



INDIAN HARBOR YACHT CLUB SPRING SPRINT
Double Handed Yachts and Swan 42 Class
Sprint Distance Races
Saturday, May 15th, 2010

Sailing Instructions

1. RULES

This race will be governed by the Racing Rules of Sailing, the prescriptions of US Sailing, all Notices of Event, and by these Sailing Instructions. Boats shall comply with the rules and requirements of their respective class and/or measurement rules except as noted below.

The measurement rules used will be PHRF Spinnaker as administered by the YRA of LIS. PHRF boats will be scored using the distance racing handicap issued by the YRA of LIS.

Scratch sheets may be obtained from the Indian Harbor front desk beginning Friday evening, May 14th or from a Regatta Committee support boat before the start, or online at <http://www.indianharboryc.com> under the "Regatta" page.

PHRF will be scored using the "time-on-distance" method.

2. ELIGIBILITY, EQUIPMENT REQUIREMENTS & RESTRICTIONS

This race is open to boats owned by or under charter to members of the YRA of LIS or another US Sailing association, and boats of foreign registry.

The responsibility for providing and maintaining a vessel, which is in all respects seaworthy and safe, rests with the owner, the captain, and the crew. All boats must comply with the YRA of LIS Category B minimum equipment recommendations.

Double Handed Requirements

- Crew limit is two persons, one of whom must be 18 years of age or older
- Wind vanes or electric self-steering devices may be used.
- Twin headsails may be set on two poles, but no spinnaker or whisker pole may exceed the maximum rated length of the boat's spinnaker pole as shown on her rating certificate.
- Asymmetrical spinnakers may be used provided the boat is rated for their use.
- Jacklines must be rigged both port and starboard, and run from the cockpit to the bow.
- There shall be no shifting of ballast during the race except on boats rated with movable ballast.
- Safety harnesses must be worn at all times while racing.

Swan 42 Class Requirements

- This race will be a Category A "inshore" race. Swan 42s shall be governed by the most current Swan 42 Class Rules (March 2010), portions of which may be modified by agreement before the event.
- Eligibility - open to all Swan 42s holding a valid Class certificate.
- Minimum equipment requirement: - ISAF Offshore Special Regulations Category 5 safety equipment, per Class Rules.

4. ENTRY

Each boat's entry and fee of \$50 must reach the Regatta Committee by 1700 hours, Wednesday, May 12th, or be subject to a late fee of \$25. No entry will be accepted after 1600 hours on Friday, May 14th. Make entries online at <http://www.indianharboryc.com/>

5. NOTICES TO COMPETITORS & CHANGES IN SAILING INSTRUCTIONS

Notices to competitors will be posted on the Official Notice Board located in the lobby of the IHYC clubhouse. Changes to these Sailing Instructions will be posted by 1000 on the day of the race.

6. FILING & HEARING PROTESTS

A protesting boat should notify the Regatta Committee at the time it finishes, that it intends to file a protest. A protesting boat shall deliver her protest to the IHYC front desk, marked attention of the Protest Committee, no later than 2100 Tuesday, May 18th, 2010 (Note: Indian Harbor Yacht Club is closed on Monday, May 17th.) Forms are available in the Sailing Office located next to the Official Notice Board. All protests will be heard at 1945 on Thursday, May 20th, 2010.

7. TIME OF START & SIGNALS

The starting sequence will be in accordance with RRS 26. Class Flags will be numeral pennants corresponding to the divisions listed on the scratch sheets. The starting sequence will continue in the following manner until all divisions on the scratch sheet have been started.

Time	Meaning	Visual Signal	Sound Signal
1155	Warning	Division Numeral Pennant 1	1 sound
1156	Preparatory	Code Flag P, I, Z, Z with I, or black flag	1 sound
1159	One-minute	Preparatory flag removed	1 long sound
1200	Start	Division pennant removed	1 sound

Succeeding divisions will be started either (a) at five minute intervals by displaying the division pennant of the next division to start at the start of the preceding division, or (b) at any time afterward by re-commencing the five minute sequence described above. In the event a new five minute sequence is initiated, the Regatta Committee will endeavor to make a multiple horn signal shortly before the new warning signal.

8. STARTING LINE

The starting line will be between a yellow flag on the RC boat and an adjacent mark approximately 1/8 nm SW of Newfoundland Reef, inside Captain Harbor.

9. GOVERNMENT MARKS

Government marks that are not marks of the course may be passed on either side at the sole discretion of the skipper/owner.

10. COURSES

Divisions and course letters will be displayed by placards on the RC boat course board. If course letters E or F are displayed with a letter R, that course shall be sailed in the reverse direction from the description. Boats may exit from Captain Harbor by any desired passage. Course distances have been determined by the Regatta Committee and are not subject to redress. This amends RRS 62.1(a).

