



Folsom Lake Yacht Club

2019 Trans-Folsom Sailing Instructions

Last Revision: 3/29/2019 10:08 AM

1. Rules

- 1.1. The regatta will be governed by the Racing Rules of Sailing 2017-2020 (RRS), the prescriptions of the US Sailing, the rules of the participating classes, and by these sailing instructions.

2. Entries

- 2.1. Competitors may enter by registering at the FLYC clubhouse before the Skipper's Meeting is scheduled to start.
- 2.2. Entries must be received by 8:30am on Saturday, March 30th.

3. Notices to Competitors

- 3.1. Notices to Competitors will be posted outside the FLYC clubhouse.

4. Changes to Sailing Instructions

- 4.1. All changes to the Sailing Instructions will be posted on the official Regatta notice board located at the FLYC Clubhouse.
- 4.2. All notices will be posted by 9:00am on the day they take effect, except that any changes to the race schedule will be posted before 8:00pm on the day before they take effect.

5. Signals Made Ashore

- 5.1. Signals made ashore will be displayed on a pole near the FLYC clubhouse or from the Committee boat if dockside.
- 5.2. Flag "AP" with two sound signals (one when lowered) means "The race is postponed. The Warning Signal will be displayed not less than 30 minutes after the "AP" is lowered."
- 5.3. Flag "B" when fully hoisted after the last boat finishes means "Protest time has begun – the 30 minute protest filing period is open." One sound signal will accompany the hoisting and lowering of flag "B." When lowered, this means "Protest time has expired."

6. Schedule of Races

Saturday, March 30th

Skipper's Meeting	9:00am at the FLYC Clubhouse
Start of Race	10:00am
Awards Ceremony	About 30 minutes after the last boat finishes

7. The Course

- 7.1. A course sheet showing the Trans-Folsom course will be available at the Skipper's Meeting, as will a page containing the starting times for all boats.
- 7.2. If VHF communication is provided by race committee, channel and radio use instructions will be provided during the skippers meeting.

8. Marks

- 8.1. The marks are numbered 1, 4, 7, 9, 11, 12, 14, and 15 as shown on the course chart.
- 8.2. The marks are plastic barrels approximately 24" in diameter with the corresponding mark number painted on the side of the barrel.

9. The Start

- 9.1. Racers will start based off of their PHRF Rating.
- 9.2. If the start of the race is delayed, the number of minutes delayed will be displayed on the course board.
- 9.3. If there is a number displayed on the course board, racers will add that many minutes to their start time to determine their new start time.
- 9.4. The starting line shall be a red flag between the Race Committee boat and a red flag on a starting mark.
- 9.5. A boat that does not start within 20 minutes of their scheduled start time will be scored **DNS**.
- 9.6. It is up to the skipper of each boat to know their start time. The Race Committee will not communicate start times to any boat on the water.

10. Change of Course after the Start

- 10.1. Any changes to the course will be indicated by a Race Committee boat near the next mark. The Race Committee boat shall fly a flag (as indicated below) to designate the course change.
- 10.2. Any change will be accompanied by multiple sound signals and will be signaled before the leading boat reaches the mark.
- 10.3. If a class flag or placard is displayed, the change applies only to that class.

10.4. Code Flags

- 10.4.1. Code Flag "S", will designate that competitors shall finish between the rounding mark and the committee boat.
- 10.4.2. Code Flag "F", will designate that competitors shall pass between the rounding mark and the committee boat and then proceed to the finish line.

11. The Finish

11.1. The finish line will be between an Orange Buoy floating inside Brown’s Ravine (Cove) and a White Roof Support on the FLYC Clubhouse overlooking the main launch ramp at Brown’s Ravine. The White Roof Support shall also display an Orange Flag. The first boat to cross this line in each class will be given a horn; all other finishers will be given a whistle. After finishing, boats shall keep clear of the finish area.

