



PRESENTS THE DEFINITIVE SAILBOAT RACE REGATTA ON LAKE CHAMPLAIN

LAKE CHAMPLAIN RACE WEEK™

JULY 2-9, 2006

Notice of Race and Sailing Instructions

- 1. Organizing Authority** is the Valcour Sailing Club, Inc. (VSC).
- 2. Rules:** Racing Rules of Sailing (RRS) 2006-2008 governs Lake Champlain Race Week (LCRW) except as amended by this Notice of Race and Sailing Instructions or amendments posted by VSC at www.valcoursailingclub.org or on VSC's display board located at the entrance to the Plattsburgh Boat Basin Marina Store. Any situation or event, for which a specific remedy cannot be found in these Sailing Instructions or the 2006 - 2008 Racing Rules of Sailing as adopted by the United States Sailing Association, shall be referred to a committee appointed by the LCRW chairperson and shall consist of three or more VSC members, none of whom shall be affected by the outcome of the remedy. Note: Mayor's Cup Regatta is governed by the rules set forth in the Mayor's Cup Notice of Race and Sailing Instructions. Contact Kjell Dahlen for Mayor's Cup information at 518-566-2020 (daytime); 518-561-4100 (evenings).
- 3. Advertising:** LCRW is a category C event in accordance with RRS 79 and ISAF Advertising Code Regulation 20.
- 4. Eligibility and Entry:** LCRW is open to any monohull or multihull boat that is or can be assigned a PHRF rating, whose skipper or owner has submitted a completed entry form to VSC with applicable entry fee, is in compliance with appropriate laws, rules and regulations, carries all equipment required by the US Coast Guard and any applicable Federal, State, and local authorities, and is insured by a properly licensed insurance provider against liability for damage or injury, including loss of life, to persons or property in an amount reasonable under the circumstances of LCRW. Members of VSC are automatically entered and are not required to submit an entry form or fee.
- 5. Safety & Liability:** The owner and skipper of a boat is ultimately responsible for the safety of his boat and crew, and solely responsible for the decision to start, participate and/or continue in any race or related event, and by entry into LCRW certifies he or she is knowledgeable in the rules, practices and associated risks of sailboat handling and racing as a competitive sport and assumes the associated risks. The owner or skipper of a boat, by his/her entry into an event, agrees to hold harmless, indemnify and defend VSC for any and all claims, valid or not, that he/she or any member of his/her boat, his/her executors, administrators, heirs, next of kin or assigns may have against VSC arising out of participation in LCRW including reasonable attorney's fees. The skipper or crew of a boat that retires from a race must notify the Race Committee (R.C.) as soon as possible.
- 6. Skippers Meetings** will be held at the Naked Turtle Restaurant located at Plattsburgh Boat Basin Marina on Sunday July 2 for the Eisenger Cup Race, Tuesday July 4 for the Cracked Pot and Wednesday Evening Races, and Sunday July 9 for the Valcour Race starting at 8:00 a.m. See The

Mayor's Cup Regatta Sailing Instructions for the time and location of its Skippers Meeting. Changes to these sailing instructions, descriptions of the races, and Novice class orientation will be provided at the Skippers Meetings.

7. Schedule of Races:

Date		Event	First Start
July 2, 2006	Sun.	Eisenger Cup – 1 st Race	10:00 a.m.
		2d Race	1:30 p.m.
July 4, 2006	Tues.	Cracked Pot	10:00 a.m.
July 5, 2006	Wed.	Evening Race & Cruise	6:00 p.m.
July 8, 2006	Sat.	Mayor's Cup	See Mayor's Cup NOR & SI
July 9, 2006	Sun.	Valcour Race	10:00 a.m.

8. Courses & Description of Races: The R.C. boat shall display the course number. When courses 1 or 2 are selected the marks to be rounded for the first lap shall be displayed after the course number. For courses 5 –30 only the course number will be displayed. For diagrams and descriptions of the courses see the last 4 pages of these NOR & SI.

Eisenger Cup – Sunday, July 2

Initiated in 1980 as a memorial to Dr. Peter Eisenger, a dedicated sailboat racer and beloved member of VSC, the Eisenger Cup first ran as one of three special events in the race schedule. It evolved into a regatta, and now consists of two races intended as a Mayor's Cup Race warm-up. Eisenger Cup courses will consist of one race selected from course 1 and one race selected from course 2, conditions permitting.

Cracked Pot – Tuesday, July 4

VSC has held a Fourth of July race since 1967. For many years the Cracked Pot race had a Le Mans style start with all boats at anchor and sails lowered. Each boat would be given a different starting time based on its handicap rating with the slowest boat starting first, then the next slowest and so on until the entire fleet had started. The winner would be the crew of the first boat to cross the finish line. The winning crew would be required to drink beer from a full cracked bedpan (the original Cup). Over the years, the Le Mans start fell out of favor and, with the advent of strict drinking laws, so did the quaffing. The staggered handicap start has endured and will be used once again this season. Starting time for each boat and course will be provided at the Skippers Meeting.

