



Sailing Instructions

CFSA Club Racing 2020



"Believe me, my young friend, there is nothing - absolutely nothing - half so much worth doing as simply messing about in boats."

— Kenneth Grahame, *The Wind in the Willows*



Canadian Forces Sailing Association (Esquimalt Squadron)

KEELBOAT SAILING INSTRUCTIONS

These Sailing Instructions are issued under the authority of the Fleet Captain and Racing Division Captain (Organising Authority) and are the responsibility of the Principal Race Officer as designated by the Fleet Captain.

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A. GENERAL SAILING INSTRUCTIONS

Section A includes general sailing instructions which apply for all Canadian Forces Sailing Association (Esquimalt

Squadron) (CFSA) races. For additional specific instructions for Series races refer to Section B; for Long Distance

races refer to Section C, and for Special races refer to Section D.

1.0 Rules

CFSA Keelboat Races will be governed by the:

- Rules as defined in the Racing Rules of Sailing (RRS)
- Prescriptions of Sail Canada to the RRS
- Performance Handicap Racing Fleet of BC
- Offshore Special Regulations
- Sail Canada prescriptions to the Offshore Special Regulations
- The Queen's Harbour Master Policies and Procedures for Esquimalt Harbour
- These Sailing Instructions and any amendments.

2.0 Eligibility

2.1 Right to Race: The Owner or Skipper of a competing boat must be a member in good standing with BC Sailing. The DSA board is responsible to ensure that 'right to race' is achieved by any boats under its control.¹

2.2 Participation by non-CFSA boats must have the prior approval of the Fleet Captain or Racing Class Captain, and have paid fees as outlined below:

- \$50.00 + BC Sailing Fee - full year race program,
- \$30.00 - one race series
- \$45.00 - all long distance races for the calendar year.

2.3 Owners or skippers must complete the race registration (liability waiver) form for each calendar year.

2.4 Participants are required to perform Race Committee (RC) duties during the year as per the Fleet Captain's, or Racing Class Captain's recommendation.

2.5 CFSA race results are calculated using PHRF BC handicaps. Competitors are required to present their certificate prior to the end of the first series of the year they wish to have scored and be eligible for any prizes, or to be included in any overall scoring results.

2.5.A Certificates are subject to the rules of BC Sailing's Performance Handicap Racing Fleet.

¹ CFSA members who purchase their BC Sailing membership through the club will have their annual membership card annotated.

2.5.B To encourage participation, the Special Races (Jack & Jill, Single Handed, Lady Skipper and Round Race Rocks), are exempt from PHRF membership, and all boats shall be eligible for these trophies.

2.5.C Boats not included in the PHRF BC roster (paid up) will be given an interim handicap by the CFSA handicapper, their times recorded and entered in the results, but none of these results shall be used for prizes.

See also Section B, 1.3 below for more information on Division 3.

2.6 Liability Insurance in the sum of not less than \$2,000,000.00 is required on all competing boats.

2.7 All boats shall meet the requirements of the Safe Boating Guide published by Fisheries and Oceans. Boats should also meet the intent of the Offshore Special Regulations Category 4. Skippers are responsible for understanding any deviations from the OSRs and accept the risk of any such deviations.

3.0 Changes in Sailing Instructions

Any change to the Sailing Instructions will be posted on the Official Notice Board (ONB) located under the Sun Deck, at least one hour before the scheduled race start time, OR may be transmitted from the RC location when code flag "L" is hoisted. Such instructions shall override the ONB.

4.0 Schedule of Races

4.1 A preliminary schedule of races for the year will be posted on the Bulletin Board in the club house and on the CFSA website as soon as available.

4.2 Normally, start times are as follows:

- Series races (Sundays) 1200 HRS
- Series races (Wednesdays) 1830 HRS
- Long Distance races (Sundays) 1000 HRS, except Turkish Triangle and Apeldoorn Cup which will have published times for each competitor, AND Gillard and Seddon, which will have published times by RVYC (refer to RVYC website for details)
- Special races Jack & Jill, Single Handed, Lady Skipper – 1200 HRS Round Race Rocks – To be advised

5.0 Rating Adjustments and No Flying Sails

5.1 Boats will normally race with the rating shown on their PHRF BC certificate.

5.2 Skippers may request an adjustment to their certified rating for club racing purposes. Requests for adjustment will be limited to changes in as-sailed dimensions shown on the rating certificate. Requests for adjustment must be endorsed by the Club Handicapper and made in writing to the Fleet Captain or Racing Class Captain no later than 3 days prior to the start of a trophy race or race series.

5.3 Skippers wishing to declare “No Flying Sails” (NFS) for a particular trophy race or a race series must declare so in writing to the Fleet Captain or Racing Class Captain no later than 3 days prior to the start of that race or that race series. At that time the CFSA handicapper will assign a separate PHRF NFS rating. A Div 1 boat, whose NFS rating would fall into Div 2, may choose to stay in Div 1, or move to Div 3.

6.0 Racing Area

6.1 The racing area is generally Esquimalt Harbour and its approaches, extending to Trial Island and Pedder Bay.

See Appendix II Chart for all marks and obstructions and Appendix I for descriptions.

7.0 VHF Communications

7.1 The Department of National Defence Port Security monitors VHF Channel 10 (telephone 250-363-5310), and RC should contact them prior to setting any course for information regarding ship movements or any restrictions. Port Security is responsible for security in Esquimalt Harbour, and they may impose various restrictions regarding permitted uses of the Harbour, or restricted areas.

