

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

1. RULES

- 1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing.
- 1.2. The measurement rules and ratings will be PHRF Spinnaker and Non-Spinnaker 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. Boats shall observe the US Sailing Special Equipment Requirements for Nearshore races.
- 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. NOTICES TO COMPETITORS, CHANGES IN SAILING INSTRUCTIONS & SCRATCH SHEETS

- 2.1. Notices to competitors and scratch sheets will be posted online at the yachtscoring.com event site.
- 2.2. Changes to these Sailing Instructions will be posted online no later than Friday, June 2 at 1800 at the yachtscoring.com event site.
- 2.3 VHF Channel used by the race committee to communicate with the competitors shall be 71.
- 2.4 The race committee intends to make courtesy broadcasts on the VHF 71.
- 2.5 The race committee may announce their intentions to start a race via VHF 71.
- 2.6 Failure of the race committee to make any VHF broadcasts, the timing thereof or a competitor to hear any broadcast shall not be grounds for redress. This changes RRS 62.1(a).

3. CHANGES

- 3.1. Once on station, the signal boat will signal if a change was made to the Sailing Instructions after Friday, June 2, 2023, by displaying Code Flag L. Any change will be announced from the Race Committee (RC) Signal Boat over channel 71.

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

4. SIGNALS MADE ASHORE

4.1 There will be no signals made ashore. In the event of a cancelation or other significant change, communications shall be made via Yacht Scoring event site email and or text notifications.

5. SCHEDULE OF RACES

5.1 There will be one race, Saturday, June 3, 2023 (See Appendix B for details)

1055	Sound Signal
1100	First Warning Signal
1105	Start of Division 1
1110	Start of Division 2

6. CLASS FLAGS

6.1 Division flags will be numeral pennants.

6.2 Each boat shall display its Division flag on its permanent backstay or, in the absence of a permanent backstay, from its stern rail.

7. COURSES

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

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

7.3. Courses are described in Appendix A.

8. THE START

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

8.2. 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, Can 1.

8.3. Prior to the first 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.

8.4 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

8.5. Five minutes before the first scheduled Warning Signal, the Race Committee will generate the Attention Signal with a single sound signal. This changes RRS 26.

8.6. 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.

8.7. 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.

9. RECALLS

9.1. 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.

10. FINISH LINE

10.1. 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, Can 1. Unless the course is shortened, the finish mark shall be the starting mark (see 8.1).

11. TIME LIMITS

11.1. The time limit for the first boat in its division to sail the course and finish in each division will be 5 hours from the starting time of that division. Boats failing to finish within 1 hour after the first boat finished in its division will be scored TLE without a hearing. This changes RRS 35, A4 and A5

12. WITHDRAWALS

12.1. Boats withdrawing from the race are to contact the Race Committee either over VHF Channel 71 or by contacting RC at 914-282-8202.

***New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023***



SAILING INSTRUCTIONS

13. FILING & HEARING PROTESTS

13.1. 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.

13.2. The protest time limit ends 90 minutes after the last boat in a protesting boat's division 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.

14. PRIZES AND AWARDS PRESENTATION

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

14.2. Same day post-race party!! Skippers and crews should join us at the NYAC YC for food, drink, post-race boasting and awards for each division. Contact Tim Kerns, NYAC YC Waterfront Director at 914-738-2700 to arrange for dock space.

15. RESPONSIBILITIES OF COMPETITORS

15.1. 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.

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

16. DISCLAIMER OF LIABILITY

By registering for this event, the owner and person in charge of the boat agree with the following:

- My crew and I recognize that sailing is an activity that has an inherent risk of damage and injury associated with it. We have read RRS 3, Decision to Race, and hereby acknowledge and agree that we are participating in this event entirely at our own risk.
- I acknowledge and agree that neither the organizing authority, host club nor the race committee, nor their members will be responsible for any damage to the entered boat or my other property, to my crew or me, including death, sustained as a result of our participation in this event.
- I hereby waive any rights I may have to sue the race organizers (organizing authority, host club, race committee, protest committee, sponsors or any other organization or official) with respect to personal injury or property damage suffered by my crew or me as a result of our participation in this event, whether on the water or on shore, and hereby release the race organizers from any liability for such injury or damage to the fullest extent permitted by law.
- I have taken all necessary steps to ensure that my crew and I and my entered boat are adequately prepared for all possible contingencies, including carrying and using appropriate safety equipment as may be required by law, racing rules and that a prudent seaman would consider advisable.

