



Fourth Annual

Three Sheets Regatta

The Three Islands Race

Organizing Authority: Virgin Islands Sailing Association
St. Thomas Yacht Club, St. Croix Yacht Club, St. John Yacht Club

December 5 – 8, 2024
United States Virgin Islands

Sailing Instructions

1 RULES

The regatta will be governed by:

- 1.1 The racing rules as defined by the Racing Rules of Sailing (RRS),
- 1.2 All boats shall carry a VHF radio capable of communicating on channels 16 and 72.
- 1.3 When rule 20 applies, a boat may indicate her need for room to take or her response both verbally and by VHF radio channel 72.
- 1.4 A Personal Flotation Device (PFD) shall be worn by all competitors during periods of reduced visibility or when sustained winds are more than 30 knots.
- 1.5 Any boat over early on course side (OCS) will be assessed a five-minute penalty and will not be required to restart. This changes RRS 30 (Starting Penalties) and 63.1.
- 1.6 All boats shall give way to commercial vessels.

2 CHANGES TO THE SAILING INSTRUCTIONS

- 2.1 Changes to the sailing instructions will be made on the water via VHF radio on channel 72 no later than the warning signal.

3 COMMUNICATIONS WITH COMPETITORS

3.1 Any changes to the Sailing Instructions will be announced at registration.

3.2 It is the Race Committee's intention to respond to questions, and provide information, on VHF 72 during racing as a courtesy, to the extent that it is possible.

4 SCHEDULE OF RACES

Thursday, December 5, 2024

1700 – 2000 Opening Reception and Registration: The Saint, Cruz Bay STJ

Friday, December 6, 2024 Race from STJ to Frederiksted, STX

0800	First Warning Signal	Pillsbury Sound, STJ
1600	Time Limited Expired (TLE)	Frederiksted, STX
1600	Welcome Reception	The Fred, Frederiksted, STX

Saturday, December 7, 2024 Race from Frederiksted to Pull Point, STX

1000	First Warning Signal	Frederiksted, STX
1600	Time Limited Expired (TLE)	Buck Island Channel, STX
1600	Welcome Reception	St. Croix Yacht Club, STX

Sunday, December 8, 2024 Race from Buck Island, STX to STT

0800	First Warning Signal	Buck Island Channel, STX
1600	Time Limit Expired (TLE)	St. Thomas Yacht Club, STT
1700	Welcome Reception	St. Thomas Yacht Club, STT

5 RACING AREA

The racing area will be the waters between St. John, St. Croix, and St. Thomas islands in the USVI.

The Race Committee intends to make courtesy announcements identifying the location of the starting area beginning approximately 0730 each racing day.

6 COURSES

6.1 The course for Friday December 6th will be between a starting line between St John and St. Thomas and a finish line off Frederiksted, St. Croix.



6.2 The course for Saturday December 7th will be between a starting line off Frederiksted, St. Croix. And a finish line off Pull Point, St. Croix.

6.3 The course for Sunday December 8th will be between a starting line in the Buck Island Channel St. Croix and a finish line south of the St. Thomas Yacht Club, St. Thomas.

7 MARKS

The only marks will be the start and finish line marks.

8 STARTING AND FINISHING LINES

The starting lines for all races will be between an orange flag on the signal boat and a nearby mark, to be communicated prior to the first warning signal by the race committee. The finish lines for all races will be between a blue flag on the signal boat and a nearby mark.

Friday, December 6, 2024 Race from STJ to STX

The St. John start line will be between an orange flag on the signal boat and a nearby mark in Pillsbury Point between St. John and St. Thomas islands at approximately coordinates 18°21' N and 64°48' W.

The Frederiksted, St. Croix finish line will be between a blue flag on a signal boat and a nearby mark located south of the pier at approximately coordinates 17°42' N and 64°52' W.

Saturday, December 7, 2024 Race from Frederiksted to Pull Point, STX

The Frederiksted, St. Croix start line will be between an orange flag on the signal boat and a nearby mark, located south of the pier at approximately coordinates 17°42' N and 64°52' W.

The Christiansted, St. Croix finish line will be between a blue flag on a signal boat and a nearby mark north of Pull Point and west of Buck Island at approximately coordinates 17°46' N and 64°39' W.

