



***The Mystic River Yacht Club***  
***Third Annual Distance Challenge***  
***May 30, 2009***  
**SAILING INSTRUCTIONS**

**RULES:**

This single race regatta will be governed by the *2009-2012 Racing Rules of Sailing*, the Notice of Race and these Sailing Instructions. The Organizing Authority is Mystic River Yacht Club. In the event of a conflict between the NOR and the Sailing Instructions the Sailing Instructions will prevail.

**RACE FORMAT:**

This is a 'Pursuit Race;' each boat will start individually at an assigned starting time. The boat with the 'slowest' handicap will start first and the boat with the 'fastest' handicap will start last. Scoring will be based on order of finish. This is a Bonus Point Race on the ECSA Offshore Circuit.

**ELIGIBILITY:**

The race is open to mono-hull and multi-hull boats with a handicap not exceeding 190 and meeting the following requirements: LOA 20 feet or more; mono-hulls shall have a valid 2009 PHRF-ECSA certificate; multi-hulls shall have a valid handicap certificate. All boats shall meet ISAF Category 4 Minimum Equipment and Safety recommendations of the Eastern Connecticut Sailing Association.

**SKIPPER'S MEETING:**

May 29, 2009, 1800 hours at Mystic River Yacht Club.

**ELECTRONIC COMMUNICATIONS:**

Race Committee/fleet radio communications will be on VHF channel 72. Radio communications are for safety, convenience and courtesy only. Misunderstandings, errors, or omissions that may result are not grounds for protest and only the Race Committee may request redress from such issues. Competitors may not conduct race related radio or mobile telephone communications while racing that are not available to all competitors except to the Race Committee as described below. *RRS 62.1 (a) is changed.*

**CHANGES TO THE SAILING INSTRUCTIONS:**

Changes to the Sailing Instructions will be posted at the Mystic River Yacht Club by 1800 hours, May 29, 2009. Additional changes may be announced on VHF channel 72 at 0730 and 0745 on May 30.

**HANDICAPS AND TIME ALLOWANCES:**

Monohull boats will be handicapped using PHRF-ECSA handicaps and multihull boats using NEMA handicaps. Time allowances will be computed by the Time on Distance method.

**CLASSES:**

Boats will start individually; however, they will be scored in the following classes for purposes of reporting results and awarding prizes: PHRF Spinnaker, PHRF Non-spinnaker, PHRF Double Handed, and NEMA Multihull classes. One design and special classes may be established for 4 or more entered

One Design boats. Scratch sheets will be available at the Mystic River Yacht Club, Friday, May 29, 2009 at 1800 hours. The scratch sheet will list the competing classes. The MRYC Race Committee will endeavor to inform competing boats of late entries not listed on the scratch sheet.

### **COURSES:**

The selection of a course from the following list will be announced at the Skipper's Meeting:

- “1” – Proceed southerly through “The Race”, leave Montauk Point Lighted Whistle Buoy “MP” (Racon M - -) to port, leave Fisher’s Island to port, FINISH. (40 NM.)
- “2” – Proceed southerly through “The Race”, leave Cerberus Shoal Lighted Gong Buoy “9” to port, Southwest Ledge Lighted Whistle Buoy “2” to port, Watch Hill Passage Gong “1” to port, FINISH. (50 NM.)
- “3” – Proceed southerly through Plum Gut, around Shelter Island leaving it to port, northerly through Plum Gut, FINISH. (55 NM.)
- “4” – Goose Island Lighted Bell Buoy “10GI” to port, southerly through Plum Gut, leave Plum Island to Port, northerly through “The Race,” FINISH. (61 NM.)
- “5” – Watch Hill Reef Gong Buoy “1” to starboard, Southwest Ledge Lighted Whistle Buoy “2” to starboard, Plum Island to starboard, northerly through Plum Gut, Plum Island to starboard, FINISH. (63 NM)
- “6” – Round Stratford Shoal Middle Ground Light, FINISH. (100 NM.)
- “7” – A Race Committee selected course to be announced at the Skipper’s Meeting and as a change to the Sailing Instructions.

