivered there within the appropriate time limit.
- 17.2 The protest time limit will be set by and posted on the official notice board by the International Jury and may be different for each fleet.
- 17.3 Notices will be posted within 30 minutes of the protest time limit for each fleet to inform competitors of hearings in which they are parties or named as witnesses.
- 17.4 Hearings will be held in the Hearing Room.
- 17.5 In RRS 62.2(a) and 66.2(a) change 'On the last scheduled day of racing...' to 'On the last day of a series ...'.
- 17.6 To request correction of an alleged error in posted race or series results, a boat shall complete a Scoring Enquiry Form available on the official notice board.
- 17.7 A request for redress based on an incident identified in a scoring enquiry will meet the time limit if:
- 17.7.1 The scoring enquiry was submitted within the time limit specified in RRS 62.2; and
  - 17.7.2 The request for redress is delivered as soon as reasonably possible after being notified of the race committee's response to the scoring enquiry. The response will be notified through the online system. This changes RRS 62.2.
- 17.8 A list of boats that have been penalized for breaking RRS 42 will be posted after racing each day.
- 17.9 Only the technical committee may protest a boat for an alleged breach of the class rules, rules of RRS Part 4 Section B or RRS Appendix G. This changes RRS 60.1(a), 60.2(a) and 60.3(a).
- 17.10 If a boat is sailed without a centreboard stopper, or with no mast retention line attached (class rule 3(b) xi), a scoring penalty of 30% of the score for did not finish rounded to a whole number (rounding 0.5 upward) will, without a hearing, be added to the boats score in the last completed race in which she was racing without a centreboard stopper or the retention line. However, she shall not be scored worse than DNF. This changes RRS 63.1 and RRS A5.
- 17.11 If a sail, top mast, or bottom mast has been changed prior to a race without the permission required by SI 5.6 the competitor will be disqualified without a hearing from the last completed race when the change was used. This changes RRS 63.1 and RRS A5.
- 17.12 **[DP]** Penalties for any other breach of class rules are at the discretion of the international jury and may be less than disqualification.
- 17.13 All hearing requests, inquiries or declarations that are required by the notice of race or sailing instructions to be in writing and delivered to the race office, may be submitted using the regatta online management system (ROMS) <https://onb.ilca.roms.ar/ilca7men2024/>. In case of any technical issues, paper forms will be available at the Jury room (hearing requests) and Race Office (all other forms).

## 18. SCORING

- 18.1 A minimum of 3 (three) races are required to be completed to constitute the championship.
- 18.2 A boat's series score will be the total of her race scores excluding her worst score(s) as follows:

Races	Discards	Comments
1-2	0	No discard
3 or more	1	One worst score excluded. If only one Final series race is completed it will not be excluded. The Medal Race score shall not be excluded.

- 18.3 RRS A5.2 is changed so that those scores are based on:
- 18.3.1 In a Single fleet series, the number of boats assigned to compete, or
  - 18.3.2 In the Qualifying series, the number of boats assigned to the largest fleet, or
  - 18.3.3 In the Final series, the number of boats assigned to the fleet.
  - 18.3.4 For those competitors not assigned to the Medal race and scheduled to an additional Opening series race as detailed in SI 7.4, the first finisher will be scored 11 points, second 12 points and so on.
- 18.4 When a qualifying/final series is sailed:
- 18.4.1 The Qualifying series races and the Final series races will count for total points in the championship.



- 18.4.2 If no race in the Final series is completed, the overall ranking in the Qualifying series will be established and this shall count as the official result.
- 18.4.3 Boats assigned to Gold fleet will be ranked higher in the event than competitors assigned to Silver fleet and so forth.
- 18.5 The scoring abbreviation for a penalty imposed under SI 15.1.1 and 17.10 will be SCP.
- 18.6 In medal race, a boat's score shall be double the number of points specified in RRS Appendix A4, with any [SP] then added. The score for that race shall not be excluded from the series score neither does the medal race score trigger any discards from results in opening series.
- 18.7 The boats assigned to compete in the medal race will be ranked highest in the regatta except for a boat disqualified from the medal race under rule RRS 6 or 69.
- 18.8 If no medal race is completed, boats will be ranked according to overall scores in opening series. If no race in final series is completed then boats will be ranked according to overall scores in qualifying series.

## 19. TITLES & PRIZES

- 19.1 Titles and prizes will be awarded according to the Notice of Race.

