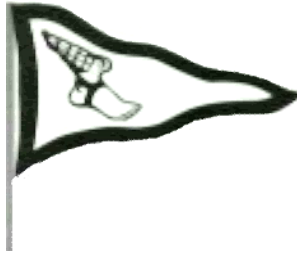


**106th Annual - - New York Athletic Club
Henry E. Abbott Memorial
Distance Race to Stratford Shoal
Saturday May 16th, 2015
SAILING INSTRUCTIONS**



1. RULES

The race shall be governed by the 2013-2016 Racing Rules of Sailing (RRS), the prescriptions of US Sailing, the current IRC Rules and PHRF Regulations as administered by YRA of LIS, the Minimum Equipment Recommendations of the YRA of LIS, the Notice of Race and the Sailing Instructions. Boats shall observe the Minimum Equipment Recommendations of YRA of LIS, Race *Category B (Distance and overnight races run wholly within Long Island Sound)*. The Race Committee will monitor VHF channel 72. Each boat shall carry a radio capable of transmitting and receiving on VHF channel 72. Each boat shall also carry a mobile phone and provide the Race Committee with this contact information.

2. ELIGIBILITY

The race is open to all yachts, of LOA 24 feet or greater, with valid IRC Certificate or YRALIS PHRF Certificates. PHRF Certificates from other areas will be adjusted to conform to YRALIS ratings. If a yacht does not have a current PHRF Certificate, the NYACYC Race Committee shall assign a rating valid only for the Stratford Shoal race.

3. TIME ALLOWANCE / SCORING METHOD

IRC scoring is the time on time method based on IRC rating.

PHRF scoring is the time on distance method based on PHRF rating.

- PHRF SPINNAKER distance is calculated for a course of 60.8 nautical miles.
- PHRF NON-SPINNAKER distance is calculated for a course of 32 nautical miles.

*Given sufficient entrants, there may be separate IRC Spinnaker, PHRF Spinnaker, PHRF Non-spinnaker, single-handed and double-handed classes, scoring and awards.

Division scoring will be at IRC and/or PHRF depending on entrants and class assignment.

4. CLASSES

The assignment of each yacht to a class will be made, by the Race Committee, and made available to each entrant, via <http://www.yachtscoring.com> website; or at the Captains meeting or from the Committee boat at check-in.

5. COURSES

IRC SPINNAKER AND PHRF SPINNAKER: The race will proceed to and around Stratford Shoal light, leaving it to starboard and return for a distance of 60.8 nautical miles. Coordinates for Stratford Shoal lighthouse are Latitude: 41°03.61N and Longitude: 73°06.06W

PHRF NON-SPINNAKER: The race will proceed to and around government mark Cable and Anchor Reef, (R “28C” F4s Bell), rounding it to Starboard and return for a distance of 32 nautical miles. This mark is 4 nautical miles south of South Norwalk, Connecticut and the coordinates are: Latitude: 41°00.56N and Longitude: 73°25.17W.

ROUNDING THE MARK:

After each boat has rounded the mark, contact the Race Committee, as soon as possible, call or text **646-316-9248** (mobile) to report that you are on the return leg. This will aid the Race Committee in tracking each boats progress, location and estimated finish time in an attempt to ensure the Race Committee: remains on station, returns to station or makes a decision not to remain on station. (See Finish)

6. CHECK-IN, START AND FINISH

CHECK-IN: To check-in each boat must sail past the Race Committee Boat hailing her sail number prior to her start. Each yacht shall display the numerical pennant for its class on the backstay approximately 6 feet above the deck.

START: The starting line will be between the Green Can One “C1” north of Execution Rocks Light Station and a yellow flag on the Committee Boat. The coordinates for Can One are: Latitude: 40°53.48N and Longitude: 73°44.15W.

An attention signal consisting of a series of short horn blasts will sound one minute, at 11:59, before the warning for the Division I.

The first division warning signal will be at 12:00 hours. Division 1 will start at 12:05; the start for Division 2 will be at 12:10; the start for Division 3 will be at 12:15. Depending on the number of entrants fewer or more divisions may be deemed necessary. Each subsequent division will start in 5 minute intervals.

Yachts in each class must keep clear of starting area until after the starting signal for the previous class, or risk disqualification.

