

**NYAC Yacht Club
116th Annual NYAC Yacht Club
Henry E. Abbott Memorial
Distance Race**



Saturday - August 22, 2026

**For PHRF Boats
Including Spinnaker and Non-Spinnaker Classes**

SAILING INSTRUCTIONS

1. RULES

- 1.1. The regatta will be governed by the rules as defined in The Racing Rules of Sailing.
- 1.2. The measurement rules and ratings will be PHRF Spinnaker and Non-Spinnaker and ratings as administered by the YRA of LIS.
- 1.3. Boats shall observe the US Sailing Special Equipment Requirements for Nearshore races.
- 1.4. All boats shall carry VHF radio able to send and receive on Channel 16, 22A and 71.
- 1.5. Per rule 42.3(i), a boat that runs aground while racing may use its engine or any other method to get refloated provided the boat does not gain a significant advantage in the race.

2. NOTICES TO COMPETITORS

- 2.1. Notices to competitors and scratch sheets will be posted online at the yachtscoring.com event site.

3. CHANGES TO SAILING INSTRUCTIONS

- 3.1. Any change to the SIs will be posted before 1700 Friday, August 21, 2026. Changes will be posted on the Yacht Scoring website <https://yachtscoring.com/emenu/50880> and an e-mail notice will be sent out to all registered competitors calling attention to the change.
- 3.2. Once on station, the signal boat will signal if a change was made to the Sailing Instructions after 1700 Friday, June 7, 2024, by displaying Code Flag L. Any change will be announced from the Race Committee (RC) Signal Boat over channel 71 prior to raising Foxtrot flag.

4. SIGNALS MADE ASHORE

- 4.1. There will be no signals made ashore. In the event of a cancelation or other significant change, communications shall be made via Yacht Scoring event site email and or text notifications.

SCHEDULE OF RACES

4.2. 5.1 There will be one race, Saturday, August 22, 2026. See Appendix B.

1055 Foxtrot will be raised

1100 First Warning Signal

1105 Start of Division 1

5. CLASSES AND CLASS FLAGS

5.1. Division flags will be numeral pennants per the scratch sheet.

5.2. Each boat shall display its Division flag on its permanent backstay or, in the absence of a permanent backstay, from its stern rail.

6. COURSES

6.1. Divisions and course letters will be displayed by placards on the Race Committee Signal Boat course board.

6.2. Course distances have been determined by the Regatta Committee and are not subject to redress. This amends RRS 62.1(a).

6.3. Courses are described in Appendix A.

6.4. The Race Committee will announce the course(s) to be sailed over VHF Channel 71 prior to hoisting the Foxtrot flag.

7. THE START

7.1. The starting mark will be Can 1 (40o 53.468N/ 073 o 44.151W).

7.2. The starting line will be between a staff displaying an orange flag on the Signal Boat and the course side of the starting mark.

7.3. Prior to the Warning Signal of the first division, all boats shall check in by sailing past the stern of the Signal Boat while on starboard and be recognized by the Race Committee. Check-ins shall not be done over the radio.

7.4. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

7.5. Five minutes before the first scheduled Warning Signal, the Race Committee will display Code Flag F (Attention Signal) with a sound signal. Code Flag F will be removed one minute before the warning for the first start. This changes RRS 26. See Appendix B.

7.6. Succeeding classes will be started in numerical order either (a) at five-minute intervals by displaying a Class Flag at the Start of the preceding class, or (b) at any time afterward by re-commencing a new five-minute sequence. In the event a new five-minute sequence is initiated, the Race Committee will announce the time of the next Warning via VHF 71 and will endeavor to make a multiple Horn Signal shortly before the new Warning Signal.

7.7. A yacht that starts later than 10 minutes after her starting signal will be scored DNS, without a hearing. This changes RRS A4 and A5.

8. RECALLS

8.1. The Race Committee will attempt to hail OCS boats on VHF Channel 71. Failure of the Race Committee to successfully notify an OCS boat over the radio shall not relieve the OCS boat of its responsibility under RRS 28.1 nor be grounds for redress.