7.2 RC shall monitor VHF CH 09 (racers) and 10 (QHM) on behalf of the fleet.

7.3 It is recommended that boats monitor VHF CH 09 while racing.

8.0 Penalty System

Rule 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

9.0 Protests and Requests for Redress

9.1 Racers must inform RC after their finish that they intend to file protest against another boat.

9.2 Protest forms are available on the main notice board in the clubhouse.

9.3 Protest time limit is:

- Series and Special Races - 30 minutes after the RC boat docks.
- Long Distance Races – 60 minutes after the time limit

9.4 Parties will be informed of date/time of hearings, normally the Thursday evening following, at 1900 HRS.

10.0 Scoring

10.1 The low point scoring system shall be in accordance with current RRS, Appendix A4.1 with the following exceptions:

- Race Committee (RC) - scores average of races after throw-out.

- Average (AVG) - scores average of races before throw-out.

10.2 Series races and special races are scored using Time-on-Time. Long distance races are scored using Time-on Distance, except Gillard and Seddon which are scored by RVYC.

10.3 The schedule of races will be published by the Fleet Captain. A minimum of one race will constitute a series, and a minimum of two boats will constitute a race. For Series Races, and for the Humdinger Long Distance Series, there shall be one throw-out if five or more races are completed and two throw outs if eight or more races are completed.

11.4 Ties shall be broken as outlined in current RRS, A7, A8.1. If a tie still remains A8.2 shall not be used, and prizes shall be shared, e.g. First, Second/Second, Fourth.

10.5 The Fred Douglas Trophy for overall performance in keelboat racing shall include all Series and Long Distance races completed throughout the year. There shall be no throw-outs.

10.6 At the discretion of the Fleet Captain or Racing Class Captain, boats failing to complete RC duties as required in 2.4 of these SIs may not be scored and may not be eligible for trophies or prizes.

10.7 Boats serving as RC shall receive an RC score as set out in 10.1 and 10.8. A maximum of two boats working together as RC may receive an RC for any race.

10.8 A RC score shall not be awarded if no boats in the RC's division complete the race.

10.9 Boats shall receive an average AVG for a CFSA race falling on the same day as set out in 10.1, 10.8 and 10.10 in the following cases, and provided such application is made in writing to the Fleet Captain, or Racing Class Captain no later than three days prior to the CFSA scheduled race.

- Competing in a race or regatta hosted by another club,
- Attending a meeting as a CFSA representative,
- 10.10 A boat may receive only one RC or AVG score per series, except two RC or AVG scores will be permitted for series races when two races are completed in one day.

11.0 Challenge Pennants

11.1 The Cock of the Walk and Top Dog challenge pennants are for inter-yacht challenges between CFSA boats categorized as Division 1 and Division 2 respectively. The pennants are held by a Defender until defeated by a Challenger in an eligible CFSA race. All CFSA Series, Long Distance and Special Races are eligible races.

11.3 A challenge is issued by the Challenger informing the Defender and the Race Committee prior to the warning signal of an eligible race. The Defender must accept the challenge or not compete in the race.

11.4 If the Defender is successful, he shall retain the pennant and the Challenger shall provide congratulations in a suitable form. If the Challenger is successful, the Defender will ceremoniously surrender the pennant following the race.

11.5 If there has been no challenge/defence of the pennant within 30 days, the Fleet Captain or Racing Captain may designate an open race for all yachts, the winner of which will be the holder of the pennant.

12.0 Signals Made Ashore

12.1 Flags will be hoisted ashore from the flagstaff at the head of the brow to the main CFSA docks.

12.2 When the answer pennant (AP) is hoisted ashore '1 Minute' is replaced by 'not less than 30 minutes'.

12.3 When code flag 'L' is hoisted ashore, skippers shall either meet under the clubhouse deck or an important message/change to these SIs is posted on the notice board under the clubhouse deck.

B. SERIES RACES

For Series races, the following additional instructions apply.

1.0 Divisions

1.1 Series Races will be sailed in 3 Divisions. The Division 1 and Division 2 rating split will be reviewed annually by the Fleet Captain and/or Racing Class Captain, to maintain a balanced racing fleet. Additional divisions may be added if necessary. The split will be posted on the CFSA website and is valid for the calendar year. As the Fred Douglas Overall Performance Trophy results are calculated by Division, boats switching Divisions during the year (due to a rating change) will be scored in the Division giving the better overall result.

1.2 Division 3 is described as:

- A fleet which emphasizes safe, fun racing as a way to improve boat and sail handling, and racing rules knowledge.
- Flying sails such as spinnakers shall be permitted.
- A separate start may be held for Division 3 in Series Races, if there is a sufficient number of competitors.

1.2.A Skippers should check with the RC before each race.

1.2.B PHRF membership is encouraged but not required.

1.2.C Each boat will be assigned a Club Rating by the Club Handicapper. At the end of each series, handicaps will be adjusted by the Handicapper or his representative, based on performance.

1.2.D Although primarily for Novice skippers, more experienced skippers will be permitted, and ratings will be adjusted as above.

1.2.E Non competitive trophies will be awarded for participation and most improved skippers providing all Div 3 rules and requirements are met.

1.2.F Protests will be heard as required.