Sunday, December 8, 2024 Race from Buck Island, STX to STT

The Buck Island, St. Croix start line will be between an orange flag on a signal boat and a nearby mark north of Pull Point and west of Buck Island at approximately coordinates 17°46' N and 64°39' W, near the government mark "I".



The St. Thomas Yach Club finish line will be between a blue flag on a signal boat and a nearby mark located between St. Thomas and Great St. James islands at approximately coordinates 18°18.474' N and 64°50.389' W.

Nearby marks may be an inflatable shape, a mooring ball, or an existing navigational mark.

The Start will be a 5-minute flag sequence as defined by the RRS 26. If a sound signal accompanies the flag sequence it is as a courtesy.

9 TIME LIMIT

The time limit for each race will be at 1600 hours.

Any boats on the course when the time limit has expired (TLE) shall hail the race committee and communicate their approximate position, then head in promptly, using engine power if necessary.

10 HEARING REQUESTS

The protest time limit is 30 minutes after the last boat finishes each day or the race committee signals no more racing today, whichever is later.

11 SCORING

It is the race committee's intention to record each boats elapsed time for each leg.

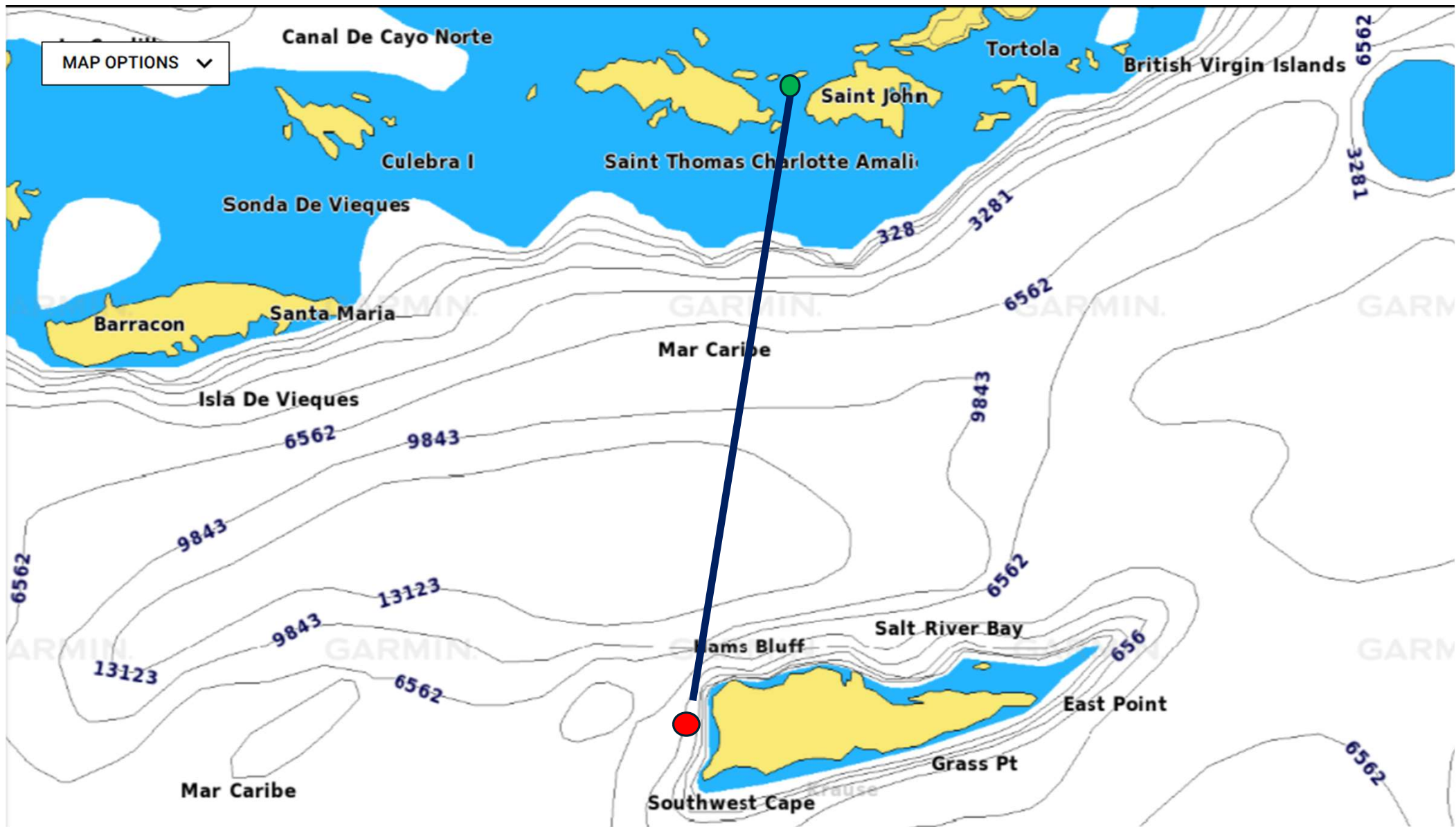
It is the organizer's intent to award prizes based on the criteria of their choosing.