9. FINISH LINE

9.1. The finish line will be between a staff displaying a blue flag on a Signal Boat and the course side of the finish mark. Unless the course is shortened, the finish mark shall be the starting mark (see 7.1).

10. SCORING

10.1. Boats will be scored using the [The YRA of LIS Performance Handicap Racing Fleet Regulations](#).

10.2. Scoring will be done using PHRF Time on Time computation.

11. TIME LIMITS

11.1. The time limit for the first boat in its division to sail the course and finish in each division will be 5 hours from the starting time of that division. Boats failing to finish within 1 hour after the first boat finished in its division will be scored TLE without a hearing. This changes RRS 35, A4 and A5.

12. WITHDRAWALS

12.1. Boats withdrawing from the race are to contact the Race Committee over VHF Channel 71.

13. RADIO COMMUNICATION

13.1. Each yacht shall carry a radio capable of transmitting and receiving VHF channels 16, 24A, and 71.

13.2. The designated channel for race committee communication shall be VHF 71. All competitors shall monitor this channel for updates from the Race Committee while racing. All competitors are further encouraged to monitor this channel prior to departing from their home port, and while returning to their home port.

13.3. The race committee intends to make courtesy broadcasts on VHF 71.

13.4. Except in an emergency or as otherwise specified in the SIs, a yacht shall neither make nor receive radio communications not available to all yachts while racing.

13.5. Failure of the race committee to make any VHF broadcasts, the timing thereof or a competitor to hear any broadcast shall not be grounds for redress. This changes RRS 62.1(a).

14. FILING & HEARING PROTESTS

- 14.1. A protesting boat shall (a) follow requirements outlined in RRS 62.1 and (b) shall notify the Race Committee, at the time it finishes, that it intends to file a protest and which competitor(s) she is protesting.
- 14.2. The protest time limit ends 90 minutes after the last boat in a protesting boat's division has finished. All protests shall be delivered to the NYAC YC Office and marked to the attention of the Protest Committee. Emailed protests are acceptable. Notices will be posted no later than 60 minutes after the protest time limit has expired to inform competitors of hearings in which they are parties or named as witnesses. This Notice will also include the time and place of the protest hearing.

15. PRIZES AND AWARDS PRESENTATION

- 15.1. First, second and third place prizes will be awarded in each division. Other prizes may be awarded at the discretion of the Race Committee.
- 15.2. An Awards ceremony will be held at the New York Athletic Club – Yacht Club on Travers Island after racing. There will be food for crew and drinks will be available for purchase.

RESPONSIBILITIES OF COMPETITORS

- 15.3. Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury, or death sustained in conjunction with or prior to, during, or after the regatta.

16. DISCLAIMER OF LIABILITY

By registering for this event, the owner and person in charge of the boat agree with the following:

- My crew and I recognize that sailing is an activity that has an inherent risk of damage and injury, sickness and disease (including communicable diseases such as Covid-19) associated with it. We have read RRS 3, Decision to Race, and hereby acknowledge and agree that we are participating in this event entirely at our own risk.
- I acknowledge and agree that neither the organizing authority, host club nor the race committee, nor their members will be responsible for: a) any damage to the entered boat or my other property, or b) any injury, sickness or disease (including communicable diseases such as Covid-19) to my crew or me, including death, sustained as a result of our participation in this event.
- I hereby waive any rights I may have to sue the race organizers (organizing authority, host club, race committee, protest committee, sponsors or any other organization or official) with respect to personal injury, sickness or disease (including communicable diseases such as Covid-19) or property damage suffered by my crew or me as a result of our participation in this event, whether on the water or on shore, and hereby release

the race organizers from any liability for such injury, sickness or disease (including communicable diseases such as Covid-19) or damage to the fullest extent permitted by law.

- I have taken all necessary steps to ensure that my crew and I and my entered boat are adequately prepared for all possible contingencies, including carrying and using appropriate safety equipment as may be required by law, racing rules and that a prudent seaman would consider advisable.

I agree to be bound by all rules that govern this event. I will inform all crewmembers of the conditions stated herein for their participation in such racing.

