



## IODAI Sprint Series – Monkstown Bay Sailing Club

28<sup>th</sup> March 2026

### SUPPLEMENTARY SAILING INSTRUCTIONS (SSIs)

#### 1 RULES

- 1.1 The regatta shall be governed by 'the rules' as defined in the 2025 – 2028 Racing Rules of Sailing (RRS). [World Sailing - Racing Rules of Sailing](#).
- 1.2 These Supplementary Sailing Instructions (SSIs) are to be read in conjunction with the current IODAI Major Event Sailing Instructions (MESIs). If there is a conflict between the Notice of Race or MESIs and these SSIs, these SSIs shall prevail.

#### 2 COMMUNICATIONS WITH COMPETITORS

- 2.1 The official notice board (ONB) and all required forms referred to in the MESI are located online at [Racing Rules of Sailing](#).
- 2.2 Results will be posted online at <https://iodai.com/iodai-sprint-series-2026>.
- 2.3 The race office is located at Monkstown Bay Sailing Club, telephone 021-4859935, email [mbscoptimists@gmail.com](mailto:mbscoptimists@gmail.com).
- 2.4 On the water, the race committee intends to monitor and communicate on VHF radio channel 71.

#### 3 SIGNALS MADE ASHORE

- 3.1 Signals made ashore will be displayed from the club mast located at the Sandquay.
- 3.2 Flag D displayed with one sound means the warning signal will be made in not less than 60 minutes. Boats shall not launch until this signal is made.

#### 4 RACING AREA

- 4.1 The racing area is Cork Harbour, most likely within the confines of Monkstown Bay, but will ultimately be dependent on the weather conditions on the day.
- 4.2 The designated racing area will be any of the areas A, B or C as illustrated in Section 7. Area selection shall solely depend on the prevailing wind conditions on the day.
- 4.3 To indicate the selected racing area, International Code Flags “A”, “B”, or “C” shall be displayed ashore together with flag “D” from the Main Mast on the Sandquay.

#### 5 COURSE

- 5.1 The Course will be Course B, Optimist Worlds Course as set out in the MESI with a variation on the finish line. The line may be either:
- Between a finish boat and a finish mark (this will be a separate mark).
  - Between the windward mark (Mark 2 on the course diagram) and the finish boat.
- 5.2 Both junior and senior fleets shall sail the same course with an all-in start signalled by class flag **Oscar**.
- 5.3 At the discretion of the RO, sailors will be required to complete two laps of the windward leeward section of the course, that is **Start – 1 – 2 – 3a/3b – 2 – 3a/3b – Finish**, this will be communicated to sailors on a whiteboard located prominently on the committee boat.

