

LAKE MURRAY YACHT RACING ASSOCIATION

2017 SINGLE HANDED PURSUIT SAILING INSTRUCTIONS (Race is reverse start)

1. Race starting time is 7:00PM (1900). The race starting area is in front of the Columbia Sailing Club.
2. No spinnakers, spinnaker poles or whisker poles are allowed.
3. Race Committee will use Channel 66 for communications (e.g., course description, etc.).
4. Starting Sequence (**Reverse starts**)

| Time | Signal | (Optional Flags) |
|-------------------------------|----------------|-------------------|
| 6 Minutes before clock starts | multiple horns | (None) |
| 5 Minutes before clock starts | 1 horn | (LMYRA flag up) |
| 4 Minutes before clock starts | 1 horn | (P flag up) |
| 1 Minute before clock starts | 1 horn | (P flag down) |
| Start of clock | 1 long horn | (LMYRA flag down) |

After start of clock you starting time in seconds before you can start is equal to:

(270-your adjusted LMYRA PHRF) x Course Length (statue miles) x 1.16 (see attached timing table).

5. **INDIVIDUAL RECALL:** Hoisting of Code Flag X (blue cross on white field) and one sound signal immediately after a boat has started shall indicate that one or more yachts have started prematurely. The RC may attempt to hail each yacht that is over early by either hailing and/or using Channel 66.
6. **POSTPONEMENT:** Answering pennant (red and white vertical bars) and two sound signals. This signal shall be lowered with one sound signal approximately one (1) minute before the red class flag is raised.
7. **ABANDONMENT:** Code Flag N (checkered blue and white squares) and three sound singles.

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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 |