



# **SAILING INSTRUCTIONS (V3 2/1)**

**Panama International Regatta**

**Panama City, Republic of Panama**

**February 6-8, 2026**

**Organizing Authority: Sea Masters Academy Panama (SMAP)**

## **1. Rules**

- 1.1. The regatta will be governed by the rules as defined in The Racing Rules of Sailing (RRS) and the US Sailing prescriptions.
- 1.2. RRS Rule 40 is changed as follows: Competitors shall wear personal flotation devices while on the water, except for brief periods while changing or adjusting clothing.
- 1.3. Appendix V Rule V1 (PENALTY AT THE TIME OF AN INCIDENT) shall apply: The first two sentences of Rule 44.1 are changed to: A boat may take a One-Turn Penalty when she may have broken a rule of Part 2 or Rule 31 while racing. However, when she may have broken a rule of Part 2 while in the zone around a mark other than a starting mark, her penalty shall be a Two-Turns Penalty.
- 1.4. Appendix V Rule V2 (PENALTY TAKEN AFTER A RACE) shall apply.
- 1.5. In the event of a conflict between rules in the Notice of Race and rules in the Sailing Instructions, the Sailing Instructions shall take precedence.

## **2. Notices to Competitors**

- 2.1. Notices to competitors will be posted on the Sea Master Academy Panama On-Line Notice board located at <https://www.seamasterspty.com/pir>

## **3. Changes to Sailing Instructions**

3.1. Any changes to the sailing instructions on the first day of racing will be posted after the skipper's meeting.

3.2. Any change to the sailing instructions on the second or third day of racing will be posted before 0900.

3.3. Any change to the schedule of races will be posted by 1900 before the day it will take effect.

3.4. The Race Committee may issue changes on the water with the displaying of the "L" flag.

## 4. Signals Made Ashore

4.1. Signals made ashore will be displayed from the competitor assembly area.

4.2. When AP is displayed ashore, "1 minute" is replaced with "not less than 15 minutes" in Race Signal AP. This changes Rule Race Signal AP

## 5. Schedule

5.1

Report Day		Fri, 6 Feb 26	Sat, 7 Feb 26	Sun, 8 Feb 26
Skippers Briefing	WSC Docks	1000	N/A	1000
Dockout Time	WSC Docks	1100	1100	1030
1st Warning	OTW	1200	1200	1100
No Further Warnings				1300

5.2 Four buoy races are scheduled for Friday and Saturday and one distance race for Sunday. The schedule may be adjusted for one additional race each day as the result of changing conditions.

5.3 In the event that conditions don't allow for a distance race, the race committee may consider one windward/leeward race in the Ocean Reef race areas.

## 6. Class Flags

6.1. Each class flag will be the class insignia on a plain background, if possible

6.1.1. Optimist Fleet: Green Flag with a white Opti image.

6.1.2. ILCA 4/6: White Flag with a red ILCA image

6.1.3. RS Quest: Code Flag "R"

## 7. Racing Area

7.1. The two buoy racing areas will be located in the waters of Panama Bay (1) east of Ocean Reef Islands in front of JW Marriott Punta Pacifica and (2) west of Ocean Reef Islands in front of Club de Yates y Pesca.

7.2 The distance race will cover the area from Ocean Reef Islands to the Cinta Costera and the Amador Causeway.

## 8. Courses

8.1. For buoy racing, the Opti Class will sail a **modified trapezoid** consistent with the first three legs of the IODA standard championship course, but using a mid-course start. The fourth leg will be a reach followed by a fifth upwind leg beat to finish. Course layout and roundings are depicted in Attachment 1

8.2. For buoy racing, ILCAs will sail an outside trapezoid course with a mid-course start. Course layout and roundings are depicted in Attachment 1

8.3. For buoy racing, RS Quests will sail a modified inside trapezoid with a long first windward Leg 1, a long downwind Leg 2, and then will follow the standard trapezoid as depicted in Attachment 1

8.3 For the distance race, the Optis will race to Mark 1 (port rounding) at Cinta Costera, and return to the Start/Finish line. The ILCAs and Quests will sail to Mark 2 (port rounding), a mark southwest of Mark 1, near the Biomuseo on the Amador Causeway, and then return to the Start/Finish line.

8.4. The course to be sailed will be designated by a course board displayed on the Race Committee vessel before or with the warning signal. The board will show the course number and the number of laps to be sailed.

## 9. Marks

9.1. For Opti and ILCA buoy racing, the windward, reach, and leeward marks shall be yellow inflatables.

9.2. For Quest buoy racing, the first windward and leeward marks shall be green inflatables. All others shall be yellow marks.