1.2.G Div 3 Skippers are not required to perform race committee duty on their own, unless they feel confident to do so, however, they are required to assist Div 1 or Div 2 Race committee race officers at least once a year.

2.0 Division Flags

The following flags are used only for Series Races starts:

- Division 1 Numeral pennant "1"
- Division 2 Numeral pennant "2"
- Division 3 Numeral pennant "3"

3.0 Courses/Signals

See Appendix I for Mark Letters and Descriptions

See Appendix II for Chart

See Appendix III for Course Diagrams

See Appendix IV for How to Indicate the Course

See Appendix VI for Start Sequence Description

3.1 Courses will be indicated by RC per Appendix I, III and IV, using a course board. RC should avoid the use of verbal instructions where possible.

3.2 RC may signal the approximate compass bearing when the first mark is an X-RAY (dropped mark).

3.3 Only the green flag indicating "leave all marks to starboard" will be used. If no green flag is flying, all marks are to be left to port.

3.4 The numeral pennant of a division flown in conjunction with code flag "S" will indicate only that division is shortened. (RRS 32.2)

3.5 Boats must pass through the "Start/Finish line" on each lap of a multi-lap course, as specified in the attached course diagrams (Appendix III), OR if specified by RC on a course not covered by the Course Diagrams. A boat that fails to pass through the start/finish on each lap shall be scored Did Not Finish by the RC without a hearing. This changes RRS rules A4 and A5. The RC shall record the times each boat passes through the start/finish line, and these times shall be used if no boat completes the entire course within the Time Limit. This rule is in effect for CFSA series and Special races only and does not replace RRS rule 32 (shortening or abandoning after the start).

4.0 The Start

4.1 Races will be started using RRS 26 and Appendix VI.

4.2 The starting line shall be between an orange flag on the RC Boat and a designated mark.

4.3 Boats whose warning signal has not been made shall avoid the starting area.

4.4 The start order will normally be as follows, however, RC may combine divisions if appropriate:

Start 1 - Div 1

Start 2 - Div 2 (and possibly Div 3, check with RC)

Start 3 - Div 3 (if sufficient numbers)

5.0 The Finish

5.1 The finish shall be between an orange flag on the RC boat and a designated mark.

5.2 Shortened course finish shall be between Flag Sierra ("S") and a designated mark or boat (RRS 32.2).

6.0 Time Limits

6.1 Unless otherwise stated by the RC the time limits shall be as follows:

Series races (Sundays with 1 race scheduled)

1st boat – 4 Hours

All other boats – 4 Hours OR 1st boat's time plus 30 minutes, whichever comes LATER.

Series races (Sundays with 2 races scheduled)

First race:

1st boat – 90 minutes

All other boats – 90 minutes OR 1st boat's time plus 30 minutes, whichever comes LATER.

Second race:

1st boat – 1600 hours

All other boats – 1600 hours OR 1st boat's time plus 30 minutes, whichever comes LATER.

Series races (Wednesdays)

1st boat – 2 Hours

All other boats – 2 Hours OR 1st boat's time plus 30 minutes, whichever comes LATER.

6.2 Any boat not finishing within the time limit shall be scored DNF.

6.3 Any boat withdrawing from a race shall notify the RC at the first reasonable opportunity.

6.4 Cancelled, incomplete or thrown out series races shall not be re-sailed.

C. LONG DISTANCE RACES

For Long Distance Races, the following additional information is applicable. Gillard and Seddon Long Distance races are sailed in conjunction with the Royal Victoria Yacht Club's (RVYC) Lipton and Thermopylae Cups, and they are responsible for SI's and scoring. None of the following instructions apply for these two races.

1.0 Schedules and Change to the Schedules

A change to the schedule or notice of a make-up race required by postponement or non-completion of a Long Distance Race will be posted on the ONB at least 7 days prior to the new scheduled date. The 7 days notice may be waived if there is a consensus of skippers to reschedule earlier. Every effort must be made to notify all skippers who started the original race.

2.0 Marks

See Appendix I for Mark Letters, **Obstructions and their descriptions**, and Appendix II for a chart showing approximate location of marks.

3.0 Long Distance Courses

3.1 See Appendix V for Long Distance Courses. Changes to published Long Distance courses shall only be made in exceptional circumstances, with the consultation of the Fleet Captain and/or Racing Class Captain. Any change shall be posted on the ONB at least one hour prior to the scheduled start time. Code flag "L" should be flown, and RC must ensure that all competitors are made aware of the change.

3.2 The Turkish Triangle and Apeldoorn Cup feature Forward and Reverse courses shown in Appendix V. The Fleet Captain or Racing Class Captain will determine whether the course will be the Forward Course, Reverse Course or Skipper's Choice (skipper may choose either course) and will post the course on the ONB and CFSA website no later than 2 days prior to the start date.

4.0 The Start (See Appendix VI for Start Sequence)

4.1 All Long Distance Races at CFSA are raced as one division, with one start. Races will be started using RRS 26 and Appendix VI.

4.2 The Turkish Triangle and Apeldoorn Cup will be run as reverse handicap races with each boat's time on distance handicap applied to their starting time. Starting times will be posted on the ONB and CFSA website no later than 2 days prior to the start date.

4.3 Races will be started using RRS 26 and Appendix VI.

4.4 The starting line shall be between an orange flag on the RC Boat in the vicinity of Munroe Head or an orange flag on Munroe Head and an anchored buoy.

