

**New York Athletic Club Yacht Club
2019 Henry E. Abbott Memorial Distance Race
110th Annual Distance Race
Saturday, June 1, 2019**



SAILING INSTRUCTIONS

1. RULES

- 1.1. This race will be governed by the Racing Rules of Sailing except the US Sailing prescription to rule 34 (see Instruction 8).
- 1.2. The measurement rules and ratings will be PHRF Spinnaker, Non-Spinnaker and Double-Handed rules and ratings as administered by the YRA of LIS.
- 1.3. Boats will be scored using the Distance Racing Handicap issued by the YRA of LIS and scored using time-on-time.
- 1.4. All boats must comply with the YRA of LIS Category C minimum equipment recommendations.
- 1.5. All boats shall carry VHF radio able to send and receive on Channel 16, 22A and 71.
- 1.6. Per rule 42.3(i), a boat that runs aground while racing may use its engine or any other method to get refloated provided the boat does not gain a significant advantage in the race.
- 1.7. Each boat shall fly from her backstay a numeral pennant corresponding to her class.

2. DOUBLE-HANDED FLEET RULES

- 2.1. Crew limit is two persons, one of whom must be 18 years of age or older
- 2.2. Boats will be scored using the double-handed racing handicap issued by the YRA of LIS and scored using time-on-distance.
- 2.3. Wind vanes or electric self-steering devices may be used.
- 2.4. Jack lines must be rigged both port and starboard, and run from the cockpit to the bow.
- 2.5. Safety harnesses must be worn at all times while racing.

3. NOTICES TO COMPETITORS, CHANGES IN SAILING INSTRUCTIONS & SCRATCH SHEETS

- 3.1. Notices to competitors will be posted online at the yachtscoring.com event site.
- 3.2. Changes to these Sailing Instructions will be posted by 0900 on the day of the race online at the yachtscoring.com event site.
- 3.3. Once on station, the signal boat will signal if a change was made to the Sailing Instructions after Friday, May 31, 2019 by displaying Code Flag L. Any change will be available from the Race Committee (RC) Signal Boat.

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3.4. Scratch sheets may be obtained from the NYAC YC office Saturday morning, June 1 or online at the yachtscoring.com event site.

4. COURSES

4.1. Divisions and course letters will be displayed by placards on the Race Committee Signal Boat course board.

4.2. Course distances have been determined by the Regatta Committee and are not subject to redress. This amends RRS 62.1(a).

4.3. Courses are described in Appendix A.

5. THE START

5.1. The starting mark will be **Can 1** (40o 53.468N/ 073 o 44.151W).

5.2. The starting line will be between a staff displaying an orange flag on the RC Signal Boat and the course side of the starting mark.

5.3. Prior to the Warning Signal of the first division, all boats shall sail past the stern of the RC Signal Boat while on starboard and be recognized by the Race Committee.

5.4. Five minutes before the first scheduled Warning Signal, the Race Committee will display Code Flag F (Attention Signal) with a sound signal. Code Flag F will be removed one minute before the warning for the first start. This changes RRS 26.

5.5. The Warning Signal for Division 1 is scheduled for 1200 hours. The start for Division 1 is scheduled for 1205 Hours. The Starting Sequence is detailed in Appendix B.

5.6. Succeeding classes will be started in numerical order either (a) at five-minute intervals by displaying a Class Flag at the Start of the preceding class, or (b) at any time afterward by re-commencing a new five-minute sequence. In the event a new five-minute sequence is initiated, the Race Committee will announce the time of the next Warning via VHF 71 and will endeavor to make a multiple Horn Signal shortly before the new Warning Signal.

5.7. A yacht that starts later than 10 minutes after her starting signal will be scored DNS, without a hearing. This changes RRS A4 and A5.

6. RECALLS

The Race Committee will attempt to hail OCS boats on VHF Channel 71. Failure of the Race 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.

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7. FINISH LINE

7.1. The finish line will be between a staff displaying an Orange Flag on a RC Signal Boat and the course side of the finish mark. Unless the course is shortened, the finish mark shall be the starting mark (see 5.1).

8. TAKING TIME AT THE FINISH

8.1. In the absence of a Race Committee boat at the finish line, boats shall take their own time when, passing within **20 yards due North of Can "1"** as described in Section 7.1.

8.2. This time is to be reported to the NYAC Yacht Club at 917-488-3234.

WITHDRAWALS

Boats withdrawing from the race are to contact the Race Committee either over VHF Channel 71 or by contacting RC at 914-830-5366.

