

**26th ATHENS INTERNATIONAL SAILING WEEK 2018**  
**ATHENS EUROLYMP WEEK**  
**Parasailing Classes National Championships 2018**  
**Faliron Olympic Complex Marina Delta Kallithea's**  
**02 - 08 March 2018**

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**SAILING INSTRUCTIONS**

*Organising authority:* Hellenic Sailing Federation with the cooperation of the YCG (Yacht Club of Greece), NOPF (Nautical Club OF Palaio Faliro), NOK (Nautical Club of Kalamaki), NOTK (Nautical Club Tzitzifies Kallitheas) and NOKB (Nautical Club Katoikon Vouliagmenis). NACVV (Nautical Athlete Club of Vari Varkiza)

**[DP]** denotes a rule for which the penalty is at the discretion of the International Jury and may be less than disqualification.

**[NP]** denotes that a breach of this rule will not be grounds for a protest by a boat.

**[SP]** denotes a rule for which a standard penalty may be applied by the race committee without a hearing.

**1 RULES**

- 1.1** The regatta will be governed by the 'rules' as defined in The Racing Rules of Sailing.
- 1.2** The Equipment Rules of Sailing for 2017 – 2020
- 1.3** Current valid Class Rules for all competing classes.
- 1.4** The prescriptions of the Hellenic National Authority will not apply, except N1: RRS 40 (PFD). All competitors, race officials on a rib and support personnel shall be required to wear an adequate personal floatation device at all times while afloat.
- 1.5** For the medal race, ISAF Addendum Q, Umpired Fleet Racing, will apply. (see SI Appendix 1)
- 1.6** Appendix P will apply as changed in 14.1
- 1.7** If there is a conflict between languages, the English text will take precedence.

**2 COMMUNICATIONS WITH COMPETITORS**

- 2.1** The Athens International Sailing Week 2018 official notice board will be <http://www.eio.gr/Hellenicsailingweek/>. Additionally Notices will be posted on the Notice Boards at the cooperating clubs.

**3 CHANGES TO SAILING INSTRUCTIONS**

- 3.1** Any change to the sailing instructions will be posted before 09.00 on the day it will take effect, except that any change to the schedule of races will be posted by 18.00 on the day before it will take effect.
- 3.2** Any reassignment of classes to racing areas will be posted before 09.00 on the day the change will take effect, or in case AP is displayed ashore, at least 30 minutes before AP is removed.

**4 SIGNALS MADE ASHORE**

- 4.1** Signals made ashore will be displayed at the flagpoles of the cooperating clubs.

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- 4.2** When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes'. This changes race signal AP
- 4.3** Flag AP over H displayed ashore means "Boats shall not leave the harbor until further instructions". This changes race signal AP over H.

**5 FORMAT OF RACING**

- 5.1** For Olympic classes with more than ten entries, the regatta will consist of 10 races. On the last day of racing the 10 first boats in the ranking will sail the medal race under Addendum Q.
- 5.2** For all other classes total of nine (9) races has been scheduled.
- 5.3** *Assignments to the medal race will be based on the ranking available at 0900 on the day of the medal race. The jury may extend this time limit.*
- 5.4** On Thursday March 8th medal races are scheduled for Olympic Classes with more than 10 competing boats. Classes with less than 10 competing boats will continue fleet racing.
- 5.5** Courses will be as possible of the same configuration as these proposed for the Olympic Games. The top 10 boats in each Olympic Class will sail the final "Medal Race" on 8th of March, the rest will not continue fleet racing.
- 5.6** In order for the Athens Eurolymp Week to be held, a minimum of six (6) boats is required per event
- 5.7** In order the National Championship to be held, a minimum of **three** (3) boats is required per event for the open 2.4mR class and the Hansa parasailing class.

