



INTRODUCTION TO THE LASER CLASS and the UK LASER ASSOCIATION

In 2003 the RYA selected the Laser 4.7 as the recommended pathway dinghy for young sailors wishing to follow the single-handed program. The Laser 4.7 rig is the smallest of the three rigs, with a sail area of 4.7m². All rigs use the same hull, equipment and most of the same spars. The only difference is that the 4.7 rig uses a shorter pre-bent bottom mast section. Changing up to the next rig, the Radial, can be achieved at a minimal cost (by purchase of a bottom section and sail) and the sailor is already familiar with the boat's main handling characteristics. The laser is a strict one design class.

For parents and young sailors considering moving up from the other Junior classes (such as the Optimist and the Topper) the information below may be used as a general guide as to when sailors, either boys or girls, should consider the move:

12 –16 years	45 – 60 kgs	4.7 rig (4.7m ²)
Boys & Girls	60 kgs plus	Radial rig (5.76m ²)
Boys	70 kgs & above	Standard rig (7.06m ²)

Having chosen the Laser 4.7 as the next stage in a sailor's development, the U.K. Laser Association (UKLA) can provide a full range of services to help development of both racing and training. In both of these aspects the Association works closely with the RYA to enable a sailor to progress and develop at his or her best pace.

RACING – The UKLA organises, and supports local clubs, in a wide range of events.

Grand Prix Meetings – These are one day events held at local clubs, which encourage sailors to race together without having to travel long distances and is ideal for those wishing to test their aptitude for racing.

National Championships – This traditional week long event brings together sailors from all three rigs and from across the country to find the Laser National Champion within each fleet. At the end of the season there is also the National Inland Championships held over a weekend at a major inland venue, when again all three rigs compete.

Ladder Series - This series is particularly important to the aspirational sailor as it is used to determine places at both European and World Championships and is also often used to select the RYA National Junior Squad (NJS) for further training. The series starts in the autumn and concludes with the last event before the Nationals, roughly in line with the scholastic year.

International Events – Relatively local European international competition exists in several formats in the Laser 4.7 class. Opportunities for good quality events exist from the following:

- United 4 Events - (a series of 4 regattas that run in Holland over the year)
- Europa Cups - (a series of events that run throughout Europe for the Laser class specifically)
- Flanders Youth week
- European and World Championships

RYA National Junior Squad – Intro.

The RYA Laser 4.7 National Junior Squad is run in two phases.

- The 'winter phase' runs from October through to April of the following year and is usually selected from 2 qualifiers in the autumn.
- The 'summer phase' runs from May to August and usually culminates with an International event, such as the Europeans or Worlds. It is selected from 2 qualifiers in the spring.

The policy outlining selection to the squad and details of the two qualifiers to be used can be found on the RYA website www.rya.org.uk (Junior Laser 4.7 page). UKLA Ladder event details can be found on the UKLA website, www.laser.org.uk.

Points of interest:

The squad / class can be of a transitional nature as many sailors use the class as a stepping stone from Junior into Youth sailing. As the sailors tend to grow relatively quickly at this age, the average time spent in the squad is one year (although some do 2+years). As with moving into any new class, several decisions need making fairly early on for the 'new laser family' and you will also need to acquaint

yourselves with several new processes specific to the laser class that need understanding.

One of these is looking into entry for the European and World Championships. Both events tend to be held on an annual basis, with an attendance of around 40 nations and 400 competitors. Both events are 'closed entry' and as such need pre entering. There is a specific process that needs to be followed well in advance of the events and maybe even in advance of your years in a laser 4.7 starting! Please ask the Laser Representative for clarification of this process.

UKLA TRAINING

The UKLA provides two types of training. Details of all training weekends are kept up to date on the UKLA website

National Open Training – James Gray

The training that James provides is geared towards a structured program of weekends. These are open to all UKLA members but tend to be held at larger venues. Further details and dates for these sessions are available on the UKLA calendar online. Training is usually for all three rigs.

Club & Regional Training – Jon Emmett

Jon is responsible for providing suitable coaches to go to clubs and give training weekends to groups of local UKLA sailors, with all rigs being welcome. The benefits of these courses soon become apparent with improved

performance but without the expense of having to travel too far.

