

NORTH FLORIDA CRUISING CLUB

WOMEN'S REGATTA

"Hands on the Helm for Hubbard House"

Women's Sailing Series (WSS) #3

Saturday, September 17, 2005

*Held at the RUDDER CLUB of Jacksonville
8533 Malaga Avenue, Orange Park, Florida*



NOTICE OF RACE / SAILING INSTRUCTIONS

1.0 RULES and MANAGEMENT

The regatta will be governed by the Racing Rules of Sailing (RRS), the prescriptions of US Sailing, the rules of PHRF and WSS (except as altered by the Sailing Instructions), by the Sailing Instructions and the Notice of Race. The regatta will be conducted under the management of the North Florida Cruising Club, which is also the organizing authority.

2.0 ELIGIBILITY

2.1 In the Cruiser class, at least 50% of those on board each yacht must be female and the yacht must be helmed by a female from the preparatory signal of her class until she finishes. No male shall touch the helm while racing. In the Spinnaker and Non-Spinnaker classes all boats are to be 100% female crew.

2.2 All yachts in the Spinnaker and Non-Spinnaker classes must have a valid PHRF rating certificate from the First Coast Sailing Association. Yachts sailing in the Cruiser class are encouraged to have a valid PHRF rating, but upon registration may obtain an uncontested temporary WSS rating for the Women's Sailing Series. In order to obtain a temporary rating, you must register for the regatta and notify the race committee of your intent to obtain a temporary rating no later than Friday, September 16, 2005. You must include a complete description of your boat, sails, and prop along with your regatta registration.

2.3 A yacht participating in the Spinnaker or Non-Spinnaker class shall have her sail numbers on the mainsail, spinnakers, and each headsail having an LP measurement exceeding 130%. A yacht participating in the Cruiser class shall have an identifying sail number on her mainsail.

3.0 REGISTRATION & ENTRY FEE

3.1 Participants are encouraged to register in advance by completing the registration form and sending it with the appropriate fee to: NFCC Race Captain, 2149 Minerva Avenue, Jacksonville, FL 32207.

3.2 Registration may also be completed at the party on Friday, September 16 or during Registration on the day of the race (Sept. 17, 10am-12 noon) at the Rudder Club. (EXCEPT FOR BOATS WITHOUT A VALID PHRF CERTIFICATE see 2.2)

3.3 The entry fee is \$25 for NFCC members, and \$30.00 for non-members (\$25.00 if U.S. Sailing Member). Make checks payable to "North Florida Cruising Club".

3.4 Lunches will be available for the day of the race at \$5.00 per person and will include: Croissant roll with turkey or roast beef, fruit, chips, and bottled water. Include the number of lunches X \$5.00 on your entry form. Lunch proceeds go to Hubbard House.

3.5 T-shirts are available at \$20 for tanks and short-sleeve, and \$20 for long sleeve. Include your T-shirt order on the entry form to ensure your size is available. Tanks: Small - X Large; Short and Long Sleeve: Small - XX Large; T-shirt proceeds go to Hubbard House.

4.0 CLASSES

4.1 The fleet will be divided into PHRF Spinnaker, PHRF Non-Spinnaker, and Cruiser classes. These classes may be further divided if the number of entries permit. A class will be eliminated if fewer than two boats register.

4.2 All yachts racing with a co-ed crew will be in the Cruiser class.

4.3 Spinnakers are allowed in the PHRF Spinnaker class only.

5.0 SCHEDULE OF EVENTS

Friday, September 16, 2005:

REGISTRATION PARTY at Rudder Club, 6:00pm - 10:00pm

DINNER, LIVE MUSIC - RAFFLE FOR VALUABLE PRIZES, INCLUDING A HANDCRAFTED DINGHY!

Feel free to do dock your boat at the Rudder Club, complimentary, the night prior to the race ON THE OUTSIDE DOCK, ONLY.

Saturday, September 17, 2005:

REGISTRATION 9:30am - 12:00pm

COMPETITORS MEETING 12:00pm

WARNING SIGNAL (FOR FIRST CLASS) 12:55pm

POST RACE Celebration & Awards

6.0 NOTICES TO COMPETITORS / CHANGES IN SAILING INSTRUCTION

6.1 Notices to competitors will be posted on www.sailjax.com and www.nfccsail.com. Sailing instructions will also be available on race day. Notices to competitors and changes to the sailing instructions will be posted at the Competitors Meeting on race day.

6.2 The race committee boat will be using VHF Channel 68.

7.0 CLASS FLAGS

Class flags will be assigned at the Competitors Meeting.