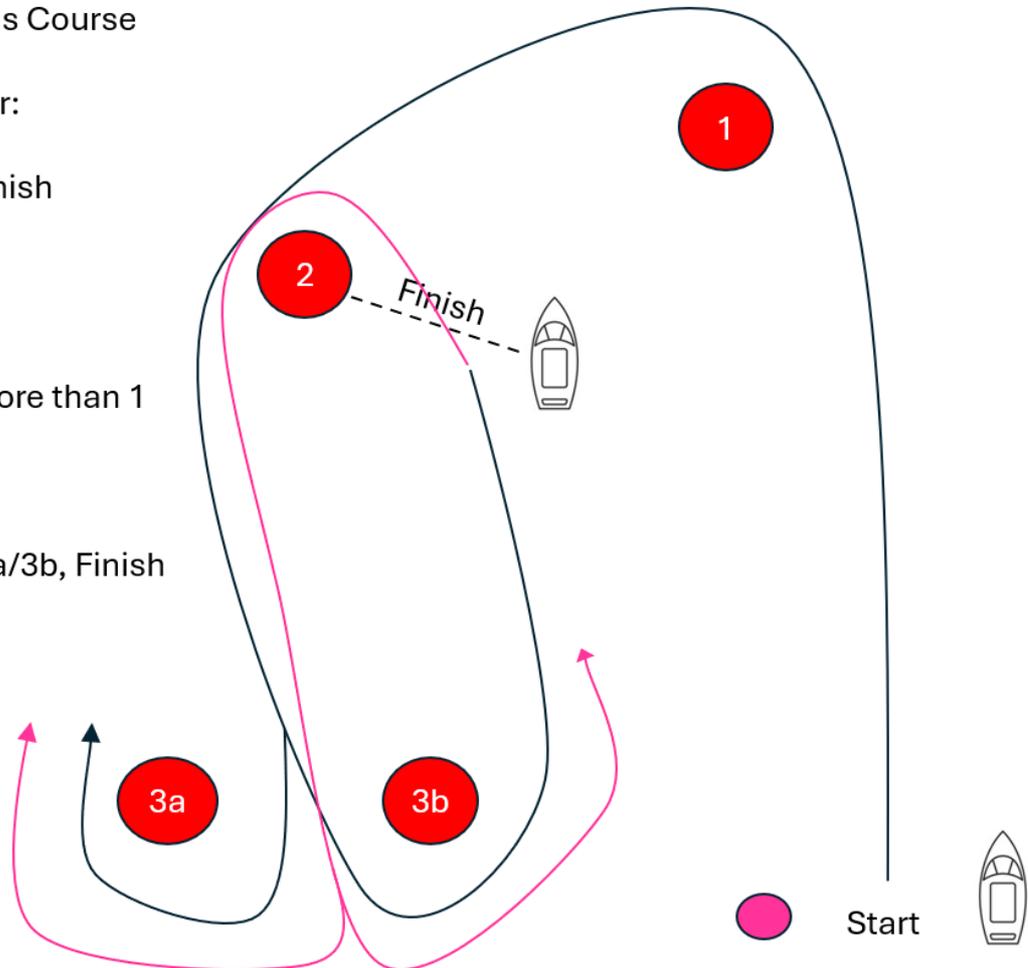
## Optimist Worlds Course

Rounding Order:

