



2023 SAILING INSTRUCTIONS
YRA of LIS—COW BAY RACING ONE-DESIGN COMMITTEE
Manhasset Bay Area Championships
 Organized by COW BAY RACING ASSOCIATION
May 20 to September 24, 2023



WEEKENDS AND HOLIDAY BAY RACING COMMITTEE ASSIGNMENTS

CBRA

(MBO) May 20-21
 (MBO) May 27-28
 (Sonar) July 22-23
 (Sonar) Aug 12-13

MBYC

June 3-4
 June 17-18
 July 1-2
 Aug 18-20
 Sept 23-24

NSYC

June 10-11
 July 15-16
 Aug 5-6
 Aug 26-27
 Sept 9-10

PWYC

June 24-25
 July 8-9
 July 29-30
 Sept 2-3
 Sept 16-17

Thirsty Thursday (Cow Bay Cruising Association): May 18 to August 31, 2023

**All vessels must be equipped with a working VHF radio.
 Race Committees will use VHF Channel 69 for all Manhasset Bay Racing events.**

<u>Club</u>	<u>Dock</u>	<u>VHF</u>	<u>Cow Bay Chair</u>	<u>Mobile Phone</u>	<u>Protest Chair</u>	<u>Contact Info</u>
Cow Bay Cruising Assoc.	72		Anthony Viola ajviola@mintz.com	646-265-2099	Anthony Viola	646-265-2399 ajviola@mintz.com
Manhasset Bay Yacht Club 767-2150	73		Rita and Vince Syracuse sailmyc@gmail.com	917-414-1057	Sue Miller	516-477-0044 suemiller555@optonline.net
North Shore Yacht Club 883-9823	78		Bill Palafox sailfly7744@gmail.com	516-728-4389	Woody Greenberg	516-815-8656 woodygreenberg@gmail.com
Port Washington Yacht Club 767-1614	74		George Catallo gccatallo@gmail.com	917-974-8771	Tom Egan	516-570-6264 tcegan@aol.com
Cow Bay Racing Assoc. 767-2150	69		Bill Cornachio cornachiofamily@outlook.com	516-238-8523		

RULES:

These races shall be governed by the rules as defined in *The Racing Rules of Sailing* (RRS) and local fleet rules. RRS Appendix V will be in effect.

Commercial Traffic:

No boat shall interfere with commercial shipping transiting the area. Any boat observed in violation of this rule by a Race Committee member may be disqualified without a hearing. This changes RRS 63.1

Radio Communications

Every boat must have an operating VHF radio. The RC will communicate information on VHF 69. No redress will be granted in regard to these informational communications. This changes RRS 41 and 62.1.

Entries:

Eligible boats should be owned by or chartered to members of the YRA of LIS.

**Signal Made Ashore:
 (Harbor Start)**

Signals made ashore will be displayed at the YC's Flagpole. When flag AP is displayed ashore, "1 minute" is replaced with "not less than 30 minutes". In addition, a VHF announcement will be made on Channels 69, 73, 74 and 78. This changes RRS RACE SIGNALS (AP).

CLASSES AND STARTING SCHEDULE

Starting Times and Time Limits

	First warning	First warning	Time Limit the earlier of:
June and September	no earlier than 1355	No later than 1540	3 ½ hours or 1800
July and August	no earlier than 1355	No later than 1610	3 ½ hours or 1800

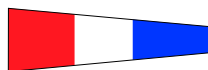
STARTS will be conducted using Appendix U.

Signal	Sound	Time before start
Attention	Series of short horns	Before the warning
Warning	3 long	3 minutes
Preparatory	2 long	2 minutes
	1 long, 3 short	1 minute, 30 seconds
	1 long	1 long
	3 short	30 seconds
	2 short	20 seconds
	1 short	10 seconds
	5 short, one second apart	5...4...3...2...1 second
Start	1 long	0

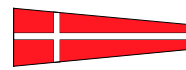
Class Flags will serve as an advisory displayed before the attention signal for that class. No timing will be based on the display or removal of the flag.



