

SAILING INSTRUCTIONS

2019 CONSTABLE CUP

Stage 1 – Long Distance Race

Thursday July 11th, 2019



1. **Rules**

The race will be governed by the rules as defined in *The Racing Rules of Sailing*, as interpreted in the sole discretion of the Committee.

2. **Schedule**

1130 Skippers Meeting, 1300 warning signal, Thursday, July 11th, 2019. In the event of a postponement due to weather, the Long Distance Race will be held on Friday, July 12th, start time to be announced.

3. **Starting & Finishing Line**

Between an orange flag on the race committee signal boat and an orange inflatable. The line will be set between First and Second Points in the Harbor.

4. **Course & Marks**

The course will be posted on a course display board. Marks are to be rounded to port unless designated by a letter "S". The color of the posted letters has no meaning. The following marks may be used:

- C: Government mark, green can #13, off Brant Point
- E: Red "Town mark" nun #2 off First Point
- M: Red "Town mark" nun #4 off Second Point
- F: Red "Town mark" nun #6 off Third Point
- D: Red "Town mark" nun #2 off Polpis
- P: Red "Town mark" nun #8 off Pocomo
- X: Red and White government bell buoy outside harbor entrance
- 1: Red government mark "8A" on north end of Pocomo Point Shoal.
- Z: Orange inflatable mark in "Head of the Harbor".
- Q: Orange inflatable mark between First and Second Points
- H: Red government mark nun #6 off of Jetties Beach
- W: Small orange inflatable south of the Opti docks.
- Y: Yellow inflatable somewhere inside East or West Polpis harbor

The chart provided shows the approximate location of the marks. It is not to be used for navigation. Competitors shall remain clear of all commercial traffic. Note that the letter designations listed above for the Orange and Yellow marks are intended to identify the location of the marks. The letters ARE NOT inscribed on the marks.

5. **Time Limit**

The time limit for the first boat to sail the course and finish is 4 hours. Boats still racing more than 1 hour after the first boat finishes will be scored as Did Not Finish (DNF). Boats finishing after the race committee boat has left the finish line shall take their own positions and finishing time upon finishing, and report them to the Race Committee upon returning to shore.

6. **Stage Scoring**

Stage 1 will count for 31.667% of the Regatta score, except as provided in the Notice of Race. In the event that Stage 1 is postponed due to weather reasons, it will be sailed on Friday.

SAILING INSTRUCTIONS

2019 CONSTABLE CUP

Stages 2 & 2.5 – Medium Distance Races & Performance Element

Friday July 12th, 2019



1. **Rules**

The race will be governed by the rules as defined in *The Racing Rules of Sailing*, as interpreted in the sole discretion of the Committee.

2. **Schedule**

1200 Skippers Meeting, 1330 warning signal, Friday, July 12th, 2019
Two medium-distance races are scheduled.

3. **Starting & Finishing Line**

3.1 Between an orange flag on the race committee signal boat and an orange inflatable. The line will be set between First and Second Points in the Harbor.

3.2 If the letter B is posted on the course board next to the last mark, the last leg will be set downwind to the finish, and boats must finish by crossing the line STERN-FIRST. Boats crossing bow-first or sideways will not be counted as finished.

4. **Course & Marks**

The course will be posted on a course display board. Marks are to be rounded to port unless designated by a letter "S". The color of the posted letters has no meaning. The following marks may be used:

- C: Government mark, green can #13, off Brant Point
- E: Red "Town mark" nun #2 off First Point
- M: Red "Town mark" nun #4 off Second Point
- F: Red "Town mark" nun #6 off Third Point
- D: Red "Town mark" nun #2 off Polpis
- P: Red "Town mark" nun #8 off Pocomo
- X: Red and White government bell buoy outside harbor entrance
- 1: Red government mark "8A" on north end of Pocomo Point Shoal.
- Z: Orange inflatable mark in "Head of the Harbor".
- Q: Orange inflatable mark between First and Second Points
- H: Red government mark nun #6 off of Jetties Beach
- W: Small orange inflatable south of the Opti docks..
- Y: Yellow inflatable inside East or West Polpis harbor

5. The chart provided shows the approximate location of the marks. It is not to be used for navigation. Competitors shall remain clear of all commercial traffic. Note that the letter designations listed above for the Orange marks are intended to identify the location of the marks. The letters ARE NOT inscribed on the marks.

6. **Time Limit**

The time limit in each race for the first boat to sail the course and finish is 2.5 hours. Boats still racing more than 1 hour after the first boat finishes will be scored as Did Not Finish (DNF). Boats finishing after the Race Committee boat has left the finish line shall take their own positions and finishing time upon finishing, and report them to the Race Committee upon returning to shore.

7. **Stage Scoring**

Stage 2 will count for 31.667% of the Regatta score, except as provided in the Notice of Race.

8. **Performance Element Scoring**

The Performance Element will count for 5% of the regatta score. Helmspersons shall participate as cast members in the performance.