**CHECK-IN:** The starting area will be in the vicinity of Seaflower Reef Light, South of Groton Long Point Each competing boat shall check in with the Race Committee Signal Boat at least 15 minutes before her assigned start time.

### **STARTING LINE:**

The starting line will be between Seaflower Reef Light and a yellow or orange mark, or an orange flag on the Race Committee Signal Boat. The Race Committee Boat intends to be in the starting area, but will not be a mark of the starting line unless flying code flag “M”. The direction of the start will be westerly for all courses except course 6 for which it will be easterly, and course 7 for which the direction of the start will be included with the description of the course.

### **THE START:**

- *RRS 26 Starting Races and Race Signals are changed.*
- Each yacht will start individually at or after a ‘First Start’ sound signal made at 0800 hours May 30, 2009.
- The assigned starting time for each boat to be announced at the skipper’s meeting will be 0800 May 30, 2009 plus its TOD time allowance for the selected course. There will be no postponements.
- The Race Committee intends to make an announcement on Channel 72 at approximately ten minute intervals of the names of the boats scheduled to start within the next ten minutes and their

starting times. Failure to do so, errors or misunderstandings in these communications will not be grounds for request for redress except by the Race Committee. RRS 62.1 (a) is changed.

- The Race Committee will recall boats that start early with a single horn signal. Boats failing to restart will be scored OCS. RRS 29.1 and Race Signals are changed.

#### **THE FINISH:**

- The finish line will be between Seaflower Reef Light and a yellow or orange mark, or an orange flag on the Race Committee Signal Boat. The Race Committee Boat intends to be in the area of the finish line until at least 1900 hours, May 30, 2009 to record finishes, but will not be a mark of the finish line unless flying code flag "M".
- If at any time the RC boat is not present boats will take their own finish times, GPS time preferred, as they pass from the direction of the last mark of the course between Seaflower Reef Light and a yellow or orange mark.
- If the mark and RC boat are absent boats will take their finish time when Seaflower Reef Light bears 180° Magnetic within 10 boat lengths. Call your finish time in to the Race Committee as soon as possible at 860-572-8675. If there is no answer leave a voice mail message including your phone number and your call will be responded to as soon as possible.

#### **TIME LIMIT:**

The time limit for each boat is 18 hours after its assigned start time. Boats failing to finish within 18 hours will be scored TLE (Time Limit Expired.) The course will not be shortened.

**RETIREMENTS:** A yacht that retires from the race shall so inform the Race Committee on VHF Channel 72 and/or call 860-572-8675 (Alternate: 860-573-1725) as soon as possible. If there is no answer leave a voice mail message including your phone number and your call will be returned.

#### **PROTESTS:**

All protests must be submitted in writing on U.S. Sailing protest forms, and submitted by 0800 hours Sunday morning, May 31, 2009. The protesting boat shall make every attempt to inform the Race Committee of the protest by calling the numbers above as soon as possible before submitting the protest in writing. If there is no answer leave a voice mail message including your phone number and your call will be returned.

#### **PENALTIES:**

**Rule 44.3 Scoring Penalty** shall apply. Every attempt shall be made to inform the Race Committee of the incident and boats involved by calling the numbers above. If there is no answer leave a voice mail message including your phone number and your call will be returned.

#### **SCORING:**

Scoring will be based on sequence of finish within class. As this is a one race regatta there will be no excluded races.

#### **AWARDS:**

**PHRF**, Racon 5 Trophy. **PHRF Non-Spinnaker**, Cerberus Shoal Trophy. **PHRF Double Handed**, Southwest Ledge Trophy. **Multihull**, Plum Gut Trophy. Awards will be presented at the Mystic River Yacht Club at 1000 hours on Sunday, May 31, 2009.