## 20. [DP] [NP] SAFETY

- 20.1 Rule 40.1 Personal Flotation Devices applies at all times afloat.
- 20.2 **[SP]** Check-out & Check-in:
- 20.2.1 When going out to race each competitor intending to race shall personally check-out against their name and/or sail number.
- 20.2.2 On returning ashore, even after the display of AP/H, AP/A, N/H or N/A when no race has been completed after launching, each competitor shall personally check-in, against their name and/or sail number, as soon as reasonably possible.
- 20.2.3 Check-out and Check-in shall be made via ROMS or at the Race Office.
- 20.2.4 Failure to Check-Out will result in 1-point penalty for the next race completed even if no race is completed on the day of the infringement.
- 20.2.5 Failure to Check-In will result in 1-point penalty for the last race completed even if no race is completed on the day of the infringement.
- 20.2.6 Only one 1-point penalty for infringements of SI 20.2.4 and SI 20.2.5 will be applied by Race Committee without a hearing to any one race on the day. A competitor shall not be scored worse than a disqualified competitor. This changes RRS 63.1 and A5.
- 20.3 A competitor that retires from a race shall notify a race committee, safety or jury vessel as soon as reasonably possible and shall inform the race office immediately after returning to the shore.
- 20.4 Competitors not racing for any of the racing days shall inform the race office as soon as possible.
- 20.5 When the race committee displays flag V with repetitive sounds, all official and support vessels shall monitor the race committee VHF 71 channel for instructions and assist in search and rescue operations.
- 20.6 If a boat is abandoned, it will be marked with a hazard tape tied through the bow eye to signal that the competitor is safe.

## 21. OFFICIAL VESSELS

- 21.1 Official vessels will be marked as follows:

<b>Vessel</b>	<b>Flag</b>
Jury	Blue flag with black letters JURY
Race Committee	Red flag with black ALPHA
Technical Committee	Blue flag with black letters TECHNICAL COMMITTEE
Press, Media	Yellow flag with black letters MEDIA
Official	White flag with letters OFFICIAL
Safety	Green flag with letters SAFETY

- 21.2 Failure of an official vessel to fly an identifying flag shall not be grounds for redress by a boat. This changes RRS 62.1(a).
- 21.3 Actions by the official vessels, drones or helicopters shall not be grounds for redress by a boat. This changes RRS 62.1(a).

## 22. SUPPORT VESSELS

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- 22.1 Support persons shall comply with the Support Vessel Regulations. See NOR Attachment 4.
- 22.2 **[NP] [DP]** On racing days, boats shall not be towed unless the race committee displays flag T or with the verbal permission of the race committee, except inside the harbour. When under tow, boats shall not exceed 6 knots of speed.

## 23. TRASH DISPOSAL

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- 23.1 Trash may be placed aboard support or official vessels.

## 24. DISCLAIMER OF LIABILITY

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- 24.1 Competitors participate in the event entirely at their own risk. See RRS 3, Decision to Race. The organising authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event.

## ADDENDUM A – QUALIFYING & FINAL SERIES FORMATS

### A1. INTRODUCTION

- 1.1 This addendum applies when boats are divided into fleets to sail a qualifying series and a final series.

### A2. QUALIFYING SERIES

- 2.1 For the qualifying series boats will be assigned to fleets of, as near as possible, equal size and ability.
- 2.2 Initial assignments will be made by a seeding committee appointed by the organizing authority and will be posted by 2000 on the last day of registration.
- 2.3 In the qualifying series boats will be reassigned to fleets after each day of racing, except if only the first race of the event is completed. If all fleets have completed the same number of races, boats will be reassigned based on their ranks in the series. If all fleets have not completed the same number of races the series scores for reassignment will be calculated for those races, numbered in order of completion, completed by all fleets.
- 2.4 Reassignments will be made as follows:

	2 fleets format	3 fleets format	4 fleets format
Rank in Series	Fleet Assignment	Fleet Assignment	Fleet Assignment
1 <sup>st</sup>	Yellow	Yellow	Yellow
2 <sup>nd</sup>	Blue	Blue	Blue
3 <sup>rd</sup>	Blue	Red	Red
4 <sup>th</sup>	Yellow	Red	Green
5 <sup>th</sup>	Yellow	Blue	Green
6 <sup>th</sup>	Blue	Yellow	Red
7 <sup>th</sup>	Blue	Yellow	Blue
8 <sup>th</sup>	Yellow	Blue	Yellow
9 <sup>th</sup>	Yellow	Red	Yellow
And so on			

- 2.5 Reassignments will be based on the ranking available at 2000 that day regardless of protests or requests for redress not yet decided.
- 2.6 If all fleets have not completed the same number of races by the end of a day, the fleets with fewer races will continue racing the following day until all fleets have completed the same number of races. All boats will thereafter race in the new fleets.
- 2.7 If four races have not been completed on the last scheduled day of the qualifying series, the qualifying series will continue until the end of the racing day in which a fourth qualifying race is completed.
- 2.8 If at the end of the qualifying series some qualifying series fleets have more race scores than others, any extra races will be abandoned & cancelled so that all boats in the qualifying series have the same number of race scores.

