



SAILING INSTRUCTIONS

1. MANAGEMENT

The race is managed and hosted by the Polish Sailing Club of New York. The Żywiec Regatta Race Committee shall have the authority to interpret the rules and conditions of the race.

2. RULES

The race will be governed by The Racing Rules of Sailing 2009-2012 (RRS) and the prescriptions of the US Sailing Association (US Sailing).

3. EQUIPMENT

The "Minimum Equipment & Safety Recommendations of the YRA of Long Island Sound for category "A" races will apply for all yachts.

4. YACHT DIVISION IDENTIFICATION

Each yacht shall fly from her backstay the numeral flag (1, 2, 3, etc) of the International Code, corresponding with the division in which the yacht is racing. Divisions will be published on the Scratch Sheet, available at the Skipper's & Crew Meeting.

5. SKIPPER & CREW MEETING

There will be a Skippers' & Crew Meeting on Wednesday, August 18th commencing at 1900 hours. The Meeting will take place in the Polish National Home of Glen Cove (10 Hendrick Ave, Glen Cove, NY 11542, tel. 516-676-9575). Copies of the Sailing Instructions and Scratch Sheets will be available at the Meeting.

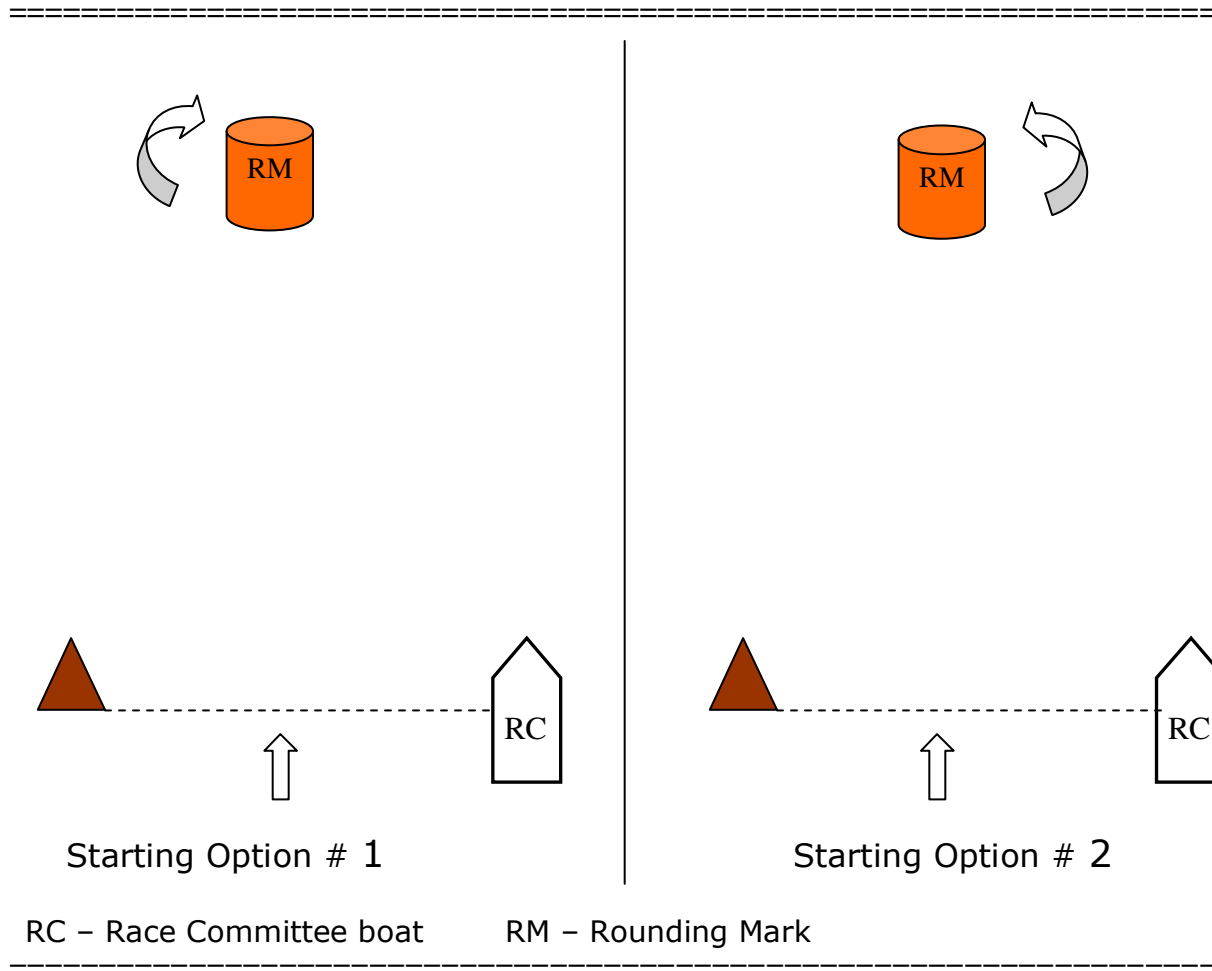
6. NOTICES TO COMPETITORS

Notices to competitors will be posted on the Official Notice Board located near front entrance to the Glen Cove Yacht Club building and read on VHF channel 69 near the start line at 1330 hours on August 19, 2010.