STARTING SEQUENCE (Daylight Savings Time)

Class	Signal	Visual Signal	Sound Signal	Time
Division I	Warning	Class Flag	Gun	12:00
	Preparatory	Preparatory Flag	Gun	12:01
	One Minute	Preparatory Flag Removed	Horn	12:04
	Start	Class Flag Removed	Gun	12:05
Division II	Warning	Class Flag	Gun	12:05
	Preparatory	Preparatory Flag	Gun	12:06
	One Minute	Preparatory Flag Removed	Horn	12:09
	Start	Class Flag Removed	Gun	12:10
Division III	Warning	Class Flag	Gun	12:10
	Preparatory	Preparatory Flag	Gun	12:11
	One Minute	Preparatory Flag Removed	Horn	12:14
	Start	Class Flag Removed	Gun	12:15
Division IV	Warning	Class Flag	Gun	12:15
	Preparatory	Preparatory Flag	Gun	12:16
	One Minute	Preparatory Flag Removed	Horn	12:19
	Start	Class Flag Removed	Gun	12:20

FINISH: The finish line will be between the yellow flag on the Committee Boat and the Green Can One “C1” north of Execution Rocks Light Station. Each yacht shall endeavor to identify herself to the Race Committee approximately one mile prior to her finish.

FINISH CONFIRMATION: Due to limited visibility, and to ensure accurate finish time recording, boats crossing the finish line after sunset must hail her sail number at the finish line, sail past the Committee boat hailing her sail number after the finish or contact the Race Committee via VHF to confirm the sail number of the boat.

Note: If the Committee Boat is not on station, Captains will take their own time when Can One “C1” bears 199 degrees magnetic at a distance of not more than 150 yards. Please report time to Race Committee, as soon as possible, text or call 646-316-9248 mobile or grachous@verizon.net.

7. ENTRIES, FEES, CERTIFICATES, LIABILITY WAIVER

Entries and payment must be made online at <http://www.yachtscoring.com> website by Wednesday May 13, 2015. The entry fee is \$50 for US SAILING members and \$60 for non-members.

Note: Late entry fee, after Wednesday, May 13, 2015, is \$65.00 regardless of US Sailing membership.

Entrants must submit a valid IRC or PHRF Certificate and signed Liability Waiver form to the New York Athletic Club Yacht Club, Travers Island, Pelham, New York 10803. Liability Waiver form is available online at <http://www.yachtscoring.com> website.

8. INDIVIDUAL RECALL

Individual recalls shall be in accordance with Rule 29.1, RRS. The recall signal will be code flag "X" and one sound signal. The Race Committee will endeavor to hail the sail numbers of recalled boats by loud hailer and VHF radio on Channel 72.

9. GENERAL RECALL

General recalls will be in accordance with Rule 29.2, RRS. The recall signal will be code flag "first substitute" and two sound signals. "First substitute" shall be lowered, with one sound signal one minute before the warning for the class recalled. General recalls will extend the prescribed sequence of time intervals and signals for all future classes.

10. POSTPONEMENT

Any postponement of the start will be for 5 minute intervals or multiples thereof and will be signaled by code Flag "AP", the Answering Pennant, and 2 guns. The next signal will sound one minute after the AP is lowered. This will be a warning signal for the next class not yet started.

11. SHORTENED COURSE:

Prior to the start of the race, if the race committee deems it necessary to shorten the course the committee boat will display Flag "S".

The shortened courses for the classes will be as follows:

IRC SPINNAKER AND PHRF SPINNAKER:

The shortened course and distance for this division will proceed to and around government mark Cable and Anchor Reef, (R "28C" F4s Bell), rounding it to Starboard and return for a distance of 32 nautical miles. This mark is 4 nautical miles south of South Norwalk, Connecticut and the coordinates are: Latitude: 41°00.56N and Longitude: 73°25.17W

PHRF NON-SPINNAKER:

The shortened course and distance for this division will proceed to and around G C"19" rounding it to Starboard and return for a distance of 15.6 nautical miles. This mark is located north of Oak Point, Long Island and the coordinates are: Latitude: 40°55.46N and Longitude: 73°34.18W.

12. PENALTIES

Starting penalties: A yacht starting before her starting time and not restarting will have thirty minutes added to her elapsed time.

Other penalties: In case of a sustained protest not involving contact with another yacht, the Race Committee may apply a penalty of one hour against elapsed time in lieu of disqualification.