10. FILING & HEARING PROTESTS

10.1. A protesting boat shall follow requirements outlined in RRS 62.1 (a) and shall notify the Race Committee, at the time it finishes, that it intends to file a protest and which competitor(s) she is protesting.

10.2. The protest time limit ends 90 minutes after the last boat in a protesting boat's class has finished. All protests shall be delivered to the NYAC YC Office and marked to the attention of the Protest Committee. Emailed protests are acceptable. Notices will be posted no later than 60 minutes after the protest time limit has expired to inform competitors of hearings in which they are parties or named as witnesses. This Notice will also include the time and place of the protest hearing.

11. PRIZES

11.1. First, second and third place prizes will be awarded in each division. Other prizes may be awarded at the discretion of the Race Committee.

11.2. If possible, prizes will be awarded immediately following racing at the post-race get together at NYAC YC. Alternatively, prizes will be awarded at the NYAC YC Annual Awards Dinner.

12. RESPONSIBILITIES OF COMPETITORS

Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury, or death sustained in conjunction with or prior to, during, or after the regatta.

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13. TIME LIMITS

The time limit for the first boat in its class to sail the course and finish in each class will be 4 hours from the starting time of that class. Boats failing to finish within 1 1/2 hours after the first boat finished in its class will be scored DNF without a hearing. This changes RRS 35, A4 and A5.

14. CONTACT INFORMATION

Tim Kerns, NYAC YC Waterfront Director

Phone: 914-738-2700 ext. 1262

Fax: 914-738-0065

Email: nyac.racing@gmail.com

Revision History:

May 30, 2019 - Revision 5 published on YS.

May 31, 2019 - Revision 6 (final) published on YS:

- Paragraph 5.1 Start has been moved to Can 1 (40o 53.468N/ 073 o 44.151W).
- Paragraph 5.4 Clarified use of Foxtrot - there will be a sound signal on raising F Flag at 1155 hours but not when it is lowered at 1159 hours.
- Paragraph 5.5 Clarified Warning for Division 1 is 1200 hours and start for division 1 is 1205 hours.
- Appendix A - Courses have been adjusted for Can 1 start and Finish
- Appendix B - Revised to include raising and lowering of Foxtrot.

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SAILING INSTRUCTIONS

Appendix A

2019 Henry E. Abbott Memorial Distance Race

Course A (easterly) (Start and Finish at same location)

- Start: Can 1 (40o 53.468N/ 073 o 44.151W)
- FL G Gong "21" (W of Matinecock Reef) - Leave to Port - 4.7 nm
- R Bell "36" (.9 nm SW of Great Captain Island) - Leave to Port - 3.5 nm
- FR Bell "42" - Leave to Port - 3.1 nm
- Finish: Can 1 (40o 53.468N/ 073 o 44.151W) - 2.5 nm

Distance 13.8 nautical miles

Course B (easterly Non spin) (Start and Finish at same location)

- Start: Can 1 (40o 53.468N/ 073 o 44.151W)
- FL G Gong "21" (W of Matinecock Reef) - Leave to Port - 4.7 nm
- FR Bell "42" - Leave to Port - 3.1 nm
- Finish: Can 1 (40o 53.468N/ 073 o 44.151W) - 2.5 nm

Distance 10.3 nautical miles

Course C (south easterly) (Start and Finish at same location)

- Start: Can 1 (40o 53.468N/ 073 o 44.151W)
- Can "1" (W of Weeks Point) - Leave to Port - 3.7 nm
- R Bell "36" (approx. 0.9 nm SW of Great Captain Island) - Leave to Port - 5.2 nm
- FR Bell "42" - Leave to Port - 3.1 nm
- Finish: Can 1 (40o 53.468N/ 073 o 44.151W) - 2.5 nm

Distance 14.5 nautical miles

Course D (south easterly Non spin) (Start and Finish at same location)

- Start: Can 1 (40o 53.468N/ 073 o 44.151W)
- Can "1" (W of Weeks Point) - Leave to Port - 3.9 nm
- FR Bell "42" - Leave to port - 3.4 nm
- Finish: Can 1 (40o 53.468N/ 073 o 44.151W) - 2.5 nm

Distance 9.8 nautical miles

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SAILING INSTRUCTIONS

Course E (south) (Start and Finish at same location)