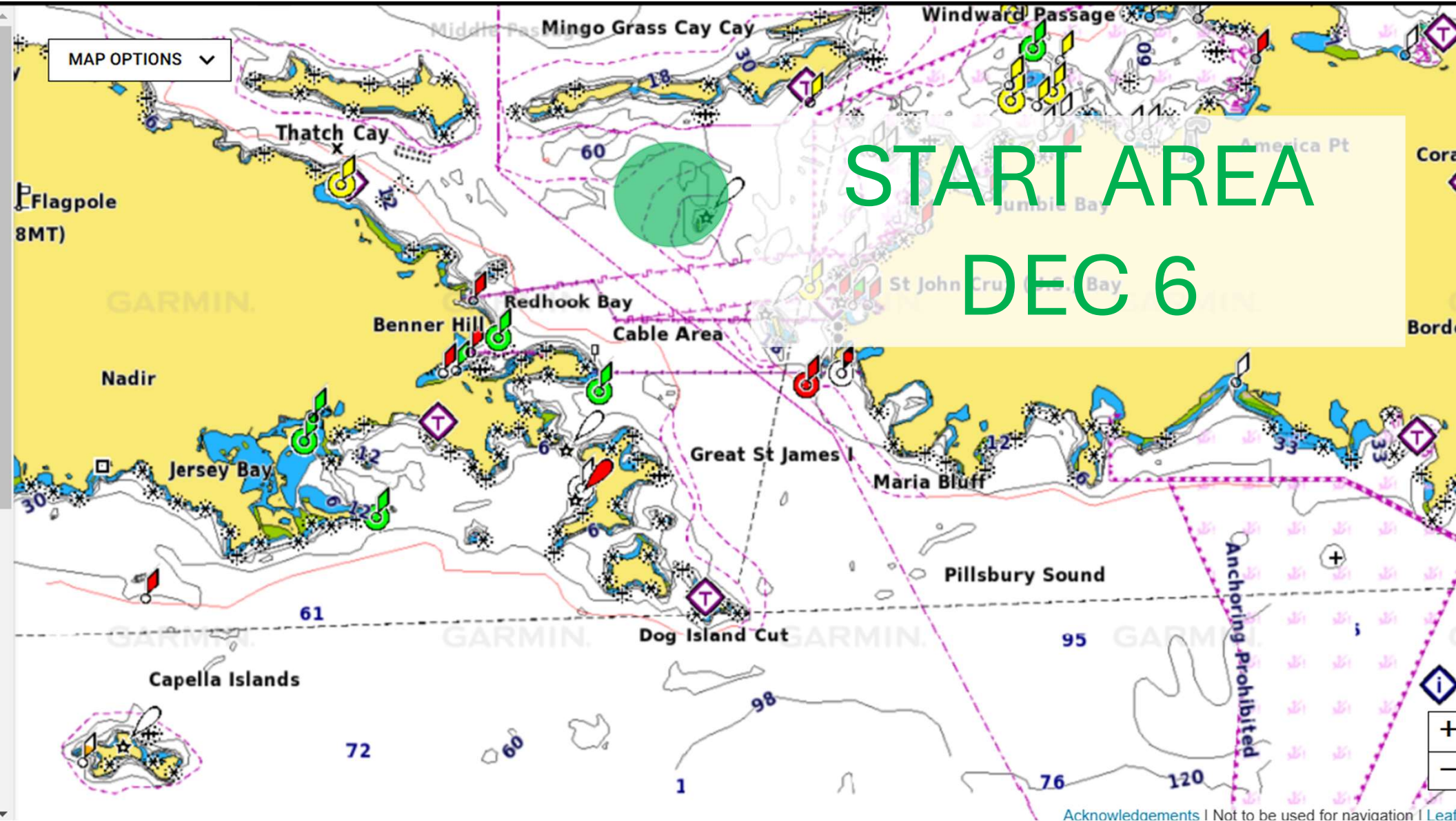
Prize giving is intended at 1800 hours following each leg. The December 6th ceremony will be held at "The Fred" Frederiksted, St. Croix. The December 7th ceremony will be held at the St. Croix Yacht Club. The December 8th final ceremony will be held at the St. Thomas Yacht Club, St. Thomas.