7. START

The first warning signal will be at 1400 hours on Thursday, August 19, 2010. The starting line will be located approximately 1/2 nm north of the light [Fl G 4s 24ft 4M] at the west end of Glen Cove Breakwater in Hempstead Harbor. The starting line will be between port-end starting mark and a staff displaying a white flag on the Race Committee boat, anchored at the starboard end. The Race Committee may place a Starting Limit mark near the Committee Boat. No yacht shall pass between the Starting Limit mark and the Committee Boat.

7.1 Starting Options



The Race Committee will select one of the Starting Options, pictured above, 2 hours before the first warning signal. The selection will be announced over VHF channel 69 and posted on the Official Notice Board. The Starting Option number will be displayed on the Race Committee boat white board. When Starting Option # 1 is selected, the Orange Inflatable Rounding Mark shall be left to starboard. When Starting Option # 2 is selected, the Orange Inflatable Rounding Mark shall be left to port.

7.2 Starting Sequence

The following sequence will be used for starting the Race:

- Warning - Division flag(s) raised and 1 sound signal 5 minutes before the start
- Preparatory - "P" flag raised and 1 sound signal 4 minutes before the start
- One Minute Before Start - "P" flag removed with 1 long sound signal
- Start - Division flag(s) removed with 1 sound signal

Divisions may be assigned to groups. Groups will be started 15 minutes apart. Divisions and groups will be announced on the Scratch Sheet, available at the Skipper's & Crew Meeting.

8. POSTPONEMENTS

Any postponement of the start will be signaled by raising flag "AP" (the Answering Pennant) and 2 sound signals. The flag "AP" will be lowered with 1 sound signal 1 minute prior to the new warning signal.

9. RECALLS

An individual recall will be promptly signaled by flag "X" and 1 sound signal. The Race Committee will attempt to identify yachts failing to start correctly by hail on VHF Channel 69. It is a responsibility of each yacht to start correctly.

A general recall will be signaled by the First Substitute flag and 2 sound signals. The new warning signal will be made 1 minute after lowering the First Substitute flag with 1 sound signal.

10. COURSE

The course is from the Start (see above) heading East on Long Island Sound, leaving Orient Point Lighthouse and Montauk Point to starboard, to the finish off the Breezy Point at the tip of Rockaway Peninsula.

All government marks and station buoys may be disregarded at the discretion of each yacht.

The course will be considered 190 nm for scoring purposes.

11. SAFETY REGULATIONS

11.1 Check-in

In order to check-in, all yachts shall hail the Race Committee on VHF Channel 69 prior to 1345 hours on August 19, 2010. Please state your sail number and yacht name.

11.2 Montauk Point rounding

As soon as possible after Montauk Point Light bears 270° magnetic, each yacht is requested to call the Race Committee at (973) 812-8170 with the yacht name, sail number, division, and "rounding time".

11.3 Withdrawal

Any yacht withdrawing from the race must notify the Race Committee by calling (973) 812-8170 as soon as possible.

12. TIME ALLOWANCES

PHRF time allowances will be "time on distance" based on YRA of LIS "distance race" ratings and a distance of 190 nautical miles. The IRC classes will be scored using the IRC Time Correction Factor using "time on time". Multi-hull time allowances will be according to the NEMA By-Laws and a course length of 190 nm.

13. FINISH LINE AND FINISHING

The finish line will be between a staff with a white flag on the Committee boat and the red lighted buoy R "12" Fl R 4s Bell, situated on the north side of Breezy Point at the following coordinates: [40° 33.6' N, 73° 55.8' W]. The Committee boat shall display a Race Committee flag and a Polish Sailing Club burgee. It is requested that the yacht approaching the finish line at dark flashes a light on her sail numbers for proper recognition. If the Committee boat is not present at the finish line, the yacht upon finishing (when the buoy R "12" bears 180° magnetic) shall notify the Race Committee of her finishing time by calling (973) 812-8170.

14. AWARDS PRESENTATION

Awards will be presented at the Awards Celebration Party on Sunday, August 22, 2010 in Gateway Marina (3260 Flatbush Ave., Brooklyn, NY 11234). The party will begin at 1400 hours. The awards ceremony will begin at 1700 hours.

15. ADDITIONAL INFORMATION

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Polish Sailing Club of New York

Commodore -- Janusz Kędzierski

Vice Commodore -- Lech Poradowski

Rear Commodore -- Arek Kwapiński

Secretary -- Jola Szczepkowska

Treasurer -- Lucyna Kopczyńska

Club Manager -- Aleksander Kmita

Żywiec Regatta Chairman -- Wojciech Walczak