1, 2, 3a/3b, Finish

If RC signals more than 1  
round, then

1,2,3a/3b, 2, 3a/3b, Finish

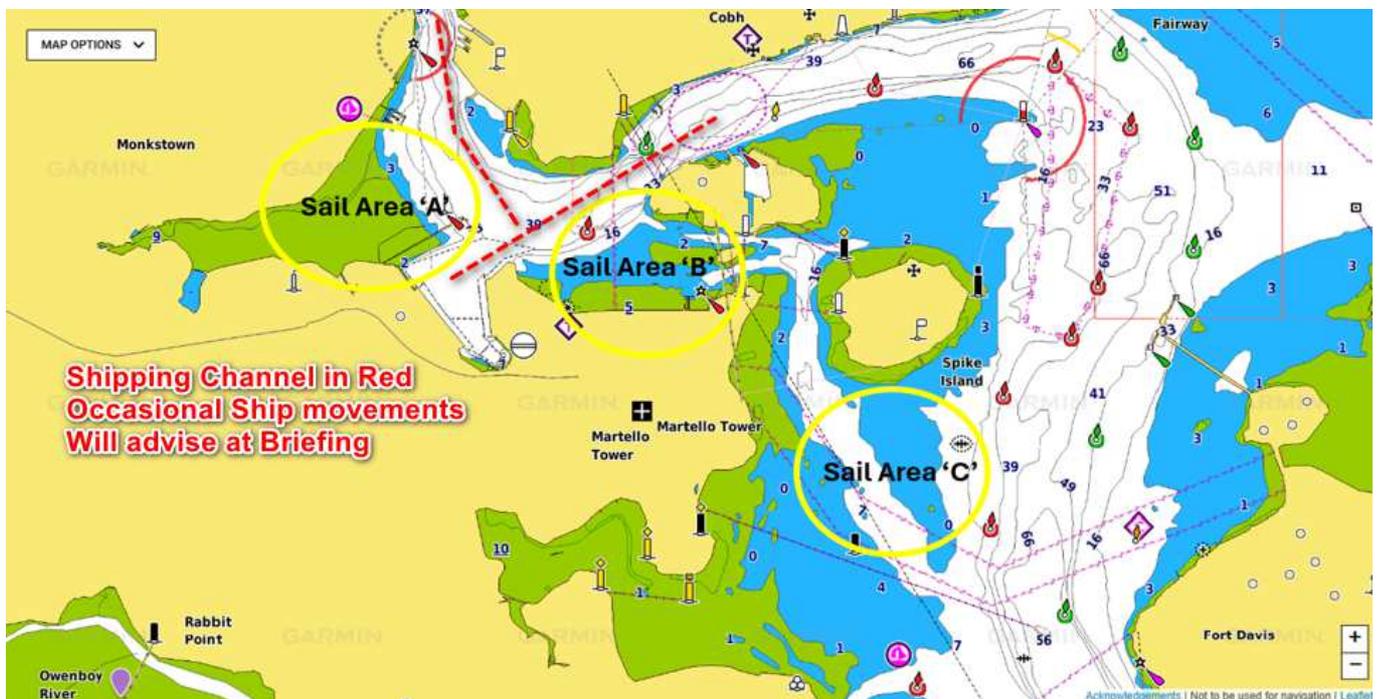


## 6 MARKS

- 6.1 The windward mark (# 1) and the spreader (#2) will both be yellow inflatables.
- 6.2 The gate (3a / 3b) will be identified by two thin yellow inflatable marks.
- 6.3 All marks are to be left to Port with the exception of the leeward gates at 3A / 3B. Boats shall sail between the gate marks from the direction of the previous mark and round either mark.
- 6.4 The starting line shall be between the main mast of the committee boat at the starboard side and the pin-end shall be a buoy carrying an orange flag.
- 6.5 The finishing line shall be between a staff displaying a blue flag on the finishing boat and the finishing mark. The finishing mark may be either Mark 2, or a separate mark.

## 7 OBSTRUCTIONS

7.1 There is a shipping channel running through Monkstown Bay and a deep water berth at Ringaskiddy. We will locate away from these areas but there are occasional shipping movements which we should be aware of. We will advise more on this during the briefing. Ideally, no boats should stray into the channel. Channel marked here:



## 8 OFFICIAL VESSELS

- 8.1 The committee boat will be a motor launch – specified at Briefing.
- 8.2 The finishing boat will be a motor launch – specified at Briefing.
- 8.2 Jury boats, if any, will carry a yellow flag.



## **9 SCHEDULE**

- 9.1 Registration will be at the MBSC club house between 09:00 and 10:45.
- 9.2 Briefing will be at the sandquay club mast at 10:50 with launch immediately afterwards from both Sandquay slips.
- 9.3 First Gun will be 11:55.
- 9.4 Maximum of 4 races are scheduled.
- 9.5 Prize Giving will be 16:00 at the MBSC club house.  
If possible, the prizegiving will be held earlier.

## **10 TIME LIMITS**

- 10.1 The target time per race is 25 minutes. Failing to reach the target time will not be grounds for redress.
- 10.2 The time limit to finish a race is 45 minutes.
- 10.3 The finish window after the winner of the race is 10 minutes.

## 11 ARRIVING, UNLOADING, & LAUNCHING

11.1 There is no parking along the Sandquay or on the Sandquay / Dinghy Park, however, there are 2 car parks for unloading and parking. In addition, there is parking around the village where you can take boats from trailers/roof racks.

Boats can be walked the short distance to the Sandquay for rigging / launching etc. We cannot have cars parked on the Sandquay or the footpaths for the safety of the sailors and the public.

11.1 MBSC Club House is located at <https://maps.app.goo.gl/whtGmBivABMW29vS8>

11.2 Your Optimist can be rigged and stored on the Sand Quay located at <https://maps.app.goo.gl/UVFBgUKqh7Hcv3dFA>

11.3 Junior Fleet rig & launch from East Slip & Senior Fleet rig & launch from West Slip.

11.4 Overflow Staging Area is located at playground carpark located at <https://maps.app.goo.gl/94JMrco3Cq8VZr69>