12 RISK STATEMENT AND DISCLAIMER OF RESPONSIBILITIES

RRS 3 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, 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 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.



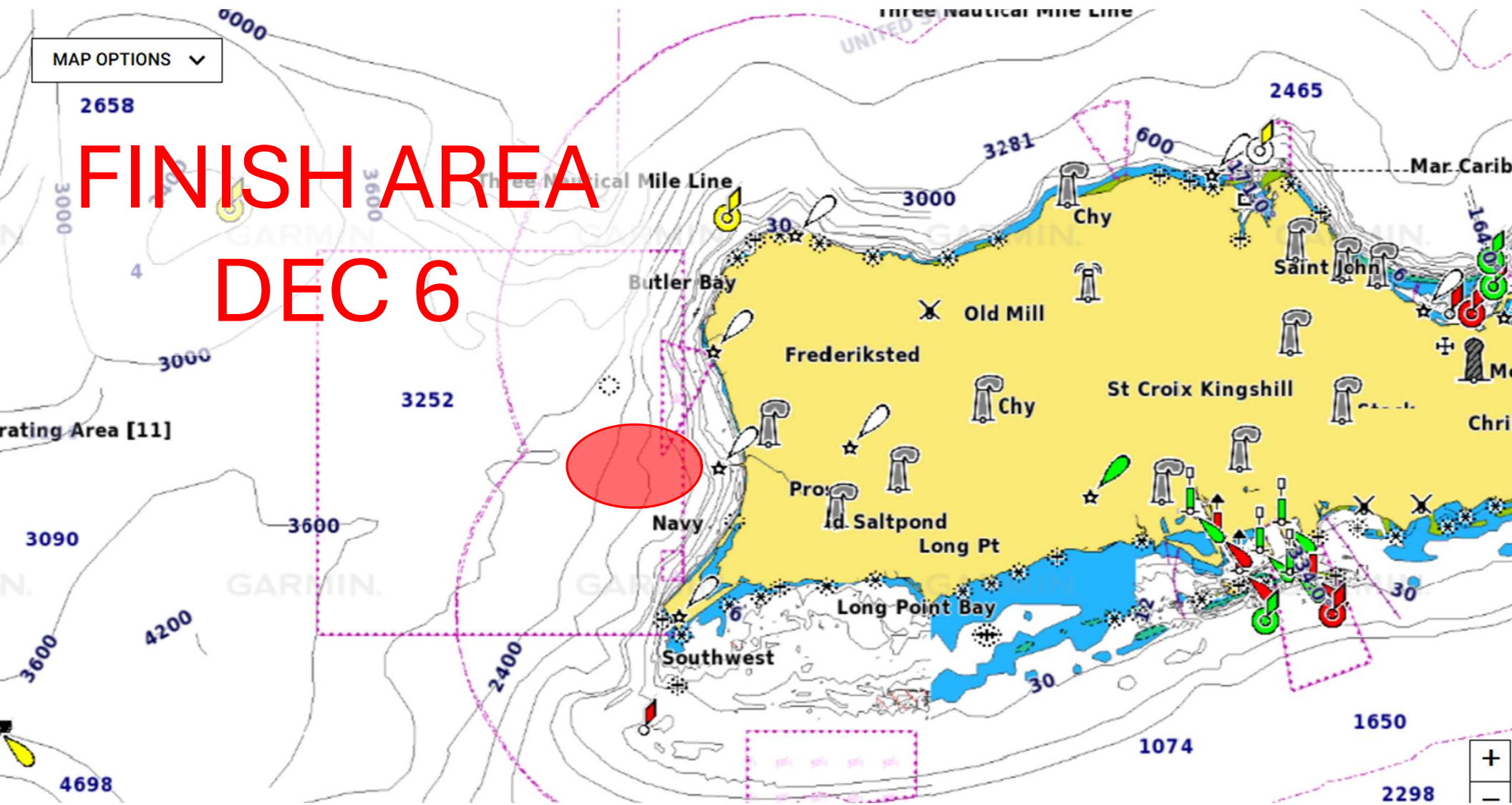