Course A

From the starting line, sail to Eatons Neck Point Lighted Gong Buoy "11B" Fl G 4s (LL Nr 21310), located about 2.5 nm north of Eatons Neck Point, leaving this mark to port, and return to the finish line. The course distance is 19.8 nautical miles.

Course B

From the starting line, sail to Prospect Point Lighted Gong Buoy "23" Fl G 4s (LL Nr 21435), located about 0.8 nm east of Execution Rocks, leaving this mark to port, and return to the finish line. The course distance is 17.85 nm.

Course C

From the starting line, sail to The Cows Lighted Bell Buoy "32" Fl R 2.5s (LL Nr 21365), located off Stamford Harbor, and return to the finish line. The course distance is 8.2 nm.

Course D

From the starting line, sail to Parsonage Point [Porgy Shoal] Lighted Buoy "40" Fl R 6s (LL Nr 21415), leaving this mark to port, and return to the finish line. The course distance is 8.85 nm.

Course E

From the starting line, sail to Matinecock Point Shoal Lighted Gong Buoy "21" Fl G 4s (LL Nr 21420), leaving this mark to port, then sail to Lloyd Point Shoal Lighted Gong Buoy "15" Fl G 4s (LL Nr 21360) leaving this mark to port, and return to the finish line. The course distance is 19.8 nm. (If the Reverse course is signaled, leave both mark buoys to starboard; and the course distance is 19.6 nm.)

Course F

From the starting line, sail to The Cows Lighted Bell Buoy "32" Fl R 2.5s (LL Nr 21365), off Stamford Harbor, leaving this mark to starboard, then sail to Parsonage Point [Porgy Shoal] Lighted Buoy "40" Fl R 6s (LL Nr 21415), leaving this mark to starboard, and return to the finish line. The course distance is 15.4 nm. (If the Reverse course is signaled, leave both mark buoys to port; and the course distance is 16.95 nm.)

11. FINISH LINE

The finish line will be between Greenwich Harbor Channel Buoy "2" (LL Nr 25480), located INSIDE Captain Harbor and a yellow flag on an RC boat. **[Please note: this Red Nun Channel Buoy "2" is inside the Great Captain Islands.** The bearing FROM this buoy TO the Great Captain Island Light (LL Nr 21400), is (about) 199 degrees magnetic at a distance of 0.97 nm.] The RC boat will be anchored **to the north** of Red Nun "2".

The RC boat will display a Race Committee flag, an IHYC burgee, a blue cylinder, and after sunset, two vertical white lights. If finishing in the dark, a boat shall hail the RC boat on VHF Channel 68 when approaching the finish line, and upon finishing illuminate her sail number, to ensure the boat's identity has been established.

12. RECALLS

The Regatta Committee will attempt to hail OCS boats on VHF Channel 68. Failure of the Regatta Committee to successfully notify an OCS boat over the radio shall not relieve the OCS boat of its responsibility under RRS 28.1 nor be grounds for redress. This amends RRS 62.1(a).

13. WITHDRAWALS

Boats withdrawing from the race are REQUIRED to contact the Regatta Committee either over VHF Channel 68, or by contacting Indian Harbor Yacht Club by telephone at (203) 869-2484.

14. PROPULSION EXCEPTION

In accordance with RRS 42.3(h), a boat that takes the ground while racing is permitted to use an engine or any other method to get herself re-floated.

15. POST-RACE GET-TOGETHER

All competitors are invited to Indian Harbor Yacht Club after their finish for a post-race get-together. Each entry will have 2 meal tickets. Additional meal tickets for \$10 per person can be purchased with your boat registration.

16. PRIZES

First, second and third place prizes will be awarded to each division.

17. RESPONSIBILITIES OF COMPETITORS

As a condition precedent to his or her participation in any race or series sponsored by Indian Harbor Yacht Club, Incorporated, including without limitation all activities associated with the event, each participant or competitor agrees to participate entirely on his or her own responsibility, and waives any and all claims, including without limitation any claim in respect of assistance given or not given, against Indian Harbor Yacht Club, Incorporated, and the directors, officers, members, guests and employees of the Club, for any injury or damage resulting from such participation.

ADDENDUM – START/FINISH MARKS & LOCATIONS

	Description	Characteristic	Latitude	Longitude
Start Mark	Approximately 1/8 nm SW of Newfoundland Reef	RC Boat and Mark		
Finish Mark	Greenwich Harbor Channel Buoy 2	Red Nun	40-59-54.351	073-37-16.353