SAILING INSTRUCTIONS

2019 CONSTABLE CUP

Stage 3 – Fleet Racing

Saturday July 13th, 2019



1. **Rules**

The race will be governed by the rules as defined in *The Racing Rules of Sailing*, and the NYC One-Design Series Sailing Instructions, as interpreted in the sole discretion of the Committee.

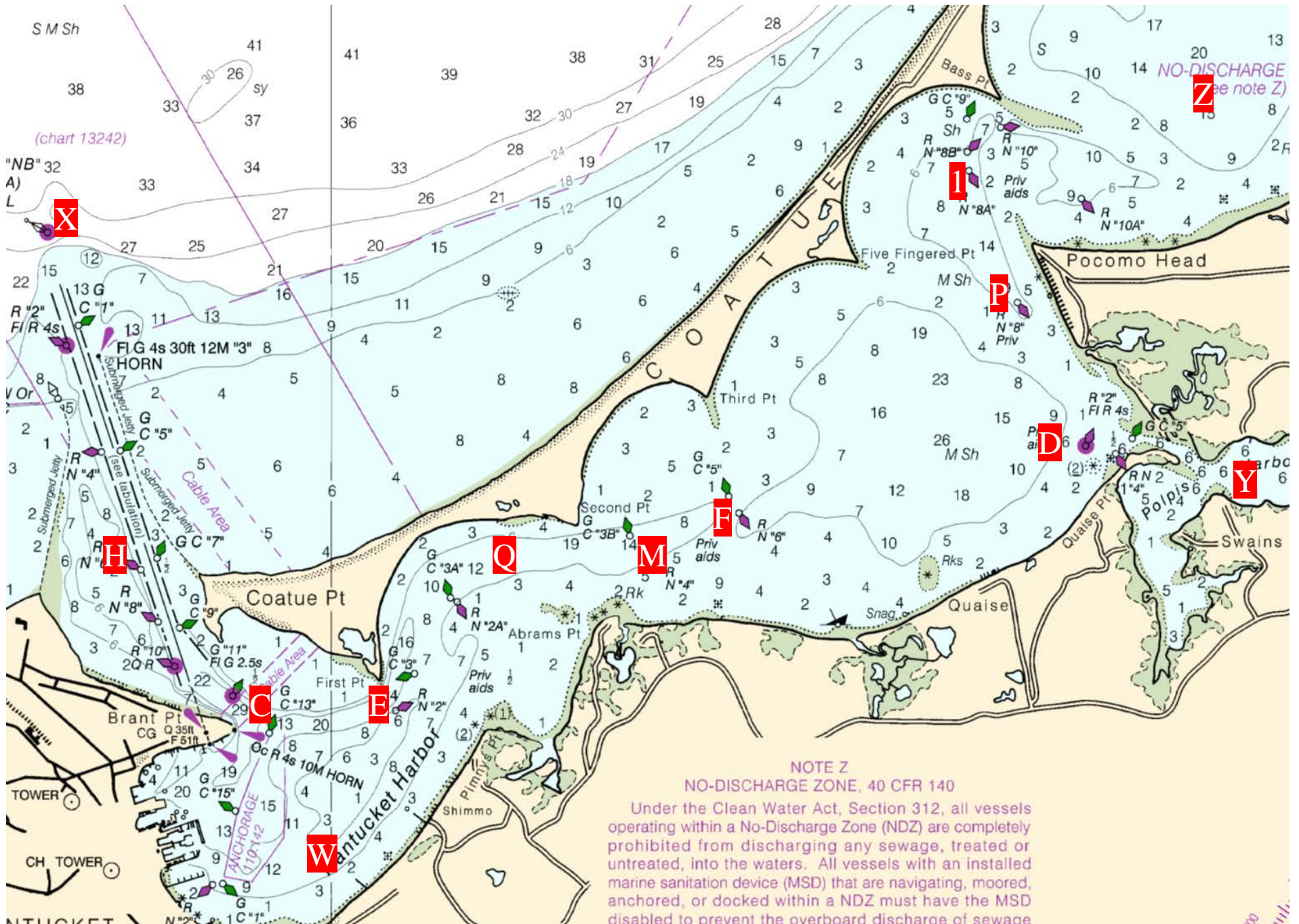
2. **Racing**

The (up to) three races which are sailed on July 13th as part of the NYC July Series will count as Stage 3 of the Constable Cup. One completed race is required to constitute a Stage.

3. **Stage Scoring**

A boat's combined score for the day's racing will be used to determine its finishing position for Stage 3 scoring purposes. Stage 3 will count for 31.667% of the regatta score, except, in the event that Stage 1 is postponed and sailed on Friday, both Stage 1 and Stage 3 will be scored 47.5% of the regatta score.

CONSTABLE CUP COURSE AREA AND MARKS



NOTE Z
NO-DISCHARGE ZONE, 40 CFR 140

Under the Clean Water Act, Section 312, all vessels operating within a No-Discharge Zone (NDZ) are completely prohibited from discharging any sewage, treated or untreated, into the waters. All vessels with an installed marine sanitation device (MSD) that are navigating, moored, anchored, or docked within a NDZ must have the MSD disabled to prevent the overboard discharge of sewage.