I. Sonar



III. MBOD



IV. Ideal 18

START AND FINISH

Races will be started by using Appendix U (as described above). The committee boat (Signal) will be the Worry Wart IV, moored in mid-Manhasset Bay, unless a green flag is flown from the Worry Wart, signaling that the RC Signal boat will be stationed elsewhere in Manhasset Bay.

The starting line will be between a staff displaying an orange flag on the Committee Boat and a pin with a flag.

The finish line will be the same as the start line unless flag "F" is flown signaling a separate finish line in which case the finish line will be between a flag on the RC boat and a pin with 2 flags.

Boats whose attention signal has not been made shall avoid the starting area during that starting sequence.

First Mark Time Limit: For Sonar, MBO and Ideal 18 classes: When the first mark is in the inner bay, bounded by and including marks W and K, the time limit for the first boat to round the first mark is 30 minutes. If the first boat in the class does not round the mark within this time limit, the race shall be abandoned. This changes RRS 32 & 35.

Courses: Courses will be signaled by labeled letters (red or green) displayed on a course board(s) on the R.C. Signal Boat. Letters labeled red signify marks to be rounded to port and letters labeled green signify marks to be rounded to starboard. The course marks for a division will be displayed under the respective division signifier and are to be rounded in order from top to bottom. If courses are signalled from a Signal boat other than the Worry Wart, courses will be communicated by an alternate means.

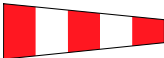














Protests: Appendix V is in effect. Written protests not settled by Arbitration shall be delivered to the sponsoring club, Attn: Chairman of the Protest Committee to the protest chair by email, not later than 2300 on the day of the race in which the incident occurred. If notice of intent to protest is delivered in writing to the club, the protestee shall phone or email appropriate Protest Committee Chairman on the same day. Protests will be heard at the sponsoring club at 2000 on the Wednesday following the race.

Prizes: All races scheduled are championship races for season prizes awarded under YRA of LIS Championship Rules.

Responsibility: It shall be the responsibility of each participating skipper to determine that his yacht is in seaworthy condition, whether he and his crew are competent; and whether it is safe for him to start or continue under existing conditions or otherwise. Boats 16 ft. and over must carry throwable life saving devices, which includes cushions or life rings, provided they carry a USCG approval stamp. Each yacht must carry a USCG approved life jacket for each crew-member. Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organizing authorities will not accept liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta/series.

COMMON SIGNALS

(REFER TO RACING RULES OF SAILING FOR MORE INFORMATION)

	<u>Postponement</u> AP and 2 sound signals. The warning signal will be made 1 minute after the removal unless at that time the race is postponed again or abandoned.		<u>Abandonment</u> Code Flag N and three sound signals. All races that have already started are abandoned. Return to the starting area. The warning signal will be made 1 minute after the removal unless at that time the race is abandoned again or postponed.
	<u>Come Within Hail or Follow Me</u> Code Flag L and one sound signal. Afloat: Come within hail or follow this boat.		<u>Course Change</u> Code Flag C and repetitive sound signals. The position of the next mark has been changed.
	<u>Personal Buoyancy</u> Code Flag Y and one sound signal. All crew members shall wear USCG approved personal buoyancy.		<u>Missing Mark</u> Code Flag M and repetitive sound signals. The object displaying this signal replaces a missing mark.
	<u>Round an End Rule</u> Code Flag I –Rule 30.1 is in effect.		<u>Shorten Course</u> Code Flag S and two sound signals. The course has been shortened. Rule 32.2 is in effect.
	<u>20% Penalty Rule</u> Code Flag Z –Rule 30.2 is in effect.	 	<u>Abandonment</u> Code Flag N over A and three sound signals. All races are abandoned. No further racing today.
	<u>Individual Recall</u> Code Flag X and one sound signal. The Race Committee will attempt to hail sail numbers of boats on the course side. Failure to hail shall not be grounds for redress. This changes RRS 41 and 62.1		<u>No Further Racing</u> Code Flag A – When displayed at the finish boat: there will be no further racing today.
	<u>General Recall</u> First Substitute and two sound signals. The warning signal will be made 1 minute after removal.		
	<u>Finish separate from Start</u> Code Flag F – A separate finish line has been set.		