12. Time Limit

12.1. All boats must finish by 8:00pm.

13. Protests

13.1. Protests shall be filed in writing at Regatta Headquarters while Code Flag “B” is flying from the Race Committee boat. USSailing Forms for filing protests will be available at clubhouse. Protest notices will be posted at the FLYC Clubhouse within 30 minutes of the end of the protest time limit to inform competitors where and when there will be a hearing in which they are parties to a hearing or named as a witness.

13.2. The Protest Committee will be made up of Race Committee members and other competitors who have no vested interest in the outcome of the protest.

14. Scoring

14.1. All boats will be scored / placed in the order they finish the race. If the course is shortened, scoring / placement will be based on corrected time using ‘time on distance’ calculations

15. Safety

15.1. Boats requesting assistance will have one crew member clasp hands overhead as the appropriate distress signal. Rescue boats, under the direction of the Race Committee, may ask sailors to leave their boat. Failure to do so when ordered will result in disqualification from the entire regatta

15.2. Multi-hull racers are required to wear Coast Guard approved PFDs (personal flotation devices) while racing. When Code Flag “Y” is flown from the Race Committee boat, PFDs shall be worn by all competitors while racing. Those not complying will be “DSQ’d.” This changes **RRS #40**.

16. Awards

16.1. Awards will presented as follows:

4 Starters	1 Trophy
5-7 Starters	2 Trophies
8-10 Starters	3 Trophies
11-15 Starters	4 Trophies
16+ Starters	5 Trophies

16.2. The Keel Boat and the Multi-hull Boat Perpetual Trophies will be awarded based on the best keel boat and best multi-hull boat finish.

17. Dock Party

17.1. At the end of each day’s racing, all participants, family members, and guests are invited to attend a dock party at the conclusion of the day’s events. This will be held at the FLYC clubhouse.

TRANS-FOLSOM RACE COURSE

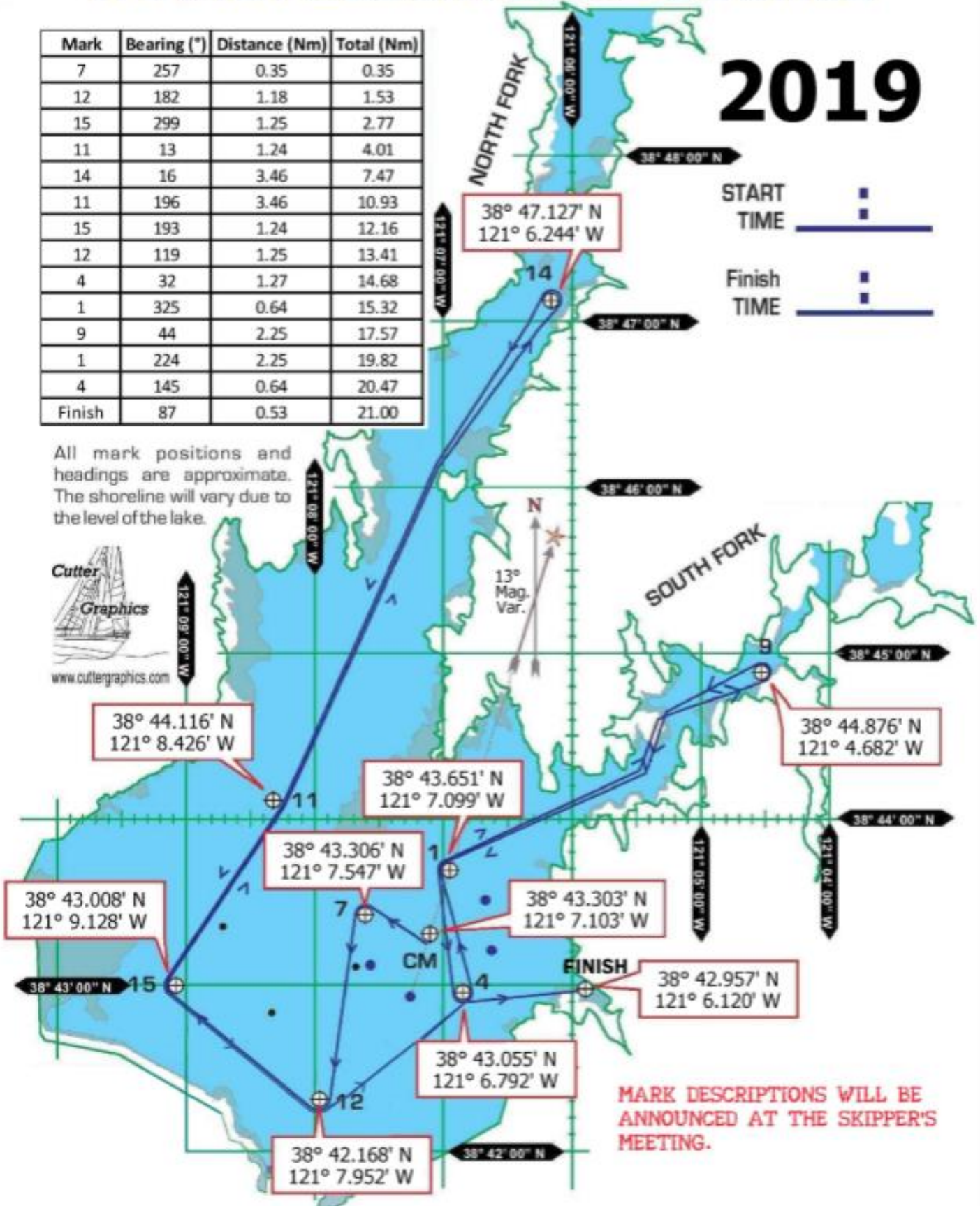
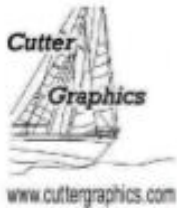
2019

