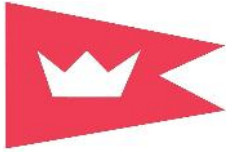


HANDS ON THE HELM REGATTA

Women's Sailing Series #3 of 4

Saturday, September 20, 2014 – The Rudder Club



North Florida Cruising Club
PO Box 24268, Jacksonville, FL 32241

SAILING INSTRUCTIONS

1. RULES

1.1 The regatta will be governed by *The Racing Rules of Sailing* (RRS) except as modified by the rules of the First Coast Sailing Association, Notice of Race Articles 2 and 3, and these Sailing Instructions.

1.2 Racing rules 35, A4, and A5 of the RRS are changed by SI 14.1 as follows: "A boat failing to finish within 60 minutes in corrected time after the first boat in her class will be scored 'Did Not Finish' without a hearing".

2. ENTRIES

2.1 Eligible yachts are those who have officially entered by completing a registration form with North Florida Cruising Club in advance or during the registration period as set forth in the Notice of Race.

2.2 Additional eligibility requirements and class definitions are defined in the Notice of Race Articles 2 and 3.

3. SAFETY

3.1 All competitors are required to conform to the U.S. Coast Guard regulations and the RRS concerning personal floatation devices and other required equipment.

3.2 Yachts shall not impede the passage of a vessel that can safely navigate only within a narrow channel or commercial fishing vessels while fishing or vessels with restricted ability to maneuver. Racing yachts interfering with other vessels may be subject to protest by the Race Committee or contestants and possible disqualification.

3.3 Race Committee will monitor VHF Channel 72.

3.4 Boats shall attempt to check in with the Race Committee by sailing past on the non-course side prior to their class Warning Signal.

3.5 Boats withdrawing from a race prior to finishing shall make every effort to ensure that Race Committee is notified that they have withdrawn.

4. NOTICES TO COMPETITORS

4.1 Notices to competitors will be posted on the official notice board located at the clubhouse at The Rudder Club.

5. CHANGES IN THE SAILING INSTRUCTIONS

5.1 Any change in the Sailing Instructions will be posted in accordance with SI 4.1 before 1200 on the day of the race.

5.2 Oral changes to the Sailing Instructions may be communicated to each boat while on the water and prior to her warning signal.

6. SIGNALS MADE ASHORE

6.1 Signals made ashore will be displayed at the clubhouse at The Rudder Club.

6.2 Code Flag "AP", Answering Pennant, displayed ashore with two sound signals (one when lowered) means "The race is postponed: do not leave the dock." The warning signal will be made not less than 45 minutes after AP is lowered.

7. RACE SCHEDULE

7.1 Saturday, September 20, one distance race for PHRF classes.

7.2 Schedule of Events:

Registration:	10:00 - 11:45 am
Competitors' Meeting:	12:00 noon
Warning Signal:	12:55 pm

8. CLASS FLAGS

8.1 Class flags will be the International Numeral Pennants as depicted in the RRS.

Class	Pennant
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All Female	P1
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Mixed Cruiser	P2
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9. RACING AREA

9.1 The racing area will be in the St. Johns River between the Buckman Bridge to the south and River Marker 5 to the north as depicted on NOAA Chart 11492.

10. THE COURSE

10.1 Race course will be displayed from a course board on the Race Committee boat.

10.2 A single race using river navigation marks will be displayed using the designation of the River Marks as depicted in Attachment A, and the letter designation for Mark "W" as described in SI 11.1 and 11.2.

11. MARKS

11.1 Marks may be government navigation marks as depicted on NOAA Chart 11492 (as corrected by Notices to Mariners) or yellow inflatable Mark "W" described in SI 11.2. Government marks will be designated by their number as appearing on the chart. Mark "W" will be designated by its alphabetic designator. Approximate positions for the government navigation marks are shown in Appendix A.

11.2 A yellow inflatable mark set to windward of the starting line as a windward mark will be designated "W", WHISKEY.

11.3 A limiting mark may be set to protect the committee boat close to her and on the same end of the starting line. No yacht shall pass between the limiting mark and the committee boat. (This limiting mark is not a mark of the course.)

12. START

12.1 The Starting Line will be a line between an orange flag flown on the Race Committee Boat and a yellow inflatable mark set toward the left side of the course from the Committee Boat.

12.2 Yachts whose warning signal has not been made shall keep clear of the starting area.

13. THE FINISH

13.1 The Finish Line will be between an orange flag flown on the Race Committee Boat and a yellow inflatable mark set to the left side relative to the final leg of the course.

14. TIME LIMIT

14.1 The time limit shall be 4 hours for each class. Yachts failing to finish within 60 minutes corrected time after the first yacht of their class finishes will be scored "Did Not Finish" (DNF). This changes RRS Rule 35 and Rule A4.1.

15. PROTESTS

15.1 Protests shall be filed with the Race Committee. Protest time will end one hour after the Race Committee boat docks after the racing. 15.2 Protest notices will be posted on the Official Bulletin Board at The Rudder Club within 20 minutes following the protest time limit.