**6 SCHEDULE OF RACES**

- 6.1** Racing is scheduled as stated in Attachment 1.
- 6.2** A minimum of 4 qualifying races are required before a medal race can be sailed.
- 6.3** The scheduled time of the warning signal for the first race each day is stated in Attachment 1.
- 6.4** To alert boats that a race or sequence of races will begin soon, the orange flag defining the starboard end of the starting line will be displayed with one sound for at least four minutes before a warning signal is displayed
- 6.5** 470 Men and Women classes will start together and will be scored separately according to 17.7
- 6.6** All medal races will be sailed on Thursday 8 of March 2018. The racing areas and the schedule for the medal races will be posted by the closing of the protest time limit on Wednesday 7 March 2017.
- 6.7** On the last day of the regatta no warning signal will be made after 16:00, except after a general recall.

**7 CLASS FLAGS**

Class flags will be announced and posted at the notice boards of the organizing clubs.

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**8 RACING AREAS**

- 8.1** The racing areas will be displayed on the official Notice Boards  
**8.2** Classes are assigned to racing areas as shown in Attachment 1.

**9 THE COURSES**

- 9.1** The diagrams in Attachment 2 show the courses, including the course signals, approximate angles between legs, the order in which marks are to be rounded and the side on which each mark is to be left.  
**9.2** No later than the warning signal the RC signal boat will display the course to be sailed and the approximate compass bearing to the first mark.

**10 MARKS**

Marks will be announced and posted at the notice boards of the organizing clubs.

**11 THE START**

- 11.1** The starting line will be between staffs displaying orange flags on the starting marks.  
*[DP] [NP]* Boats whose warning signal has not been made shall avoid the starting area. The starting area is defined as a rectangle 50 meters from the starting line and marks in all directions.  
**11.2** A boat starting later than 4 minutes after her starting signal will be scored Did Not Start (DNS). This changes rules A4 and A5 without a hearing.

**12 CHANGE OF THE NEXT LEG OF THE COURSE**

- 12.1** To change the next leg of the course, the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable.  
**12.2** When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

**13 THE FINISH**

The finishing line will be between staffs displaying orange flags on the finishing marks

**14 PENALTY SYSTEM**

- 14.1** For the Men's Two-Person High Performance Dinghy, Men's Windsurfer and Women's Windsurfer classes, rules 44.1 and P2.1 are changed so that the Two-Turns Penalty is replaced with the One-Turn Penalty.  
**14.2** A boat that has taken a penalty or retired under rule 44.1 shall complete an acknowledgment form at the race office within the protest time limit.  
**14.3** Penalties for breaches of sailing instructions 18, 19, 21, 22 and 24 may be less than disqualification if the jury so decides. Breaches of rules in the

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sailing instructions marked **[NP]** will not be grounds for a protest by a boat. This changes rule 60.1(a).

- 14.4** Penalties for RRS, the EIR, class rules or rules in the NoR and SIs marked **[DP]** are at the discretion of the international jury. A boat may accept a discretionary penalty for the breaches stated above before a hearing concerning the same incident by completing a form available at the jury office.
- 14.5** For breaches of the SIs marked **[SP]** the race committee may apply a standard penalty without a hearing. The standard penalties will be post in the official notice board. However, the race committee may protest a boat when they consider the standard penalty to be inappropriate. This changes RRS 63.1 and Appendix A5.

**15 TIME LIMITS AND TARGET TIMES**

- 15.1** Time limits for the first boat are as follows:

Class	Target Time	Time Limit	Mark 1	Finish
Window				
RS:X	30	60	20	15
49er & 49erFX	40	60	20	10
470	60	90	30	15
Laser	60	90	30	15
Laser Radial	60	90	30	15
Laser 4,7	60	90	30	15
420	60	90	30	15
Nacra 17	40	60	20	15
Open 2.4mR	50	90	30	15
Finn	60	90	30	15
Optimist	30	60	20	15
Tecno 293	30	60	20	15
Hansa	60	90	30	15
Medal Races	30	45	20	15

- 15.2** If no boat has passed Mark 1 within the Mark 1 time limit the race will be abandoned. Failure to meet the target time will not be grounds for redress. This changes rule 62.1(a).
- 15.3** **[SP]** Boats failing to finish within 15 minutes (10 for the 49er) after the first boat sails the course and finishes will be scored Did Not Finish without a hearing. This changes rules 35, A4 and A5.