Wednesday Evening and Sunset Cruise – July 5 – Wednesday evening races were initiated as a respite from the workweek and generally conclude shortly before or after sunset. Course shall be selected from course numbers 1 – 2

Mayor's Cup Courses – July 8 - see Mayor's Cup NOR & SI

Valcour Race – Sunday, July 9

Named after Valcour Island and the area south of Plattsburgh known as Valcour, where many of the founding members of VSC lived. The Valcour Race was first scheduled by VSC as part of the now defunct Lake Champlain Racing Conference series. It was initially held in early June as two one-day races on the same weekend. Valcour Race course shall be selected from course numbers 5-30.

11. Classes and Start Times: Classes and class start times will be determined by the number and type of entries and announced at or before the skipper's meeting prior to the first race on Sunday, July 2, 2006. No class shall have less than 5 boats. One-design classes will be established with entry of 5 or

more boats of the same one design.

12. **The Start:** All races start in Plattsburgh (Cumberland) Bay. Races will be started in accordance with the 2006-2008 RRS rule 26 as follows:

SIGNAL	FLAG AND SOUND	MINUTES BEFORE START
Warning	Class Flag Up; One Sound	5
Preparatory	“P” Flag Up; One Sound	4
One-Minute	“P” Flag Removed; One Long Sound	1
Start/Next Class Warning	Starting Class Flag Removed/ Next Starting Class Flag Up; One Sound	0/5

12.1 The Start and Finishing Lines will be between a staff displaying the blue RC flag on the R.C. boat and the nearest course mark.

12.2 Starting Penalties - RRS Rule 30.1 shall be in effect as follows: if any part of a boat’s hull, crew or equipment is on the course side of the starting line or its extensions during the minute before her starting signal, she shall thereafter sail from the course side across an extension to the pre-start side before starting. The Committee boat need not display the I flag.

13. Time Limits:

13.1 The Eisinger Cup & Wednesday Evening Races -The first boat in each class shall finish within 2 hours from its start. Boats finishing after 2.5 hours from its start race shall be scored DNF.

13.2 Cracked Pot & Valcour Race - First boat in each class shall finish within 4 hours from its start. Boats finishing after 5 hours from its start shall be scored DNF.

13.3 Mayor’s Cup – See Mayor’s Cup NOR & SI

14. Protests:

14.1 Any protest must be in accordance with RRS Part 5, except as modified by these sailing instructions. If these rules are not met the protest will not be heard.

14.2 A boat intending to protest shall notify the R.C. of its intent to protest upon approaching or immediately after crossing the finish line.

14.3 Protests shall be written on a U.S. Sailing protest form and given to the R.C. upon the R. C. boat’s return to its slip at Plattsburgh Boat Basin. Copies of blank forms can be can be downloaded at www.valcoursailingclub.org. and can be found on page 132 of the RRS 2006-2008.

15. Scoring:

15.1 Handicap System. The Time-On-Time method of PHRF corrected time calculation shall be used except for the Cracked Pot race, which shall be Time-On-Distance. Time-On-Time correction factors will be used in accordance with the average wind strength for each race. Correction factors are as follows:

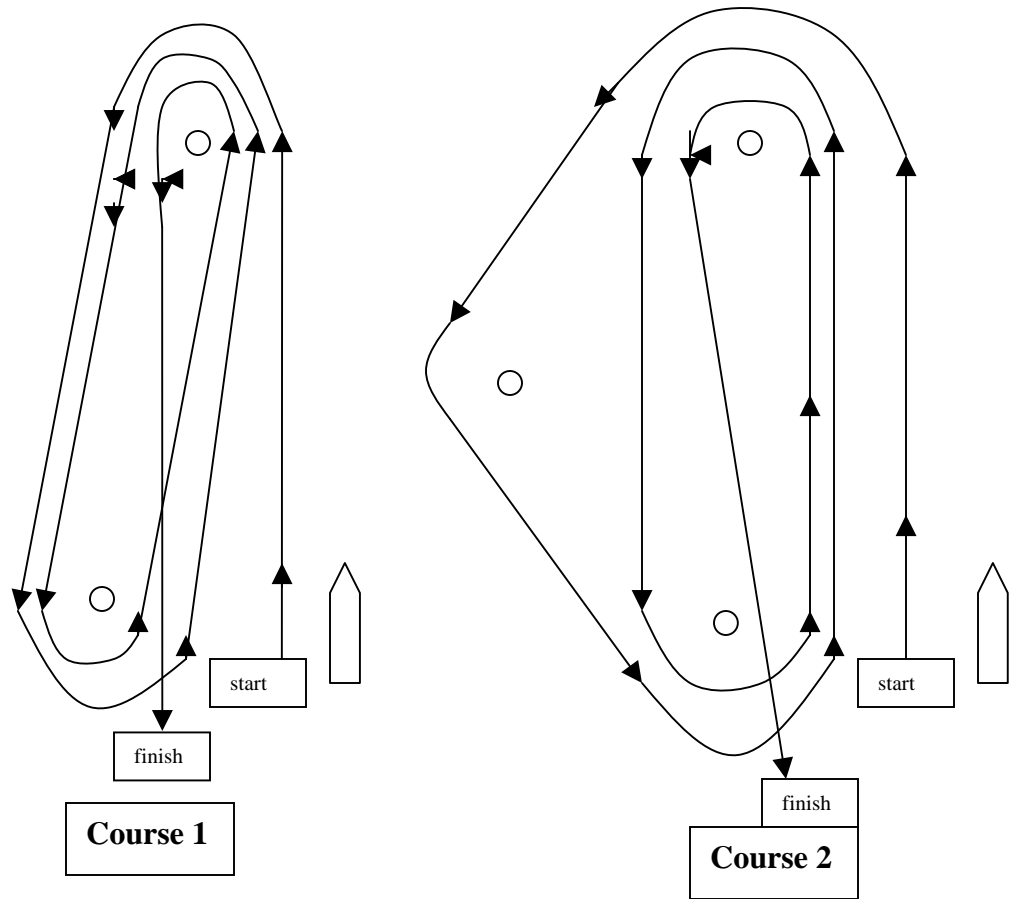
<u>WIND</u>	<u>TIME CORRECTION FACTOR</u>
0 - 6 knots	$672/600 + \text{Your PHRF}$
6.1 – 15 knots	$622/550 + \text{Your PHRF}$
15.1 + knots	$552/480 + \text{Your PHRF}$