I agree to be bound by all rules that govern this event. I will inform all crewmembers of the conditions stated herein for their participation in such racing.

17. CONTACT INFORMATION

Tim Kerns, NYAC YC Waterfront Director

Phone: 914-738-2700 ext. 1262

Fax: 914-738-0065

Email: nyac.racing@gmail.com

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

Appendix A

2023 Henry E. Abbott Memorial Distance Race

WIND DIRECTION	COURSE	MARK DESCRIPTION	LEG DISTANCE
NORTH TO NORTHEAST	N1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		R36 Bell east of Glover Reef round stb	6.2
		FL G Gong "21" (W of Matinecock Reef) - round to stb	3.6
		FI G Gong "23" - Leave to stb	4
		FL G 25 off Sands point - keep to port	1.27
		FLG 29 off Hewlett Pt - round to stb	1.8
		Gong 1 off hart island - leave to stb	0.97
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.37
	20.21	TOTAL	20.21

WIND DIRECTION	COURSE	MARK DESCRIPTION	LEG DISTANCE
NORTH TO NORTHEAST	N2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FR Bell "42" - Leave to STB	2.5
		FL G Gong "21" (W of Matinecock Reef) - round to stb	3.1
		FI G Gong "23" - Leave to stb	4
		FL G 25 off Sands point - keep to port	1.27
		FLG 29 off Hewlett Pt - round to stb	1.8
		Gong 1 off hart island - leave to stb	0.97
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.37
	16.01	TOTAL	16.01

WIND DIRECTION	COURSE	MARK DESCRIPTION	LEG DISTANCE
NORTH TO NORTHEAST	N3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FR Bell "42" - Leave to STB	2.5
		FL G Gong "21" (W of Matinecock Reef) - round to stb	3.1
		FI G Gong "23" - Leave to stb	4
		FL G 25 off Sands point - keep to stb	1.25
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.36
	12.21	TOTAL	12.21

WIND DIRECTION	COURSE	MARK DESCRIPTION	LEG DISTANCE
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**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

NORTH TO NORTHEAST	N4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FR Bell "42" - Leave to STB	2.5
		FL G Gong "21" (W of Matinecock Reef) - round to stb	3.1
		FL G Gong "23" - Leave to stb	4
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.06
	10.66	TOTAL	10.66

WIND DIRECTION EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	E1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FL G Gong "21" (W of Matinecock Reef) - Leave to Port	4.6
		R NUN "2" (SW of Great Captain Island) - Leave to Port	4.1
		FR Bell "42" - Leave to Port	4.5
		Gong 1 off hart island - leave to STB	4.9
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.4
	20.5	TOTAL	20.5

WIND DIRECTION EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	E2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FL G Gong "21" (W of Matinecock Reef) - Leave to Port	4.6
		R NUN "2" (SW of Great Captain Island) - Leave to Port	4.1
		FR Bell "42" - Leave to Port	4.5
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	15.7	TOTAL	15.7

WIND DIRECTION EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	E3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FL G Gong "21" (W of Matinecock Reef) - Leave to Port	4.6
		R Bell "36" (.9 nm SW of Great Captain Island) - Leave to Port	3.6
		FR Bell "42" - Leave to Port	3.7
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	14.4	TOTAL	14.4

WIND DIRECTION EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	E4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

	FL G Gong "21" (W of Matinecock Reef) - Leave to Port	4.6
	FR Bell "42" - Leave to Port	3.1
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
10.2	TOTAL	10.2

WIND DIRECTION
SOUTHEAST

COURSE	MARK DESCRIPTION	LEG DISTANCE
SE1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	Can "1" (W of Weeks Point) - Leave to Port	3.6
	R Bell "36" (.9 nm SW of Great Captain Island) - Leave to Port	5.4
	FR Bell "42" - Leave to Port	3.7
	Gong 1 off hart island - leave to PORT	4.9
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.38
19.98	TOTAL	19.98