17. CONTACT INFORMATION

Tim Kerns, NYAC YC Waterfront Director

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Appendix A

2023 Henry E. Abbott Memorial Distance Race

WIND DIRECTION NORTH TO NORTH EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	N1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		R36 Bell east of Glover Reef round stb	6.2
		FL G Gong “21” (W of Matinecock Reef) - round to stb	3.6
		Fl G Gong “23” - Leave to stb	4
		FL G 25 off Sands Point - keep to port	1.27
		FLG 29 off Hewlett Pt - round to stb	1.8
		Gong 1 off hart island - leave to stb	0.97
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.37
	20.21	TOTAL	20.21
WIND DIRECTION NORTH TO NORTH EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	N2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FR Bell “42” - Leave to STB	2.5
		FL G Gong “21” (W of Matinecock Reef) - round to stb	3.1
		Fl G Gong “23” - Leave to stb	4
		FL G 25 off Sands point - keep to port	1.27
		FLG 29 off Hewlett Pt - round to stb	1.8
		Gong 1 off hart island - leave to stb	0.97
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.37
	16.01	TOTAL	16.01
WIND DIRECTION NORTH TO NORTH EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	N3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FR Bell “42” - Leave to STB	2.5
		FL G Gong “21” (W of Matinecock Reef) - round to stb	3.1
		Fl G Gong “23” - Leave to stb	4
		FL G 25 off Sands point - keep to stb	1.25
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.36
	12.21	TOTAL	12.21

WIND DIRECTION NORTH TO NORTH EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	N4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FR Bell “42” - Leave to STB	2.5
		FL G Gong “21” (W of Matinecock Reef) - round to stb	3.1
		Fl G Gong “23” - Leave to stb	4
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.06
	10.66	TOTAL	10.66

WIND DIRECTION EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	E1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FL G Gong “21” (W of Matinecock Reef) - Leave to Port	4.6
		R NUN “2” (SW of Great Captain Island) - Leave to Port	4.1
		FR Bell “42” - Leave to Port	4.5
		Gong 1 off hart island - leave to STB	4.9
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.4
	20.5	TOTAL	20.5

WIND DIRECTION EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	E2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FL G Gong “21” (W of Matinecock Reef) - Leave to Port	4.6
		R NUN “2” (SW of Great Captain Island) - Leave to Port	4.1
		FR Bell “42” - Leave to Port	4.5
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	15.7	TOTAL	15.7

WIND DIRECTION EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	E3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FL G Gong “21” (W of Matinecock Reef) - Leave to Port	4.6
		R Bell “36” (.9 nm SW of Great Captain Island) - Leave to Port	3.6
		FR Bell “42” - Leave to Port	3.7
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	14.4	TOTAL	14.4

WIND DIRECTION EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	E4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FL G Gong “21” (W of Matinecock Reef) - Leave to Port	4.6
		FR Bell “42” - Leave to Port	3.1
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	10.2	TOTAL	10.2
WIND DIRECTION SOUTH EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	SE1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		Can “1” (W of Weeks Point) - Leave to Port	3.6
		R Bell “36” (.9 nm SW of Great Captain Island) - Leave to Port	5.4
		FR Bell “42” - Leave to Port	3.7
		Gong 1 off hart island - leave to PORT	4.9
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.38
	19.98	TOTAL	19.98
WIND DIRECTION SOUTH EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	SE2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		Can “1” (W of Weeks Point) - Leave to Port	3.6
		R Bell “36” (.9 nm SW of Great Captain Island) - Leave to Port	5.4
		FR Bell “42” - Leave to Port	3.7
		R/G Buoy (1600 ft SW of Execution Rock) - round to stb	3.4
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.1
	17.2	TOTAL	17.2
WIND DIRECTION SOUTH EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	SE3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		Can “1” (W of Weeks Point) - Leave to Port	3.6
		R Bell “36” (.9 nm SW of Great Captain Island) - Leave to Port	5.4
		FR Bell “42” - Leave to Port	3.7
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	15.2	TOTAL	15.2