To register your interest in these trainings, contact James / Jon direct, using the details below.

BOATS & EQUIPMENT

Often a major consideration when moving into a new class is whether to buy a new boat or look for a good second hand one. That is a decision we cannot make for you, but if you buy a new boat from LaserPerformance there are often good deals to be had, particularly if you are a member of the Association. The UKLA website has a good selection of second hand boats and often the top sailors change their boats on a regular basis, most selling their old boats via the laser website. Alternatively Yachts & Yachting and the Dinghy Sailing Magazine have 'For Sale' pages.

AND FURTHER ON

Moving on from the Laser 4.7 rig will depend on the development of the sailor's ability, physical stamina and weight. The Radial rig is sailed by both boys and girls at all levels, up to and including the Olympics for girls. Many of the lighter male helms find that staying with this rig suits them into their adult life. The natural progression for the larger boys is to the Standard rig and here the UK has an enviable record of two Gold medals and one Silver in four Olympics.

USEFUL CONTACTS

UK Laser Association
Laser 4.7 Representative - Mike Lis
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UK Laser Association
Secretary - Dorothy Beadsworth
Tel: 01299 832970
E-mail: db.ukla@virgin.net

UKLA / RYA Training
James Gray
E-mail: jsg_gray@hotmail.com

Regional Training
Jon Emmett
E-mail: jon@jonemmettsailing.co.uk

Laser Performance
Contact: Chris Huffen
Tel: 01327 841606
E-mail: Chris.Huffen@laserperformance.com

RYA Single Handed Pathway Manager
RYA Laser 4.7 National Junior Squad Coach
Email: Kirsty.Bonar@rya.org.uk

KEY POINTS FOR LASER 4.7 SAILING

- The Laser 4.7 is the ideal progression from the Optimist or Topper
- ISAF International Class
- RYA Pathway Class
- Extensive racing calendar at Local, National & International levels
- Strict One-design with nearly 200,000 boats built worldwide
- Easy to transport on most cars
- Quick to rig and launch
- Easy to sail but challenging to sail well
- Excellent trainer, teaching sensitivity and feel
- Strong National Association
- Ideal entry into Radial and Standard rigs



2010/11 UK Laser 4.7 Calendar including International Regattas

The 2009 / 2010 Laser 4.7 Ladder is a series of EIGHT events, three of which were held in the autumn of 2009. Two events of the eight may be discarded.

The details of 2010 UK events and other International Regattas are listed below.

Pre-payment entry to UKLA Ladder events is available on-line until the Wednesday prior to the event.

Competitors can also enter on the day.

Date	Venue & Event	UKLA Ladder Event	Also a Qualifier for
6 th & 7 th March	CARDIFF BAY S.C.	YES	European Championships Hourtin, France
21 st & 22 nd March	BURTON S.C.	YES	European Championships Hourtin, France
4 th – 9 th April	W.P.N.S.A., Youth Radial Nationals	No	
2 nd – 8 th April	Thailand ILCA Laser 4.7 Worlds	No	
10 th & 11 th April	Medemblik, Holland United 4 Holland	No	Entry @ www.united4sailing.org
15 th – 18 th April	Torbole, Italy Europa Cup	No	Entry @ www.laserinternational.org/europe
24 th & 25 th April	Workum, Holland United 4 Holland	No	Entry @ www.united4sailing.org
8 th & 9 th May	Rutland Water S.C. RYA ET Championships	No RYA NJS Selector	Entry opens March 2010 @ www.rya.org.uk
21 st – 24 th May	Scheveningen, Holland Europa Cup	No	Entry @ www.laserinternational.org/europe
22 nd – 23 rd May	DATCHET WATER S.C.	YES RYA NJS Selector	
19 th & 20 th June	RESTRONGUET S.C.	YES	
3 rd & 4 th July	STONE S.C.	YES	
24 th – 30 th July	Hourtin, France ILCA Laser 4.7 Europeans	No	Entry opens early December 2009 @ www.laserinternational.org
29 th July – 1 st August	Nieuwpoort, Belgium Europa Cup	No	Entry @ www.laserinternational.org/europe
21 st – 27 th August	Mounts Bay S.C. UKLA Nationals	No	
4 th & 5 th September	Workum, Holland United 4 Holland	No	Entry @ www.united4sailing.org
11 th & 12 th September	BLITHFIELD S.C.	YES Start of 2010 / 2011 Ladder	
25 th & 26 th September	Weymouth (South) RYA Zone Championships	No RYA NJS Selector	
2 nd & 3 rd October	Roompot, Holland United 4 Holland	No	Entry @ www.united4sailing.org
9 th & 10 th October	HERNE BAY S.C.	YES	
13 th & 14 th Nov.	GRAFHAM S.C. UKLA Inlands	YES	
Summer 2011	San Francisco, USA ILCA Laser 4.7 Worlds	Dates to be confirmed	
Summer 2011	Holland ILCA Laser 4.7 Europeans	Venue & Dates to be confirmed	