**16 PROTESTS AND REQUESTS FOR REDRESS**

- 16.1** Protest forms are available at the regatta office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit
- 16.2** For each class, the protest time limit is 60 minutes after the last boat of her class has finished the last race of the day or the race committee signals no more racing today.
- 16.3** Notices of protests by the Race Committee, the Technical Committee or the Jury will be posted to inform boats under rule 61.1(b).

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- 16.4** A list of boats that, under SI 14.2, have been penalized for breaking rule 42 will be posted before the end of the protest time limit.
- 16.5** Notices will be posted on the Official Notice Board within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings may be scheduled to begin up to 30 minutes before the end of protest time limit.
- 16.6** Protests hearings will be held at the International Jury Office located at the Race Offices of the Organizing Clubs by the protest committees at the cooperating clubs, beginning at the time posted.
- 16.7** The scoring abbreviation for a discretionary penalty imposed under this instruction is DPI. Penalties for these breaches may be less than disqualification if the jury so decides.
- 16.8** Breaches of class rules may be less than disqualification if the jury so decide
- 16.9** On the last day of racing a request for reopening a hearing shall be delivered:
- a. within the protest time limit if the party requesting reopening was informed of the decision on the previous day;
  - b. no later than 20 minutes after the party requesting reopening was informed of the decision on that day.
- This changes rule 66.2.
- 16.10** Decisions of the jury will be final as provided in rule 70.5.

**17 SCORING**

- 17.1** Four races are required to be completed to constitute a series.
- 17.2**
- a. Except for race scores excluded under instruction 17.3 a boat's series score for the regatta will be the total of her race scores from the opening series and the medal race, if any.
  - b. For the medal race, rule A4.1 is changed so that the points are doubled, and rule A4.2 is changed so that the scores are based on the number of boats assigned to compete in that race.
- 17.3**
- a. When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.
  - b. When 5 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score. However, the score from the medal race will not be excluded.
- 17.4** For boats assigned to compete in the medal race, ties in the regatta score will be broken by the medal-race score. This changes rule A8.
- 17.5** The boats assigned to compete in the medal race will be ranked highest in the regatta.
- 17.6** A boat assigned to compete in the medal race shall make a genuine effort to start, sail the course and finish. The penalty for this breach will be ranking the boat tenth in the regatta. If there are two such boats, they will be ranked ninth and tenth, in order of their opening-series ranks, etc. without a hearing.

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- 17.7** The scoring of 470 Men and Women classes will be produced from the general classification.
- 18** **[DP] [NP] SAFETY REGULATIONS**
- 18.1** Boats not leaving the harbour for the day's races shall notify the regatta office as soon as possible.
- 18.2** A boat that retires from a race shall notify the race committee before leaving the course area, or if that is not possible, she shall notify the regatta office as soon as possible after she returns to the harbor.
- 19** **[DP] [NP] REPLACEMENT OF CREW OR EQUIPMENT**
- 19.1** Substitution of competitors will not be allowed without prior written approval of the jury and shall comply with any restrictions in the Notice of Race.
- 19.2** Substitution of damaged or lost equipment will not be allowed unless approved by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity.
- 20** **[DP] [NP] EQUIPMENT AND MEASUREMENT CHECKS**  
A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions. On the water, a boat can be instructed by a Technical or Race Committee member to proceed immediately to a designated area for inspection.
- 21** **[DP] [NP] CAMERAS AND ELECTRONIC EQUIPMENT** Boats may be required to carry cameras, sound equipment or positioning equipment as specified by the organizing authority. Information from this equipment shall not be used by a boat as evidence in a hearing. This changes rule 63.6.
- 22** **[DP] ADVERTISING**  
Boats may be required to display advertising supplied by the organizing authority.
- 23** **OFFICIAL BOATS**  
Official boats will be marked as follows:  
RC boats: orange flag with black RC  
Jury boats: white flag with black IJ  
TC boats: White flag with black M  
Press boats: green flag with black MEDIA  
Actions by the official boats will not be grounds for a request for redress by a boat. This changes rule 62.1(a).
- 24** **[DP] SUPPORT BOATS**
- 24.1** Except when rendering assistance to a boat in danger at that boat's request or at the request of the race committee, team leaders, coaches and support personnel shall stay 100m outside areas where boats are racing from the time of the first preparatory signal for the first class to start until all boats have finished or the race committee signals a postponement, general recall or abandonment.
- 24.2** Support boats shall be registered at the Regatta Office, and shall be marked with their country flag or letters.

