



Stamford Yacht Club

2026 Cows Trophy Race

Saturday, September 26

Notice of Race

1. Rules

The races shall be governed by the current Racing Rules of Sailing and the prescriptions of US Sailing except as any of these are altered by this Notice of Race and by the Sailing Instructions.

The Yacht Racing Association of Long Island Sound's (YRALIS) current PHRF regulations.

All boats shall comply with the US Sailing Safety Equipment Requirements (USSER) for nearshore races.

Each yacht shall have a VHF radio on board that is capable of transmitting and receiving on Channel 16 and 05A.

2. Eligibility

Open to any single hull sailing boat, 22' LOA or longer, holding a current PHRF certificate from YRA of LIS.

3. Schedule

The first signal for this race is scheduled for 1400.

4. Race Area

The Signal Vessel will be in the vicinity of The Cows (Red Bell R32).

5. Registration

There is no cost to participate in this event.

Boats may enter online on the event YachtScoring website www.yachtscoring.com

Prior to the first race signal of the day, each boat intending to race shall check-in with the signal boat by sailing by and declaring their intention to race.

There is to be no check-in by radio.

6. Sailing Instructions

Prior to race day, the sailing instructions will be available on the event Yacht Scoring website. www.yachtscoring.com

- 7. Divisions** Boats will form two divisions; a Spinnaker Division and a Non-Spinnaker Division.
- Every Non-Spinnaker Division boat 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. A Reaching strut/whisker pole may be used with one end attached to the mast.
- 8. Courses** Courses shall be defined in the Sailing Instructions.
- 9. Ratings/Scoring** YRA of LIS Distance PHRF ratings converted to Time on Time.
- Scoring will be computed using time-on-time correction factor:

$$650 / (550 + \text{PHRF}) \times \text{Elapsed Time} = \text{Corrected Time}$$
- 10. Safety** All boats shall comply with US Sailing Safety Equipment Requirements (USSER) for Nearshore races.
[US Sailing Safety - Nearshore](#)
- 11. Responsibility** 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.**
- 12. Prizes** The Cows Trophy will be awarded to the Stamford Yacht Club boat who has the best overall performance. Boats from other clubs are eligible for Division Prizes.
- 13. CONTACT INFORMATION**
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| Event Chair: | TBN |
| SYC Race Committee: | RC@StamfordYC.com |
| Stamford Yacht Club: | (203) 323-3161 |