5.0 Shortening Course

5.1 No Long Distance race shall be shortened by the RC. This changes RRS 32.

5.2 Skippers are required to record their mark rounding time (GPS local time) as specified on the published courses, so that, in the event of no yacht finishing, a shortened course can be declared. Mark rounding is described as

“when a yacht is perpendicular to the rhumb line from the last mark”. No redress will be available to yachts not using GPS time.

6.0 The Finish

6.1 Unless otherwise specified by the RC, the Finish Line shall be a line between the port daymark at the entrance to CFSA and a dropped mark on a bearing of approximately 245o mag from the daymark.

6.2 Finish times will be recorded by RC. Competitors are requested to contact RC on VHF channel 9 so that RC is aware they are approaching the finish line. Competitors are encouraged to record their own finishing times in case there are discrepancies with the preliminary results. If you are the last boat to cross the line, please pick up the buoy and return it to RC shed.

7.0 Time Limits

7.1 Unless otherwise stated by the RC, the time limits shall be as follows:

Cole Cup, Fah Cup, Albatross, Trial Island and Gear Buster Long Distance races

Time Limit – 1st Boat – 6 hours

All Other Boats – 6 hours, OR 1st Boat’s time plus 45 minutes, whichever comes later.

For example, if the 1st boat finishes in less than 5 hours 15 minutes, all remaining boats only get 6 hours. The 45 minute extension is only given should the 1st boat finish between 5 hours 15 minutes and 5 hours 59 minutes and 59 seconds, thereby extending the time limit to 45 minutes from that 1st boats time.

Gillard and Seddon – per RVYC’s published instructions.

Turkish Triangle and Apeldoorn – no time limit

7.2 Any boat not finishing within the time limit shall be scored DNF.

7.3 Any boat withdrawing from a race shall notify the RC at the first reasonable opportunity.

D. SPECIAL RACES

For Special Races, the following additional information is applicable. To encourage participation, the Special Races (Single Handed, Jack & Jill, Lady Skipper and Round Race Rocks), are exempt from PHRF membership, and all boats shall be eligible for these trophies.

1.0 Divisions

1.1 Special Races are sailed as one division, with one start for all competitors.

2.0 Courses/Signals

2.1 A skipper's meeting will be held one hour prior to the start of the Single Handed, Jack & Jill and Lady Skipper races to agree on the course. The Round Race Rocks race is a fixed course with handicaps applied to the start times.

2.2 Courses will also be indicated by RC per Appendix I, III and IV, using a course board. If conditions change after the skipper's meeting, the RC may change the agreed upon course by signaling "Come Within Hail (Code L), advising skippers of the change, and indicating the new course on the course board.

2.3 RC may signal the approximate compass bearing when the first mark is an X-RAY (dropped mark).

2.4 Only the green flag indicating "leave all marks to starboard" will be used. If no green flag is flying, all marks are to be left to port.

2.5 Boats must pass through the "Start/Finish line" on each lap of a multi-lap course, as specified in the attached course diagrams (Appendix III), OR if specified by RC on a course not covered by the Course Diagrams. A boat that fails to pass through the start/finish on each lap shall be scored Did Not Finish by the RC without a hearing. This changes RRS rules A4 and A5. The RC shall record the times each boat passes through the start/finish line, and these times shall be used if no boat completes the entire course within the Time Limit. This rule is in effect for CFSA series and Special races only and does not replace RRS rule 32 (shortening or abandoning after the start).

3.0 The Start

3.1 Races will be started using RRS 26 and Appendix VI.

3.2 The starting line shall be between an orange flag on the RC Boat and a designated mark.

3.3 Start time for Single Handed, Jack & Jill and Lady Skipper is 12:00 noon. Round Race Rocks start times will be

posted on the ONB and CFSA website no later than 2 days prior to the start date.

3.4 A boat starting later than 10 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS rules A4 and A5.

4.0 The Finish

4.1 Unless otherwise designated by the RC, the finish shall be between an orange flag on the RC boat and a designated mark.

4.2 Shortened course finish shall be between Flag Sierra ("S") and a designated mark or boat (RRS 32.2).

5.0 Time Limits

5.1 Unless otherwise stated by the RC the time limits shall be as follows:

Special races

1st boat – 4 Hours

All other boats – 4 Hours OR 1st boat's time plus 30 minutes, whichever comes LATER.

5.2 Any boat not finishing within the time limit shall be scored DNF.

5.3 Any boat withdrawing from a race shall notify the RC at the first reasonable opportunity.

5.4 Cancelled, incomplete or thrown out Special Races may be re-sailed. Notice of a make-up race will be posted on the ONB at least 7 days prior to the new scheduled date. The 7 days notice may be waived if there is a consensus of skippers to reschedule earlier. Every effort must be made to notify all skippers who started the original race.

APPENDIX I

CFSA Mark and Obstructions, Names and Descriptions

The following Course Marks will be used by RC to indicate the marks to be rounded. RC must confirm that all marks are on location.

