



SAILING INSTRUCTIONS

WHITEBREAD 30

7 October 2023

1. RULES

- 1.1. The organizing authority is the Peconic Bay Sailing Association.
- 1.2. The Whitebread Race is a PHRF handicap race for monohull keelboats with a rating of 300 or less.
- 1.3. The PHRF rating authority is the Performance Handicap Racing Fleet of Eastern Long Island (PHRF/ELI). Each yacht entered shall hold either a 2023 PHRF/ELI rating certificate or a 2022 PHRF/ELI certificate if there have been no changes to the boat or her sail plan or submit a completed PHRF Day Rating Application to the Race Committee.
- 1.4. Yachts not complying with the rating requirements prior to October 1 will be assigned a rating deemed appropriate by the Race Committee. Assigned ratings shall not be grounds for redress. This modifies RRS 62.1 (a).
- 1.5. By the definitions of the RRS, in the case of conflict PHRF/ELI regulations and [Eastern Long Island Yachting Association General Conditions](#) supersede the rules of individual one-design classes even if a particular one-design class is given a separate class start. This changes RRS 78.1.
- 1.6. Racing will be governed by The Racing Rules of Sailing (RRS) 2021-2024. The prescriptions of US Sailing will apply with the exception of the prescription described in RRS 81.
- 1.7. If there is a conflict between the Notice of Race and the Sailing Instructions, the Sailing Instructions shall govern. This changes RRS 63.7.

2. CHANGES

- 2.1. Written amendments to the Sailing Instructions will be posted on the [Official Notice Board](#).
- 2.2. Oral changes to the sailing instructions may be broadcast on the water over VHF 72 in accordance with RRS 90.2 (c). Failure to hear such instructions shall not be grounds for redress.

3. MINIMUM EQUIPMENT

- 3.1. Government regulations and the Racing Rules of Sailing require certain minimum equipment be carried aboard each boat. As a minimum all boats must carry a personal floatation device (PFD) for each person aboard, a throwable PFD, an anchor with adequate anchor rode, and a working VHF radio. The Race Committee reserves the right to inspect any boat for compliance with these requirements. All crew members on boats without lifelines are required to wear personal floatation devices all times while racing.
- 3.2. Boats competing in a one-design class or holding a one-design handicap rating (ODR) shall carry whatever additional equipment may be mandated by their class rules. Maximum crew weight limits, if incorporated into the class rules, shall not apply.

4. RACE PACKETS

- 4.1. Backstay division ribbons and race packets will be distributed at the Skippers Meeting on October 6th. Sailing Instructions and scratch sheets will be emailed to competitors no later than 2400 hours on October 5. Competitors are urged refer to information on the [Whitebread 30 event web site](#) for pertinent race information. Race Packets will NOT be available from the Race Committee boats prior to the start of the race.

5. DIVISION FLAGS

- 5.1 Division ribbons must be flown from the backstay (preferably) or stern of competing vessel. All classes within a division will fly the same division ribbon. You may supply your own correct color division ribbon. Failure to display a division ribbon does not constitute grounds for disqualification. Division splits will be published no later than midnight on October 5.

DIVISIONS	⚓ WARNING	FLAG/RIBBON	DIVISIONS	⚓ WARNING	FLAG/RIBBON
1 –Spinnaker	09:45	Pink	3- Spinnaker	09:00	Green
2- Spinnaker	09:30	Purple	5-NonSpinnaker	08:45	Black
4- NonSpinnaker	09:15	Blue	6- NonSpinnaker	08:30	Silver





SAILING INSTRUCTIONS

WHITEBREAD 30

7 October 2023


6. RACE ATTENTION

- 6.1. The Race Committee will signal Race Attention at 0730 by making a single sound signal from the Race Committee Signal Boat and announcing same over VHF channel 72. All changes and/or amendments to these Sailing Instructions will also be broadcast at that time.





7. CHECK IN AND SAIL NUMBERS

- 7.1. All competitors are required to check in with the Race Committee prior to starting. This shall be done either via VHF channel 71 or verbally by sailing past the auxiliary Race Committee boat with the mainsail up so as to clearly display the boat's sail number. Please do not use VHF channel 72 for check in. If checking in by radio, wait for acknowledgment from a committee member before signing off. It is also requested that you refrain from checking in during the five minute starting sequence for each division.
- 7.2. Unless granted a special exception by the Race Committee, all competitors must have numbers or identifying letters on their mainsails and these numbers must match those listed for that boat on the scratch sheet. Sails other than mainsails need not have numbers but, if they do, they must match those on the mainsail. To be scored properly you must notify the Race Committee during your pre-race check in if there is an error on the scratch sheet regarding your sail number.