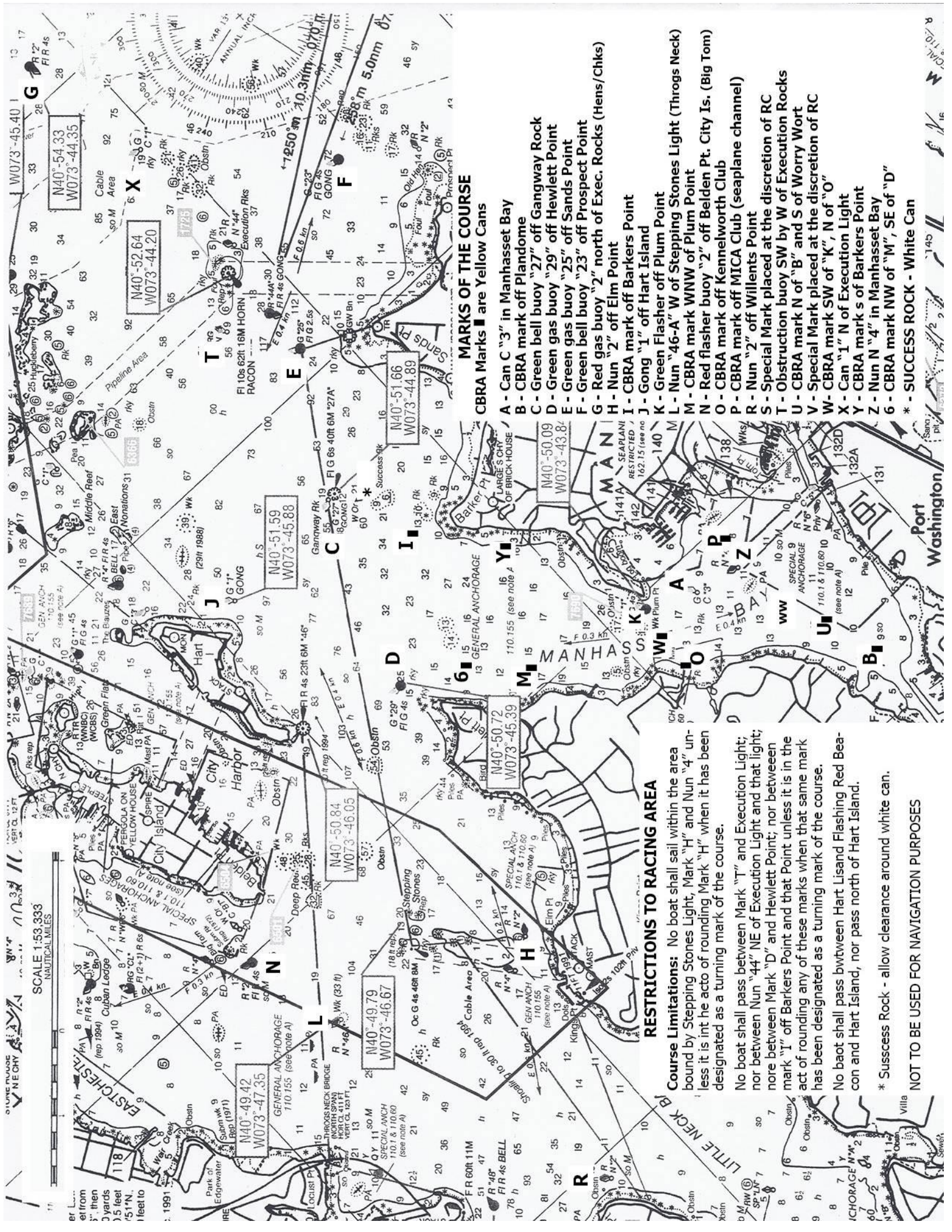
Other 2023 Regattas and Sailing Events

Event	Date	Sponsoring Club
Day Race YRA PHRF	June 24	NSYC
Make-A-Wish Jr. Charity Regatta	July 22	PWYC
JSA Feva and Open Skiff Champs	July 27-28	MBYC
91 th MBYC Race Week	August 18-20	MBYC
Moonlight Regatta	July 29	NSYC
MBYC Challenge Cup	September	MBYC
One Design Distance Race	September	MBYC
Manhasset Bay CC	October 7-8	MBYC
Columbus Day Race	October 8	CBCA

APPROXIMATE MAGNETIC COURSES FROM MARK TO MARK ON COW BAY CHART

FROM

TO	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	R	T	X	Y	Z
A		350									306										
B	170		165	137						148	328		137								
C				35	226		203		338	97	345	50	009	64				203			
D		325	215		219		205	28	245	173	310	60	317	82				208	208	274	
E			55	39		245			23	71		49	22					162			
F			45		65		164			69									149		
G			25	25		341				35								21	10		
H				208						195							37				
I		345	165	65	203					120	348		23							352	
J		330	275	353	251	249	215	15	300		328		344					233	222	318	
K	295	340	165	130					168	148			122							165	
L			230	240	229									181			345				
M	300	325	195	137	202				203	164	302							196		233	
N			245	262								001					356				
O	230																				
P	100																				
R								217				165		176							
T			30	28	342		201		11	53			16						208		
U	170		160																		
W																					
X				28		329	190			42								28			
Y		340	165	94					172	138	345		53								
Z	133																				
5																					
6																					



MARKS OF THE COURSE

CBRA Marks are Yellow Cans

- A - Can C "3" in Manhasset Bay
- B - CBRA mark off Plandome
- C - Green bell buoy "27" off Gangway Rock
- D - Green gas buoy "29" off Hewlett Point