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- 24.3** Each coach/support boat shall be identified by national flag or 3 letter country code, at all times while on the water. Greek coach/support boats shall additionally display the identification of their club
- 25** **[DP] [NP] TRASH DISPOSAL**  
Boats shall not put trash in the water. Trash may be placed aboard support and race committee boats.
- 26** **RADIO COMMUNICATION**  
Boats shall neither make voice or data transmissions while racing nor receive voice or data communications not available to all boats. This restriction also applies to mobile telephones.
- 27** **PRIZES**  
Prizes will be given as follows: to the first, second and third of each class.
- 28** **DISCLAIMER OF LIABILITY**  
Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. The organizing 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 regatta.
- 29** **INSURANCE**  
Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of € 540.000 per event or the equivalent.
- 30** **RIGHT TO USE NAME AND LIKENESS**  
By participating in the Athens Eurolymp Week an athlete automatically grants to the organizing authority and its sponsors the right in perpetuity to make, use and show, from time to time at their discretion, any motion pictures and live, taped or filmed television and other reproductions of him or her during the period of the competition without compensation.

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**APPENDIX 1**

**ADDENDUM Q**

**UMPIRED FLEET RACING**

This addendum has been approved by World Sailing in accordance with rule 86.2 and ISAF Regulation 28.1.3.

**Version:** January 21, 2013

*Marginal marks indicate important changes from the previous version.*

These sailing instructions change the definition Proper Course, and rules 20, 28.2, 44, 60, 61, 62, 63, 64.1, 65, 66, 70, 78.3 and B5.

**Q1 CHANGES TO RACING RULES**

*Additional changes to rules are made in instructions Q2, Q3, Q4, and Q5.*

**Q1.1 Changes to the Definitions and the Rules of Part 2 and Part 4**

- (a) Add to the definition Proper Course: 'A boat taking a penalty or manoeuvring to take a penalty is not sailing a *proper course*.'
- (b) When rule 20 applies, the following arm signals are required in addition to the hails:
  - (1) for 'Room to tack', repeatedly and clearly pointing to windward; and
  - (2) for 'You tack', repeatedly and clearly pointing at the other boat and waving the arm to windward.

Instruction Q1.1(b) does not apply to boards.

**Q1.2 Changes to Rules Involving Protests, Requests for Redress, Penalties and Exoneration**

- (a) The first sentence of rule 44.1 is replaced with: 'A boat may take a One-Turn Penalty when she may have broken a rule of Part 2 (except rule 14 when she has caused damage or injury) or rule 31 or 42 while *racing*.'
- (b) For boards, the One-Turn Penalty is one 360° turn with no requirement for a tack or a gybe.
- (c) Rule 60.1 is replaced with 'A boat may protest another boat or request redress provided she complies with instructions Q2.1 and Q2.4.'
- (d) The third sentence of rule 61.1(a) and all of rule 61.1(a)(2) are deleted. Rule B5 is deleted.



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- (e) Rules 62.1(a), (b) and (d) are deleted. In a race where this addendum applies, there shall be no scoring adjustments for redress given under any of these rules for a previous race.
- (f) Rule 64.1(a) is changed so that the provision for exonerating a boat may be applied by the umpires without a hearing, and it takes precedence over any conflicting instruction of this addendum.
- (g) Rules P1 to P4 shall not apply.

**Q2 PROTESTS AND REQUESTS FOR REDRESS BY BOATS**

**Q2.1** While racing, a boat may protest another boat under a rule of Part 2 (except rule 14) or under rule 31 or 42; however, a boat may only protest under a rule of Part 2 for an incident in which she was involved. To do so she shall hail 'Protest' and conspicuously display a red flag at the first reasonable opportunity for each. She shall remove the flag before, or at the first reasonable opportunity after a boat involved in the incident has taken a penalty voluntarily or after an umpire's decision. However, a board need not display a red flag.