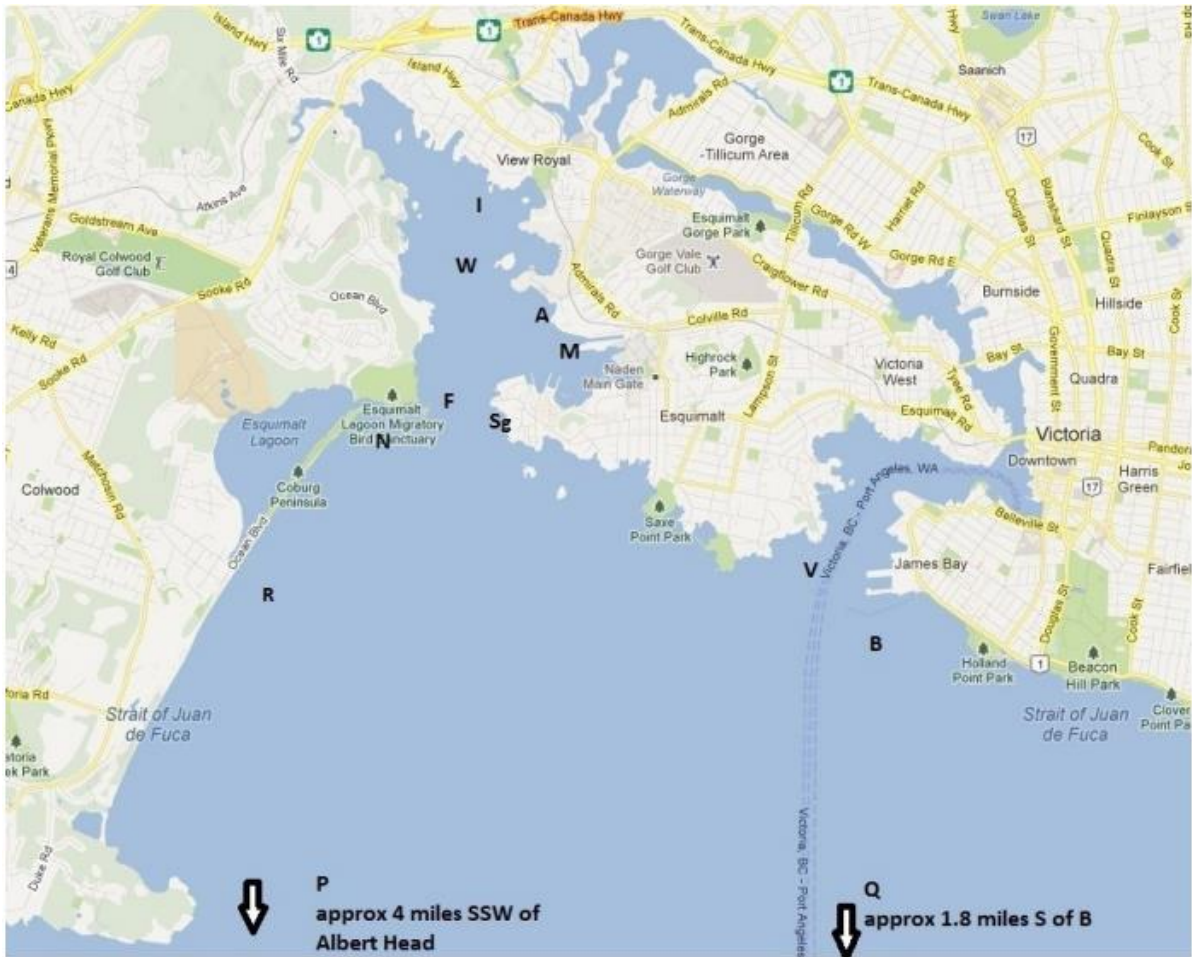
The course mark letters are as follows:

- A Ashe Head (RC dropped mark)
- B Brotchie Ledge mark
- F Fisgard Light Buoy (V17)
- I Inskip (most S mooring can, NE of Whale Rock in Plumper Bay)
- M Munro Head (dropped mark)
- N Navy mark approx. 0.35nm SW of Fisgard Light Buoy
- P Pedder Bay Navy Can (near entrance)
- Q Quarantine Buoy VH (Fairways)
- R Royal Roads mark approx. 1nm SW of Navy (RC Dropped Mark)
- V Victoria Harbour (V21) (Green Buoy near the harbour entrance)
- W Whale Rock Bifurcation Buoy
- X as designated by RC

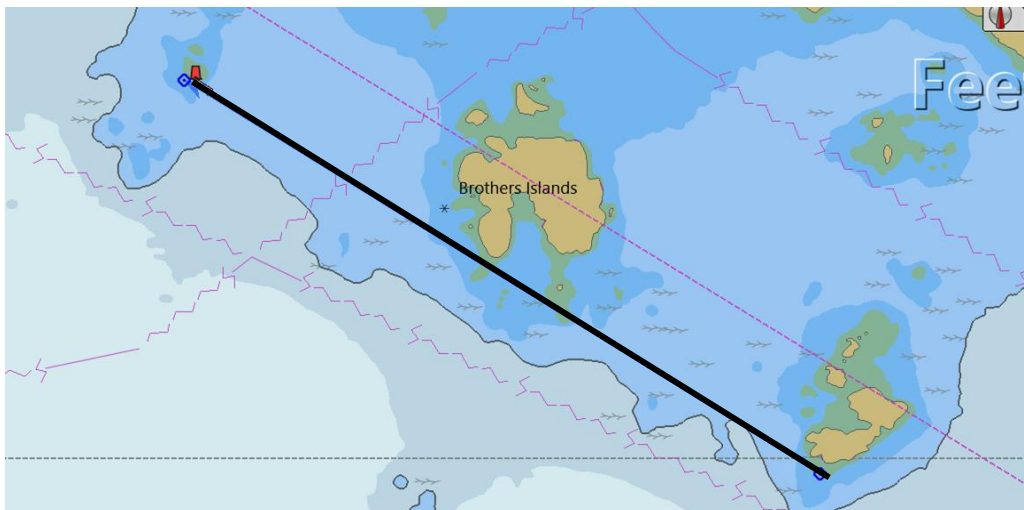
A line extending from the Skrogg's Rock light to the Southern tip of little Brothers Island shall be treated as a continuing obstruction as defined in the RRS. When passing this obstruction, it must be kept to the North.

