



Single-Handed Long-Distance Race
July 15, 2023
Monterey Peninsula Yacht Club

SAILING INSTRUCTIONS
(As of July 3, 2023)

1. RULES

- 1.1. The race will be governed by the rules as defined in The Racing Rules of Sailing and these Sailing Instructions.
- 1.2. All competitors are required to wear personal flotation devices while racing. The “Y” flag will not be displayed. This changes RRS 40.
- 1.3. All boats shall have only one person onboard.

2. NOTICE TO COMPETITORS

- 2.1. A mandatory skippers meeting will be held at 0900 hours on race day at the MPYC Clubhouse.
- 2.2. Additional sailing instructions may be issued at the skippers’ meeting.
- 2.3. On the water, the Race Committee may use VHF channel 68 for communication.

3. SCHEDULE AND CLASS FLAGS

- 3.1. The first warning signal is scheduled for 1055 hours.
- 3.2. One start is scheduled for all Divisions.
- 3.3. The class flag will be code flag A for all Divisions.

3.4. RACE AREA AND COURSE

- 3.5. The starting area will be in the vicinity of Monterey Mile buoy on a line between the buoy and the race committee boat.
- 3.6. The course: MPYC “Mile” buoy to MBARI “M1” (to starboard) to Santa Cruz Mile “A” (to starboard), and MPYC “X” buoy to port (approx. 42 Nm)

4. THE START

- 4.1. The starting line will be between a staff displaying an orange flag on the race committee boat and Monterey “Mile” buoy.
- 4.2. All boats are required to check in with the Race Committee prior to the first warning on VHF Channel 68.
- 4.3. After the starting signal, the Race Committee may hail the sail number(s) of the boat(s) identified on the course side of the starting line by VHF channel 68. There will be no

recalls. Boats over early shall restart by crossing the start line without interfering with other competitors.

5. THE FINISH

- 5.1. The finish line will be between the MPYC "X" buoy which shall be left to port and the rooftop flagpole on the MPYC club house.
- 5.2. Finishing boats shall report their finish time (GPS Time) by text to the Race Committee. A mobile number will be provided at the skippers' meeting. Failure to check in with the Race Committee at the time of finish, or soon thereafter may lead to disqualification from the race.
- 5.3. A boat that retires from the race shall notify the Race Committee as soon as reasonably possible.

6. TIME LIMIT

- 6.1. There is no time limit. Boats expected to finish after sunset are required to call or text the race committee and provide their GPS coordinates and estimated time of finish.

7. PENALTIES AND PROTEST

- 7.1. RRS Appendix V1 and V2 will apply.
- 7.2. While participating boats shall adhere to RRS, no protests will be accepted. In the Corinthian spirit and tradition of this race, skippers involved in possible rules altercations and or contact between boats, shall resolve their differences between themselves. MPYC bears no responsibility for any bruised egos, limbs, or boats.

8. SAFETY REQUIREMENTS

- 8.1. In addition to the safety requirements specified in the 2023 Monterey Peninsula Yacht Club Sailing Instructions, all boats shall be equipped in accordance with the 2023 Monterey Bay Yacht Racing Association's Safety and Equipment requirements. In addition, all boats shall:
 - 8.1.1. Have jack lines, tethers and safety harness installed and ready for use.
 - 8.1.2. Monitor both VHF channels 68 and 16 while racing.
 - 8.1.3. Have a working cellular phone.

9. SCORING

- 9.1. Scoring will be in accordance with the 2022 MPYC Sailing Instructions. Finish times will be calculated based on Time-On-Time (TOT). The corrected time will be calculated as $CT = ET * (650 / (550 + PHRF))$.
- 9.2. For PHRF A and PHRF B boats to be scored separately a minimum of three boats in each fleet should have properly checked in with the race committee. In case of fewer boats in any of the fleets, all boats will be scored together.