



**2019 SAILING INSTRUCTIONS**  
**YRA of LIS—COW BAY RACING ONE-DESIGN COMMITTEE**  
**Manhasset Bay Area Championships**  
 Organized by COW BAY RACING ASSOCIATION  
**May 11 to September 29, 2019**



**WEEKENDS AND HOLIDAY BAY RACING COMMITTEE ASSIGNMENTS**

<u>CBRA</u>	<u>MBYC</u>	<u>NSYC</u>	<u>PWYC</u>
(MBO) May 25-26-27	June 1-2 July 6-7 July 20-21 August 3-4 August 23-25 Sept. 28	June 8-9 June 22-23 July 13-14 July 27-28 Sept. 7-8	June 15-16 June 29-30 August 10-11 August 31 Sept. 1-2 Sept. 21-22
(KP) Aug. 17-18 (Sonar) Sept. 14-15			

**Thirsty Thursday (Cow Bay Cruising Association) May 9 to September 5, 2019**

**VHF Channel 69 will be used by Race Committees for Bay Racing events.**

<u>Club</u>	<u>Dock VHF</u>	<u>Club Phone</u>	<u>Cow Bay Chair</u>	<u>Protest Chair</u>	<u>Contact Info</u>
Cow Bay Cruising Assoc.	72		Anthony Viola <a href="mailto:ajviola@mintz.com">ajviola@mintz.com</a>	Anthony Viola	646-265-2399
Manhasset Bay Yacht Club	73	767-2150	Rita and Vince Syracuse <a href="mailto:sailmbyc@gmail.com">sailmbyc@gmail.com</a>	Sue Miller	477-0044 <a href="mailto:suemiller555@optonline.net">suemiller555@optonline.net</a>
North Shore Yacht Club	78	883-9823	Bob Ebenau <a href="mailto:rebenau@gmail.com">rebenau@gmail.com</a>	Woody Greenberg	801-6467 <a href="mailto:woodygreenberg@gmail.com">woodygreenberg@gmail.com</a>
Port Washington Yacht Club	74	767-1614	Catherine Einhaus <a href="mailto:einhaus@optonline.net">einhaus@optonline.net</a>	Tom Egan	570-6284 <a href="mailto:tcegan@aol.com">tcegan@aol.com</a>
Cow Bay Racing Assoc.	69	767-2150	Bill Cornachio <a href="mailto:cornachio@optonline.net">cornachio@optonline.net</a>		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 T, Sections B, C and D 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 is encouraged to 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 must be owned by or chartered to members of the YRA of LIS and shall have paid the Cow Bay YRA registration fee.
- 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).

## DIVISIONS AND STARTING SCHEDULE

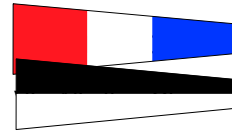
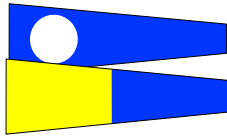
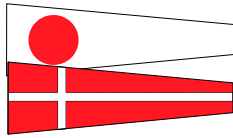
### Starting Times and Time Limits

	First warning	First warning	Time Limit the earlier of:
May, 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

Additional races may be signaled. **NO ROLLING STARTS.**

MEANING	MIN.	SIGNALS	Sound
Warning	5	Class Flag(s) <b>UP</b>	Sound
Preparatory	4	“P” or “I” or “Z” or “Z/I” 	Sound
	1	Preparatory Flag(s) <b>DOWN</b>	Sound
Start	0	Class Flag(s) <b>DOWN</b>	Long Sound
Warning	5	NEXT START Class Flag(s) <b>UP</b>	Sound

### Class Flags



### START AND FINISH

Races will be started by using Rule 26 (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 warning signal has not been made shall avoid the starting area during the starting sequence for other races.**

**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.

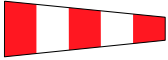




**Protests:** Appendix T is Sections B, & D are in effect, with T5.1 changed to say: “An arbitration meeting may be . . . “. This changes T5.1. Written protests not settled by Arbitration shall be delivered to the sponsoring club, Attn: Chairman of the Protest Committee, not later than 2300 on the day of the race in which the incident occurred. In addition, notice of intent to protest shall be made directly to the 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 an 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)

	<b>Postponement</b> 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.
	<b>Come Within Hail or Follow Me</b> Code Flag L and one sound signal. Afloat: Come within hail or follow this boat.
	<b>Personal Buoyancy</b> Code Flag Y and one sound signal. All crew members shall wear USCG approved personal buoyancy.
	<b>Round an End Rule</b> Code Flag I –Rule 30.1 is in effect.
	<b>20% Penalty Rule</b> Code Flag Z –Rule 30.2 is in effect.
	<b>Individual Recall</b> 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
	<b>General Recall</b> First Substitute and two sound signals. The warning signal will be made 1 minute after removal.