8. THE COURSE

- 8.1. The course to be sailed will be selected from those described in **Attachment A "Marks of the Courses"**. Each mark of a course is to be observed as indicated: P means leave that mark to port; S means leave that mark to starboard. Government marks or other aids to navigation not listed as marks of the course may be passed on either side.
- 8.2. The Race Committee Signal vessel may display code flag "W"  at the start. Code flag "W" indicates the presence of an inflatable rounding mark to windward of the starting line to be rounded prior to sailing to the first mark after the start described in Attachment A.
- 8.3. Please note the sequence of marks and the side on which they are to be passed in each course. Some marks are required to be passed twice, leaving them on different sides each time. Other marks may be required marks of the course when passing them one time but not required marks when passing them another time.
- 8.4. The course for each division will be signaled by the code flag corresponding to the course's letter designation prior to the Warning Signal for that division.
- 8.5. The Race Committee will supplement the course signals with broadcast announcements on VHF channel 72. Please note that all divisions may not sail the same course.
- 8.6. CAUTION TO SKIPPERS: Courses Alpha and Bravo circumnavigate Shelter Island. When rounding Shelter Island in either direction you will encounter ferries at North Haven and Greenport. Be aware that in strong currents and at reduced speeds, ferries become less maneuverable and may be unable to take measures to avoid competitors sailing the course. Skippers are reminded that commercial vessels have right of way and must take prudent action to avoid such potentially dangerous situations.

9. THE START AND START SEQUENCE

- 9.1. A scratch sheet "Attachment B" with the division splits will be published on the [Official Notice Board](#) by 2400 hours October 5th.
- 9.2. The starting line will be located between an orange flag on the Race Committee Signal vessel and Can 1 in Cutchogue Harbor.
- 9.3. If conditions warrant moving the starting line from the vicinity of Can 1, the Signal Boat will sound two(2) sound signals and display  "AP". The signal boat will hoist  Code Flag L "Follow Me" and lead the competitors to the new starting area. The RC Signal boat will sound one (1) sound and lower  "AP". The warning signal for the first start after the move of the starting line will be made one (1) minute after  "AP" is lowered.
- 9.4. If the starting line is moved from Can 1, the start line will be between an orange flag on the RC Signal Vessel and a yellow inflatable mark to port.










SAILING INSTRUCTIONS











WHITEBREAD 30

7 October 2023

- 9.5. Boats whose warning signal has not yet been made shall keep clear of the starting area. Boats infringing this rule may be subject to protest and disqualification.
- 9.6. The Starting Sequence will be according to RRS 26. Except in the case of a general recall, there will be a fifteen minute interval between the start sequences for each division. The warning times shown in Appendix B, the Scratch Sheet are approximate.

MIN.	RRS 26 SIGNALS	MEANING	
5	Division Flag(s) UP	Warning	
4	"P" or "I" or "Z" or "Z/I" or "Black" or "U" UP 	Preparatory	
1	Preparatory Flag(s) DOWN	Start in one (1) minute	
0	Class Flag(s) DOWN	Start	

10. POSTPONEMENTS, INDIVIDUAL RECALL, GENERAL RECALL AND ABANDONMENT

- 10.1. Postponements will be signaled by the hoisting of code flag  "Answering Pennant" (AP) accompanied by two (2) sound signals. The "AP" flag will be lowered accompanied by one (1) sound signal one minute before the warning signal for the next division to start. When a postponement has been made for one division start, starts for all succeeding divisions shall be delayed accordingly.
- 10.2. Individual Recall: In accordance with RRS 29.1, the Race Committee will signal premature starters by the display of code flag  "X" and one sound signal. The  flag will remain displayed until all premature starters have returned and are on the pre-race side of the line but no longer than four minutes after the starting signal. The Race Committee will also attempt to hail offending boats on VHF channel 72. Failure of a boat to see or hear her recall signal shall not relieve her of her obligation to start correctly.
- 10.3. General Recall: In accordance with RRS 29.2, when at the starting signal for any division, the Race Committee is unable to identify all boats on the course side of the starting line or if there has been an error in the starting procedure, a general recall may be signaled by display of code flag  "First Substitute" together with two (2) sound signals. The Warning Signal for the class recalled will be made one (1) minute after the  "First Substitute" is lowered. The starts for all succeeding divisions will follow in order after the new warning signal. Failure of a boat to see or hear her recall signal shall not relieve her of her obligation to start correctly.
- 10.4. Abandonment: Should the Race Committee elect to abandon racing for all divisions prior to any starts, it will so signal by the display of code flags  "N" over  "A" accompanied by three (3) sound signals. If the race is to be abandoned only for certain divisions, the code flag  "N" will be flown over the *ribbons* of those divisions for which racing has been abandoned. A supplemental announcement will be broadcast over VHF channel 72. After at least one division has started, the Race Committee may elect to abandon racing if concerns arise over the safety of competitors. In such event, the Race Committee shall display code flags  "N" over  "H" accompanied by three (3) sound signals, indicating all racing is abandoned and competitors should make for the nearest port. An announcement will be made simultaneously over VHF channel 72.

