

# LMYRA Couples Race

Lake Murray Yacht Racing Association

July 19, 2025

## Sailing Instructions

### 1 Rules

- 1.1. The series is governed by the rules as defined in the Racing Rules of Sailing 2025-2028 (RRS), the Notice of Race (NOR), and these Sailing Instructions (SIs).
- 1.2. Spinnaker, spinnaker poles, and whisker poles shall not be used.

### 2 Changes to Sailing Instructions

- 2.1. Any change in the SIs will be posted online on the Official Notice Board (Regatta Network) not less than 48 hours before it takes effect. A courtesy email will be sent to all registered competitors to notify them that a change has been made.
- 2.2. Oral changes to the SI may be made on the water from the Signal Vessel, audibly and/or on VHF Ch 66, after code flag "L" has been hoisted with one sound in accordance with RRS 90.2(c). Code flag "L" will be lowered when, in the opinion of the Race Committee (RC), all competitors have been hailed. Failure of a competitor to receive or understand the change will not be grounds for redress.

### 3 Communications with Competitors

- 3.1. Notices to competitors will be posted on the official notice board located at <https://www.lmyra.net/regatta-network>.
- 3.2. On the water, the RC intends to monitor and communicate with competitors on VHF radio channel 66. Courtesy communications may include course designations, order of starts, starting time notifications or countdowns, postponements, Individual Recalls, General Recalls, course changes, or changes to the SIs.
- 3.3. If code flag "L" has been hoisted with one sound, Race Committee intends to communicate audibly with competitors.
- 3.4. Notification of a course change by using appropriate signals at a rounding mark may be augmented by courtesy VHF communications. Failure of a competitor to receive a notification by radio will not be grounds for redress.
- 3.5. If a scheduled race is cancelled by the organizing authority, notice will be posted on Regatta Networks no later than 0900 on the day of the race, and courtesy emails will be sent to registered competitors.
- 3.6. [DP] From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communications that are not available to all boats.

### 4 Schedule of Races

- 4.1. One race is scheduled, with Time Zero at 7:00 PM on July 19, 2025.

### 5 Check In

- 5.1. Before the race, each boat will sail past the stern of the Signal Vessel on starboard tack and check in by hailing their sail number, until their sail number is verbally acknowledged.

### 6 Class Flags

- 6.1. Visual signals will not be used.

## 7 Racing area

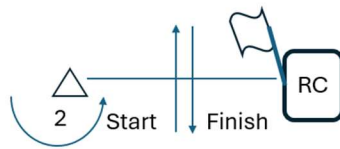
7.1. The racing area will be approximately 0.5 miles southwest of Columbia Sailing Club.

## 8 Courses

8.1. The courses will be windward/leeward with 1 or 2 laps, as shown in the figure below. Marks 1 and 2 will be rounded to port. The course to be sailed will be displayed on the stern of the Signal Vessel prior to the Warning Signal.



Course 1: Start, 1, Finish  
Course 2: Start, 1, 2, 1, Finish



## 9 Marks

9.1. Mark 1 will be an orange tetrahedron buoy. Mark 2/Start-Finish-pin will be a yellow tetrahedron buoy.

## 10 The Start

- 10.1. A pursuit start will be used, with slower boats starting earlier and faster boats starting later, according to the PHRF rating assigned to each boat. The table of starting times sorted by PHRF rating appears in Appendix A Starting Time Table.
- 10.2. The approach to Time Zero will be announced on the VHF communication channel beginning several minutes before Time Zero. Time zero will be signaled by a horn.
- 10.3. The starting line is between the staff of an orange flag on the Signal Vessel at the starboard end, and the peak of the tetrahedron buoy at the port end.
- 10.4. If any part of a boat's hull is on the course side of the starting line at her starting time and she is identified, the RC will hail her sail number. Failure of RC to hail her number, failure of her to hear such a hail, or the order in which boats are hailed will not be grounds for redress. This changes RRS 62.1(a).
- 10.5. A boat that does not start within 10 minutes after her starting time will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

## 11 Change of the next leg of the course

11.1. To change the next leg of the course, the race committee will move the original mark or the finishing line to a new position and signal the change at the prior rounding mark according to RRS 33.

- 11.2. A course may be shortened to a rounding mark or to any point on the rhumb line to a next mark.
- 11.3. If the race is shortened to a point on the rhumb line, the course change will be signaled either: a) at the prior rounding mark by code flag C and a “-“ to indicate a shortened leg, or b) by VHF channel 66.

## **12 The Finish**

- 12.1. The finishing line is between the staff of an orange flag on the race committee vessel and the peak of the nearby tetrahedron buoy.
- 12.2. If the course has been shortened, the finishing marks will be the staff of code flag S on an RC vessel and either a nearby mark of the course or a yellow tetrahedron.