Mark	Bearing (°)	Distance (Nm)	Total (Nm)
7	257	0.35	0.35
12	182	1.18	1.53
15	299	1.25	2.77
11	13	1.24	4.01
14	16	3.46	7.47
11	196	3.46	10.93
15	193	1.24	12.16
12	119	1.25	13.41
4	32	1.27	14.68
1	325	0.64	15.32
9	44	2.25	17.57
1	224	2.25	19.82
4	145	0.64	20.47
Finish	87	0.53	21.00

START
TIME

Finish
TIME

All mark positions and headings are approximate. The shoreline will vary due to the level of the lake.



MARK DESCRIPTIONS WILL BE ANNOUNCED AT THE SKIPPER'S MEETING.

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2019 TRANS-FOLSOM REGISTRATION

21 Nautical Miles

[3-18-19]

	Name	Boat	Boat Name	Sail #	Rating	Start Time	Finish Time	Sign-In	
1	Roy Moore	C-22	Allegra	1788	288	10:04:12	: :		
2	Don Hare	C-22	No Cat Hare	457	270	10:10:30	: :		Pd
3	Jim Sinclair	C-22	Running Scissors	14145	270	10:10:30	: :		Pd
4	Gary Preston	H-270	Charmed Life	270	229	10:25:23	: :		
5	Barry Curran	C250	Malahat	715	225	10:26:15	: :		
6	George Heintz	S-20	Ahi	672	222	10:27:18	: :		
7	Suna Kneisley	S-20	Reaction	126	222	10:27:18	: :		
8	Mark Werder	S-20	Two Step	923	222	10:27:18	: :		
9	Mark Erdrich	S-20	Fusion	927	222	10:27:18	: :		
10	Kerry Johnson	S-23	Whatever	136	171	10:45:09	: :		
11	Phil Hodgson	W-24	TeNatura	34	156	10:50:24	: :		
12	Jim Goldberg	K6	Puppy	212	114	11:05:06	: :		
13	Steve Cameron	K6	?	221	114	11:05:06	: :		Pd
14	Kelly Pike	VX-1	?	143	108	11:07:12	: :		
15	Phillip Weston	VX-1	Therapy	168	108	11:07:12	: :		Pd
16	Bill Cook	F-24-1	Wings	27062	87	11:14:33	: :		Pd
17	Jon Kim	F-24-2	?	1	69	11:20:51	: :		
18							: :		
19							: :		
20							: :		
21							: :		
22							: :		