13. PROTESTS AND APPEALS

Protests shall be lodged in accordance with Part 5, Section A, RRS. Upon finishing, a protesting yacht shall be flying their red protest flag and hail the Race Committee Boat with sail number and name of yacht she is protesting. A protest must be on the US SAILING Standard Protest Form and received by the Race Committee of the New York Athletic Club no later than noon on Sunday, May 17, 2015. A hearing will be held at the New York Athletic Club on Sunday, May 17, 2015 at 14:00 hours, unless all parties to the protest have previously agreed to an alternative date. All protests must be accompanied by a twenty-five dollar (\$25.00) non-refundable fee payable to NYAC Yacht Club.

14. WITHDRAWAL FROM RACE

A yacht withdrawing, before the start or anytime during the race, for any reason, must notify the Race Committee, as soon as possible, at VHF radio on Channel 72 or call or text 646-316-9248 (mobile).

15. AWARDS

Participation qualifies for the YRALIS Stratford Shoal, CAPER, WINDIGO, SAGOLA, KING'S POINT and MERTZ Trophies.

NYACYC awards prizes in all classes as follows: First prize with two or more starters in any class; second prize with four; third prize with six.

In addition, the following awards and perpetual trophies will be awarded:

In SPINNAKER, the IRC and EMIL R. CAPITA HI-Q II Trophy will be awarded to the overall division winners.

In the NON-SPINNAKER, the RAPIDO Trophy will be awarded to the overall winner.

The SITZMARK Trophy will be awarded to the first in fleet by a New York Athletic Club member.

Prizes will be awarded at the New York Athletic Club Yacht Club's Decommissioning Ceremony on Saturday, October 17th, 2015, Travers Island, Pelham Manor, New York.

The division results will be posted on yachtscoring.com when all boats in the division have finished.

16. SAILOR'S RESPONSIBILITIES

By participation in racing, a sailor acknowledges that he or she is solely responsible for his or her own safety and that of the crew and boat; that he or she represents that the boat and its equipment are in sound condition and all safety equipment is onboard, accessible for use and in operable condition; that the decision to race, not to race, or to withdraw after starting, is solely his or hers; and he or she hereby releases the New York Athletic Club, its officers, trustees, and all members of the Race Committee, from any and all

liability or claims for personal injury or property damage or death resulting from participation in this event to the fullest extent permitted by law.

17. SAFETY GUIDELINES

The Yacht Racing Association of Long Island Sound has issued new safety guidelines, which are posted on the yacht scoring website, for this race. Please reference this document before the race to ensure compliance. Here are *some* of the key safety guidelines for:

- **Category B- Distance and overnight races run wholly within Long Island Sound**

3.4.2 Each crewmember shall have a U.S. Coast Guard approved Type III or Type V life jacket intended for small boat sailing or other active boating, or an inflatable life jacket as described above

4.1 A personal flotation device and safety harness shall be worn whenever one of the following conditions exist:

- a. between the hours of sunset and sunrise.
- b. when alone on deck.
- c. when the true wind speed is 25 knots or above.
- d. when the mainsail is reefed.
- e. when visibility is less than one nautical mile.

5.1.1 Annually, two thirds of the boat's racing crew shall practice man-overboard procedures appropriate for the boat's size and speed. The practice shall consist of marking and returning to a position on the water, and demonstrating a method of hoisting a crewmember back on deck, or other consistent means of re-boarding the crewmember.

18. DISPOSAL OF WASTE OR TRASH

Yachts observed discharging trash over the side shall be either disqualified from the race or be subject to other suitable disciplinary action, or both.

19. ADDITIONAL INFORMATION

Entrants may obtain a copy of the Sailing instructions from <http://www.yachtscoring.com>, at the Captain's Meeting at the New York Athletic Club Yacht Club on May 16th, 2015 between 09:00 and 9:30 hours, and before the start sequence, from the Committee Boat.

Scratch sheets will be available online at <http://www.yachtscoring.com> or at the Captain's Meeting at the New York Athletic Club Yacht Club on May 16th, 2015 between 09:00 and 9:30 hours, and before the start sequence, from the Committee Boat.

20. CONTACT INFORMATION

New York Athletic Club Yacht Club
31 Shore Rd/ Travers Island
Pelham Manor, New York 10803
Phone: 914-738-2700 ext 1262
Fax: 914-738-0065

FLAG OFFICERS:
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P. Christopher Cotronei, Vice Commodore
Joseph Taormina, Rear Commodore
Mark Gaffney, Treasurer
Daniel Molino, Secretary
Melissa Keene, Fleet Captain

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