Lake Murray Yacht Racing Association (LMYRA)

Couples Sail Event

15 July, 2023

Sailing Instructions (SI)
for the
Reverse Start Race (Pursuit)

1. **RULES**

   1.1 The races will be governed by the rules as defined in the *2021-2024 The Racing Rules of Sailing* (RRS), rules and prescriptions of the LMYRA and these SI.

   1.2 **No spinnakers, spinnaker poles or whisker poles can be used.**

   1.3 **A "couple" is one male and one female.**

   1.4 Competitors shall have completed registration for the summer series via the yearly LMYRA registration procedure (which included the summer series) or for only the summer series.

   1.5 All races are "Pursuit" using reverse starts based on the boats rating accepted at registration.

   1.6 All boats shall check in with the race committee (RC) signal vessel by passing the RC signal vessel and receive a confirming hail from the RC that you have checked in.

   1.7 Boats will use their accepted rating for the starting sequence.

   1.8 All boats must display navigation lights in compliance with all State and Federal regulations and monitor VHF Channel 66 at all times.

   1.9 **One-turn penalty in effect for all incidents.**

2. The starting location is in front of the Columbia Sailing Club (SI's posted on ONB).

3. The "clock" start time will be 1900 (7 pm) on 15 July, 2023

4. RC to broadcast all race information/instructions/starting countdown/etc. from a signal vessel(s)
   -VHF Channel 66 and RC signal vessel hailer are the RC broadcast channels
   -Course description (marks, length, etc.) will be broadcast
   -RRS 26 will be used except with no flags to start the race (modifies RRS)
   -Signal vessel horn at 1855 will be the sound signal for the "warning signal" per RRS 26
   -RC will attempt to coordinate signal vessel horn with a keyed VHF transmitter on CH 66
   -OCS, postponement, abandonment, etc. will be broadcast (no flags)

5. After start of the "clock" a competitor's starting time in seconds before he/she can start is equal to: (270-your adjusted LMYRA PHRF) x announced course length (statue miles) x 1.16

6. Awards will be given at the LMYRA Fall Series Skipper's Meeting on 25 August, 2023.

7. If hazardous conditions are forecast, a decision will be made by the RC by 1600 of the day of the race to cancel it.

Time sheet

The following formula was used to calculate the times in the table: Starting time in seconds = (270- your adjusted PHRF) x Course Length (statue miles) x 1.16.

Time Vs Distance

LMYRA Adjusted PHRF	3 miles Distance 3	4 miles Distance 4	6 miles Distance 6	LMYRA Adjusted PHRF	3 miles Distance 3	4 miles Distance 4	6 miles Distance 6
270	00:00	00:00	00:00	174	05:34	07:25	11:08
267	00:10	00:14	00:21	171	05:45	07:39	11:29
264	00:21	00:28	00:42	168	05:55	07:53	11:50
261	00:31	00:42	01:03	165	06:05	08:07	12:11
258	00:42	00:56	01:24	162	06:16	08:21	12:32
255	00:52	01:10	01:44	159	06:26	08:35	12:53
252	01:03	01:24	02:05	156	06:37	08:49	13:13
249	01:13	01:37	02:26	153	06:47	09:03	13:34
246	01:24	01:51	02:47	150	06:58	09:17	13:55
243	01:34	02:05	03:08	147	07:08	09:31	14:16
240	01:44	02:19	03:29	144	07:18	09:45	14:37
237	01:55	02:33	03:50	141	07:29	09:59	14:58
234	02:05	02:47	04:11	138	07:39	10:12	15:19
231	02:16	03:01	04:31	135	07:50	10:26	15:40
228	02:26	03:15	04:52	132	08:00	10:40	16:00
225	02:37	03:29	05:13	129	08:11	10:54	16:21
222	02:47	03:43	05:34	126	08:21	11:08	16:42
219	02:57	03:57	05:55	123	08:32	11:22	17:03
216	03:08	04:11	06:16	120	08:42	11:36	17:24
213	03:18	04:24	06:37	117	08:52	11:50	17:45
210	03:29	04:38	06:58	114	09:03	12:04	18:06
207	03:39	04:52	07:18	111	09:13	12:18	18:27
204	03:50	05:06	07:39	108	09:24	12:32	18:48
201	04:00	05:20	08:00	105	09:34	12:46	19:08
198	04:11	05:34	08:21	102	09:45	13:00	19:29
195	04:21	05:48	08:42	99	09:55	13:13	19:50
192	04:31	06:02	09:03	96	10:06	13:27	20:11
189	04:42	06:16	09:24	93	10:16	13:41	20:32
186	04:52	06:30	09:45	90	10:26	13:55	20:53
183	05:03	06:44	10:06	87	10:37	14:09	21:14
180	05:13	06:58	10:26	84	10:47	14:23	21:35
177	05:24	07:12	10:47	81	10:58	14:37	21:55