



# SAILING INSTRUCTIONS

## 42<sup>nd</sup> Annual

### American Cancer Society Regatta

### September 16, 2023

#### 1. RULES

The regatta will be governed by the 2021-2024 Racing Rules of Sailing (RRS), the prescriptions of the United States Sailing Association, the Sailing Instructions and for PHRF divisions - the PHRF regulations of the YRA of LIS. The regatta is designated Category C and the "Minimum Equip Recommendations of the YRA of LIS will apply for all boats".

#### 2. ENTRIES

Eligible boats may be entered by completing registration with the Mount Sinai Sailing Association.

#### 3. NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board at the Mount Sinai Yacht Club.

#### 4. CHANGES IN SAILING INSTRUCTIONS

Any change in the sailing instructions or the schedule of races will be posted by 0900 hours on the day of the race.

#### 5. SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed on the Race Committee boat docked at the MSYC in Mt Sinai Harbor.
- 5.2 A shore postponement signaled by the Flag 'AP' with two guns (one gun when lowered) means 'The race is postponed'. The warning signal will be made not less than 60 minutes after AP is lowered.
- 5.3 Cancellation of races for the day will be indicated by code flag 'N' over 'A', with 3 guns. The Race Committee will attempt to contact racers not in the vicinity of the club over VHF channel 72.

- 5.4 Once the Race Committee has signaled a Harbor Start, it will proceed to the starting area. Subsequent Start, and Postponement and/or Abandonment signals will be made in accordance with the Racing Rules of Sailing, and the Race Committee may postpone any division starting as necessary to the conduct of the race.

#### 6. SCHEDULE OF RACES

A single race will be conducted on Saturday, September 16th, 2023.

1000	Harbor Start (R/C Boat fires 1 Gun)
1100	Warning Signal - First Division

Sunday, September 17<sup>th</sup> is designated as an alternate race day if racing is postponed for conditions unsuitable for conducting the race. The organizing authority may change the race start times if the alternate date is chosen for the event.





#### 7. RACING CLASSES

- 7.1 Boats will be assigned to racing classes at the discretion of the organizing authority. Boats may indicate their preference to race spinnaker, non-spinnaker, or cruising, when submitting their application to race. The spinnaker and non-spinnaker classes will have a rolling start.
- 7.2 CRUISING CLASS  
The cruising class will sail a different course than the other racing classes. The Race Committee will announce and display this course separately. The preparatory signal for the Cruising Class will be displayed five minutes after the preceding Racing Class Starts.

### 7.3 CLASS DESIGNATIONS

All boats shall fly their appropriate Class designation streamer (supplied in the race packet) from their backstay from the time they appear in the starting area until they have finished and cleared the finish area. The streamer color is the same as the Class Color defined in Table 1 below. In lieu of a streamer, a boat may fly the appropriate International Code Flag from their boats backstay to indicate the class. The Streamer or Flag must be conspicuously displayed.

### 7.4 Class Flags:

Class	Color	Flag
Class 1	Green	
Class 2	White	
Class 3	Pink	
Class 4	Orange	

## 8. RACING AREAS

The racing area will be approximately in the waters north of the Mt. Sinai Harbor Entrance.

## 9. COURSE

9.1 The course designation letters will be displayed by the race committee prior to the warning signal of the first division. The corresponding 'Mark' letter designations are listed on the last page of these sailing instructions.

9.2 All marks are to be passed to Port unless otherwise specified by the Race Committee. The Race Committee will designate any mark(s) to be passed to Starboard by displaying a green marking immediately following the corresponding displayed mark letter(s).

### 9.3 Course Board Example:

Class(es)	MARKS					
1,2, & 3	A	T	A	T	Y	
4	A	V	T	Y		

The Race Committee may display a course board similar to the illustration above. The last mark in the sequence will be the finishing mark, unless the RC has announced a shortened course.

## 10. MARKS

Marks will be government marks, MSSA, club marks or PJYC club marks or a combination of each. A description of the marks can be found at the end of this document.

## 11. THE START

11.1 Races will be started in accordance with Rule 26 of the Racing Rules of Sailing (RRS)

11.2 An **example** of the start sequence is provided in Appendix A of this document.

11.3 The starting line will be between a staff displaying a R/C Flag on the race committee boat and either a government mark or a MSSA Club mark as stated on the last page of the sailing instructions. The committee boat may have an inflatable balloon secured to it. This shall be considered an extension of the committee boat for the purpose of Rule 31.