11. THE FINISH

- 11.1. The finish line will be between the blue flag on the Signal Boat and mark R18.
- 11.2. Upon finishing boats must keep clear of all boats still racing. Boats infringing this requirement may be subject to protest and disqualification.

12. SHORTEN COURSE

- 12.1. In the event the Race Committee decides to shorten the course for one or more divisions, it shall position a race committee boat near a mark of the course which is a rounding mark of the course and








SAILING INSTRUCTIONS

WHITEBREAD 30

7 October 2023

finish boats between that mark and a boat displaying code flag "S"  with two sound signals before the first boat finishes.

- 12.2. Yachts shall finish by sailing the shortest course from the prior mark to a line between the code flag "S" on the race committee boat and the nearby mark.
- 12.3. If no division pennants accompany code flag "S" , then the race is shortened at that mark for all divisions. These signals will be supplemented with an announcement broadcast over VHF channel 72..
- 12.4. Conditions may require the race to be shortened at different marks for different divisions.
- 12.5. If, instead of flying code flag "S", a Race Committee Vessel in the vicinity of a rounding mark of the course is flying code flag "R" , yachts are to round the race committee vessel to port and then proceed to the finish honoring previously passed course marks on the same side of the mark. The course mark at which the race committee boat is stationed by not need to be rounded. This changes RRS 32.

13. TIME LIMIT

- 13.1. Boats failing to finish the course by 1700 hours will be scored TLE (Time Limit Expired). If no boat in a class has finished by 1700 hours, the race shall be abandoned for that class. This changes RRS35.

14. PROTESTS & REDRESS

- 14.1. Protests must be made in accordance with RRS 61. A boat intending to protest for an incident in the racing area that she was involved in or witnessed shall inform the protested boat(s) at the first reasonable opportunity. The protesting boat shall hail, "Protest" and conspicuously display a red flag at the first reasonable opportunity. The red flag must remain displayed until she is no longer racing. When leaving station after the race, the Race Committee will broadcast the protest log over VHF channel 72.
- 14.2. The intention to protest shall be reported by hail or VHF to the Race Committee upon finishing and shall include the sail numbers of the protested yacht or yachts. This modifies RRS 61.3 and 62.2. Protests and requests for redress must be submitted in writing. Protests and requests for redress shall be submitted to the Race Committee by email to admin@pbsa.us on the US Sailing Protest Form. The protest time limit is **one hour** after the last boat finishes.
- 14.3. Please note that Appendix V1 is in effect allowing a One Turn Penalty for an infraction of a rule in Part 2 or Rule 31 of the RRS. However, breaking a rule of Part 2 while in the zone around a mark other than a starting mark still requires a Two Turns Penalty. A boat may also take a post race 30 % scoring penalty as provided in Appendix V2.

15. SCORING

- 15.1. The Time Correction Factor (TCF) will be determined in accordance with the following formula:
$$TCF = 600 / (480 + PHRF).$$
- 15.2. Divisions may be broken into multiple classes as indicated on the scratch sheet. These classes are for scoring purposes only; all classes within a division will maintain the same division flag, start together, sail the same course and effectively race together.
- 15.3. Scoring inquiries may be made from the [Official Notice Board](#).

16. WITHDRAWALS

- 16.1. Any boat withdrawing from the race MUST notify the Race Committee IMMEDIATELY either by radio on VHF channel 72 or by hail from close by a committee boat. If these methods of communication are not acknowledged by the Race Committee, call or text message to 516-702-1908.

