



Stamford Yacht Club

2026 The Stamford Overnight Race

1900 Hrs - Friday, August 21

Sailing Instructions

1. Rules

- 1.1 The race will be governed by the current edition of *The Racing Rules of Sailing* (RRS) except as altered by the Notice of Race or by these Sailing Instructions.
- 1.2 The current PHRF regulations as administered by the Yacht Racing Association of Long Island Sound (YRALIS).
- 1.3 Distance PHRF ratings will used. PHRF weight limits will not be in effect.
- 1.4 All boats shall comply with the US Sailing Safety Equipment Requirements (USSER) for nearshore races. The VHF radio shall be capable of transmitting and receiving on Channel 16 and 05A.
- 1.5 A boat withdrawing must inform the Race Committee as soon as possible but no later than leaving the racing area.
- 1.6 Between sunset and sunrise, the International Regulations for Prevention of Collision at Sea replace the relevant rules of Part 2 of the Rules.
- 1.7 Non-spinnaker class boats shall sail with a main and jib only. A jib is defined as a headsail with the entire luff of the sail attached along the headstay. Reaching struts/whisker poles may be used with one end attached to the mast.
- 1.8 The Double-handed Class:
 - (a) Crew is limited to 2 persons, one of whom shall be at least 18 years of age.
 - (b) Wind vanes and/or autopilots may be used without penalty. This changes RRS 52.
 - (c) Properly rated DH Distance PHRF ratings will be used.
 - (d) Safety lines (jack lines) leading forward from both sides of the cockpit to the bow, well secured at each end, shall be rigged throughout the race.
 - (e) Competitors sailing in the double-handed division are permitted to utilize radio communications amongst themselves while racing. This changes RRS 41.

2. Eligibility

- 2.1 This race is open to single hulled sailing boats 24' LOA and over, holding a valid YRALIS PHRF certificate.
- 2.2 This event is a qualifying regatta for the Stamford Trophy Series, Stamford Cup, Windigo, Sagola, King's Point, Lighthouse and Mertz Trophies, and the YRA LIS Youth Challenge Cup.

- 2.3 More information on the YRA of LIS Youth Challenge Cup Qualifications (YCC) can be found on the YRA-LIS website www.yralis.org under the menu Trophies > Season & Special Awards > scroll to Youth Challenge Cup, and also in the "YRA LIS Racing Program".

3. Notices to Competitors

- 3.1 Notices to competitors will be posted on the Official Notice Board located on the event page on YachtScoring.com
- 3.2 The race committee may make announcements to the competitors before or during the race on VHF channel 05A. The timing, order of the broadcast, or the failure of the competitors to hear the broadcast, will not be grounds for redress. This changes rule 29 and 61.1

4. Changes to the Sailing Instructions

- 4.1 Changes to the Sailing Instructions will be posted before 1200 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.
- 4.2 Oral changes may be made on the water via announcements over VHF Channel 05A. This changes Race Signals.

5. Signals Made Ashore

- 5.1 Signals made ashore will be displayed from the Signal Boat while at the dock.
- 5.2 When flag AP is displayed ashore, "1 minute" is replaced with "not less than 60 minutes." This changes RRS Race Signals.

6. Schedule of Races

- 6.1 The first signal is scheduled at **1900 Hrs.**

7. Class Flags

- 7.1 Each boat shall display from her backstay, at least five feet above the deck, a numeral pennant corresponding to her class as described on the scratch sheet.
- 7.2 Single boat classes will be allowed and will receive a class score. They may compete in the overall prize assuming they race the same course as the spinnaker classes.

8. Starting Area

- 8.1 The starting area is in the vicinity "R32" Flashing Bell R "32" (The Cows).

9. The Courses

- 9.1 One of three courses will be displayed on a course board on the Signal Boat:

COURSE A, signaled with an uppercase letter "A," shall be sailed from the START to Flashing Bell R "18" off Point-No-Point, Stratford; then, passing to the east of Stratford Shoal Lighthouse and Green Can "1" easterly of Middle Ground, then to Flashing Bell MO "A" (R/W "PJ") off Port Jefferson; then to Flashing Bell R "32" (The Cows) off Shippan Point; then to Nun R "2" off the East Stamford Breakwater then to the FINISH. All turning marks must be left to starboard. The distance is 47.6 nm.

