



**70th Annual Overnight Race
For the Junior Distance Sailing Championship of Long Island Sound
Tuesday, August 11, 2026**

SAILING INSTRUCTIONS

The Beach Point Club and the Storm Trysail Club are the Organizing Authority (OA) for the event.

The notation “[NP]” in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1.

The notation “[DP]” in a *rule* means that the penalty for a breach of the *rule* may, at the discretion of the protest committee, be less than disqualification.

1 RULES

- 1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing; the US Safety Equipment Regulations (USSER) Coastal and the current Rules for JSA Events, except as modified by the Notice of Race or these Sailing Instructions.
- 1.2 The Advisors/Owners are not considered crew members and shall not assist the sailors with boat handling, trimming, racing strategies or steering except when a safety issue is involved.
- 1.3 The Organizing Authority reserves the right to inspect the boats before or after the Race to verify compliance with the above.

2 NOTICE TO COMPETITORS

- 2.1 Notices to competitors will be posted on the Official Notice Board on YachtScoring at https://yachtscoring.com/notice_board_summary.cfm?eid=50904 and may be posted on a notice board located at the dock house of the Beach Point Yacht Club (BPLYC).
- 2.2 Notices to competitors that are made prior to the scheduled check-in shall be made by sending an email to one or more Senior Advisors at the address listed in the entry form.

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted before 1400 on the day of the race.
- 3.2 Oral changes may be made on the water pursuant to RRS 90.2(c). The RC will display race signal “L”, announce the change over VHF channel 69 in the 10 minutes prior to the start, and get acknowledgement from each boat.

4 SIGNALS MADE ASHORE

- 4.2 Signals made ashore will be displayed from the flagpole at the BPLYC’s dock house.

4.3 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP.

4.4 When race signal "L" is displayed ashore, a notice to competitors has been posted on the official notice board.

5 SCHEDULE

5.1 There will be a mandatory pre-race meeting for skipper, navigators, and advisors at 1430 hours on the day of the race in or around the dining room terrace.

5.1 The scheduled time of the first warning signal is 1655 hours on Tuesday, August 11, 2026. The warning signal for each succeeding class is scheduled to be made 5 minutes after the starting signal of the preceding class.

6 CLASSES AND CLASS FLAGS

6.1 Boats may be divided into two classes based on the number and ratings of entries.

6.2 Class flag will be the numerical pennant of the class as assigned on the scratch sheet.

7 RACING AREA

The racing area is the waters of Long Island Sound around and westerly of Stratford Shoal Light.

8 THE COURSES AND MARKS

8.1 The course to be sailed will be indicated by the display of a numbered course card on the signal boat prior to the warning signal for the Class and may be announced via VHF 69. The course card will correspond to one of the following courses:

Course I (58.2 nm)

From the Start, leave Stratford Shoal Light to port, then to the Finish.

Course II (62.3 nm)

From the Start, leave Flashing Green Gong "23" to port, leave Stratford Shoal Light to port, then to the Finish.

Course III (30.5 nm)

From the Start, leave Eaton's Neck Lighted Buoy 11B to port, to the Finish.

8.2 All government marks that are not marks of the course are to be left to their seaward side, with the exception of the following marks, which may be passed on either hand: Red Bell "32A", Red Bell "28C", Green Can "3" northerly of Stratford Shoal Light, Green can "I" easterly of Stratford Shoal light, and Red Bell "2" southerly of Stratford Shoal Light.

8.3 Courses will not be shortened. This changes RRS 32.

9 THE START

9.1 The starting line will be between a staff displaying an orange flag on the signal boat and the course side of Red Bell "42".

9.2 No boat shall start later than 30 minutes after her starting signal.

10 RECALLS

10.1 In the event of individual recalls, the race committee will endeavor to hail the sail numbers of the OCS boats by loud hailer or over VHF Channel 69. Failure to hear such hail or the timing and order of such hail shall not be grounds for redress.

10.2 A boat which makes a premature start and fails to return and start properly will be penalized by the addition of 30 minutes to her elapsed time.

11 THE FINISH

- 11.1 The finish line will be between the light at the end of the Larchmont breakwater and a staff displaying a blue flag on the committee boat, anchoring approximately 100 yards to the south.
- 11.2 In the event of rough sea conditions at the finish, the committee boat may anchor in the lee of the breakwater. In this event, a yellow inflatable mark will be anchored approximately 100 yards south of the seaward end of the breakwater. The finish line will be between a staff displaying a blue flag on the committee boat and the course side of the inflatable mark.
- 11.3 In the event the committee boat is not on station, boats finishing shall note the position of nearby finishers, if any, shall take their GPS finish time when due south magnetic and within 100 yards of the breakwater light, and shall call that information in to the front desk on VHF channel 69 or by telephone to 203-585-4656 and 914-450-4019.
- 11.4 Boats shall notify the RC on VHF 69 when they are not less than one mile from the finish.

12 PENALTY SYSTEM

On the day of the race and until all boats finish and clear the finishing area, any boats whose crew engage in activity which, in the opinion of the RC, is considered dangerous or harmful to another boat or its crew, are subject to disqualification without a hearing. This changes RRS 60.2(a)(2).

13 TIME LIMIT

There is no time limit.