WIND DIRECTION
SOUTHEAST

COURSE	MARK DESCRIPTION	LEG DISTANCE
SE2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	Can "1" (W of Weeks Point) - Leave to Port	3.6
	R Bell "36" (.9 nm SW of Great Captain Island) - Leave to Port	5.4
	FR Bell "42" - Leave to Port	3.7
	R/G Buoy (1600 ft SW of Execution Rock) - round to stb	3.4
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.1
17.2	TOTAL	17.2

WIND DIRECTION
SOUTHEAST

COURSE	MARK DESCRIPTION	LEG DISTANCE
SE3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	Can "1" (W of Weeks Point) - Leave to Port	3.6
	R Bell "36" (.9 nm SW of Great Captain Island) - Leave to Port	5.4
	FR Bell "42" - Leave to Port	3.7
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
15.2	TOTAL	15.2

WIND DIRECTION
SOUTHEAST

COURSE	MARK DESCRIPTION	LEG DISTANCE
SE4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

	Can "1" (W of Weeks Point) - Leave to Port	3.6
	FR Bell "42" - Leave to port	3.4
	FL R 2 South of Hen and Chickens - Round to port	2.1
	FI G Gong "23" - Leave to stb	1.64
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.06
11.8	TOTAL	11.8

WIND DIRECTION
SOUTH

COURSE	MARK DESCRIPTION	LEG DISTANCE
S1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	FL G 29 off Hewlett point - round to stb	3.1
	FR Bell "42" - round to stb	5.5
	FL G Gong "21" (W of Matinecock Reef) - Leave to stb	3.2
	FI G Gong "23" - Leave to stb	4
	FR Bell "42" - round to stb	2.6
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
20.9	TOTAL	20.9

WIND DIRECTION
SOUTH

COURSE	MARK DESCRIPTION	LEG DISTANCE
S2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	R/G Buoy (1600 ft SW of Execution Rock) - Leave to Port	1.1
	Uconn Yellow Weather Bouy - round to port	1
	FR Bell "42" - round to stb	2.7
	FL G Gong "21" (W of Matinecock Reef) - Leave to stb	3.2
	FI G Gong "23" - Leave to stb	4
	FR Bell "42" - round to stb	2.6
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
17.1	TOTAL	17.1

WIND DIRECTION
SOUTH

COURSE	MARK DESCRIPTION	LEG DISTANCE
S3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	R/G Buoy (1600 ft SW of Execution Rock) - Leave to Port	1.1
	Uconn Yellow Weather Bouy - round to port	1
	FL G Gong "21" (W of Matinecock Reef) - Leave to port	4.3
	R Bell "36" (.9 nm SW of Great Captain Island) - Leave to Port	3.6

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

	FR Bell "42" - Leave to port	3.7
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
16.2	TOTAL	16.2

WIND DIRECTION
SOUTH

COURSE	MARK DESCRIPTION	LEG DISTANCE
S4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	R/G Buoy (1600 ft SW of Execution Rock) - Leave to Port	1.1
	Uconn Yellow Weather Bouy - round to port	1
	FL G Gong "21" (W of Matinecock Reef) - Leave to port	4.3
	FR Bell "42" - Leave to port	3.2
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
12.1	TOTAL	12.1

WIND DIRECTION
SOUTHWEST / WEST

COURSE	MARK DESCRIPTION	LEG DISTANCE
SW1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	Gong 1 off hart island - leave to PORT	2.38
	FLG 29 off Hewlett Pt leave to port	0.99
	keep G27 gong to stb while heading to FLG 25 off Sands Point	
	FL G 25 off Sands point - keep to port	1.9
	FI G Gong "23" - Leave to Port	1.24
	FL G Gong "21" (W of Matinecock Reef) - Leave to port	4
	R36 Bell east of Glover Reef	3.6
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	6.2
20.31	TOTAL	20.31