16. SCORING

16.1 Classes will be scored using PHRF Time on Distance.

16.2 The Low Point scoring system of RRS Appendix A will apply.

17. PRIZES

17.1

Race results will be announced and class flags awarded at the Octoberfest Party at The Rudder Club immediately following the race.

FURTHER INFO: Tim Little, (904) 699-9162
spinnaker67@gmail.com

APPENDIX A

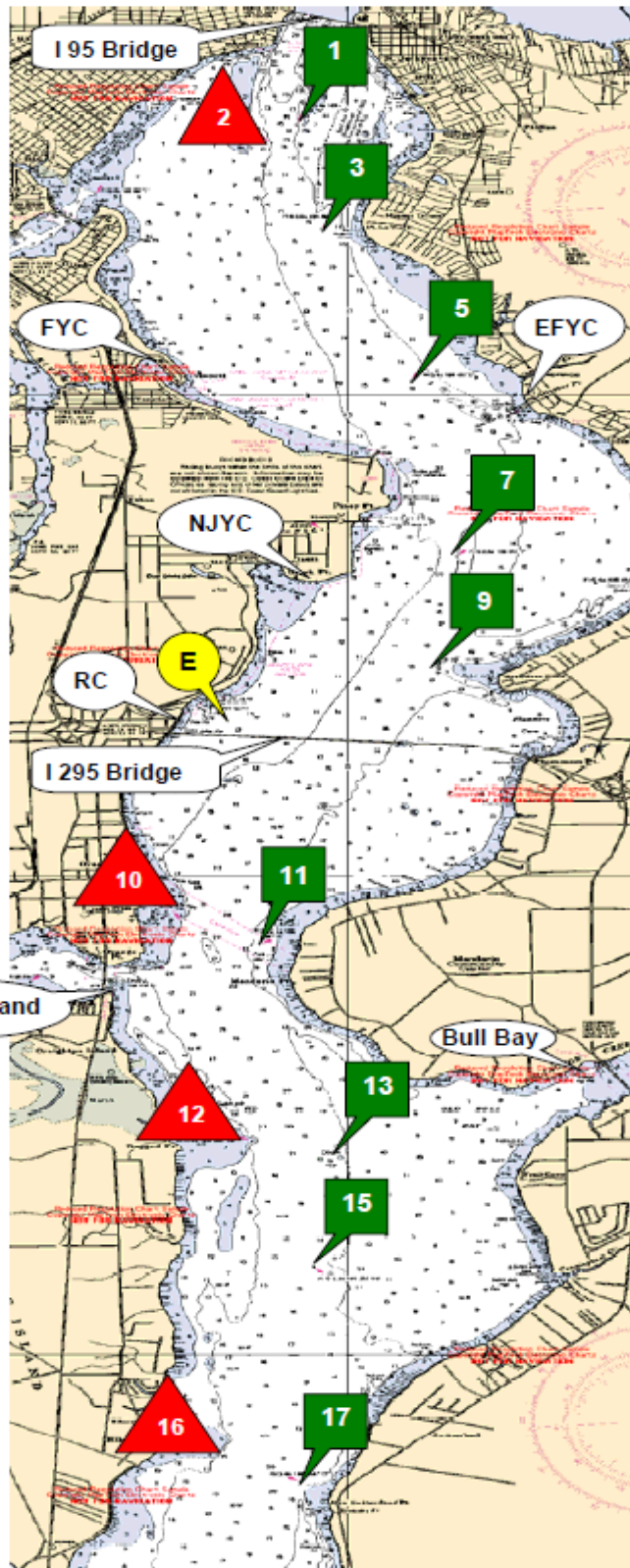


- 1 to 3 1.104 nm
- 1 to 5 2.787 nm
- 1 to 7 4.643 nm
- 3 to 5 1.703 nm
- 3 to 7 3.546 nm
- 5 to 7 1.863 nm
- 5 to 9 2.926 nm
- 7 to 9 1.095 nm
- 7 to E 2.240 nm
- 9 to E 1.486 nm

- 11 to 13 2.317 nm
- 11 to 15 3.400 nm
- 11 to 17 5.631 nm
- 13 to 15 1.109 nm
- 13 to 17 3.360 nm
- 15 to 17 2.252 nm



* Marks 2, 10, 12, 16 are well placed. Do not sail out of the channel without local knowledge.



From 2009
USCG Light List

River Mark G1
N 30° 17.813
W 81° 40.411

River Mark R2
N 30° 17.628
W 81° 40.635

River Mark G3
N 30° 16.719
W 81° 40.218

River Mark G5
N 30° 15.142
W 81° 39.466

River Mark G7
N 30° 13.305
W 81° 39.077

River Mark G9
N 30° 12.216
W 81° 39.237

Race Mark "E"
N 30° 11.648
W 81° 40.822

River Mark R10
N 30° 09.513
W 81° 41.399

River Mark G11
N 30° 09.305
W 81° 40.794

River Mark R12
N 30° 07.240
W 81° 40.800

River Mark G13
N 30° 07.036
W 81° 40.224

River Mark G15
N 30° 05.926
W 81° 40.283

River Mark R16
N 30° 04.038
W 81° 41.254

River Mark G17
N 30° 03.671
W 81° 40.393