### A3. FINAL SERIES

- 3.1 Boats will be assigned to final series fleets based on their ranks in the qualifying series.
- 3.2 There will be the same number of fleets in the final series as there were in the qualifying series.
- 3.3 The final series fleets will be, as nearly as possible, of equal size but so that the Silver fleet is not larger than the Gold fleet and the Bronze fleet (where it exists) is not larger than the Silver fleet and the Emerald fleet (where it exists) is not larger than the Bronze fleet. Boats with the best qualifying series ranks will race all final series races in the Gold fleet; boats with the next best qualifying series ranks will race in the Silver fleet; boats with the next best qualifying series ranks will race in the Bronze fleet (where it exists); and boats with the next best qualifying series ranks will race in the Emerald fleet (where it exists).
- 3.4 Any recalculation of qualifying series ranking after boats have been assigned to final series fleets will not affect the assignments except that a redress decision may promote a boat to a higher fleet.
- 3.5 Different final series fleets need not complete the same number of final races. Boats assigned to Gold fleet will be ranked higher in the event than competitors assigned to Silver fleet and so forth, except for a boat disqualified from a final series race under RRS 6, or 69.



## ADDENDUM B – CHART SHOWING RACING AREA

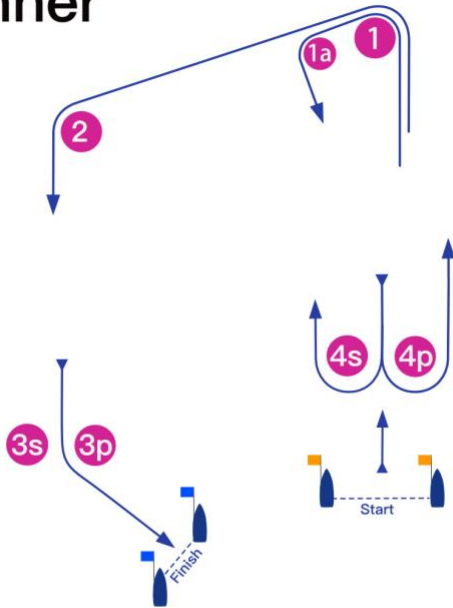
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## ADDENDUM C – COURSE DIAGRAMS

### Fleet Racing

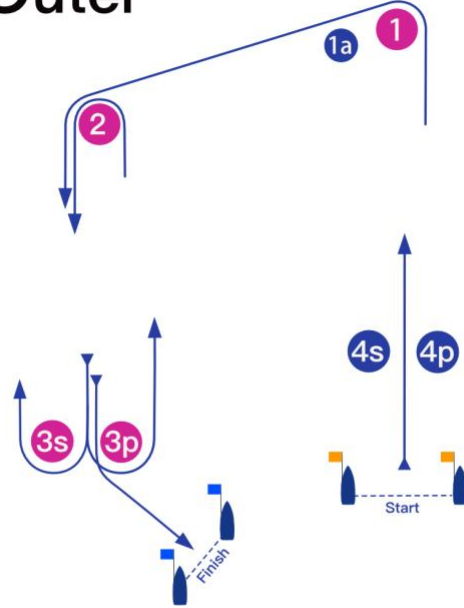
#### Inner



Course:

Signal	Mark Rounding Order
I2	Start - 1 - 1a - 4s/4p - 1 - 2 - 3s/3p - Finish

#### Outer

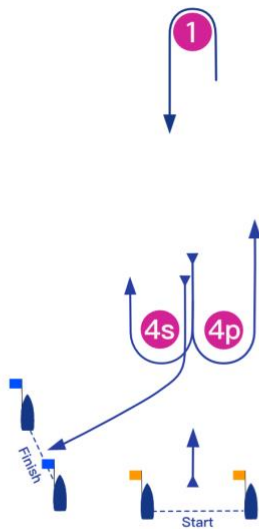


Course:

Signal	Mark Rounding Order
O2	Start - 1 - 2 - 3s/3p - 2 - 3s/3p - Finish

### Medal Race

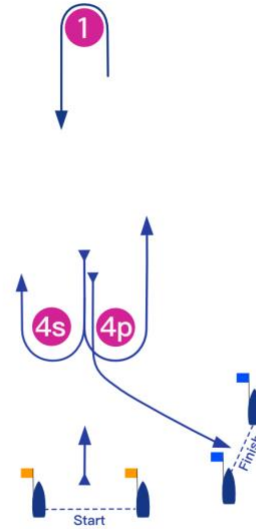
#### LG



Course:

Signal	Mark Rounding Order
LG2	Start - 1 - 4s/4p - 1 - 4s - Finish
LG3	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 4s - Finish

#### LR



Course:

Signal	Mark Rounding Order
LR2	Start - 1 - 4s/4p - 1 - 4p - Finish
LR3	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 4p - Finish