



SAILING INSTRUCTIONS

AUGUST 20, 2010

1. RULES

- 1.1 The Racing Rules of Sailing 2009-2012 will apply except as any of these are altered by the Notice of Race, by these Sailing Instructions, and any subsequent amendment.
- 1.2 For IRC boats - IRC Rules Parts 1, 2 and 3 shall apply. Furthermore, accordance with IRC Rule 26.6.2.2 a boat may carry one more spinnaker than shown on her current IRC certificate of area not greater than rated SPA without an increase in rating.
- 1.3 For PHRF divisions - the current PHRF Regulations of the Narragansett Bay PHRF Association.
- 1.4 FOR ALL BOATS, the Minimum Equipment Recommendations for category 3 (without life rafts) of the International Sailing Federation Special Regulations Governing Offshore and Oceanic Racing. "Category 3", including US SAILING Prescriptions shall apply.

2. ENTRIES

Eligible boats may enter by completing registration at Ida Lewis Yacht Club on Thursday, August 19, 2010, from 1700–1800 hours.

3. NOTICES TO COMPETITORS

Notices to competitors will be posted on the Official Notice Board at the Ida Lewis Yacht Club.

4. CHANGES TO THE SAILING INSTRUCTIONS

Any changes to the Sailing Instructions will be posted before 0800 hours on the day of the race.

5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be flown from the yardarm of the flagpole at Ida Lewis Yacht Club.
- 5.2 In the event the race is postponed, the warning signal will be made not less than one (1) hour after flag "AP" is lowered. This modifies RRS Race Signals.
- 5.3 Announcements concerning postponements, etc., will be broadcast on VHF Channel 72.

6. CLASSES AND CLASS FLAGS

- 6.1 Boats will be divided into classes. Each boat shall race in the class to which it is assigned on the scratch sheet.
- 6.2 While racing, each boat shall display the numeral pennant for her respective class from her backstay no less than six (6) feet above the deck.

7 CHECK IN AND RETIREMENT

- 7.1 Prior to the first warning signal, all boats shall check in with the Race Committee by passing astern of the Committee Boat on starboard tack and hailing their sail numbers, and having the Race Committee respond.
- 7.2 Boats retiring shall inform the Race Committee by phoning **(401) 846-1969 ext. 4** as soon as possible.

8 COURSES

8.1 Course A - Montauk Course

Start – East Passage Narragansett Bay, south of Rose Island
R“2” QR Whistle, Brenton Reef to port
RW“SR”MoA Whistle, south of Sachuest Point to starboard
RW“MP” MoA WHIS, Montauk Point to port
R“2” Fl R 4 sec WHIS, No Man’s Land to port
Buzzards Bay Tower Fl 2.5 sec Horn to port
RW“MP” MoA WHIS, Montauk Point to starboard
Finish – Off Ida Lewis Yacht Club
Approximate Distance 177nm

8.2 Course B – Block Island Course

Start – East Passage Narragansett Bay, south of Rose Island
R“2” QR Whistle, Brenton Reef to port
RW“SR”MoA Whistle, south of Sachuest Point to starboard
RW“MP” MoA WHIS, Montauk Point to port
R“2” Fl R 4 sec WHIS, No Man’s Land to port
"Buzzards Bay Tower" Fl 2.5 sec Horn to port
RW“A” MoA WHIS, SE of Block Island to starboard
Finish – Off Ida Lewis Yacht Club
Approximate Distance 150 nm

8.3 Course C – Buzzards Bay Tower Course

Start – East Passage Narragansett Bay, south of Rose Island
R“2” QR Whistle, Brenton Reef to port
RW“SR”MoA Whistle, south of Sachuest Point to starboard
RW“MP” MoA WHIS, Montauk Point to port
"Buzzards Bay Tower" Fl 2.5 sec Horn to port
R“2” QR Whistle, Brenton Reef to starboard
R “4” Gong, Brenton Reef to starboard
Finish – Off Ida Lewis Yacht Club
Approximate Distance 104 NM