MAP OPTIONS ▾

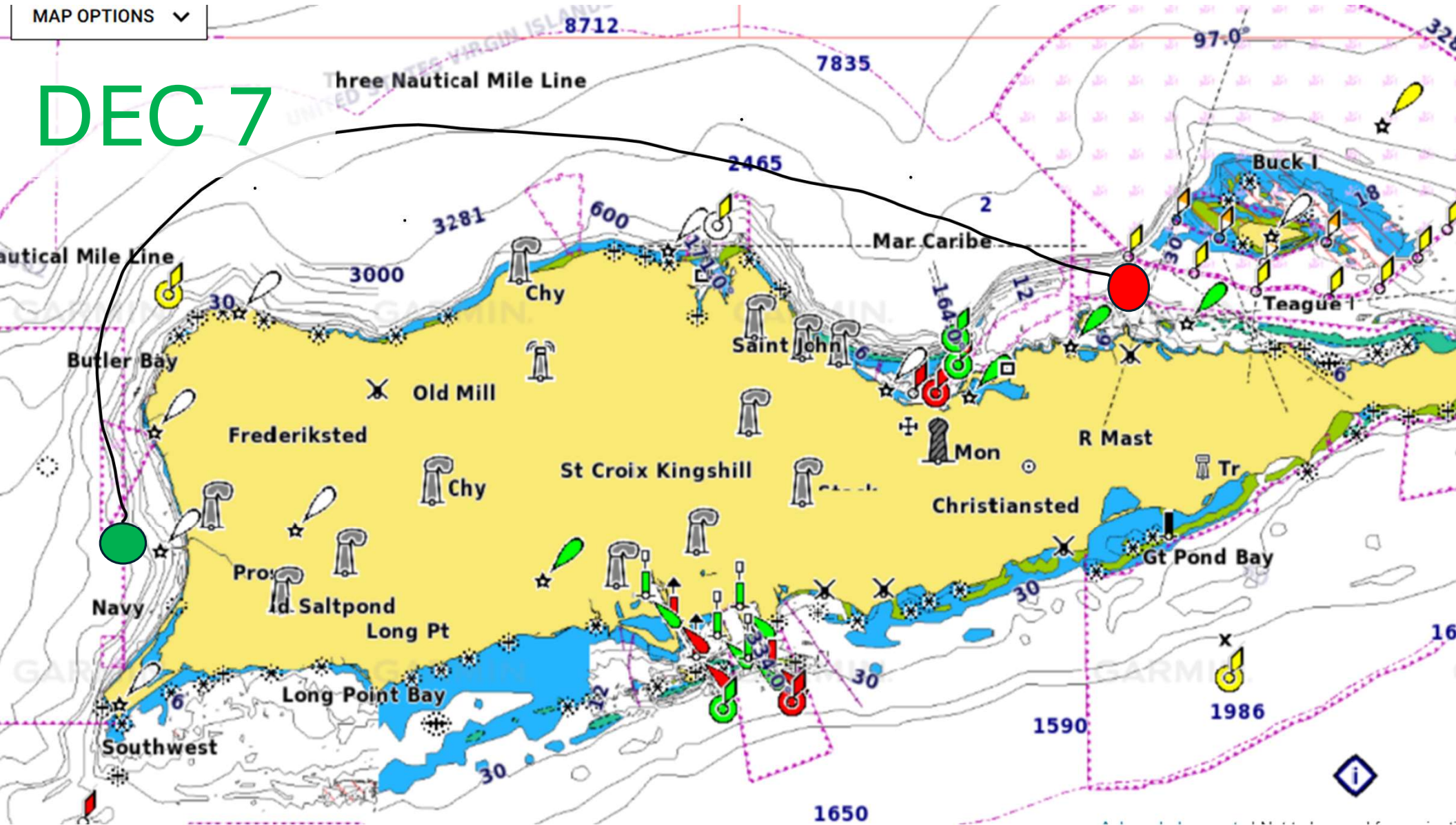
START AREA
DEC 6

FINISH AREA DEC 6

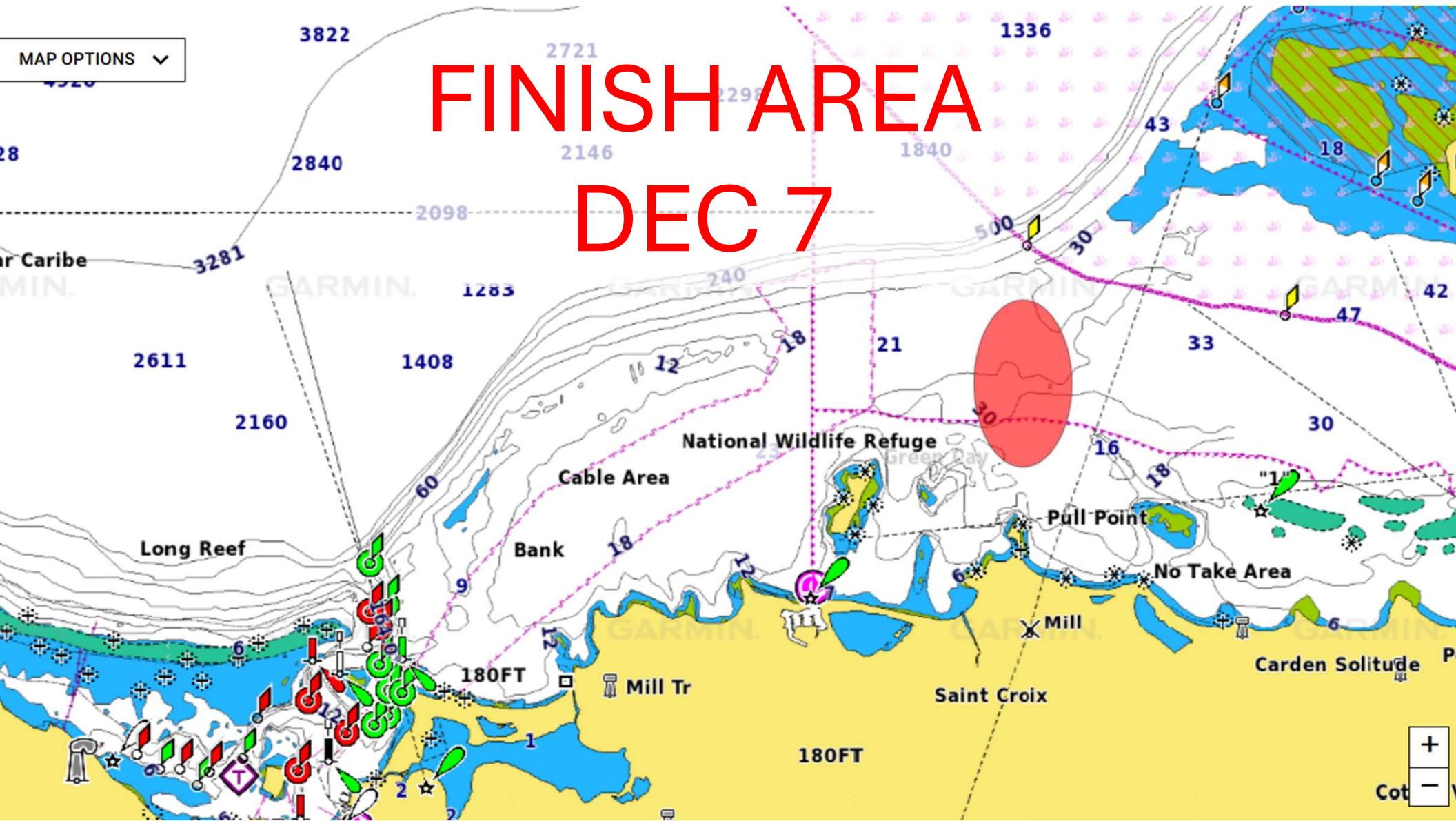