**11.4 Boats whose preparatory signal has not been made shall keep clear of the starting area and of all boats whose preparatory signal has been made.**

11.5 The Race Committee will attempt to identify 'On Course Side' (OCS) boats and broadcast their sail numbers via VHF Channel 72. Failure of a boat to

see or hear a recall notification, and the timing and order of such a hail shall not be cause for redress. This changes RRS 62.1a.

11.6 All Boats shall identify themselves to the Race Committee by hailing with boat name, sail number and class on **VHF Channel 72** at the earliest opportunity, prior to their start.

11.7 A boat withdrawing before the start or retiring from the race for any reason is requested to notify the Race Committee via **VHF Channel 72** at the earliest possible opportunity.

## 12. CHANGE OF COURSE AFTER THE START

The Race Committee may abandon a race or shorten a course for any reason. This modifies rule 32.

### 12.1 SHORTENED COURSE

The Race Committee may shorten the course by radio announcement. If they signal such a course change, it may be necessary for boats to conduct a 'self-finish' at the last mark. The boats are to pass within 2 boat lengths of the finish mark and cross an imaginary line perpendicular to the direction of the previous mark. They must record their own times and radio them on Channel 72 to the Race Committee.

## 13. THE FINISH

The finishing line will be between a staff displaying an R/C flag on a race committee boat and the nearby mark.

## 14. TIME LIMIT

The time limit for the regatta is 15:00 hrs. Any boat not finishing before 15:00 hrs will be scored a DNF.

## 15. PROTESTS

15.1 Protests should be on US Sailing protest forms available at: <https://www.ussailing.org/resource-library/us-sailing-hearing-request-form/>. They must be submitted with the organizing authority within one hour of the time the race committee arrives at the Mount Sinai Yacht Club.

15.2 The jury will hear protests in approximately the order of receipt as soon as possible.

15.3 **Penalties at the time of the incident:** A boat may take a One-Turn Penalty when she may

have broken a rule of Part 2 or Rule 31 while racing.

15.4 **Penalties taken after the race:** A boat that has broken a rule of Part 2 or Rule 31 while racing may take a Post-Race Penalty for that incident. The penalty shall be a scoring penalty calculated as 20% or 1 boat position, whichever is greater but not worse than DNF. The boat must notify the race committee in writing and identify the race number, and the details of the incident. The race committee must receive the notification within one hour of the time the race committee arrives at the Mount Sinai Yacht Club.

## 16. SELF STEERING DEVICES

Boats that have only one or two persons onboard, including all crew and guests may use a self steering device. Self Steering is otherwise prohibited while a yacht is racing.

## 17. SCORING

All yachts are scored with PHRF scoring using time on distance method based on the yacht's windward/leeward PHRF Rating.

## 18. RADIO & TELEPHONE COMMUNICATIONS

### 18.1 Race Committee Announcements

The Race Committee will make radio transmissions pertaining to the conduct of race on **VHF Channel 72**.

### 18.2 Check-in

Yachts making radio check-in and other communication with the Race Committee will restrict their calls to **VHF Channel 72**. The Race Committee may not respond to calls once the starting sequence has begun.

### 18.3 Competitive Use of Communications

A boat shall neither make radio or telephone transmissions while racing nor receive radio or telephone communications not available to all boats.

## 19. INTERNET WEB SITE

The race committee may post the Notice of Race, Sailing Instructions, Scratch Sheet, and Results at its Web site [www.mssa.org](http://www.mssa.org). Any such information is unofficial. Competitors should

obtain printed copies and consult the official notice board for final information.

## 20. SAFETY AND RESPONSIBILITY

20.1 Competitors participate in the regatta entirely at their own risk. It is the sole responsibility of the master of each boat to see that she is seaworthy in all respects and that she is manned by a competent crew. The master and all the

members of the crew of each boat, by participating in this race, agree to do so at their own risk, and waive any claim against and hold harmless the race organizers, the Mount Sinai Sailing Association, its officers, committees, members, sponsors, and agents against any claims arising in any way out of the participation in the Race of such boat, her master and crew.