- E - Green gas buoy "25" off Sands Point
- F - Green bell buoy "23" off Prospect Point
- G - Red gas buoy "2" north of Exec. Rocks (Hens/Chks)
- H - Nun "2" off Elm Point
- I - CBRA mark off Barkers Point
- J - Gong "1" off Hart Island
- K - Green Flasher off Plum Point
- L - Nun "46-A" W of Stepping Stones Light (Throgs Neck)
- M - CBRA mark WNW of Plum Point
- N - Red flasher buoy "2" off Belden Pt. City Is. (Big Tom)
- O - CBRA mark off Kennelworth Club
- P - CBRA mark off MICA Club (seaplane channel)
- R - Nun "2" off Willents Point
- S - Special Mark placed at the discretion of RC
- T - Obstruction buoy SW by W of Execution Rocks
- U - CBRA mark N of "B" and S of Worry Wort
- V - Special Mark placed at the discretion of RC
- W - CBRA mark SW of "K", N of "O"
- X - Can "1" N of Execution Light
- Y - CBRA mark s of Barkers Point
- Z - Nun N "4" in Manhasset Bay
- 6 - CBRA mark NW of "M", SE of "D"
- * - SUCCESS ROCK - White Can

RESTRICTIONS TO RACING AREA

Course Limitations: No boat shall sail within the area bound by Stepping Stones Light, Mark "H" and Nun "4" unless it is in the act of rounding Mark "H" when it has been designated as a turning mark of the course.

No boat shall pass between Mark "T" and Execution Light; nor between Nun "44" NE of Execution Light and that light; nor between Mark "D" and Hewlett Point; nor between mark "I" off Barkers Point and that Point unless it is in the act of rounding any of these marks when that same mark has been designated as a turning mark of the course.

No boat shall pass between Hart Island Flashing Red Beacon and Hart Island, nor pass north of Hart Island.

* Success Rock - allow clearance around white can.

NOT TO BE USED FOR NAVIGATION PURPOSES