MAP OPTIONS ▾

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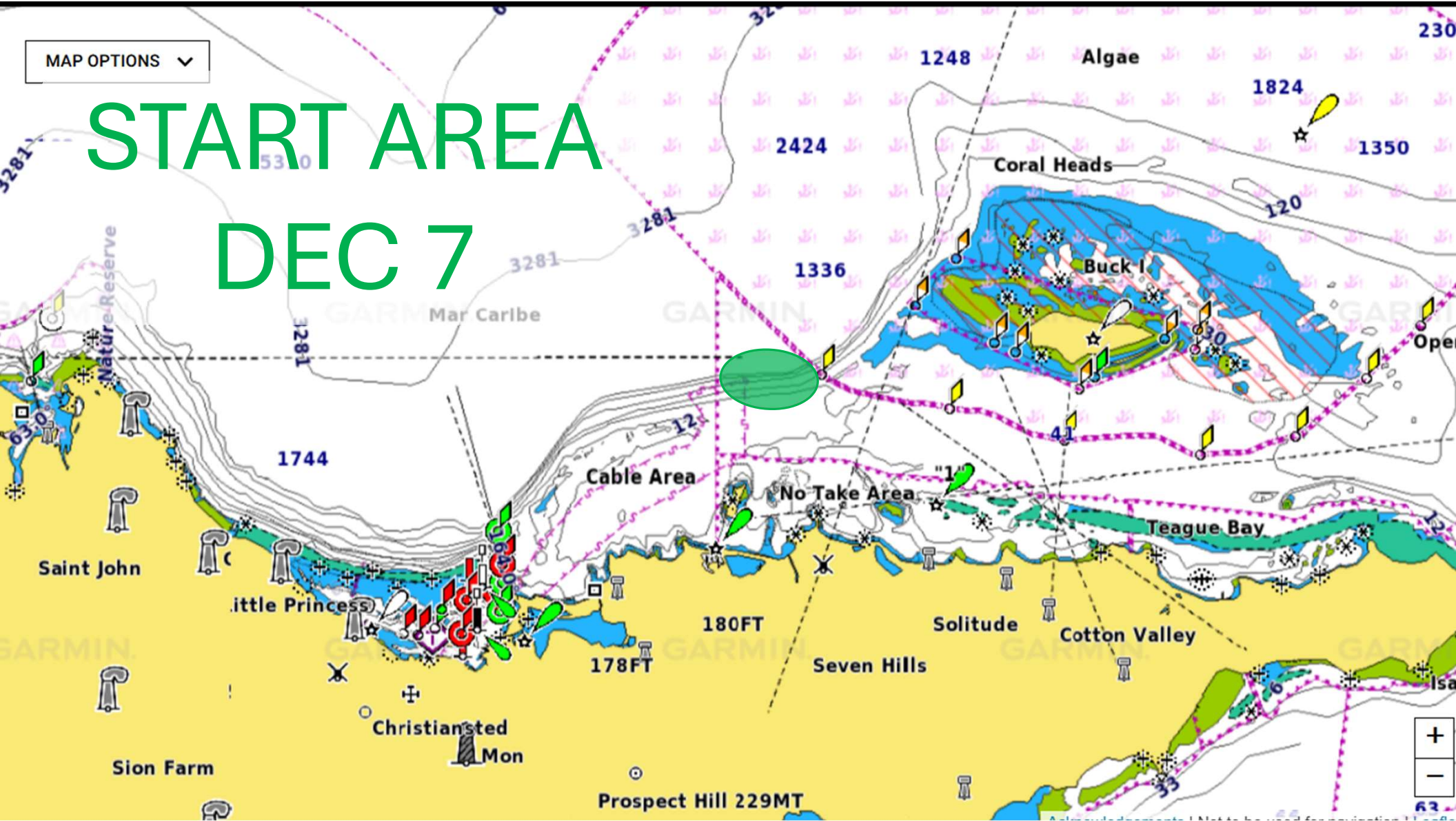