COURSE B, signaled with a lowercase letter "b," shall be sailed from the START to Flashing Bell MO "A" (R/W "PJ") off Port Jefferson; then, passing to the east of Green Can "1" easterly of Middle Ground and Stratford Shoal Lighthouse, to Flashing Bell R "18" off Point-No-Point, Stratford, these marks left to port, then, to Flashing Bell R "32" (The Cows) off Shippan Point then to Nun R "2" off the East Stamford Breakwater, these last two marks left to starboard, then to the FINISH. The distance is 47.6 nm.

COURSE C, signaled with uppercase letter "C" shall be sailed from the start to Stratford Shoal Light (Middle Ground) left to Port. Then to Flashing Bell R "32" (The Cows) off Shippan Point then to Nun R "2" off the East Stamford Breakwater, these last two marks left to starboard, then to the FINISH. The distance is 40.0 nm.

10. The Start

- 10.1 Prior to the warning signal, each boat shall check in by sailing (on starboard tack) past the stern of Signal Boat. There will be no check in by radio.
- 10.2 The starting line will be between a staff displaying an orange flag on the Race Committee boat and Flashing Bell R "32" (The Cows). The race Committee boat may have a stand-off mark intentionally attached to her stern.
- 10.3 The Race Committee may elect to start more than one class simultaneously.
- 10.4 Every boat whose warning signal has not been made shall keep clear of the starting area and of all boats whose warning signal has been made.

11. Individual Recalls

- 11.1 In the event of an Individual Recall, infringing boats may be recalled by name or sail number, by loud hailer or over VHF radio. Failure to make a radio call or the failure of a boat to hear a recall or the order of such calls shall not be grounds for redress. This change RRS 29.1

12. The Finish

- 12.1 The finish line shall be between the staff displaying a blue flag on the Signal Boat and the green flashing beacon on the east end of the Stamford Harbor Western Breakwater. The Signal Boat shall be anchored north of the Eastern Breakwater.
- 12.2 If no Committee Boat is on station at the FINISH, each yacht shall record her finish time at a point where the green beacon of the West Breakwater bears 260 magnetic. This finish time shall be reported to the Race Committee as soon as possible.
- 12.3 Each boat shall call the Race Committee on VHF Channel 05a as they round R "32" or are within 1 mile of the FINISH and shall announce her sail number and name. Each boat is responsible for knowing her finish time with respect to the boats finishing ahead of and behind her.

13. Time Limit

- 13.1 The absolute time limit for the race is 1000 Saturday, August 22. Boats finishing after the time shall be scored TLE (Time Limit Expired) and awarded points 2 more than the number of boats that finished within the time limit.

14. Protests

- 14.1 A boat intending to protest shall inform the race committee upon finishing or withdrawing.
- 14.2 Written protests shall be submitted in person or by email on standard protest forms to the Event Chair no later than 1200 Saturday, August 22.
- 14.2 The protest committee will notify all parties and hear protests as soon as practical. However, the Protest Committee reserves the right to hold hearings at an alternate time.

15. Ratings/Scoring

15.1 Scoring computations will use YRALIS Distance PHRF ratings converted to Time-on-Time.

15.2 Time-on-Time correction factor: $650 / (550 + \text{PHRF}) \times \text{Elapsed Time} = \text{Corrected Time}$

16. Radio Communication

16.1 Except in the case of an emergency, while racing, a boat shall neither make nor receive wireless communication not simultaneously available to all boats. This restriction also applies to mobile telephones.

16.2 It is the intention of the Race committee to monitor VHF channel 05A throughout the race.

17. Prizes

17.1. Prizes will be awarded to the top finishes for each class when two or more boats are scored in that class.

11.2. An overall prize will be awarded to "First in Fleet" for the overall winner as determined by the Organizing Authority.

11.3. Prizes will be awarded at the Stamford Yacht Club Awards Ceremony in October.

18. Disclaimer of Liability

18.1 RRS rule 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.'**

19. Contact Information

Event Chair

Gary Greene

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Principle Race Officer (PRO)

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SYC Race Committee

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Event page on YachtScoring www.yachtscoring.com/emenu/50828