



**RACE INSTRUCTIONS**  
**SINGLEHAND**  
**GARMIN ROUND DENMARK RACE INSHORE**  
**START IN AARHUS**

**Dates**  
**August 2<sup>nd</sup> – 11<sup>th</sup> 2024**

**Venue**  
**The Danish, Swedish and German waters**

**Organizer**  
**Aarhus International Sailing Center**

Any changes to these Race Instructions will be published on the Official Notice Board to be found on the event website – [www.rounddenmarkrace.com](http://www.rounddenmarkrace.com)

*Version: June 28, 2024*

## 1 Rules

- The race is governed by the rules stated in the Garmin Round Denmark Race (GRDR) Event Regulations
- The special regulations for navigation in certain Danish, Swedish and German waters.  
All traffic separations must be respected in accordance with COLREG rule 10. The competitors are required to pay attention to commercial traffic as well as to other competitors in the race.
- Navigation lights:  
All participating boats must be equipped with fixed statutory navigation lights as described in COLREG rule 25(a) or 25(b).  
This also applies to boats under 7 meters of length.

## 2 Rest time Rule

Rest time begins when the boat is stopped with no movement over ground and ends when the boat is moving again. The stop may be by anchor, buoy or moored in a harbor. If a participant does not comply with the rest time rules, he or she must immediately retire from the race.

### 2.1 Rest Time Rule 44/8

- 2.1.1 The race is divided into periods of 44 hours. Within these 44 hours, a minimum of 8 consecutive rest time hours must be taken. Thus, a maximum of 36 consecutive hours of sailing is allowed ( $44 - 8 = 36$ ). It's allowed to apply the use of engine to get to the selected position for the stop when a participant is 0.5 Nautical Miles from the position. After the stop, the boat must return to the same position where the engine was applied before resuming racing. The 8 hours rest time of each period will be subtracted from the final elapsed sail time. Rest time above 8 hours for each 44 hours period will not be subtracted.
- 2.1.2 If a participant exceeds 36 hours of non-stop sailing or rests less than 8 hours, the following applies: A boat may sail up to 60 minutes over the 36 hours' time limit or the rest period is less than 8 hours but more than 7 hours, the next rest period must be of at least 10 hours.  
This option may only be used once and only once during the entire race.
- 2.1.3 If a boat does not fulfill the requirements of rule 2.1.2 at the last stop before finishing, 2 hours will be added to the finishing time.



2.1.4 Exception:

If a boat is within 15 nm from the finishing line, the Rest Time Rule 44/8 does not apply any longer and the boat may continue to sail to finish the race.

**3 Designated person ashore (shore crew)**

It is mandatory for every single hand participant to have a Designated Person Ashore (DPA). The race management must be able to reach the DPA at any time (24/7) during the race. The DPA is not required to attend the Skippers meeting prior to the start or be present in Denmark during the race.

See further in the GRDR Event Regulations:

*“ADDITIONAL REQUIREMENTS IN SINGLEHANDED CATEGORY”*

**4 Schedule**

Friday	August 2 <sup>nd</sup>	09:00 – 15:00	Registration at Aarhus International Sailing Center
		17:00	Mandatory “Skipper’s meeting”
		18:00 – 22:00	Sail away dinner/party at Aarhus International Sailing Center
Saturday	August 3 <sup>rd</sup>	08:00 – 09:00	Registration at Aarhus International Sailing Center
		11:00	Starting signal – All classes

**5 Registration and documents**

All competitors must register at the Race Office, located in Aarhus International Sailing Center, Esther Aggeboes Gade 80A, 8000 Aarhus C not later than 09:00 hrs on Saturday August 3<sup>rd</sup> 2024.

At registration, the following documents must be presented (to be found on the Official Notice Board on the event web and to be prepared in advance):

- Skipper, shore crew (DPA) and safety self-declaration.

## 6 Mandatory Skipper's meeting

The skipper's meeting will take place at Aarhus International Sailing Center, Esther Aggebos Gade 80A, DK 8000 Aarhus C. See schedule.

## 7 Messages to competitors

- 7.1 Messages for the participants concerning relevant changes, corrections and warnings are continuously displayed on the Official Notice Board. Important messages in connection with the start will be announced via VHF channel 72.
- 7.2 During the starting sequence, the race management will, if possible, communicate on VHF channel 72.

## 8 The course

All marks or islands to be left to starboard (except Start, Garmin Fly By marks and the Finish):

- **Start** (See Race Instructions 11)
- **GARMIN Fly By marks** (always to be left to port – See Race Instructions 10)
- **Skagen – cardinal BYB** – approx. position 57°43,9' N - 10°42,4' E
- **Sjælland**
- **Christiansø and Bornholm**
- **Falster and Lolland (Gedser)**
- **Funen**
- **Finish in Aarhus** (see Race Instruction 16)

Under special circumstances the event management may decide to reverse the course leaving all marks or islands to port and in reversed order.

## 9 Time limit

The time limit for completion of the race is Sunday August 11<sup>th</sup> at 15:00 CET.