9.3 The marks for the distance race shall be yellow inflatables.

## **10. The Start**

- 10.1. Races will be started using RRS 26 with a five-minute starting sequence.
- 10.2. The starting line will be between a staff or halyard displaying an orange flag on the race signal vessel and the course side of the port end orange inflatable mark.
- 10.3. The line flag(s) will not be displayed more than five minutes before the starting sequence.
- 10.4. A boat starting later than 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes Rule A4.

## **11. Recalls**

- 11.1. The race committee will endeavor to identify recalled boats by hailing their sail numbers by loud hailer.
- 11.2. Failure of a boat to hear her recall notification and the order and timing of such hail shall not be grounds for redress.

## **12. Changing the Next Leg of the Course**

- 12.1. The race committee may elect to change the next leg of the course up to 10 degrees on the axis and/or length no more than 0.1nm without signaling a "C" flag. This changes Rule 33(a) and Rule 33(b).

## **13. The Finish**

- 13.1. The finishing line will be between a staff or halyard displaying an orange flag on the race committee signal vessel and the course side of the port-end inflatable orange mark. This changes RRS "Flags".
- 13.2. The Race Committee may elect to score competitors as "Finish- In-Place" to facilitate more races.

## **14. Time Limits**

- 14.1. The time limit for the first boat to reach Mark 1 or Mark 1G for Quests, shall be 15 minutes. If no boat reaches Mark 1 or Mark 4G in the specified time limit, the race shall be abandoned.
- 14.2. The time limit for the first boat to complete the course shall be 45 min.
- 14.3. Boats failing to finish within 10 minutes after the first boat sails the course and finishes will be scored DNF without a hearing. This changes Rule 35, A5.1 and A5.

## **15. Protests, Redress, and Scoring Inquiries**

15.1. A boat intending to protest another boat concerning an incident in the racing area that she is involved in or sees is requested, at the first reasonable opportunity after she finishes and before contacting any support person, to inform the Race Committee at the finishing line of her intent to protest, and when applicable, the identity of the protestee.

15.2. The protest time limit is 60 minutes after the Race Committee vessel docks. The protest time limit will be posted on the Official Notice Board

15.3. The protest notices and the notification of protests required by RRS 60.3 will be posted on the Official Notice Board as soon as possible after the protest has been delivered, but not later than 30 min after the protest time limit. It is the boats sole responsibility to check the Hearing Schedule on the Online Notice Board to determine if she has been cited in a protest

15.4. Redress requests shall be submitted using the standard event protest form and submitted within the protest time limit or two hours from the time of the incident, whichever is later.

15.5. Scoring Inquiries shall be submitted within 2 hours after the protest window closes or 2 hours after the results have been posted, which ever is later..

## **16. Scoring**

16.1. Two races completed is required to be a series.

16.2. When fewer than six races have been completed, a boat's series score will be the total of her race score, based upon the Low Point Scoring System

16.3. When six or more races have been completed, a boats score shall be the total of her race scores excluding her worst score.

16.4. A boat that did not start, did not sail the course, did not finish, retired, or was disqualified, shall be scored points for the finishing place one point more than the number of boats entered in the series. This changes Rule A5.1 and A5.2

## **17. Prizes**

17.1. Prizes will be awarded to the 1st, 2nd, and 3rd place finishers of each class. A minimum of four boats is required to be considered a class.

## **18. Media Rights**

18.1. By participating in this championship, a competitor automatically grants to the Organizing Authority and the sponsors of the championship, the right in perpetuity to make, use, and show at their discretion any motion pictures, videos, still pictures and live, taped, or filmed television and other reproductions of him or her during the championship, and of all of material related to the championship, without compensation.

## **19. Disclaimer of Liability and Risk Statement**

19.1. Competitors participate in the regatta entirely at their own risk. The Organizing Authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior, during or after the event.

19.2. RRS Rule 3 Decision to Race states: “The responsibility for a boat’s decision to participate in a race or to continue to race is hers alone” By participating in this event, each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, swift currents, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform, and fatigue resulting in an increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia, or other causes.

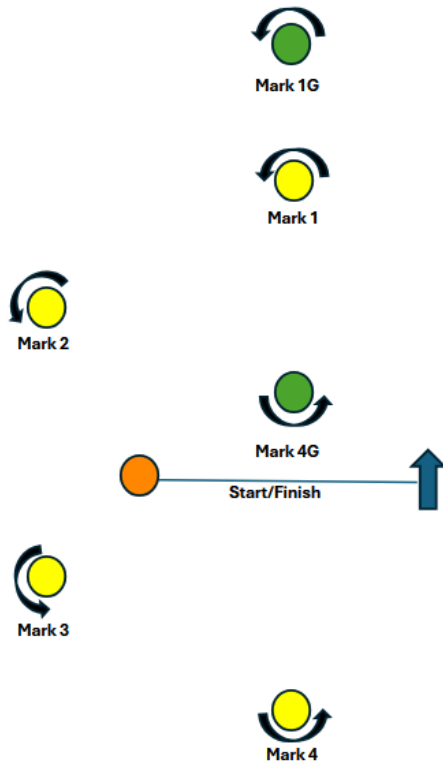
19.3. Competitors voluntarily assume the risks associated with communicable diseases including but not limited to COVID-19 or any of its variants.