NOTICE of RACE for 2009 – 2010 Laser 4.7 Ladder Series

1. ORGANISING AUTHORITY:

The organising authority will be the UKLA in conjunction with the sailing club hosting each event.

2. RACING RULES:

Racing will be governed by the Racing Rules of Sailing 2009-2012, and the prescriptions of the RYA, the Rules of the ILCA, the UKLA and any other such rules as the Sailing Instructions and Local Instructions may prescribe.

3. ADVERTISING:

Unrestricted Category C advertising is allowed under Regulation 20 of the ISAF Regulations.

4. LIABILITY AND INSURANCE:

The safety of a boat and her entire management including insurance shall be the sole responsibility of the owner / person in charge who must ensure that the boat and crew are adequate to face the conditions that could arise during the event. Neither the organising authority nor the host club, their officials or volunteers shall be responsible for any loss, damage, death, or personal injury however caused as a result of any person taking part in this event. Each owner / person in charge is responsible for ensuring that the competitor and boat sailed in this event hold adequate third party insurance cover to a minimum of £2,000,000.

5. ENTRY RESTRICTIONS:

Only current members of the UKLA may enter any of the events. However, temporary membership may be offered to participants on the understanding that they will apply for permanent membership of the UKLA at a later date. The person and boat stated on the Entry Form for each event will be the only person to compete in that boat at that event.

6. ENTRY FEE AND REGISTRATION:

The preferred method of entry is via event online web site but entries will be accepted on the day.

7. SAILING INSTRUCTIONS:

Copies of the Standard Sailing Instructions will be available at Registration and any Local Instructions will be announced verbally or given in writing and / or displayed on a notice board.

8. RACING PROGRAMME:

Racing will be for the Laser 4.7 Series. Racing will be as described in the Standard Sailing Instructions. It is intended that there will be five races over the two days. With 3 races on the first day, first start as per local instructions. The usual format is signing on Saturday, approximate times 10am till 10-30.11am briefing followed by launching as conditions allow first race start 12-05pm approx. Sunday ready to launch 10am with two races.

9. COURSES:

Where possible, the courses to be sailed will be described in the Standard Sailing Instructions. However, in general, the course will be at the discretion of the host sailing club.

10. IMMEDIATE PENALTIES FOR BREAKING RULE 42:

Where possible, RRS Appendix P will apply.

11. MEASUREMENT:

Random measurement checks may be carried out during an event at the discretion of the Race Committee

12. SCORING:

The system of Scoring will be described in the Standard Sailing Instructions. Two of the eight events may be discarded from the ladder series.

13. LADDER CRITERIA:

The final overall positions of each Laser will be entered on to the ladder. The scores roll through the calendar of eight events with the worst two ladder events positions being discarded. However if three events or less are sailed no events will be no discarded.

14. SQUAD SELECTION:

Squad qualification criteria for sailors will be at the discretion of the steering group based upon ladder events.

15. CLOTHING:

The Race Officer reserves the right to refuse to allow a sailor to race if in his opinion the sailor is inappropriately dressed.

16. NOTICE OF RACE:

This Notice of Race may be changed in accordance with RRS 88.2. See also RRS 63.7 "Conflict between Rules".