WIND DIRECTION
SOUTHWEST / WEST

COURSE	MARK DESCRIPTION	LEG DISTANCE
SW2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	Gong 1 off hart island - leave to PORT	2.38
	FLG 29 off Hewlett Pt leave to port	0.99
	keep G27 gong to stb while heading to FLG 25 off Sands Point	
	FL G 25 off Sands point - keep to port	1.9
	FI G Gong "23" - Leave to Port	1.24
	FL G Gong "21" (W of Matinecock Reef) - Leave to port	4
	FR Bell "42" - Leave to port	3.1

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
16.11	TOTAL	16.11

WIND DIRECTION
SOUTHWEST / WEST

COURSE	MARK DESCRIPTION	LEG DISTANCE
SW3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	Gong 1 off hart island - leave to PORT	2.38
	Fl G Gong "23" - Leave to Port	2.6
	FL G Gong "21" (W of Matinecock Reef) - Leave to port	4
	FR Bell "42" - Leave to port	3.1
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
14.58	TOTAL	14.58

WIND DIRECTION
SOUTHWEST / WEST

COURSE	MARK DESCRIPTION	LEG DISTANCE
SW4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	Gong 1 off hart island - leave to PORT	2.38
	Fl G Gong "23" - Leave to Port	2.6
	FR Bell "42" - Leave to port	2.7
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
10.18	TOTAL	10.18

WIND DIRECTION
NORTHWEST

COURSE	MARK DESCRIPTION	LEG DISTANCE
NW1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	FL R 2 South of Hen and Chickens - Round to Stb	0.75
	R36 Bell east of Glover Reef round stb	5.8
	FL G Gong "21" (W of Matinecock Reef) - round to stb	3.6
	Fl G Gong "23" - Leave to stb	4
	FL G 25 off Sands point - keep to stb	1.24
	FLG 29 off Hewlett Pt - round to stb	1.9
	Gong 1 off hart island - leave to stb	0.99
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.38
20.66	TOTAL	20.66

WIND DIRECTION
NORTHWEST

COURSE	MARK DESCRIPTION	LEG DISTANCE
NW2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	FL R 2 South of Hen and Chickens - Round to Stb	0.75

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

	FL G Gong "21" (W of Matinecock Reef) - round to stb	4.6
	FL G Gong "23" - Leave to stb	4
	FL G 25 off Sands point - keep to stb	1.24
	FLG 29 off Hewlett Pt - round to stb	1.9
	Gong 1 off hart island - leave to stb	0.99
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.4
15.88	TOTAL	15.88

WIND DIRECTION
NORTHWEST

COURSE	MARK DESCRIPTION	LEG DISTANCE
NW3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	FL R 2 South of Hen and Chickens - Round to Stb	0.75
	FL G Gong "21" (W of Matinecock Reef) - round to stb	4.6
	FL G Gong "23" - Leave to stb	4
	FL G 25 off Sands point - keep to stb	1.25
	R/G Buoy (1600 ft SW of Execution Rock) - Leave to stb	0.5
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.02
12.12	TOTAL	12.12

WIND DIRECTION
NORTHWEST

COURSE	MARK DESCRIPTION	LEG DISTANCE
NW4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	FL R 2 South of Hen and Chickens - Round to Stb	0.75
	FL G Gong "21" (W of Matinecock Reef) - round to stb	4.6
	FL G Gong "23" - Leave to stb	4
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.06
10.41	TOTAL	10.41

**New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023**



SAILING INSTRUCTIONS

Appendix B

STARTING SEQUENCE

CLASS	SIGNAL	VISUAL SIGNAL	SOUND SIGNAL	TIME
All Divisions				
	Attention		Horn	1055
Division 1: Spinnaker	Warning	Class Flag	Horn	11:00
	Preparatory	Preparatory Flag	Horn	11:01
	One Minute	Preparatory Flag Removed	Horn	11:04
	Start	Class Flag Removed	Horn	11:05
Division 2: Non-spinnaker	Warning	Class Flag	Horn	11:05
	Preparatory	Preparatory Flag	Horn	11:06
	One Minute	Preparatory Flag Removed	Horn	11:09
	Start	Class Flag Removed	Horn	11:10

New York Athletic Club Yacht Club
2023 Henry E. Abbott Memorial Distance Race
113th Annual Distance Race
Saturday, June 3, 2023



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

Division 1: PHRF Spinnaker

Division 2: PHRF Non-Spinnaker