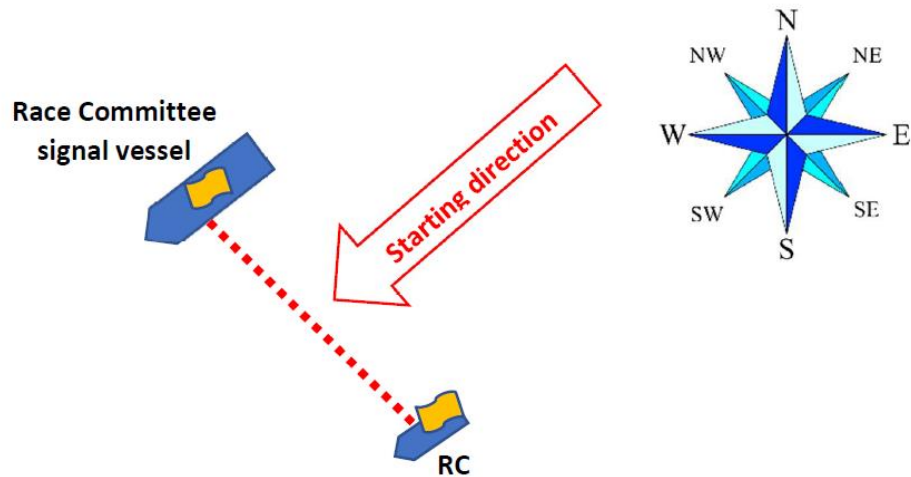
## 10 Starting area

The starting area will be approx. 1.5 nm outside Aarhus Lystbådehavn



## 11 Starting line

- 11.1 The starting line will be between an orange flag on the Race Committee signal vessel and an orange flag on a Race Committee RIB or an orange flag on a bouy.
- 11.2 The starting line must be crossed from northeast towards southwest.



## 12 Starting signals displayed from the Race Committee vessel

Time	Visual signal displayed ↑		Visual signal lowered ↓		Sound signal	Meaning
T-5	5	↑			●	5 minutes to start
T-4	4	↑	5	↓	●	4 minutes to start
T-3	3	↑	4	↓	●	3 minutes to start
T-2	2	↑	3	↓	●	2 minutes to start
T-1	1	↑	2	↓	—	1 minut to start
0		↑	1	↓	●	Starting signal

## 13 Individual Recall (Jumping the gun)

There will be NO recalls. If any part of the hull, of a boat is on the course side of the starting line the boat will be penalized by 30 minutes in its finishing time.

No boats are allowed to return to restart.

## 14 Postponement

If a start is postponed, information will be given by the race management on VHF channel 72 and by displaying flag AP.

If signal AP is displayed ashore with 2 sound signals it means:

The start has been postponed; first warning signal will be given not earlier than 60 minutes after AP is lowered with one sound signal.

If signal AP is displayed from the race management vessel with 2 sound signals it means: The start has been postponed; first warning signal will be given 1 minute after AP is lowered with one sound signal.

## 14 Late starters

Boats starting more than 30 minutes after the starting signal will be noted: Did Not Start.

Anyhow, if there is a good reason for the late start this must be communicated to the race management via VHF channel 72 or by phone to +45 6077 4680

## 15 Finishing

At least 30 minutes before the expected finishing time in Aarhus, participants **must** report an ETA to the race management. This may be done by VHF channel 72 or text message (SMS) to +45 6077 4680



## 16 The finishing line

Between an orange flag on the balcony of the Aarhus International Sailing Center and a conical mark with GARMIN advertising.  
When finishing the line must be crossed from east towards west.  
Be aware of the limitations at the breakwaters.



## 17 Withdrawal from the race

A skipper/boat that withdraws from the race or in any other way suspends the race is obliged to state this to the race management on phone number:  
+45 6077 4680 or text message (SMS) as soon as possible. When staying more than 24 hours in a harbor a boat will be considered to have withdrawn from the race.

## 18 Compensation for assistance to at boat in need

All participants in GRDR are obliged to give all possible assistance they can for any person or vessel in danger. If such assistance is given during the race, a time compensation can be requested. The request must be based on a statement clarifying that your final ranking in GRDR has been considerably affected because of the provided assistance. The request must be noted in the logbook with description of the incident.



## **19 Observing and reporting breaches of rules**

- 19.1 A boat observing a breach of a rule related to the Garmin Round Denmark Race may report this observation to the race management by text message (SMS) to +45 6077 4680
- 19.2 Further action, if any, will then be taken by the event management.
- 19.3 Penalties for breaches reported by a competitor or observed by the event management is at the discretion of the event management and may be anything from a warning, a time penalty, or a disqualification.

## **20 Media rights**

By participating in the GRDR race competitors automatically grant to the event management and its sponsors the right in perpetuity to make, use and show, from time to time at their discretion, any pictures, SoMe content, motion pictures and live, taped or filmed television and other reproductions made by the competitors during the period of the competition without any compensation.

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### **Useful contacts:**

Race management (Bridge) phone or sms: +45 6077 4680  
Can be called 24/7 during the entire race.

Race management (Bridge) e-mail: [raceoffice@sailing-aarhus.dk](mailto:raceoffice@sailing-aarhus.dk)