## **13 Penalty System** - The penalty system of RRS 44.1 applies, except “two-turns” is replaced with “one-turn”.

## **14 Time Limits**

- 14.1. The Race Time Limit is the time limit for the first boat to sail the course. The Finishing Window is the time for boats to finish after the first boat sails the course and finishes.
- 14.2. The Race Time Limit is 120 minutes from Time Zero and the Finishing Window is 30 minutes.
- 14.3. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place one more than the points scored by the last boat that finished within the Finishing Window. This changes RRS 35, A5.1, and A5.2.

## **15 Hearing Requests**

- 15.1. If possible, immediately after finishing, verbally report to the Race Committee your intent to file a protest, giving your sail number and the sail number(s) you are protesting. Failure to notify RC will not invalidate your protest.
- 15.2. Email protests (Hearing Request) to George Murray at [spraygsm@gmail.com](mailto:spraygsm@gmail.com) before the filing time limit of 2359 on the Monday following the race..
- 15.3. Hearing request forms are available on the Official Notice Board (Regatta Network).
- 15.4. Following receipt of a Hearing Request, the protest committee will send notices by email no later than 2359 on Wednesday to inform competitors of hearings in which they are parties.

## **16 Scoring**

- 16.1. A boat score is her finishing position.

## **17 Safety**

- 17.1. The safety of a boat is the sole and inescapable responsibility of the skipper who must decide whether to start or continue racing.
- 17.2. Boats shall comply with all applicable laws regarding required safety equipment including, but not limited to wearable, approved life jackets (PFD) for each person on board, and a throwable floatation device that is accessible for immediate use.
- 17.3. Each boat shall have a working motor and enough fuel/energy to return to harbor.
- 17.4. Each boat shall have and use a VHF marine band radio tuned to the race committee communication channel while racing. Competitors are encouraged to also monitor channel 16.

17.5. A boat that retires from a race shall notify the race committee at the first reasonable opportunity. If possible, immediately notify race committee using VHF Ch 66.

## 18 Revision Record

Ver 1.0	June 10, 2025	Original issue

## Appendix A – Starting Time Table

LMYRA Adjusted PHRF	Starting Time min:sec after Time Zero For Course Distance in Nautical Miles		
	3	4	6
270	00:00	00:00	00:00
267	00:09	00:12	00:18
264	00:18	00:24	00:36
261	00:27	00:36	00:54
258	00:36	00:48	01:12
255	00:45	01:00	01:30
252	00:54	01:12	01:48
249	01:03	01:24	02:06
246	01:12	01:36	02:24
243	01:21	01:48	02:42
240	01:30	02:00	03:00
237	01:39	02:12	03:18
234	01:48	02:24	03:36
231	01:57	02:36	03:54
228	02:06	02:48	04:12
225	02:15	03:00	04:30
222	02:24	03:12	04:48
219	02:33	03:24	05:06
216	02:42	03:36	05:24
213	02:51	03:48	05:42
210	03:00	04:00	06:00
207	03:09	04:12	06:18
204	03:18	04:24	06:36
201	03:27	04:36	06:54
198	03:36	04:48	07:12
195	03:45	05:00	07:30
192	03:54	05:12	07:48
189	04:03	05:24	08:06
186	04:12	05:36	08:24
183	04:21	05:48	08:42
180	04:30	06:00	09:00

LMYRA Adjusted PHRF	Starting Time min:sec after Time Zero For Course Distance in Nautical Miles		
	3	4	6
177	04:39	06:12	09:18
174	04:48	06:24	09:36
171	04:57	06:36	09:54
168	05:06	06:48	10:12
165	05:15	07:00	10:30
162	05:24	07:12	10:48
159	05:33	07:24	11:06
156	05:42	07:36	11:24
153	05:51	07:48	11:42
150	06:00	08:00	12:00
147	06:09	08:12	12:18
144	06:18	08:24	12:36
141	06:27	08:36	12:54
138	06:36	08:48	13:12
135	06:45	09:00	13:30
132	06:54	09:12	13:48
129	07:03	09:24	14:06
126	07:12	09:36	14:24
123	07:21	09:48	14:42
120	07:30	10:00	15:00
117	07:39	10:12	15:18
114	07:48	10:24	15:36
111	07:57	10:36	15:54
108	08:06	10:48	16:12
105	08:15	11:00	16:30
102	08:24	11:12	16:48
99	08:33	11:24	17:06
96	08:42	11:36	17:24
93	08:51	11:48	17:42
90	09:00	12:00	18:00
87	09:09	12:12	18:18