17. RADIO COMMUNICATIONS

- 17.1. The Race Committee will use VHF channel 71 for check-in only and VHF channel 72 for all announcements to the fleet. All boats should monitor VHF channel 72 throughout the race.
- 17.2. Competitors are advised that the Race Committee is not obligated to respond to questions which,





SAILING INSTRUCTIONS

WHITEBREAD 30

7 October 2023







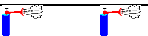



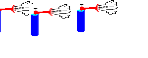







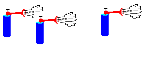




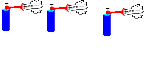



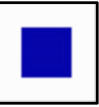
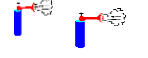


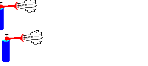


in its judgment, are fully answered or explained by these Sailing Instructions or the Racing Rules of Sailing (RRS).

17.3. Announcements by the Race Committee given over the radio are provided as a courtesy to sailors. Failure to hear such announcements shall not be grounds for redress.

18. DISCLAIMER OF LIABILITY

18.1. Competitors participate in this race entirely at their own risk. See RRS 3, "Decision to Race".

The organizing authority, the Race Committee and the individuals serving in any capacity to organize, administer and conduct this race will not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to, during or after the race.

APPENDIX A: SELECTED SIGNAL FLAGS AND ACCOMPANYING SOUNDS						
↑	↓	FLAG	MEANING	FLAG	MEANING	↑
		RC 	Race Committee Vessel	X 	Individual Recall	
		L 	Come within hail/Follow me	1 ST SUB 	General Recall	
		Y 	Pfd required	N 	Abandon all races that have started	
		W 	Windward mark	N/A 	Abandon all races. No more racing today	
		AP 	Postponement	+CLASS(ES) 	Abandon for classes displayed	
		P 	Prep	N/H 	Abandon all racing further signals ashore	
		I 	I Flag start	S 	Finish Here	
		M 	Mark Missing	R 	Round Committee Boat to Port and return to finish line	
		ORANGE 	Start Line	NAVY BLUE 	Finish Line	









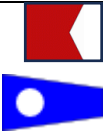
SAILING INSTRUCTIONS


WHITEBREAD 30

7 October 2023

ATTACHMENT A: MARKS OF THE COURSES

 ALPHA	Around Shelter Is Counterclockwise		 BRAVO	Around Shelter Is Clockwise		 ECHO	Heavy Air Inside the Bays	
START		At "Can 1"	START		At "Can 1"	Start		At "Can 1"
R"20"	P	Nassau Point	R "20"	P	Nassau Point	R "20"	P	Nassau Point
G "17"	S	Jessups Neck	R "12"	P	Paradise Point	G "17"	S	Jessups Neck
G "15"	S	Tyndal Point	G "11"	S	Jennings Point	R "16"	P	Noyack Bay
N "6"	P	Mashomack	R "10"	P	Fanning Point	N "14"	P	Shelter I. Sound
N "4"	P	Nicoll Point	G "7"	S	Hay Beach Point	CG Buoy	P	Southold Bay
RW "N"	P	Mo A	RW N	S	Mo A	R "12"	S	Paradise Point
G "7"	P	Hay Beach Point	N "4"	S	Nicoll Point	N "14"	S	Shelter I. Sound
R "10"	S	Fanning Point	N "6"	S	Mashomack	Finish		R"18" Hog Neck Bay
G "11"	P	Jennings Point	G "15"	P	Tyndal Point			
R "12"	S	Paradise Point	R "16"	S	Noyack			
N "14"	S	Shelter I. Sound	G "17"	P	Jessups Neck			
FINISH		At R "18 Hog Neck Bay"	FINISH		At R "18"			

	Around Shelter Is Counterclockwise w/o MoA			Around Shelter Is Clockwise w/o MoA			
START		At C "1"	START		At C "1"		
R"20"	P	Nassau Point	R "20"	P	Nassau Point		
G "17"	S	Jessups Neck	R "12"	P	Paradise Point		
G "15"	S	Tyndal Point	G "11"	S	Jennings Point		
N "6"	P	Mashomack	R "10"	P	Fanning Point		
N "4"	P	Nicoll Point	N"6"	S	Orient Harbor		
N"6"	P	Orient Harbor	N "4"	S	Nicoll Point		
R "10"	S	Fanning Point	N "6"	S	Mashomack		
G "11"	P	Jennings Point	G "15"	P	Tyndal Point		
R "12"	S	Paradise Point	R "16"	S	Noyack		
N "14"	S	Shelter I. Sound	G "17"	P	Jessups Neck		
Finish		R"18" Hog Neck Bay	Finish		R"18" Hog Neck Bay		

Code flag "W"  displayed with the course flag indicates the presence of an inflatable drop mark to windward of the starting line to be rounded on the way to the first mark listed in the lists of marks.