WIND DIRECTION SOUTH EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	SE4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		Can “1” (W of Weeks Point) - Leave to Port	3.6
		FR Bell “42” - Leave to port	3.4
		FL R 2 South of Hen and Chickens - Round to port	2.1
		Fl G Gong “23” - Leave to stb	1.64
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.06
	11.8	TOTAL	11.8
WIND DIRECTION SOUTH	COURSE	MARK DESCRIPTION	LEG DISTANCE
	S1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FL G 29 off Hewlett point - round to port	3.1
		FR Bell “42” - round to stb	5.5
		FL G Gong “21” (W of Matinecock Reef) - Leave to stb	3.2
		Fl G Gong “23” - Leave to stb	4
		FR Bell “42” - round to port	2.6
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	20.9	TOTAL	20.9
WIND DIRECTION SOUTH	COURSE	MARK DESCRIPTION	LEG DISTANCE
	S2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		R/G Buoy (1600 ft SW of Execution Rock) - Leave to Port	1.1
		FR Bell “42” - round to stb	3.4
		FL G Gong “21” (W of Matinecock Reef) - Leave to stb	3.2
		Fl G Gong “23” - Leave to stb	4
		FR Bell “42” - round to port	2.6
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	16.8	TOTAL	16.8

WIND DIRECTION SOUTH	COURSE	MARK DESCRIPTION	LEG DISTANCE
	S3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		R/G Buoy (1600 ft SW of Execution Rock) - Leave to Port	1.1
		FL G Gong “21” (W of Matinecock Reef) - Leave to port	5.2
		R Bell “36” (.9 nm SW of Great Captain Island) - Leave to Port	3.6
		FR Bell “42” - Leave to port	3.7
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	16.1	TOTAL	16.1
WIND DIRECTION SOUTH	COURSE	MARK DESCRIPTION	LEG DISTANCE
	S4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		R/G Buoy (1600 ft SW of Execution Rock) - Leave to Port	1.1
		FL G Gong “21” (W of Matinecock Reef) - Leave to port	5.2
		FR Bell “42” - Leave to port	3.2
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	12	TOTAL	12
WIND DIRECTION SOUTH WEST / WEST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	SW1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		Gong 1 off hart island - leave to PORT	2.38
		FLG 29 off Hewlett Pt leave to port	0.99
		keep G27 gong to stb while heading to FLG 25 off Sands Point	
		FL G 25 off Sands point - keep to port	1.9
		Fl G Gong “23” - Leave to Port	1.24
		FL G Gong “21” (W of Matinecock Reef) - Leave to port	4
		R36 Bell east of Glover Reef	3.6
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	6.2
	20.31	TOTAL	20.31

WIND DIRECTION	COURSE	MARK DESCRIPTION	LEG DISTANCE
SOUTH WEST / WEST	SW2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		Gong 1 off hart island - leave to PORT	2.38
		FLG 29 off Hewlett Pt leave to port	0.99
		keep G27 gong to stb while heading to FLG 25 off Sands Point	
		FL G 25 off Sands point - keep to port	1.9
		Fl G Gong “23” - Leave to Port	1.24
		FL G Gong “21” (W of Matinecock Reef) - Leave to port	4
		FR Bell “42” - Leave to port	3.1
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	16.11	TOTAL	16.11

WIND DIRECTION	COURSE	MARK DESCRIPTION	LEG DISTANCE
SOUTH WEST / WEST	SW3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		Gong 1 off hart island - leave to PORT	2.38
		Fl G Gong “23” - Leave to Port	2.6
		FL G Gong “21” (W of Matinecock Reef) - Leave to port	4
		FR Bell “42” - Leave to port	3.1
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	14.58	TOTAL	14.58

WIND DIRECTION	COURSE	MARK DESCRIPTION	LEG DISTANCE
SOUTH WEST / WEST	SW4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		Gong 1 off hart island - leave to PORT	2.38
		Fl G Gong “23” - Leave to Port	2.6
		FR Bell “42” - Leave to port	2.7
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.5
	10.18	TOTAL	10.18