8.4 Course D – Nomans Course

Start – East Passage Narragansett Bay, south of Rose Island
R“2” QR Whistle, Brenton Reef to port
RW“SR”MoA Whistle, south of Sachuest Point to starboard
RW“MP” MoA WHIS, Montauk Point to port
R“2” Fl R 4 sec WHIS, No Man’s Land to port
"Buzzards Bay Tower" Fl 2.5 sec Horn to port
R“2” QR Whistle, Brenton Reef to starboard
R “4” Gong, Brenton Reef to starboard
Finish – Off Ida Lewis Yacht Club
Approximate Distance 122 NM

9 THE START

9.1 Friday, August 20:

Warning Signal, Double-Handed	1200 hours
Warning Signal PHRF	1230 hours
Warning Signal IRC	1300 hours

9.2 Races will be started in accordance with RRS 26.

9.3 The starting line will be between a staff flying an orange flag on the Race Committee Signal Boat anchored south of Rose Island in the East Passage of Narragansett Bay and the nearby race mark.

9.4 Boats shall keep clear of the starting area unless starting.

9.5 Any boat not starting within **15** minutes of her starting signal shall be scored DNS. This modifies RRS A4.2.

9.6 The Race Committee may hail boats starting prematurely on VHF Ch 72, but failure to do so is not grounds for redress. This amends RRS 29.1 and 41.

9.7 A boat that starts prematurely and does not return shall have one (1) hour added to her elapsed time.

10 THE FINISH

10.1 The finish shall be a line between G“3” Fl G 2.5 sec Bell off Goat Island and a staff flying an Orange flag at the north end of the deck at Ida Lewis Yacht Club. A yellow inflatable buoy will be placed at approximately 41 ° 28.81 'N, 071 ° 19.61 'W. This buoy, which shall be left to starboard when finishing, is a mark of the course but not part of the Finish Line. It is intended to provide a rough approximation of the angle of the finish line. The Orange flag will be illuminated at night.

10.2 Boats approaching the finish, when they are abeam of Castle Hill Light, shall call the Race Committee on VHF Ch 72 or via telephone (401) 846-1969 ext 4) and report their boat name, sail number and time. If reporting by telephone, information may be left on the race answering machine.

10.3 At night, boats shall illuminate their sail numbers when approaching the finish line.

10.4 Boats shall take their own finish time and report this to Race Committee at Ida Lewis Yacht Club within **ONE** (1) hour of finishing and sign a declaration that they have sailed the race in accordance with the Rules.

11 PENALTY SYSTEM

11.1 RRS 44.3, Scoring Penalty, shall apply.

11.2 2010-2011 Offshore Special Regulations Non-Compliance Penalty: The penalty for non-compliance with US SAILING Prescription 5.01.2 to the ISAF Special Regulations shall be two places added to a boat's finish place on corrected time in addition to any other penalties imposed. This modifies RRS A4.1 and 63.1.

12 TIME LIMIT

The time limit for all boats is 1800 hours on Saturday, August 21, 2010.

13 RENDERING ASSISTANCE

- 13.1 Attention is drawn to the responsibility imposed by good seamanship and RRS 1.1 (Helping Those in Danger).
- 13.2 At the discretion of the Race Committee, an elapsed time credit will be given to a boat rendering assistance to, or standing by, a vessel in distress. To receive such credit, within one (1) hour of finishing, the skipper of the boat rendering assistance must submit a written statement to the Race Committee detailing the location, time spent and extra distance traveled, if any.

14 PROTESTS

- 14.1 Boats intending to file a protest shall inform the Race Committee immediately after finishing by radioing the Race Committee on VHF Ch 72 or calling the race office at (401) 846-1969, ext. 4 until acknowledged
- 14.2 Protests must be submitted in writing to the Race Committee at Ida Lewis Yacht Club within one (1) hour of finishing.
- 14.3 The Protest Committee anticipates that it will begin hearing protests at 1500 on Saturday, August 21, 2010.
- 14.4 The Jury may apply a penalty other than disqualification for breaking a Rule other than one of Part 2 of the Racing Rules.