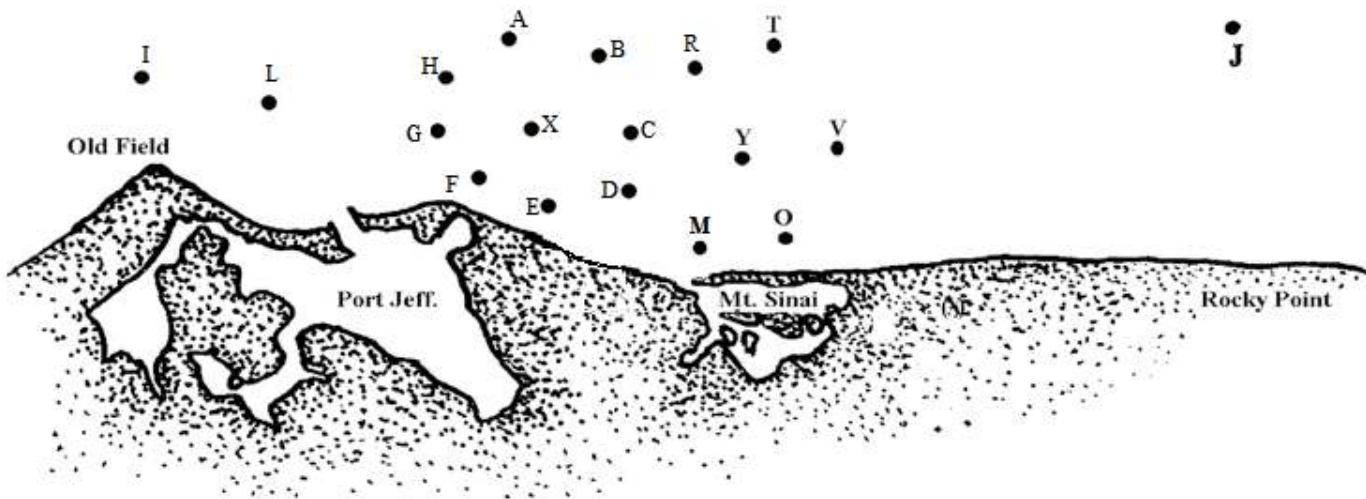
## DESCRIPTION OF MARKS

**2023**  
**Race Marks that may be used for the ACS Regatta**

<b>Mark</b>	<b>Common Name</b>	<b>Chart Ref.</b>	<b>Coordinates</b>
"M"	MSSA Club Mark		N 40 58.294 / W 073 02.217
"O"	MSSA Club Mark		N 40 58.382 / W 073 01.322
"T"	MSSA Club Mark		N 40 59.952 / W 073 01.453
"V"	MSSA Club Mark		N 40 59.297 / W 073 00.840
"Y"	MSSA Club Mark		N 40 59.105 / W 073 01.786
"R"	MSSA Club Mark		N 40 59.835 / W 073 02.253
"J"	Miller Place/Rocky Point	GC "9"	N 40 59.587 / W 072 57.887
"X"	PJYC Club Mark (Center)		N 40 58.923 / W 73 03.853
"A"	PJYC Club Mark (N)		N 40 59.846 / W 73 04.141
"B"	PJYC Club Mark (NE)		N 40 59.772 / W 73 03.156
"C"	PJYC Club Mark (E)		N 40 59.095 / W 73 02.887
"D"	PJYC Club Mark (SE)		N 40 58.644 / W 73 02.932
"E"	PJYC Club Mark (S)		N 40 58.389 / W 73 03.686
"F"	PJYC Club Mark (SW)		N 40 58.499 / W 73 04.200
"G"	PJYC Club Mark (W)		N 40 58.752 / W 73 04.818
"K"	Middle Ground	R "2" BELL	N 41 03.093 / W 073 06.206
"I"	Old Field	G "11A"	N 40 59.249 / W 073 07.281
"L"	Pt. Jeff Harbor Entrance	RW "PJ"	N 40 59.332 / W 073 06.398
"H"	Mt. Misery Shoal	GC "11"	N 40 59.204 / W 073 04.772

Stratford Shoal/  
Middle Ground

•  
K



Not to Scale  
Locations are Approximate

# Appendix A

## Example of Starting Sequence \*

	Class 1	Class 2	Class 3	Class 4 (Cruising Class, intentional 5 minute delay)
Preparatory Signal	11:00	11:05	11:10	11:20
Start Time	11:05	11:10	11:15	11:25

Classes 1-3 may have a rolling start. In that case, the starting signal for the class 1 will also be the warning signal for class 2. The starting signal for class 2 will also be the warning signal for class 3.

Class 4 (Cruising Class) may have an intentional 5 minute delay. After the Class 4 racers start there may be 5 minutes before the preparatory signal is made for the cruising class.

**\*note: times in the table may not be the actual starting times used on the day of the race, but are for illustrative purposes only.\***