19.4. Competitors shall carry third-party insurance.

19.5. Prior to participating in this event, every competitor shall sign the Sea Masters Academy Panama (SMAP) Waiver of Liability; Competitors with incomplete waivers will be scored DNC and refunds will not be given.

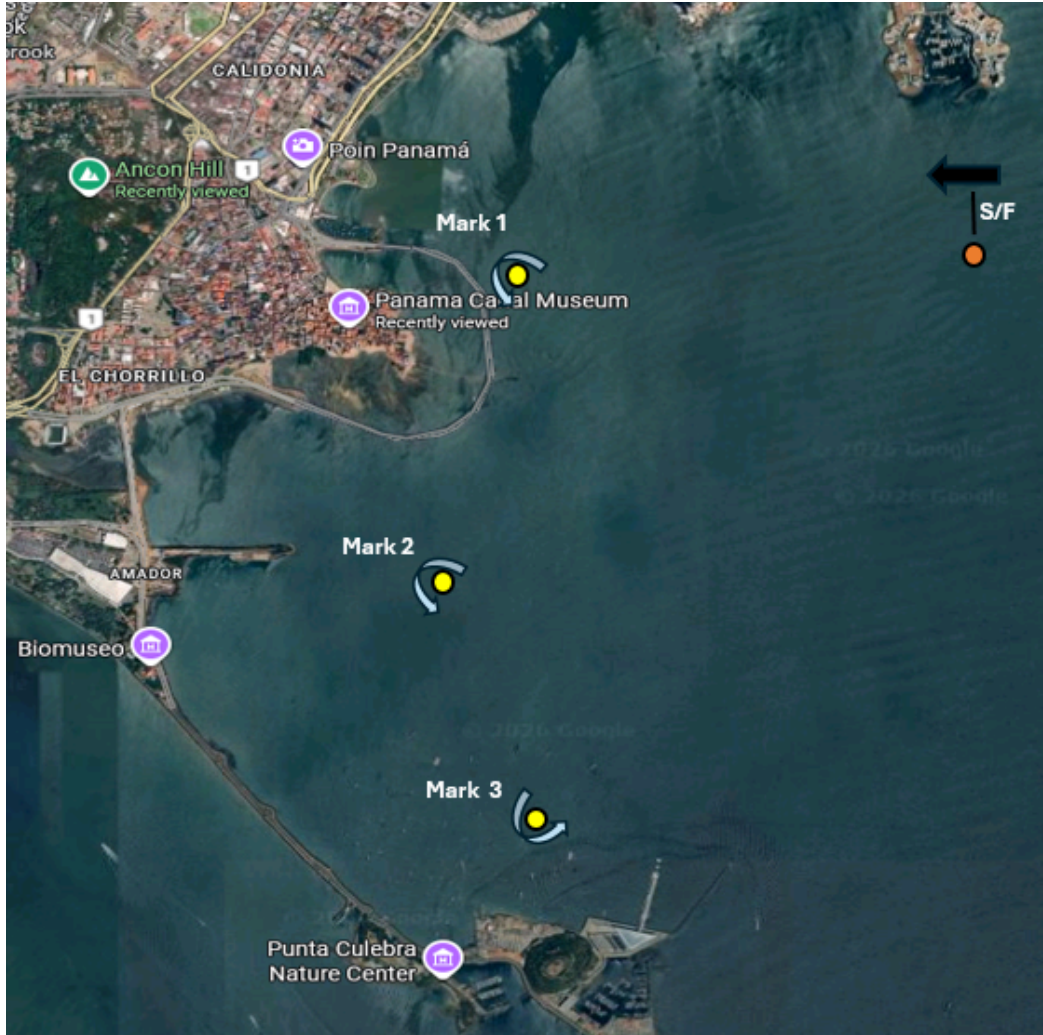
# Attachment 1 (Buoy Racing Course Layout)

## Modified trapezoid layout - course 1



Class	Roundings
Optimist	S/F – 1 – 2 – 3 – 4 – S/F
ILCA	S/F – 1 – 2 – 3 – 2 – 3 – 4 – S/F
RS Quest	S/F – 1G – 4G – 1 – 2 – 3 – 4 – S/F

## Attachment 2 (Distance Course Layout)



Class	Roundings
Optimist	S/F – 1 – S/F
ILCA	S/F – 1 – 2 – 3 – S/F
RS Quest	S/F – 1 – 2 – 3 – S/F