**Q2.2** A boat that protests as provided in instruction Q2.1 is not entitled to a hearing. Instead, a boat involved in the incident may acknowledge breaking a rule by taking a One-Turn Penalty as described in rule 44.2. If the protested boat does not take a penalty voluntarily, an umpire will decide whether to penalize any boat and signal the decision as provided in instruction Q3.1.

**Q2.3** At the finishing line, the race committee will inform the competitors about each boat's finishing place or scoring abbreviation. After this has been done for all boats, the race committee will promptly display flag B with one sound. Two minutes later flag B will be removed with one sound.

**Q2.4** A boat intending to

- (a) protest another boat under a rule other than instruction Q3.2 or Q4.2(a), or a rule listed in instruction Q2.1,
- (b) protest another boat under rule 14 if there was contact that caused damage or injury, or
- (c) request redress

shall hail the race committee before or during the display of flag B. The same time limit applies to protests under instructions Q5.4 and Q5.5. The protest committee may extend the time limit if there is good reason to do so.

**Q2.5** The race committee will promptly inform the protest committee about any protests or requests for redress made under instruction Q2.4.

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**Q3 UMPIRE SIGNALS AND IMPOSED PENALTIES**

**Q3.1** An umpire will signal a decision as follows:

- (a) A green and white flag with one long sound means 'No penalty.'
- (b) A red flag with one long sound means 'A penalty is imposed or remains outstanding.' The umpire will hail or signal to identify each such boat.
- (c) A black flag with one long sound means 'A boat is disqualified.' The umpire will hail or signal to identify the boat disqualified.

**Q3.2** (a) A boat penalized under instruction Q3.1(b) shall take a One-Turn Penalty as described in rule 44.2.

- (b) A boat disqualified under instruction Q3.1(c) shall promptly leave the course area.

**Q4 PENALTIES AND PROTESTS INITIATED BY AN UMPIRE;  
ROUNDING OR PASSING MARKS**

**Q4.1** When a boat

- (a) breaks rule 31 and does not take a penalty,
- (b) breaks rule 42,
- (c) gains an advantage despite taking a penalty,
- (d) deliberately breaks a rule,
- (e) commits a breach of sportsmanship, or
- (f) fails to comply with instruction Q3.2 or to take a penalty when required to do so by an umpire,

an umpire may penalize her without a protest by another boat. The umpire may impose one or more One-Turn Penalties to be taken as described in rule 44.2, each signalled in accordance with instruction Q3.1(b), or disqualify her under instruction Q3.1(c), or report the incident to the protest committee for further action. If a boat is penalized under instruction Q4.1(f) for not taking a penalty or taking a penalty incorrectly, the original penalty is cancelled.

**Q4.2** (a) A boat shall not round or pass a mark on the wrong side. If she does so, she may correct her error as provided in rule 28.2 only if she does so before she rounds or passes the next mark or finishes.

- (b) When a boat breaks instruction Q4.2(a) and fails to correct her error before rounding or passing the next mark or finishing, an umpire may disqualify her under instruction Q3.1(c).

**Q4.3** An umpire who decides, based on his own observation or a report received from any source, that a boat may have broken a rule, other than

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instruction Q3.2 or Q4.2(a) or a rule listed in instruction Q2.1, may inform the protest committee for its action under rule 60.3. However, he will not inform the protest committee of an alleged breach of rule 14 unless there is damage or injury.