14 PROTESTS AND REQUESTS FOR REDRESS

- 14.1 A boat intending to protest shall inform the RC when finishing or withdrawing. This adds to rule 60.2(a)(1).
- 14.2 Protests shall be written on standard forms available at the registration desk and online at: www.ussailing.org/racemgt/documents/ussapf.pdf and delivered to the Beach Point Club main office by 1000 hours on the day following the start of the race, or within one hour after the time of the last boat's finish, whichever is later.
- 14.3 Protests will be heard in the Yacht Club Room in the main clubhouse. Hearing schedule (day and time) will be posted on the Official Notice Board.

15 SCORING

- 15.1 The current PHRF of the YRALIS All Purpose Ratings will be used; weight limits will not be in effect.
- 15.2 [NP] The event will use YRA-LIS PHRF Distance Ratings scored using time-on- time with the conversion factor $650/(550+\text{PHRF})$ rounded to 4 decimal places.

16 SAFETY REGULATIONS

- 16.1 [NP] Prior to the first warning signal, each boat shall check in with the Race Committee by sailing astern of the signal boat with its mainsail reefed and hailing on VHF Channel 69 the name of the boat and its sail number.
- 16.2 If safety is a factor, the Owner or Advisor may take the helm, issue orders, use the engine, or take appropriate action. Any such intervention should be recorded, in detail in the log. At the very least, such detail shall include the GPS coordinates and time for both the start and finish of the period in which the adult advisor intervenes under this section. Immediately upon finishing, the yacht shall inform the race committee that an owner/advisor intervention has occurred and that there will be a submission. That submission is due in writing by noon the day following the start, or 12 hours after finishing. Such action will not be grounds for automatic disqualification.

17 RADIO COMMUNICATIONS

- 17.1 While racing, boats shall neither make nor receive radio or cell phone transmissions not available to all boats with the following exceptions: in emergencies; in response to contact initialized by the RC; or in contacting the RC when retiring or finishing (see SI 11.4)
- 17.2 During the race, competitors may not receive weather, current, or navigational information except by broadcast or online from a publicized source available, without charge, to all competitors. Fee-based, regatta-specific weather forecasting services are not permitted.
- 17.3 The RC will monitor VHF 69 from 1500 on the day of the race until the finish of the last boat.
- 17.4 In the event of an emergency, the RC will be available at: (203) 585-4656 or 914-450-4019.
- 17.5 The US Coast Guard monitors VHF Channel 16 and can be reached by phone at: 203-468-4401 if in waters off Coastal Connecticut or North Shore of Long Island or 718-354-4120, if west of Port Chester, NY.
- 17.6 In the event a boat retires it is essential that she promptly notifies AND RECEIVES ACKNOWLEDGEMENT FROM the Race Committee, either via VHF 69 or acknowledged text or telephone call to 203-585-4656 and 914-450-4019.

18 LOGBOOKS AND CERTIFICATE OF COMPLIANCE

- 18.1 Each participant shall maintain a log in the form provided by the RC. The completed log books, together with the Certificate of Compliance, **must** be returned to the RC by delivery to the main office at Beach Point Club within 36 hours of each boat's finish. Documents may be mailed, hand-delivered to the main office or emailed to: jrovernight@beachpointclub.org.
- 18.2 Participant's finish shall be recorded as preliminary pending receipt of the logbook and certificate of compliance.

19 PRIZES

- 19.1 The Junior Distance Sailing Championship Trophy, presented by BPYC, and the Everett B. Morris Memorial Trophy, donated by Emil Mosbacher, Jr., will be awarded to the club whose boat has the best-corrected time in the fleet.
- 19.2 First place prizes will be awarded to the clubs whose boats have the best corrected time in each class; second place prizes will be awarded in each class in which four or more boats start; third place prizes will be awarded in each class in which seven or more boats start; and fourth place prizes will be awarded in each class in which ten or more boats start.

20 DISCLAIMER OF LIABILITY

As a condition of the participation of any boat in any race or related activity sponsored or undertaken by the Beach Point Yacht Club, the owner, helmsperson and each crewmember agree that the safety of the boat and the crew and the decision whether or not to start or continue to race is solely their responsibility. Each of them waives all claims which he or she, or any guardian or heir, representative, successor or assignee, may have against the Beach Point Yacht Club, Storm Trysail Club and the JSA of LIS and each of their officers, trustees, members, committees, employees or agents, arising out of or in any way connected with participation in such race or activity. Responsibility for evaluating wind, sea and weather conditions rests with each competitor, as does the responsibility for the safe condition and operation of their boat including safety equipment and rigging and for wearing a life jacket. Assistance from the Race Committee, patrol boats, or other support boats and from personnel aboard them is at the risk of the participant. Storm Trysail Club, Beach Point Club and Beach Point Yacht Club bear no responsibility for accidents, damage or injuries to yachts or their personnel arising from any cause during the race.

RACE COMMITTEE	Andrew Berdon & Ty Anderson
PRINCIPAL RACE OFFICER	STC V Comm: Ty Anderson (203) 585-4656
FINISH RACE OFFICER	STC Comm: Andrew Weiss (914) 450-4019
PROTEST COMMITTEE	Com Crocker (917) 714-2796
DOCKMASTER	Captain Samantha Lawrence (914) 698-1600, ext.137, VHF channel 69