START, #7P, #12S, #15S, #11P, #14P, #11S, #15P, #12P, #4P, #1S, #9P, #1P, #4P, FINISH

Trans-Folsom Start Times

Full Course

Total Distance (NM):	21.00
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Seconds per PHRF:	21.0
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PHRF Rating	Start Time
300	10:00:00 AM
297	10:01:03 AM
294	10:02:06 AM
291	10:03:09 AM
288	10:04:12 AM
285	10:05:15 AM
282	10:06:18 AM
279	10:07:21 AM
276	10:08:24 AM
273	10:09:27 AM
270	10:10:30 AM
267	10:11:33 AM
264	10:12:36 AM
261	10:13:39 AM
258	10:14:42 AM
255	10:15:45 AM
252	10:16:48 AM
249	10:17:51 AM
246	10:18:54 AM
243	10:19:57 AM
240	10:21:00 AM
237	10:22:03 AM
234	10:23:06 AM
231	10:24:09 AM
228	10:25:12 AM
225	10:26:15 AM
222	10:27:18 AM
219	10:28:21 AM
216	10:29:24 AM
213	10:30:27 AM
210	10:31:30 AM
207	10:32:33 AM
204	10:33:36 AM
201	10:34:39 AM
198	10:35:42 AM
195	10:36:45 AM
192	10:37:48 AM
189	10:38:51 AM
186	10:39:54 AM
183	10:40:57 AM
180	10:42:00 AM
177	10:43:03 AM
174	10:44:06 AM
171	10:45:09 AM

PHRF Rating	Start Time
168	10:46:12 AM
165	10:47:15 AM
162	10:48:18 AM
159	10:49:21 AM
156	10:50:24 AM
153	10:51:27 AM
150	10:52:30 AM
147	10:53:33 AM
144	10:54:36 AM
141	10:55:39 AM
138	10:56:42 AM
135	10:57:45 AM
132	10:58:48 AM
129	10:59:51 AM
126	11:00:54 AM
123	11:01:57 AM
120	11:03:00 AM
117	11:04:03 AM
114	11:05:06 AM
111	11:06:09 AM
108	11:07:12 AM
105	11:08:15 AM
102	11:09:18 AM
99	11:10:21 AM
96	11:11:24 AM
93	11:12:27 AM
90	11:13:30 AM
87	11:14:33 AM
84	11:15:36 AM
81	11:16:39 AM
78	11:17:42 AM
75	11:18:45 AM
72	11:19:48 AM
69	11:20:51 AM
66	11:21:54 AM
63	11:22:57 AM
60	11:24:00 AM
57	11:25:03 AM
54	11:26:06 AM
51	11:27:09 AM
48	11:28:12 AM
45	11:29:15 AM
42	11:30:18 AM
39	11:31:21 AM