WIND DIRECTION	COURSE	MARK DESCRIPTION	LEG DISTANCE
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NORTH WEST

N1	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	FL R 2 South of Hen and Chickens - Round to Stb	0.75
	R36 Bell east of Glover Reef round stb	5.8
	FL G Gong “21” (W of Matinecock Reef) - round to stb	3.6
	Fl G Gong “23” - Leave to port	4
	FL G 25 off Sands point - keep to stb	1.24
	FLG 29 off Hewlett Pt - round to stb	1.9
	Gong 1 off hart island - leave to stb	0.99
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.38
20.66	TOTAL	20.66

WIND DIRECTION
NORTH TO NORTH
EAST

COURSE	MARK DESCRIPTION	LEG DISTANCE
N2	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	FL R 2 South of Hen and Chickens - Round to Stb	0.75
	FL G Gong “21” (W of Matinecock Reef) - round to stb	4.6
	Fl G Gong “23” - Leave to port	4
	FL G 25 off Sands point - keep to stb	1.24
	FLG 29 off Hewlett Pt - round to stb	1.9
	Gong 1 off hart island - leave to stb	0.99
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	2.4
15.88	TOTAL	15.88

WIND DIRECTION
NORTH TO NORTH
EAST

COURSE	MARK DESCRIPTION	LEG DISTANCE
N3	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
	FL R 2 South of Hen and Chickens - Round to Stb	0.75
	FL G Gong “21” (W of Matinecock Reef) - round to stb	4.6
	Fl G Gong “23” - Leave to port	4
	FL G 25 off Sands point - keep to stb	1.25
	R/G Buoy (1600 ft SW of Execution Rock) - Leave to Port	0.5
	Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.02
12.12	TOTAL	12.12

WIND DIRECTION NORTH TO NORTH EAST	COURSE	MARK DESCRIPTION	LEG DISTANCE
	N4	Start: Can 1 (40o 53.468N/ 073 o 44.151W)	
		FL R 2 South of Hen and Chickens - Round to Stb	0.75
		FL G Gong “21” (W of Matinecock Reef) - round to stb	4.6
		Fl G Gong “23” - Leave to stb	4
		Finish: Can 1 (40o 53.468N/ 073 o 44.151W)	1.06
	10.41	TOTAL	10.41

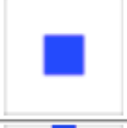
Appendix B

STARTING SEQUENCE

CLASS	SIGNAL	VISUAL SIGNAL	SOUND SIGNAL	TIME
All Divisions	Attention	Foxtrot flag	Horn	1055
	One minute to first warning	Foxtrot Flag Removed	No Sound Signal	1059
Division 1: Spinnaker	Warning	Class Flag	Horn	1100
	Preparatory	Preparatory Flag	Horn	1101
	One Minute	Preparatory Flag Removed	Horn	1104
	Start	Class Flag Removed	Horn	1105
Division 2: Non-spinnaker	Warning	Class Flag	Horn	1105
	Preparatory	Preparatory Flag	Horn	1106
	One Minute	Preparatory Flag Removed	Horn	11:9
	Start	Class Flag Removed	Horn	1110

If there is an absence of a Division 1, Division 2 will have its warning at 1100.

Appendix C: Selected International Code Flags Used by COERA

	Alpha Flown under November by the RC to abandon current race and all racing for the day		November Flown by the RC to abandon current race and instruct competitors to return to the starting area
	Bravo Flown by a yacht to protest another yacht		Papa Flown by the RC as the Preparatory Signal for the start of each class
	Charlie Flown by the RC to Change in Course		Sierra Flown by the RC to shorten course
	Foxtrot Flown by the RC 5 minutes before the scheduled warning of the first class start only		X-Ray Flown by the RC to indicate that one or more yachts was on the course side at her starting signal
	Answering Pennant (AP) Flown by the RC to postpone a start		First Repeater General Recall

Class Flags Flown by the RC at the warning signal for the subject class and by each yacht to identify her class

	1 Class One		4 Class Four
	2 Class Two		
	3 Class Three		

Other International Code Flags may be used as prescribed in the RSS.

Appendix D

Division 1: PHRF Spinnaker

Division 2: PHRF Non-Spinnaker