**Q5 PROTESTS; REQUESTS FOR REDRESS OR REOPENING;  
APPEALS; OTHER PROCEEDINGS**

- Q5.1** No proceedings of any kind may be taken in relation to any action or non-action by an umpire.
- Q5.2** A boat may not base an appeal on an alleged improper action, omission or decision of the umpires or the protest committee. In rule 66 the third sentence is changed to 'A *party* to the hearing may not ask for a reopening.'
- Q5.3**
- (a) Protests and requests for redress need not be in writing.
  - (b) The protest committee may take evidence and conduct the hearing in any way it considers appropriate and may communicate its decision orally.
  - (c) If the protest committee decides that a breach of a rule has had no effect on the outcome of the race, it may impose a penalty of points or fraction of points or make another arrangement it decides is equitable, which may be to impose no penalty.
- Q5.4** The race committee will not protest a boat, except following a report under rule 43.1(c) or 78.3.
- Q5.5** The protest committee may protest a boat under rule 60.3. However, it will not protest a boat for breaking instruction Q3.2 or Q4.2(a), a rule listed in instruction Q2.1, or rule 14 unless there is damage or injury.

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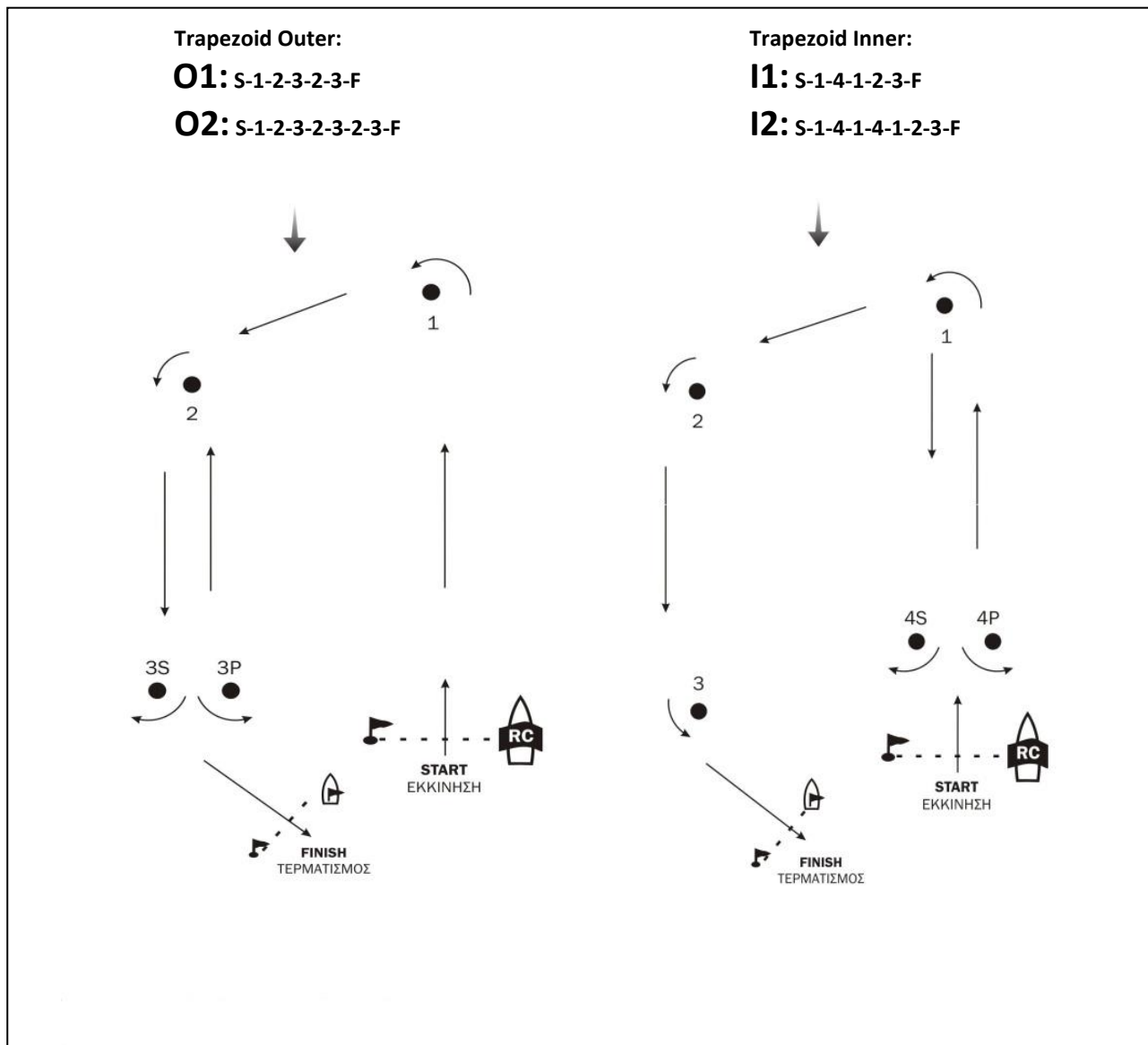
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**ATTACHMENT 1 - Schedule of Races**