15 SCORING

- 15.1 IRC: Time allowances for IRC boats will be calculated using the boat's TCC on a Time-on-Time (TOT) basis.
- 15.2 PHRF: Time allowances for PHRF boats will be in seconds per mile as provided by PHRF-Narragansett Bay.

16 GOVERNMENT BUOYS

Government buoys, when not specified as part of the course, have no required side except for safe navigation.

17 PRIZES

- 17.1 Prizes will be awarded on Saturday, August 21, at 1930 hours at Ida Lewis Yacht Club.
- 17.2 The following prizes will be awarded:
- A. The Russell L. Hoyt Memorial Trophy for the IRC Division Best Elapsed Time;
 - B. The Lois J. Muessel Memorial Trophy for the PHRF Division Best Elapsed Time;
 - C. The Commodore's Trophy for the IRC Division Corrected First Place plus trophies for 2nd and 3rd Place.
 - D. The Lime Rock Trophy for the overall PHRF Division Corrected First Place plus trophies for 1st, 2nd and 3rd Place in each PHRF class.
 - E. Double-Handed Division - 1st, 2nd and 3rd Place;
 - F. The Arent H. Kits van Heyningen Trophy for the Corrected First Place Youth Entry plus trophies for 2nd and 3rd Place.
 - G. The ILDR Youth Challenge Trophy to be awarded to the yacht club sponsoring the winner of the Arent H. Kits van Heyningen trophy.
 - H. Cruising Spinnaker Division 1st, 2nd and 3rd Place (5 or more starters).

18 NOTES

- 18.1 In the event that life-saving equipment is lost overboard, it should be recovered. If recovery is impossible, any equipment that floats shall be reported immediately to the Race Committee and the nearest U.S. Coast Guard station on VHF Ch 16.
- 18.2 Competitors are reminded of their responsibility to comply with the U.S. Coast Guard Pollution Regulations.
- 18.3 Narragansett Bay is a restricted channel and sailing vessels do not have right-of-way over a vessel under power which may be restricted in her ability to maneuver.
- 18.4 Skippers are reminded that there is shallow water on the northwest shore of Fort Adams.
- 18.5 In an emergency, if there is no one on duty at (401) 846-1969 ext. 4, competitors are requested to call (214) 244-4955.

19. SPECIAL LIMITATIONS and REQUIREMENTS

- 19.1 During the race, contestants may not receive weather, current, or navigational information except from a publicized source available at no cost to all competitors.
- 19.2 Subscription, password protected or restricted access web pages are considered private information and may not be used for the transmission or reception of specialized weather information.
- 19.3 General use of the Internet and publicly available web sites to obtain weather including all National Weather Service data is authorized. Weather routing data developed specifically for the Race may not be received while racing.
- 19.4 All yachts shall carry, mount, and keep turned on while racing, a Kattaak transponder provided by the Organizing Authority. Transponders shall be mounted on a stanchion in a location exposed to the sky and aft of the steering station. The transponder must be returned to the Race Committee after finishing. A participant not returning the transponder by the end of the race time limit or two hours after finishing, whichever is later may be scored DNF without a hearing. This changes RRS 63.1.
- 19.5 Protests alleging infringement of SI paragraph 19 shall only be initiated by the Ida Lewis Long Distance Race Organizing Authority. This changes RRS 60.1

**Ida Lewis Yacht Club
Commodore Michael G. Muessel**

**Ida Lewis Yacht Club
Race Committee Chair
Sharon Pavignano**

**Principal Race Officer
Peter Gerard**

**Ida Lewis Distance Race Chair
Dirk Johnson**

**Chief Judge
Commodore Robert Conner**