



Sailing Instructions – City Island Cup June 14, 2025

1.0 EVENT

- 1.1 City Island Cup sailed on or about the waters of the Long Island Sound
- 1.2 The organizing authority is the Harlem Yacht Club

2.0 RULES

- 2.1 The regatta will be governed by the current Racing Rules of Sailing, the regulations of the Yacht Racing Association of Long Island Sound (YRALIS), the Notice of Race (NOR) and these Sailing Instructions.
- 2.2 Boats shall keep clear of commercial shipping as required by the IRPCAS or other government right-of-way rules.
- 2.3 In the event of a conflict, these Sailing Instructions shall prevail.

3.0 NOTICES TO COMPETITORS

- 3.1 Changes shall be posted [online](#) by 1900 on June 13th, 2025.
- 3.2 Race Committee will communicate with the fleet via VHF-71.
- 3.3 The scratch sheet will be posted online by 1900 on June 13th, 2025.
- 3.4 The Race Committee will make general announcements, including the starting line location after 1000 and before the first warning signal.

4.0 CLASSES

- 4.1 Boats will be assigned to classes on the scratch sheet.

5.0 SCHEDULE AND LOCATION

- 5.1 The start and finish will be in Eastchester Bay
- 5.2 The first warning gun will be no earlier than 1055
- 5.3 Prior to the start, each boat shall check in with the Race Committee
- 5.4 A second race will be sailed (conditions permitting) following the first.

6.0 THE START AND FINISH

- 6.1 The Start and Finish shall be between an Orange/Blue flag on the Race Committee boat and the pin, which may be a permanent race or gov mark.
- 6.2 Races will be started in accordance with RSS 26. Class Flags will be designated on the scratch sheet.
- 6.3 Boats whose warning signal has not been made shall keep clear of the starting area.

7.0 MARKS AND COURSES

7.1 Courses with turning marks and direction of rounding shall be posted on the RC boat and announced on VHF-71 as per the Mark Sheet attached

7.2 Classes may have different courses.

8.0 TIME LIMIT

8.1 All boats must finish within 3 hours of their start.

9.0 PROTESTS

9.1 A competitor intending to file a protest shall hail the Race Committee on VHF-71 promptly after finishing the race, announcing the name of the yacht protesting and the name of the yacht being protested.

9.2 Protests shall be emailed to the Race Committee within 1 hour of the protesting boat's last finish time for the last race on that day. Protest RC email is race@hyc.org.

9.3 Protests will be heard at the yacht club as soon as practical after racing.

10.0 SCORING

10.1 PHRF Handicaps will be adjusted using Time-on-Time using their PHRF certificate W/L rating, using the formula $TCF = 600 / (480 + PHRF)$.

11.0 SAFETY

11.1 A boat that retires from the race shall notify the Race Committee.

12.0 QUESTIONS

12.1 Questions regarding these instructions can be directed to race@hyc.org

13.0 AWARDS

13.1 Trophies will be awarded at Harlem Yacht Club after racing. Free guest moorings are available.