	<b>Finish separate from Start</b> Code Flag F – A separate finish line has been set.
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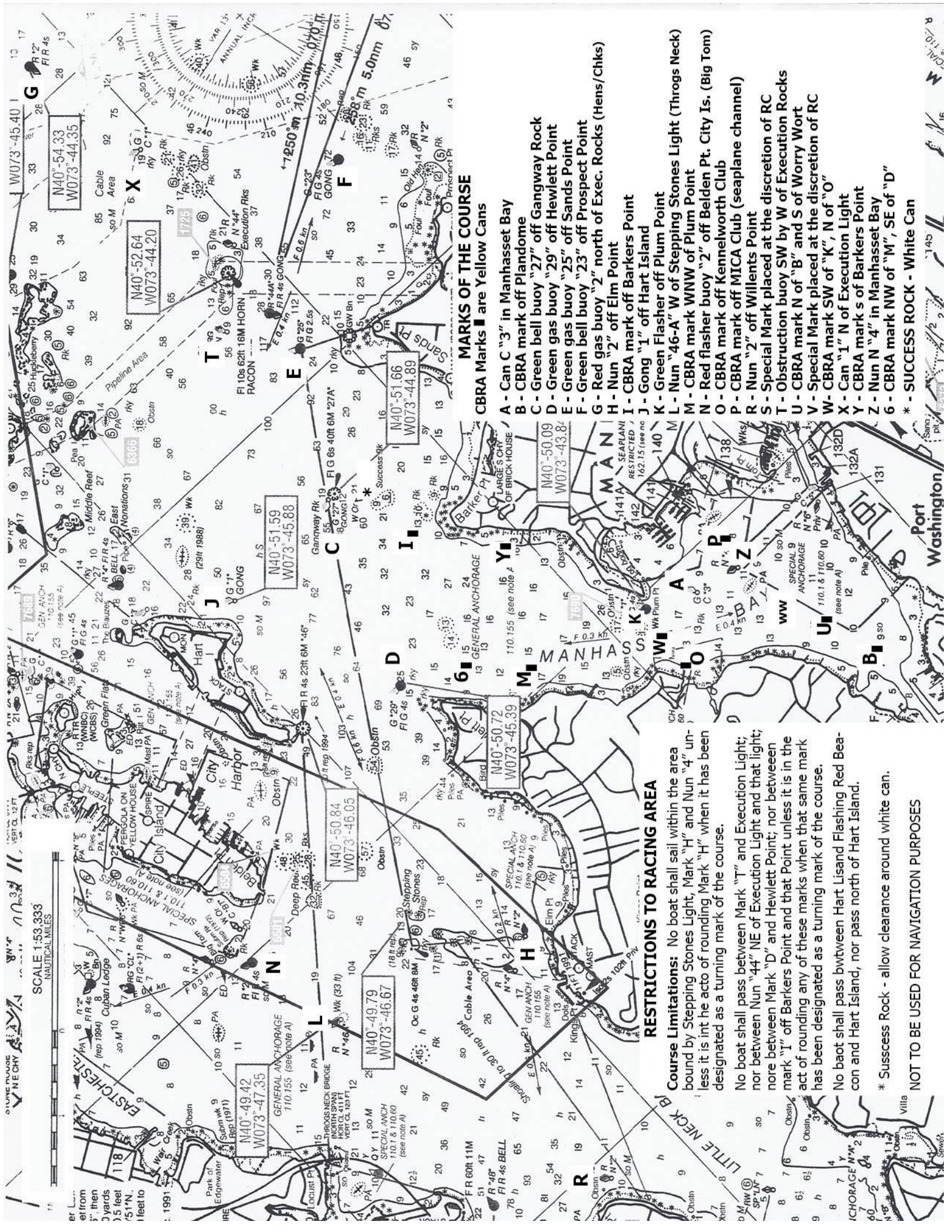
	Code Flag N and three sound signals. All races that have already started are abandoned. Return to the starting area. The warning signal will be made 1 minute after the removal unless at that time the race is abandoned again or postponed.
	<b>Course Change</b> Code Flag C and repetitive sound signals. The position of the next mark has been changed.
	<b>Missing Mark</b> Code Flag M and repetitive sound signals. The object displaying this signal replaces a missing mark.
	<b>Shorten Course</b> Code Flag S and two sound signals. The course has been shortened. Rule 32.2 is in effect.
	<b>Abandonment</b> Code Flag N over A and three sound signals. All races are abandoned. No further racing today.
	<b>No Further Racing</b> Code Flag A – When displayed at the finish boat: there will be no further racing today.

	<b>Abandonment</b>
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### Other 2019 Regattas and Sailing Events

Event	Date	Sponsoring Club
Open Regatta	June 1	NSYC
Day Race YRA PHRF	June 2	PWYC
Make-A-Wish Jr. Charity Regatta	July 27	PWYC
84 <sup>th</sup> MBYC Race Week	August 23-25	MBYC
Moonlight Regatta	September 14	NSYC
One Design Distance Race	September 29	MBYC
Columbus Day Race	October 13	CBCA





SCALE 1:53,333  
NAUTICAL MILES

**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

**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