Class	FRI 02/03	SAT 03/03	SUN 04 / 03		SUN 04/03	MON 05 / 03	TUE 06 / 03	WED 07 / 03	THU 08 / 03
<b>FINN</b>			Registration 09:00- 12:00hrs	COURSE Race(s) Warning	A RACES 13:00 h	A RACES 11:00 h	A RACES 11:00 h	A RACES 11:00 h	
<b>470 M&amp;W</b>			Registration 09:00- 12:00hrs	COURSE Race(s) Warning	A RACES 13:00 h	A RACES 11:00 h	A RACES 11:00 h	A RACES 11:00 h	A RACES 11:00 h
<b>49er</b>			Registration 09:00- 12:00hrs	COURSE Race(s) Warning	A RACES 13:00 h	A RACES 11:00 h	A RACES 11:00 h	A RACES 11:00 h	A RACES 11:00 h
<b>LASER ST &amp;RDL</b>			Registration 09:00- 12:00hrs	COURSE Race(s) Warning	B RACES 14:30 h	B RACES 13:00 h	B RACES 13:00 h	B RACES 13:00 h	B RACES 11:00 h
<b>2.4 mR, Hansa 2.3 &amp; 303</b>			Registration 09:00- 12:00hrs	COURSE Race(s) Warning	B RACES 11:00 h	B RACES 11:00 h	B RACES 11:00 h	B RACES 11:00 h	B RACES 11:00 h
<b>RS:X M &amp; W</b>			Registration 09:00- 12:00hrs	COURSE Race(s) Warning	C RACES 14:30	C RACES 11:00 h	C RACES 11:00 h	C RACES 11:00 h	C RACES 11:00 h
Class	FRI 02/03	SAT 03/03	SUN 04 / 03		SUN 04/03	MON 05 / 03	TUE 06 / 03	WED 07 / 03	THU 08 / 03
<b>420 M &amp; W</b>	Registration 09:00- 12:00hrs	COURSE Race(s) Warning	B RACES 11:00 h						
<b>LASER 4.7</b>	Registration 09:00- 12:00hrs	COURSE Race(s) Warning	D RACES 10:00 h						
<b>OPTIMIST</b>	Registration 09:00- 12:00hrs	COURSE Race(s) Warning	E RACES 11:00 h						
<b>TECHNO 293 &amp;TECHNO PLUS</b>	Registration 09:00- 12:00hrs	COURSE Race(s) Warning	C RACES 10:00 h						

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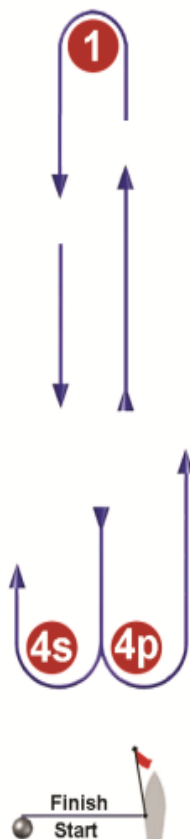
**ATTACHMENT 2 - The Courses**



