

# Epstein Trophy

## Single-Handed PHRF Race

Sunday, August 6, 2023

### Sailing Instructions

The Epstein Trophy race is one of the races in our Club Race Series, which is described on the club website. 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. It is planned for Manhasset Bay and/or LI Sound, starting from the Worry Wart in Manhasset Bay with Warning Signal at 1325 hours and planned for about 2-3 hours. The time limit for this race is 1700 hours.

We will endeavor to provide NSYC skippers with a competitive, challenging, and enjoyable afternoon of racing.

We will be using a sound system for signaling the start, either electric or air horn, instead of signal flags.

A scratch sheet listing all the boats entered will be emailed to entrants on Saturday, August 5<sup>th</sup>, and posted at the Club on the morning of the race. However, the Race Committee (RC) may accept entries any time before the 1325 hours Warning Signal.

If there are two divisions specified on the scratch sheet, they will be 6A and 6B. Both divisions will start together, although they may have different courses, as announced on VHF channel 69, Courses may be the same for both divisions, or there may be different courses for each 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.

**Note:** If J-105s enter the race, they may declare if they are to be rated at 99 PHRF and be allowed to use up to a 155% jib or at 105 and be allowed to use only their class jib.

A Cruising Start\* will be used, with a standard 5-minute starting sequence commencing at approximately 1325 hours.

#### \*Cruising Start:

- The nominal start will be governed by the initial standard 5-minute starting sequence which will be preceded by multiple "Attention" sounds one minute prior.
- The subsequent 5-minute Starting Window commences with the long **START** sound from the initial starting sequence. Each boat racing in either division must start within the subsequent Starting Window.
- Boats not Starting within the subsequent 5-minute Starting Window will be scored as Did Not Start (DNS).
- Each boat's individual Start time and Finish time, to the nearest second, will be used to determine its elapsed time for its course.
- Use VHF channel 69 to sign in with the RC at the Worry Wart (WW) and monitor this channel for pre-race information, the course(s) to be sailed, RC instructions during the start and, during the entire race, for safety and race updates.

### Sound Signal Starting Sequence (for Cruising Start):

Five minutes before the start	-5 min	Warning	Single sound
Four minutes before the start	-4 min	Prep	Single sound
One minute before the start	-1 min	Prep over	Single sound
<b>At the start</b>	<b>0 min</b>	<b>START</b>	<b>Single long sound</b>
<b>Begin Cruising start period</b>	0 min	starting	-----none-----
<b>End cruising period</b>	<b>+5 min</b>	<b>closed</b>	<b>Single long sound</b>

**Rules:** This race is governed by The Racing Rules of Sailing 2021-2024 (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 to require 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, eyeglasses, 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 regards to these informal communications. This changes RRS 41 and 62.1.

**The Course:** Marks (yellow CBCA marks and government buoys) for the course will be taken from the Cow Bay Racing Association (CBRA) 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 will not be used.**

**Start & Finish Lines:**

-The starting line will be between a staff displaying an orange flag on the Worry Wart 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 blue flag on the Worry Wart and a pin with 2 flags.

-The **RC shall record each individual boat's Start and Finish times** to the nearest hour, minute and second to determine total elapsed time.

**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, as being at a mark of the course that none of the fleet has yet passed, the time to be taken by the skipper when within 50 feet abeam of the mark, and emailed to [raceentries@nsyc.net](mailto:raceentries@nsyc.net).

**Time Limit:** The time limit for this race is 1700 hours.

**Protests:**

RRS61.3 is amended by the following. Protests must be in writing and emailed to the Protest Chairman, Woody Greenberg, at [woodygreenberg@gmail.com](mailto:woodygreenberg@gmail.com) no later than Noon on the day following the race. Any Protest Hearing required will be held at NSYC at 2000 hours on the Wednesday following the race. Protest forms, if needed, are located in the Racing mailbox at the foot of the chairlift at NSYC.

**Results:** 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 Awards Event.

Please submit questions and/or comments to Ernest Goetz, 516-305-2606, Email:([egoetzesq@gmail.com](mailto:egoetzesq@gmail.com)).

We hope you enjoy the race!

**North Shore Yacht Club Race Management Committee**

**Bill Palafox, Richard Raskin and Ernest Goetz**