- Start: Can 1 (40o 53.468N/ 073 o 44.151W)
- Round R/G Buoy (1600 ft SW of Execution Rock) - Leave to Port - 1.06 nm
- FL G Gong "21" (W of Matinecock Reef) - Leave to Port - 5.3nm
- R Bell "36" (.9 nm SW of Great Captain Island) - Leave to Port - 3.5 nm
- FR Bell "42" - Leave to Port - 3.1 nm
- Finish: Can 1 (40o 53.468N/ 073 o 44.151W) - 2.5 nm

Distance 15.46 nautical miles

Course F (south - Non spin) (Start and Finish at same location)

- Start: Can 1 (40o 53.468N/ 073 o 44.151W)
- Round R/G Buoy (1600 ft SW of Execution Rock) - Leave to Port - 1.06 nm
- FL G Gong "21" (W of Matinecock Reef) - Leave to Port - 5.3nm
- FR Bell "42" - Leave to Port - 3.1 nm
- Finish: Can 1 (40o 53.468N/ 073 o 44.151W) - 2.5 nm

Distance 11.9 nautical miles

Course G (southwest) (Start and Finish at same location)

- Start: Can 1 (40o 53.468N/ 073 o 44.151W)
- Gong "1" (off of Hart Island) - Leave to Port - 2.41 nm
- Fl G Gong "23" - Leave to Port - 2.6 NM
- FL G Gong "21" (W of Matinecock Reef) - Leave to Port - 4.0 nm
- FR Bell "42"- Leave to Port - 3.1 nm
- Finish: Can 1 (40o 53.468N/ 073 o 44.151W) - 2.5 nm

Distance 14.61 nautical miles

Course H (southwest Non spin) (Start and Finish at same location)

- Start: Can 1 (40o 53.468N/ 073 o 44.151W)
- Gong "1" (off of Hart Island) - Leave to Port - 2.41 nm
- Fl G Gong "23" - Leave to Port - 2.6 NM
- FR Bell "42"- Leave to Port - 2.7 nm
- Finish: Can 1 (40o 53.468N/ 073 o 44.151W) - 2.5 nm

Distance 10.21 nautical miles

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SAILING INSTRUCTIONS

Appendix B

STARTING SEQUENCE (Daylight Savings Time)

CLASS	SIGNAL	VISUAL SIGNAL	SOUND SIGNAL	TIME
All Divisions	Attention	Foxtrot flag	Horn	1155
	One minute to first warning	Foxtrot Flag Removed	No Sound Signal	1159
Division 1 - Non-Spinnaker	Warning	Class Flag	Horn	12:00
	Preparatory	Preparatory Flag	Horn	12:01
	One Minute	Preparatory Flag Removed	Horn	12:04
	Start	Class Flag Removed	Horn	12:05
Division 2 - Spinnaker	Warning	Class Flag	Horn	12:05
	Preparatory	Preparatory Flag	Horn	12:06
	One Minute	Preparatory Flag Removed	Horn	12:09
	Start	Class Flag Removed	Horn	12:10
Division 3 - Spinnaker +1 and Division 4 - DH	Warning	Class Flag	Horn	12:10
	Preparatory	Preparatory Flag	Horn	12:11
	One Minute	Preparatory Flag Removed	Horn	12:14
	Start	Class Flag Removed	Horn	12:15

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SAILING INSTRUCTIONS

Appendix C: Selected International Code Flags Used by COERA

	Alpha Flown under November by the RC to abandon current race and all racing for the day		November Flown by the RC to abandon current race and instruct competitors to return to the starting area
	Bravo Flown by a yacht to protest another yacht		Papa Flown by the RC as the Preparatory Signal for the start of each class
	Charlie Flown by the RC to Change in Course		Sierra Flown by the RC to shorten course
	Foxtrot Flown by the RC 5 minutes before the scheduled warning of the first class start only		X-Ray Flown by the RC to indicate that one or more yachts was on the course side at her starting signal
	Answering Pennant (AP) Flown by the RC to postpone a start		First Repeater General Recall

Class Flags Flown by the RC at the warning signal for the subject class and by each yacht to identify her class

	1 Class One		4 Class Four
	2 Class Two		
	3 Class Three		

Other International Code Flags may be used as prescribed in the RSS.

Appendix D

Class 1: PHRF Non-Spinnaker

Class 2: PHRF Spinnaker

Class 3: PHRF Spinnaker Plus 1

Class 4: PHRF Double Handed