APPENDIX II

Charts of Fixed Marks and Obstructions



The Skrogg's Brothers Obstruction:



APPENDIX III

Course Diagrams (Series and Special Races)

Course WL (Windward-Leeward)

1. Marks to PORT ONLY.
2. On WL2, WL3, WL4, all boats must sail through the S/F line after rounding mark 2, where, RC will record times, which may be used if no boat completes the full course in the Time Limit.

WL1 Start - 1 – 2 – Finish

WL2 Start - 1 – 2 – S/F

1 – 2 – Finish

WL3 Start - 1 – 2 – S/F

1 – 2 – S/F

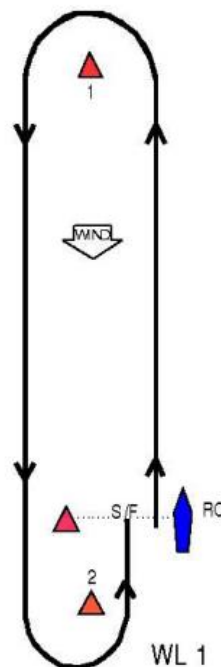
1 – 2 – Finish

WL4 Start - 1 – 2 – S/F

1 – 2 – S/F

1 – 2 – S/F

1 – 2 – Finish



Course W (modified Windward-Leeward)

1. Marks to PORT ONLY.

NOTE: RC boat shall be on port end of line.

2. On W2, W3, W4, boats will pass through the S/F line downwind, and the RC will record times which may be used if no boat completes the full course in the Time Limit.

W1 Start - 1 - Finish (downwind)

W2 Start - 1 - S/F

1 - Finish (downwind)

W3 Start - 1 - S/F

1 - S/F

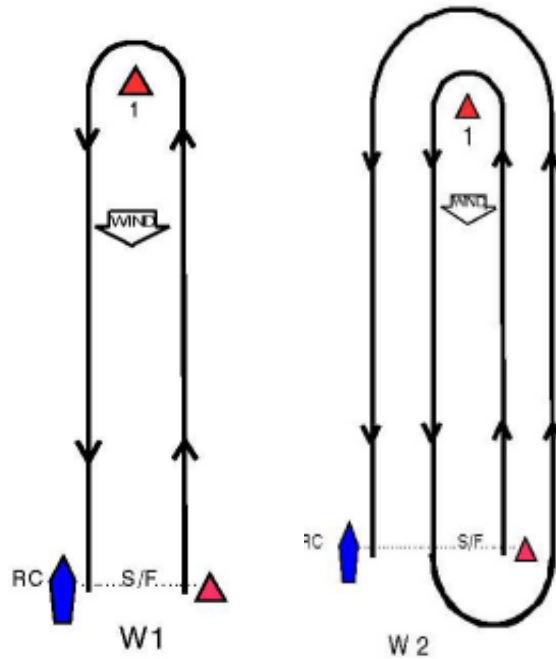
1 - Finish (downwind)

W4 Start - 1 - S/F

1 - S/F

1 - S/F

1 - Finish (downwind)



Course T (Triangle)

1. Marks may be to PORT or STARBOARD.

2. On T2, T3, T4, all boats must sail through the S/F line after rounding mark 3, where RC will record times, which

may be used if no boat completes the full course in the Time Limit.

T1 Start - 1 - 2 - 3 - Finish

T2 Start - 1 - 2 - 3 - S/F

1 - 2 - 3 - Finish

T3 Start - 1 - 2 - 3 - S/F

1 - 2 - 3 - S/F

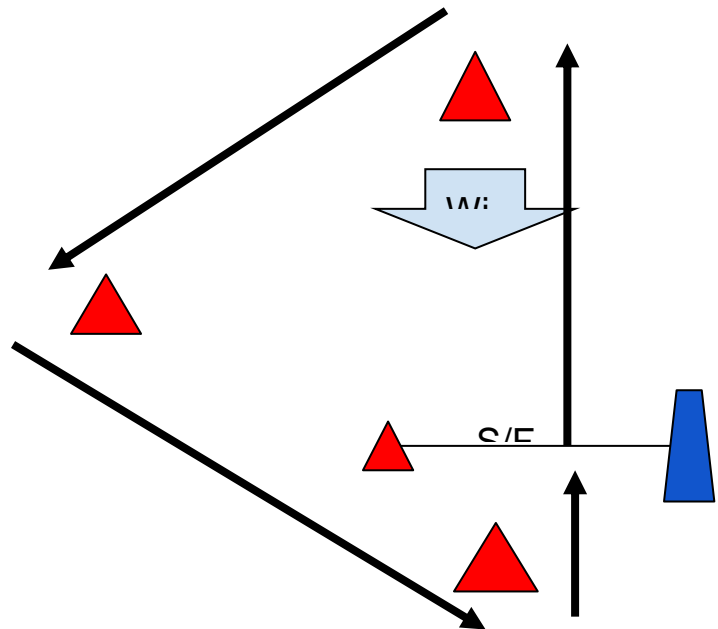
1 - 2 - 3 - Finish

T4 Start - 1 - 2 - 3 - S/F

1 - 2 - 3 - S/F

1 - 2 - 3 - S/F

1 - 2 - 3 - Finish



Course B (Bermudian)

1. Marks may be to PORT or STARBOARD.

2. On B2, B3, B4, all boats must sail through the S/F line after rounding mark 3, where RC will record times, which

may be used if no boat completes the full course in the Time Limit.