2019 TRANS-FOLSOM REGISTRATION
9.6 Nautical Miles
 [3-28-19]

	Name	Boat	Boat Name	Sail #	Rating	Start Time	Finish Time	Sign-In	
1	Roy Moore	C-22	Allegra	1788	288	10:01:55	: :		
2	Don Hare	C-22	No Cat Hare	457	270	10:04:47	: :		Pd
3	Jim Sinclair	C22	Running Scissors	14145	270	10:04:47	: :		Pd
4	Gary Preston	H-270	Charmed Life	270	229	10:11:20	: :		
5	Barry Curran	C250	Malahat	715	225	10:11:58	: :		
6	George Heintz	S-20	Ahi	672	222	10:12:27	: :		
7	Suna Kneisley	S-20	Reaction	126	222	10:12:27	: :		
8	Mark Werder	S-20	Two Step	923	222	10:12:27	: :		
9	Mark Erdrich	S-20	Fusion	927	222	10:12:27	: :		
10	Kerry Johnson	S-23	Whatever	136	171	10:20:36	: :		
11	Phil Hodgson	W-24	TeNatura	34	156	10:22:56	: :		
12	Jim Goldberg	K6	Puppy	212	114	10:29:42	: :		
13	Steve Cameron	K6	?	221	114	10:29:42	: :		Pd
14	Kelly Pike	VX-1	?	143	108	10:30:39	: :		
15	Phillip Weston	VX-1	Therapy	168	108	10:30:39	: :		Pd
16	Bill Cook	F-24-1	Wings	27062	87	10:34:00	: :		Pd
17	Jon Kim	F-24-2	?	1	69	10:30:53	: :		
18							: :		
19							: :		
20							: :		
21							: :		
22							: :		

START, #7P, #12S, #15S, #11P, #15P, #12P, #4P, #1P, #4P, FINISH

Trans-Folsom Start Times

Short Course, no Forks

Total Distance (NM):	9.58
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Seconds per PHRF:	9.6
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PHRF Rating	Start Time
300	10:00:00 AM
297	10:00:29 AM
294	10:00:57 AM
291	10:01:26 AM
288	10:01:55 AM
285	10:02:24 AM
282	10:02:52 AM
279	10:03:21 AM
276	10:03:50 AM
273	10:04:18 AM
270	10:04:47 AM
267	10:05:16 AM
264	10:05:45 AM
261	10:06:13 AM
258	10:06:42 AM
255	10:07:11 AM
252	10:07:40 AM
249	10:08:08 AM
246	10:08:37 AM
243	10:09:06 AM
240	10:09:35 AM
237	10:10:03 AM
234	10:10:32 AM
231	10:11:01 AM
228	10:11:30 AM
225	10:11:58 AM
222	10:12:27 AM
219	10:12:56 AM
216	10:13:24 AM
213	10:13:53 AM
210	10:14:22 AM
207	10:14:51 AM
204	10:15:19 AM
201	10:15:48 AM
198	10:16:17 AM
195	10:16:46 AM
192	10:17:14 AM
189	10:17:43 AM
186	10:18:12 AM
183	10:18:41 AM
180	10:19:09 AM
177	10:19:38 AM
174	10:20:07 AM
171	10:20:36 AM

PHRF Rating	Start Time
168	10:21:04 AM
165	10:21:33 AM
162	10:22:02 AM
159	10:22:30 AM
156	10:22:59 AM
153	10:23:28 AM
150	10:23:57 AM
147	10:24:25 AM
144	10:24:54 AM
141	10:25:23 AM
138	10:25:52 AM
135	10:26:20 AM
132	10:26:49 AM
129	10:27:18 AM
126	10:27:47 AM
123	10:28:15 AM
120	10:28:44 AM
117	10:29:13 AM
114	10:29:42 AM
111	10:30:10 AM
108	10:30:39 AM
105	10:31:08 AM
102	10:31:36 AM
99	10:32:05 AM
96	10:32:34 AM
93	10:33:03 AM
90	10:33:31 AM
87	10:34:00 AM
84	10:34:29 AM
81	10:34:58 AM
78	10:35:26 AM
75	10:35:55 AM
72	10:36:24 AM
69	10:36:53 AM
66	10:37:21 AM
63	10:37:50 AM
60	10:38:19 AM
57	10:38:48 AM
54	10:39:16 AM
51	10:39:45 AM
48	10:40:14 AM
45	10:40:42 AM
42	10:41:11 AM
39	10:41:40 AM