

SAILING INSTRUCTIONS

His 'N Hers Race Series

#1 October 10, 2010

#2 October 24, 2010

#3 October 31, 2010



1) Rules

- 1.1) This event will be governed by the 'rules' as defined in the Racing Rules of Sailing 2009-2012. RRS Rule 82 does not apply to this event.
- 1.2) Only one man and one woman are allowed on board.
- 1.3) Only one headsail may be flown except during a change to a smaller head sail.
Note: If you start with a small jib, you cannot change up to a larger jib.
Spinnakers or gennakers are not allowed.

2) Eligibility and Entry

- 2.1) The event is open to all boats.
- 2.2) Boats not currently registered with PHRF will be assigned a rating by the Race Chairman.
- 2.4) Registration may be completed at KHYC by 1100 hours on the morning of each race or for the entire Series before the first race.

3) Notices to Competitors

- 3.1) Notices to competitors will be posted on the Official Notice Board located on the first floor opposite the Race Committee Room.
- 3.2) Classes and Class splits for the series will be posted on the Official Notice Board by 1100 hours the morning of the first race using PHRF- RLC ratings. Non-Spinnaker offsets will be included.

4) Changes in Sailing Instructions

- 4.1) Any changes to the sailing instructions will be posted before 1100 hours on the day it will take effect. Changes will also be available from the RC boat under the Come Within Hail signal when appropriate.

5) Signals Made Ashore

- 5.1) Signals made ashore will be displayed on the KHYC flag pole located on the East patio of the clubhouse. If the postponement signal (AP) is displayed the warning signal will be made no sooner than one hour after the AP is lowered. This changes the RRS 2009 - 2012 Race Signals.

6) Schedule of Races

- 6.1) One race on each of three days is scheduled; the first warning will be at 1300 hours each race day. Multiple horns may be sounded prior to the first warning.

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7) Signals on the Race Committee Boat

- 7.1) Starting signals will conform to rule 26 of the 2009-2012 Racing Rules of Sailing (RRS). See example on Attachment A, Course Chart for His 'N Hers.
- 7.2) Classes, as constituted before race #1, would start in the following order:

<u>Class</u>	<u>Flag</u>
A	D
B	E
Cal 20	F
Portsmouth	K

8) The Race Course

- 8.1) The racing venue will be in the vicinity of "S" Mark for the Oct. 11th race, "K" Mark for the Oct. 24th race, and "Y" Mark for the Oct. 31st race.
- 8.2) The course for each race will be selected from Attachment A and signaled by numbered placard from the Race Committee boat at the time of your Class Warning signal.
- 8.3) The R/C may select different courses for any or all classes in a given race.

9) Marks

- 9.1) Marks are spar buoys in the approximate positions defined per 2010 KHYC Race Mark Guide.
- 9.2) "G" mark is the bell buoy at the entrance to the Harbor.
- 9.3) "W" mark is the white center channel buoy at the entrance to King Harbor.

10) The Start

- 10.1) Races will be started using Rule 26 with individual classes starting using a five-minute sequence. The committee will attempt *but is not obligated* to keep all start & restart times at five-minute clock intervals.
- 10.2) The starting lines will be in the vicinity of "S", "K" or "Y" marks depending on the date. It will be between a staff with an orange flag on the Race Committee boat and a staff with an orange flag or race mark floating to port from the Race Committee boat.
- 10.3) **Boats whose preparatory signal has not been made shall keep clear of the starting area and all boats whose Preparatory Signal has been made.**

11) Safety (Category and Crew)

- 11.1) The race is equivalent to a PHRF Category 4 event.
- 11.2) All boats must check in with the Race Committee on the water prior to the first Class warning signal.
- 11.3) A boat retiring **must** notify the committee ASAP or before the last boat to finish (whichever is sooner). The RC monitors VHF Ch.78.

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12) The Finish

- 12.1) The finish line will be near the harbor entrance between a staff displaying an orange flag on the Race Committee boat anchored just inside the breakwater and the Redondo Beach East Jetty Light (#2) at the harbor entrance.

13) Penalty System

- 13.1) The 720-degree turn penalty is replaced with a 360-degree turn penalty, to include one tack and one jibe, modifying rules 44.1 & 44.2. Rule 44.3 shall not apply.

14) Time limit

- 14.1) Boats failing to start within four minutes after their start signal shall be scored DNS.
- 14.2) Boats failing to finish by 1700 hours shall be scored DNF.

15) Protests

- 15.1) Boats intending to protest must notify the RC boat upon finishing.
- 15.2) Protests shall be written on forms available at the club and delivered to the Race Chairman, or PRO within 45 minutes after the race committee boat docks. The Committee will sound one signal and post docking time on the Official Notice Board. Protests will be posted as they are submitted.

16) Scoring

- 16.1) PHRF-RLC ratings [plus non-spinnaker offsets](#) will be used.
- 16.2) Three (3) races will be scored as a series in accordance with the Low Point scoring system of RRS Appendix A 4.1 and A 9.
- 16.3) No throw-outs will be applied for series score.

17) Prizes

- 17.1) Take home trophies will be awarded each Sunday, as soon as possible after the event, on the upper level of the clubhouse. The Maureen Cash Memorial Perpetual trophy will be awarded at the annual Racing Awards Trophy Night.
- 17.2) Classes eligible for the series perpetual trophy must have at least 5 starters each race unless all classes are under that number in any given race.
- 17.3) Classes eligible for individual take home trophies must have at least 3 starters per race.

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Attachment A – Courses for His 'N Hers

Courses Starting from “S” Mark		Official Distance
#1	Start – C – P – X – Gs – W – Finish	3.5 NM
#2	Start – A – H – Ys – G – W – Finish	4.1 NM
#3	Start – Ys – A – H – K – W – Finish	4.7 NM
#4	Start – F – H – Ys – G – W – Finish	5.4 NM
#15	Start --Ts --C -- P -- X -- W - Finish	4.2 NM
 Courses Starting from “K” Mark		
#5	Start – Hs – Ys – X –W – Finish	3.5 NM
#6	Start – Ps – S – A – Y – G – W – Finish	4.7 NM
#7	Start – Hs – As – Ts – Y – G – W – Finish	4.9 NM
#8	Start – A – H – Ys – K – G – W – Finish	5.2 NM
#16	Start --Xs - Ps - Ys - X -- W - Finish	3.5 NM
 Courses starting from “Y” Mark		
#9	Start – As – Ss – G – W – Finish	3.0 NM
#10	Start – C – A – Ss – X – W – Finish	4.4 NM
#11	Start – Hs – As – K – W – Finish	5.0 NM
#12	Start – Hs – Fs – G – W – Finish	5.6 NM

Typical Starting Signal Sequence

- 1) Multiple sounds before first Warning only, not precisely timed to next signal
- 2) 5 min before Start. Warning signal. Class flag is raised with one sound. Course selection displayed.
- 3) 4 min before Start. Preparatory signal. P flag is raised with one sound.
- 4) 1 minute before Start. Preparatory flag lowered with one long sound.
- 5) Start: Class flag lowered with one sound.

FYI: Some race committees will utilize a “running clock” which simply means the next class to start is given its Warning signal simultaneous with the Start signal of the previous class, leading into the same sequence as above. This practice is favored but NOT essential so the racer must always be guided by the Class flag as the beginning of their Class start sequence.