B1 Start - 1 - 2 - 3 - S/F - 1 - 3 - Finish

B2 Start - 1 - 2 - 3 - S/F - 1 - 3 - S/F

1 - 2 - 3 - S/F - 1 - 3 - Finish

B3 Start - 1 - 2 - 3 - S/F - 1 - 3 - S/F

1 - 2 - 3 - S/F - 1 - 3 - S/F

1 - 2 - 3 - S/F - 1 - 3 - Finish

B4 Start - 1 - 2 - 3 - S/F - 1 - 3 - S/F

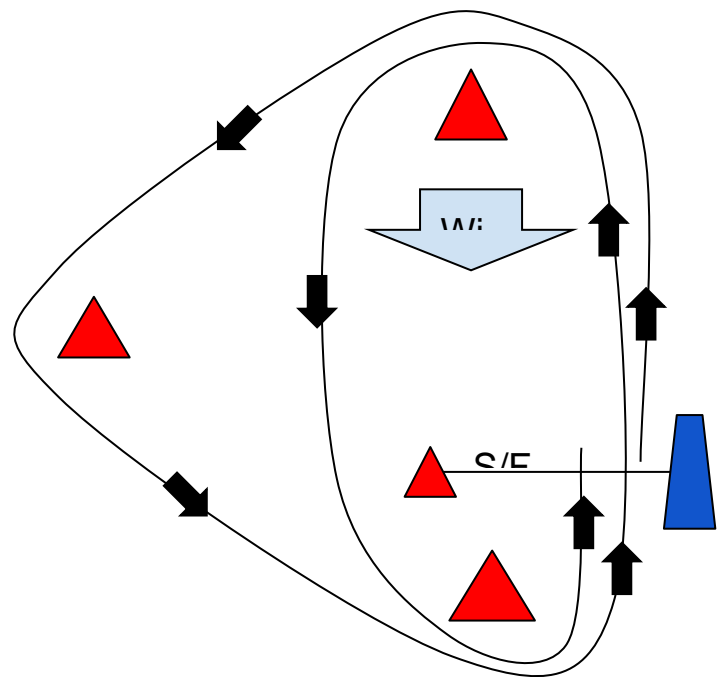
1 - 2 - 3 - S/F - 1 - 3 - S/F

1 - 2 - 3 - S/F - 1 - 3 - S/F

1 - 2 - 3 - S/F - 1 - 3 - Finish

B1

14



APPENDIX IV

How to Indicate the Course

Long Distance courses are published in these SI's (Appendix V), and Special Races courses are generally discussed at a Skippers Meeting one hour prior to the scheduled start time. A white course board shall be used by the RC to display the Course Letter Designation, (which includes # of laps), the rounding marks, and possibly a bearing and distance of any "X" mark. If marks are to starboard, a green flag will be flown.

Example 1

Course Marks

Div 1 WL2 N-A

Div 2 WL2 F-A

In Example 1, both divisions are sailing a Windward/Leeward course, 2 laps, but using different windward marks.

Div 1 would sail:

Start-Navy-Ashe-Start/Finish

Navy-Ashe-Finish

Div 2 would sail:

Start—Fisgard-Ashe-Start/Finish

Fisgard-Finish

Example 2

Course Marks

Div 1 B3 N-X-F

Div 2 T3 N-X-F

X=yellow buoy, bearing 095M, 1.0 nm

In Example 2, both divisions are using the same marks, but Div 1 is sailing a Bermudian, and Div 2 is sailing on a Triangle.

Div 1 would sail:

Start-Navy-X-Fisgard-S/F-Navy-Fisgard-S/F

Navy-X-Fisgard-S/F-Navy-Fisgard-S/F

Navy-X-Fisgard-S/F-Navy-Fisgard-Finish

Div 2 would sail:

Start-Navy-X-F-S/F

Navy-X-F-S/F

Navy-X-F-Finish

APPENDIX V

Long Distance Courses

Cole Cup

Mark	Rounding	Leg Distance	Remarks
Start			
Navy	Port	1.151	
Quarantine (VH)	Port	3.745	
Victoria	Port	2.406	
Quarantine (VH)	Stbd	2.406	Record Rounding 9.708 nm
Navy	Stbd	3.745	
Fisgard (V17)	Stbrd	.566	
Finish		.610	Total 14.629 nm

FAH Cup

Mark	Rounding	Leg Distance	Remarks
Start			
Pedder Bay	Port	7.709	Record Rounding 7.709 nm
Finish		7.709 nm	Total 15.418 nm

Albatross

Mark	Rounding	Leg Distance	Remarks
Start			
Navy	Port	1.151	
Victoria (V21)	Port	2.043	
Navy	Port	2.043	
Quarantine (VH)	Port	3.745	
Victoria (V21)	Port	2.406	Record Rounding 11.388 nm
Navy	Port	2.043	
Fisgard (V17)	Port	.566	
Finish	Port	.610	Total 14.7 nm

RVYC Lipton & CFSA Gillard Long Distance

Organized and scored by RVYC. See their website for course and registration requirements.