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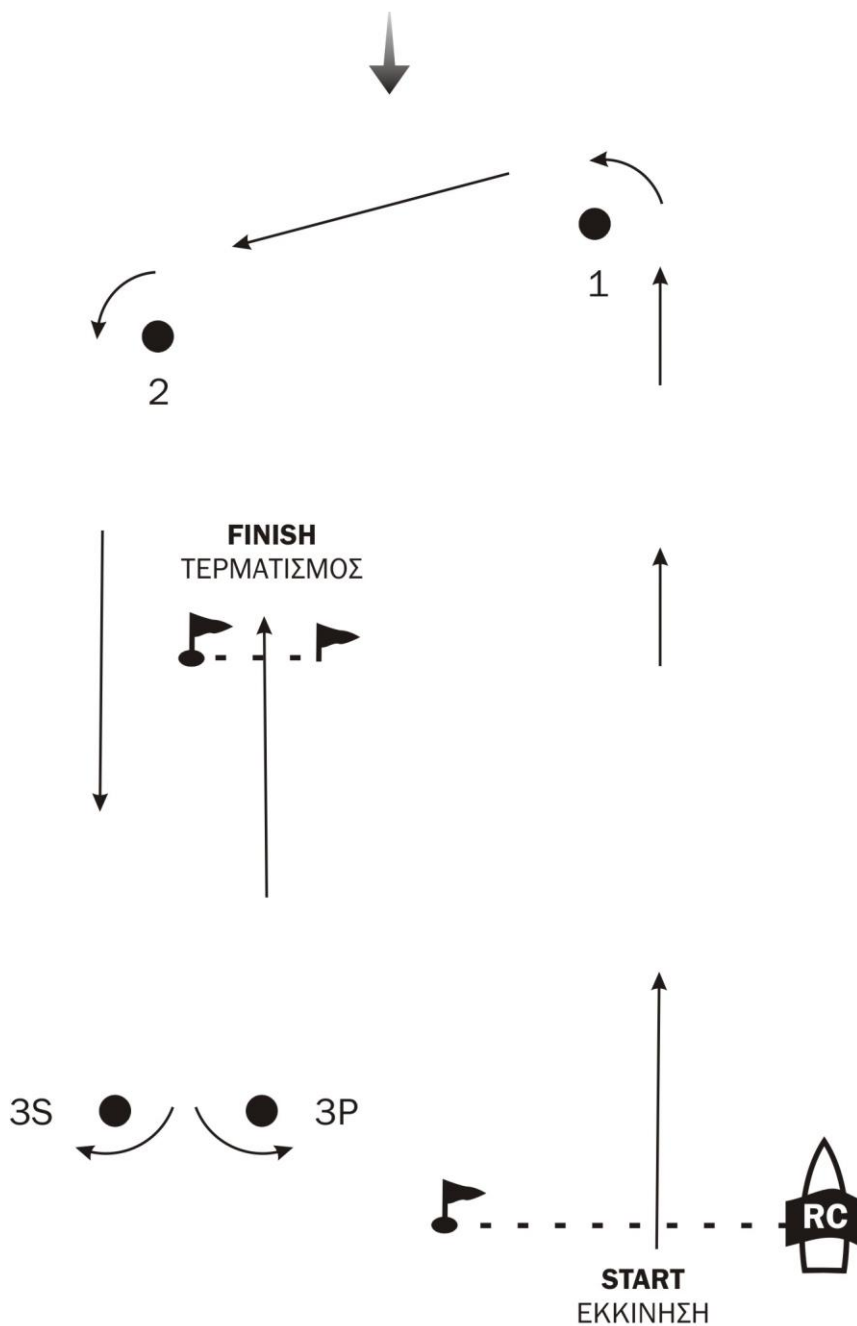


**Course: Windward/Leeward**

Signal	Mark Rounding Order
L2	Start - 1 - 4s/4p - 1 - Finish
L3	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - Finish
L4	Start - 1 - 4s/4p - 1 - 4s/4p - 1 - 4s/4p - 1
	- Finish

26th ATHENS INTERNATIONAL SAILING WEEK 2018  
ATHENS EUROLYMP WEEK  
Parasailing Classes National Championships 2018  
Faliron Olympic Complex Marina Delta Kallithea's  
02 - 08 March 2018

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**OP**

Εκκίνηση (Start) - 1 - 2 - 3S/3P - Τερματισμός (finish)

**HELLENIC SAILING FEDERATION**

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