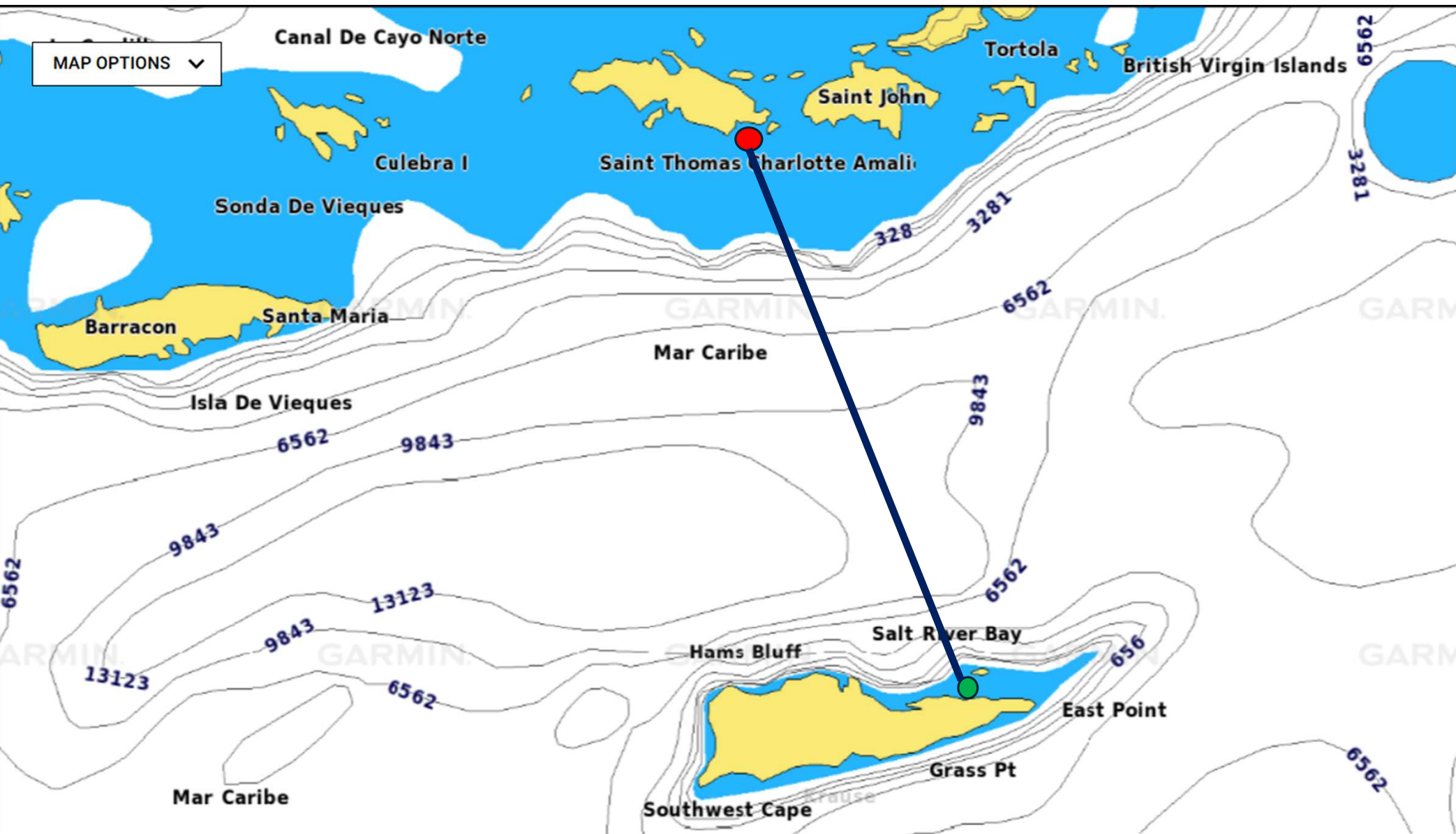
FINISH AREA DEC 7



MAP OPTIONS ▾

START AREA DEC 7







**FINISH AREA
DEC 8**