

# Epstein Trophy

## *Single Handed PHRF Race*

Sunday June 23, 2019

### Sailing Instructions (SI)

This race is open to North Shore Yacht Club members only and is a single-handed, PHRF race with an optional safety/observer person permitted aboard. The Epstein Trophy race is one of the races in our Club Race Series, which is described on the club website. We will endeavor to provide NSYC skippers with a competitive, challenging and enjoyable afternoon of racing.

A scratch sheet listing all the boats entered will be emailed to entrants on or before June 23<sup>rd</sup> and posted at the club early Sunday morning. However the Race Committee (RC) may accept entries anytime before the Warning Signal.

The RC may divide the boats into two divisions but both divisions will start together and will be signaled as Division 6 with code flag "6". If the RC announces two divisions on the Scratch Sheet or over VHF radio channel 69 prior to the Warning signal, the two divisions will be Divisions 6-A and Division 6-B and they will start together. The RC will announce, or post, the courses for each division, they may be the same for both divisions, or, there may be different courses for each division depending on conditions and the number of entrants.

The race will be conducted in Manhasset Bay and LI Sound and is planned for about 2-3 hours. This is a non-spinnaker race and a whisker pole may **not** be used. A Cruising Start\* will be used, with a standard 5 minute starting sequence commencing at approximately 1325 hours. Please note that the finish line will be different than the start line, see below.

#### **\*Cruising Start:**

- The nominal start will be governed by the standard 5 minute starting sequence of warning, preparation and start, with the usual flags and sounds marking the sequence.
- Each boat racing (there may be multiple divisions for scoring and course) must start within the next 5 minute Starting Window following the Starting signal.
- Each boat's individual Start time and Finish time to the nearest second will be used to determine its elapsed time for its course.
- Boats not Starting within the 5 minute Starting Window will be scored as Did Not Start (DNS).

Use VHF channel 69 to sign-in with the RC at the Worry Wart (WW) and monitor this VHF channel for the course(s) to be sailed and during the race for safety and race updates.

**Rules:** This race is governed by The Racing Rules of Sailing 2017-2020 (RRS,) which are available on the club website ([www.nsync.net/sailing/racing](http://www.nsync.net/sailing/racing)), except as modified by these Sailing Instructions. All boats shall comply with YRALIS PHRF regulations. Jib or Genoa must be attached to the forestay (only one sail is allowed at a time, except when changing headsails). Spinnakers, Bloopers, code zeros and mizzen staysails are not allowed;

**Taking a Penalty:** If there is no contact, a one-turn penalty may be completed for exoneration. This changes RRS 44.1.

**Safety Officer:** The Safety Officer (SO) is there on standby to go into action if there is a safety situation or emergency that he/she or the skipper determines requires his/her assistance. From the time the boat is in the vicinity of the starting area and while racing, unless there is a safety situation or emergency, the SO may not:

Assist in sailing the boat in any way.

Hand, or assist the skipper in getting, food, drinks, charts, lines, sails or anything else.

Communicate information to the skipper or comment on strategy, weather, tide or current conditions, etc.

Help in interpreting communications from the RC or anyone else.

Switch sides when tacking or provide ballast on either side of the boat while racing, except that it is recognized that the SO will have to sit somewhere. Minimal movement in the cockpit and down below is permitted for the comfort and safety of the SO.

**Radio Communications:** Every boat shall have an operating VHF radio. Please monitor VHF Channel 69 for pre-race information and announcements. The RC requests communication from participants be limited to: announcing your presence in the starting area and your intentions to race, emergencies, withdrawal, abandonment, and for reporting large changes in conditions after the start. The RC may communicate information on VHF channel 69. No redress will be granted in regard to these informal communications. This changes RRS 41 and 62.1.

**The Course:** Marks of the course will be taken from the Cow Bay Racing Association (CBRA) 2019 race circular and chart (available on [www.nsync.net/sailing/racing](http://www.nsync.net/sailing/racing), click on Cow Bay Racing Association Sailing Instructions (PDF.) Please download it if you do not have it. The marks of the course will be announced on VHF channel 69 and posted on the side of the WW, if practical. "Restrictions To Racing Area" included on the CBRA chart are applicable.

Twice around courses shall be announced by the RC on Channel 69 and signaled by a "T" flag, if practical. For "twice around" courses, boats shall cross the finish line to

commence the second time around and shall not otherwise cross the start or finish lines after starting except when finishing. To **finish**, the finish line must be crossed.

The start and finish lines will be at the WW unless announced and signaled otherwise. The start line will be between an orange flag on the WW and a pin with one flag and the finish line will be between an orange flag on the WW and a pin with two flags. The finish line will generally be on the opposite side of the WW from the start line as long as there has not been a substantial change in wind conditions.

**Shortening or Abandoning After the Start:** If the RC shortens or abandons the race it may do so by announcing the shortening or abandoning on VHF channel 69 in addition to following the procedures in RRS 32.

**Time Limit:** The time limit for this race is 1700 hours. If one boat in a division finishes prior to the time limit, that constitutes a race for that division and all other boats in that division must finish to be scored. If the RC is not on station after the time limit expires boats shall keep their own finish times, to the nearest second and report them to the RC upon arriving back at the club. When taking your own finish time you may pass on either side of the WW but you must be within 50 yards of it and take your finish time when it is abeam.

**Protests:** Protests are governed by the RRS except that: the intention to Protest must be announced to the RC within one hour of finishing and the Protest must be submitted in writing in person or by email to the NSYC Protest Committee not later than noon on the day following the race.

Results will be emailed to participants, posted at the club, on the website and published in the Blinker. Trophies for this race and the NSYC Club Race Series will be awarded at the annual NSYC Dinner Dance.

We hope you enjoy the race.

**North Shore Yacht Club Race Management Committee (RMC)**

Bob Ebenau. Bill Palafox & John Trainor