RVYC Thermopylae and CFSA Seddon Long Distance

Organized and scored by RVYC. See their website for course and registration requirements.

Turkish Triangle Pursuit Race

Turkish Triangle Pursuit Race Forward			
Mark	Rounding	Leg Distance	Remarks
Start			
Ashe	Port	.175	
Brotchie	Port	3.307	
Fisgard (V17)	Stbd	2.717	
Inskip	Stbd	.850	
Munroe	Stbd	.610	
Navy	Port	1.151	
Quarantine (VH)	Port	3.745	
Victoria (V21)	Port	2.406	
Whale (VC)	Stbd	2.698	
Finish			Total 18.17 nm

Turkish Triangle Pursuit Race Reverse			
Mark	Rounding	Leg Distance	Remarks
Start			
Whale (VC)	Port	.520	
Victoria (V21)	Stbd	2.698	
Quarantine (VH)	Stbd	2.406	
Navy	Stbd	3.745	
Munroe	Port	1.151	
Inskip	Port	.610	
Fisgard (V17)	Port	.850	
Brotchie	Stbd	2.717	
Ashe	Stbd	3.307	
Whale (VC)		.175	Total 18.17 nm

Apeldoorn Pursuit Race

Apeldoorn Pursuit Race Forward			
Mark	Rounding	Leg Distance	Remarks
Start			
Fisgard (V17)	Port	.610	
Quarantine (VH)	Stbd	3.902	
Pedder Bay	Stbd	6.326	
Fisgard (V17)	Stbd	7.009	
Finish		.610	Total 18.1547 nm

Apeldoorn Pursuit Race Reverse			
Mark	Rounding	Leg Distance	Remarks
Start			
Fisgard (V17)	Port	.610	
Pedder Bay	Port	7.009	
Quarantine (VH)	Port	6.326	
Fisgard (V17)	Stbd	3.902	
Finish		.610	Total 18.1547 nm

Trial Island

Mark	Rounding	Leg Distance	Remarks
Start			
Trial Island	Either way		
Finish			Total 14.2 nm

Gear Buster

Mark	Rounding	Leg Distance	Remarks
Start			
Quarantine (VH)	Port	4.407	
Fisgard (V17)	Port	3.902	
Navy	Port	.566	
Brotchie	Port	2.771	Record Rounding 11.646 nm
Fisgard (V17)	Stbd	2.717	
Finish		.610	Total 14.973 nm

APPENDIX VI







Starting Rules

Nothing in these Sailing Instructions are intended to change anything in Part 3 of the RRS.

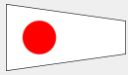

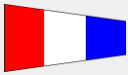













* Code Flag 'P' is used here as illustration and does not preclude the use of any other starting signal in RRS 30

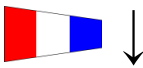
** Multiple 'Courtesy Horns' have traditionally been used at CFSA to indicate that RC is approximately 1 minute away from beginning a five minute start sequence, though this may be used, the Answer Pennant method below is the preferred method for signalling one minute to the beginning of a start sequence.

Start Sequences Long Distance Races


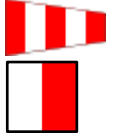
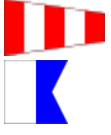






Minutes to Start	Visual Signal	Sound Signal	Meaning
Pre -Start **	 ↑	Two Short	Races not started are postponed
6	 ↓	One Short	The warning signal will be made in one minute
5	 ↑	One Short	Warning
4	 ↑	One Short	Preparatory signal. *
1	 ↓	One prolonged	One minute
0	 ↓	One Short	Starting Signal

Start Sequences Series Races

 Div 1	 Div 2	 Div 3	Visual Signal	Sound Signal	Meaning
Pre - Start **			 ↑	Two Short	Races not started are postponed
6			 ↓	One Short	The warning signal will be made in one minute
5			 ↑	One Short	Warning
4			 ↑	One Short	Preparatory signal.
1			 ↓	One prolonged	One minute
0	5		 ↓  ↑	One Short	Starting Signal & Div 2 Warning
	4		 ↑	One Short	Preparatory signal.
	1		 ↓	One prolonged	One minute
	0	5	 ↓  ↑	One Short	Starting Signal & Div 3 Warning
		4	 ↑	One Short	Preparatory signal.
		1	 ↓	One prolonged	One minute

		0		One Short	Starting Signal
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Visual Signals

		
AP	AP over H	AP over A
↑ • • ↓ •	↑ • •	↑ • •
Races not started are postponed.	Races not started are postponed. Further signals ashore	Races not started are postponed. No more racing today
		
N	N over H	N over A
↑ • • ↓ •	↑ • • •	↑ • • •
Races started are Abandoned.	All races are abandoned. Further signals ashore	All races are abandoned. No more racing today
		
X - Individual Recall	First Substitute - General Recall	Green Square
↑ •	↑ • • ↓ •	
Some racers are on course side at the starting signal	Too many racers are on course side at the starting signal and the start sequence will recommence with the warning signal 1 minute after removal	All marks are to be left to starboard