8.0 RACING AREA AND COURSE

8.1 The racing area will be in the St. Johns River between the Buckman Bridge to the south and Channel Marker 1 to the north as depicted on NOAA Chart 11492.

8.2 The course will be announced at the Competitors Meeting and over VHF channel 68 after the race committee boat is on station at the start.

9.0 MARKS

Marks may be government ATONs, FCSA race marks, and/or yellow inflatable "West Marine" marks. A mark set to windward of the starting line as a windward mark will be designated "W".

10.0 THE START

10.1 The start line will be between an orange flag on the race committee signal boat and a pin-end buoy.

10.2 The order and timing of class starts will be announced at the Competitors Meeting.

10.3 The race will be started using RRS Rule 26 with the warning signal given five minutes before the starting signal. An attention signal (flag F with one sound) will be made five minutes before the warning signal for the first class to start. Flag F will be removed with one sound one minute before the warning signal.

10.4 Yachts whose warning signal has not been made shall avoid the starting area.

10.5 Modifying RRS A4, a yacht not starting within 30 minutes of her starting signal will be scored DNS.

10.6 The preparatory flag for all classes will be the "P" flag.

10.7 If a postponement is signaled by display of the "AP" flag, the warning signal for races not yet started will be made not more than 15 minutes after the "AP" is lowered.

10.8 Individual and general recalls will be in accordance with RRS 29. In addition, the race committee will attempt to announce over VHF channel 68 the sail numbers of premature starters. If a general recall is signaled, the order of starts will not change.

11.0 CHANGE OF COURSE AFTER THE START

To change the position of the next mark, the race committee will move the original mark to a new position. The change will be signaled before the leading boat has begun the leg, although the new mark may not yet be in the new position. A race committee boat near the mark beginning the next leg being changed will display flag "C" and a compass course to the new mark with a repetitive sound signal.

12.0 THE FINISH

12.1 The finish line will be between an orange flag on the race committee boat and a pin-end buoy.

12.2 The race committee will attempt to set the finish line in approximately the same location as the start, unless the course is shortened or changed due to weather conditions.

13.0 TIME LIMIT

Modifying RRS 35, a yacht failing to cross the finish line within 3.5 hours of her start shall be scored DNF.

14.0 PENALTIES

The two-turns penalty will apply in accordance with RRS 44. Any yacht which exonerates herself from a minor foul in this manner shall notify the Race Committee of such action after finishing.

15.0 PROTESTS

All protests shall be submitted in writing to the Race Committee after the race no later than 30 minutes following a horn signal made upon arrival of the Race Committee boat at the dock. Notice of protest must also be given immediately after finishing by hail, and acknowledged by the Race Committee. There will be a protest filing fee of \$20, which will be returned if the protest is upheld.

16.0 SCORING THE RACE

16.1 Time allowances will be calculated using the time on distance method based on the PHRF handicaps accepted by the race committee from the registration documents, cross-checked with the current FCSA PHRF ratings list.

16.2 The Low-point Scoring System, RRS A4, will apply for this regatta.

17.0 THROPHIES

1st, 2nd, 3rd place trophies with yacht name will be awarded in each class of 5 or more entered yachts.

1st, 2nd place trophies with yacht name will be awarded in classes of 4 entered yachts.

1st place trophy with yacht name will be awarded in classes of 3 or fewer entered yachts.

The Henrietta Jefferies Perpetual Trophy will be awarded to the Skipper of the All-female Crew, Fleet who places first on corrected time.

18.0 POST RACE

Results will be announced at the Celebration & Awards Party at the Rudder Club as soon as possible after the race, and will be forwarded to the Northeast Florida Women's Sailing Network for inclusion in the series scoring. Results will also be posted on the NFCC website:

www.nfccsail.com and the FCSA website: www.sailjax.com. Trophies will be presented at the NFCC General Meeting, Thursday, October 20, 7:30pm at the Florida Gun and Tackle Club on San Jose Blvd.

FURTHER INFORMATION: Contact Adam Norwood, NFCC Race Captain, 2149 Minerva Avenue, Jacksonville, Florida 32207
(904) 398-7343 Home; (904) 237-7785 Cell; e-mail: ahnorwood@comcast.net.

THE 2005 WOMEN'S SAILING SERIES

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| April 2 | Navy Jax Yacht Club | The Wave Regatta |
| June 11 | Epping Forest Yacht Club | The Jessie Ball Regatta |
| September 17 | North Florida Cruising Club | Hands on the Helm for Hubbard House Regatta |
| October 23 | Rudder Club | Women on Water |