The average wind strength of the race shall be the average of the wind readings taken by the R.C. from the start of the race to the midpoint between the actual time of the first boat and the last boat finishing the race. For example, if the first boat finishes the race in two hours and the last boat finishes the race in three hours actual time, the average wind strength will be the average of the wind readings taken from the start of the race to 2.5 hours after the start of the race. The R.C. takes wind strength readings at the start of the race and at every thirty-minute interval thereafter until the last boat finishes the race.

15.2 Race Scoring: The Low Point Scoring System, Appendix A of the RRS, will be used except as amended herein. The five lowest scores of each boat will be added to determine final LCRW standings. The boat with lowest point total in the Spinnaker and Non-Spinnaker Divisions combined regardless of class shall be awarded first place overall and named LCRW champion. The boat with lowest point total in each of the Spinnaker, Non-Spinnaker, and Novice Divisions regardless of class shall be awarded first place for each Division. For the Eisenger Cup the boat with the lowest sum point total of the two races in the Spinnaker and Non-Spinnaker Divisions combined regardless of class shall be awarded 1st place. If the point scoring system results in a tie for the Eisenger Cup, 1st place goes to the boat with the greatest margin of corrected time difference with its nearest competitor for both races combined. For the Cracked Pot Race, the first boat to cross the finish line regardless of Division or class shall be awarded 1st place. For the Valcour Race the boat that finishes with the best corrected time regardless of Division or class shall be awarded 1st place.

16. Awards:

- 16.1 Awards** shall be presented to 1st, 2d and 3d place overall and 1st, 2d and 3d place in each of the Spinnaker, Non-Spinnaker and Novice Divisions.
- 16.2 LCRW Perpetual Trophy** shall be inscribed with LCRW champion boat and skipper's names.
- 16.3 VSC's Perpetual Cups and Trophies** for each of the Eisenger Cup, Cracked Pot and Valcour Races shall be inscribed with the first place boat and skipper's names.
- 16.4 Mayor's Cup** awards are presented in accordance with the Mayor's Cup NOR & SI.



Courses 1 and 2 may be shortened at any mark.

2. RACECOURSE NUMBERS 5 - 30

- A. (s) denotes that the mark is rounded to starboard; otherwise the mark is rounded to port.
- B. Start column shows the designated starting mark.
- C. Description column denotes the marks in the order they are to be taken. The last denotation is the finishing mark.
- D. Distance column is the sum of the point-to-point distances between marks.
- E. Wind column is the *suggested* use for a particular wind strength (knots) pre-start of the race. Other considerations for course selection are weather and water conditions.
- F. No redress or protest will be heard based on course selection.
- G. Course may be shortened at any mark described on the course except islands.
- H. Chart graphics depicting each course may be viewed at www.valcoursailingclub.org.

#	Wind	Start	Description	Distance
<i>South to South South West Wind (180° - 202.5°)</i>				
5.	10-15+	GC1	CI, RN2(s), GC3, RN4, RN28, RN26, RN24, S, N, GC1	15.8
6	10-15	GC1	CI, RN2(s), GC3, RN4, GC3(s), RN2, CI(s), GC	13.9
7	6-10	NE	RN24(s), RN26(s), RN28, RN26, RN24, NE	11.8
8	<6- 10	N	S, N, S, N	10.4
<i>South to South South East Wind (180° - 157.5°)</i>				
9.	10-15+	N	S(s), PI, CPI, PI(s), S, N	15.7

10.	6-10	GC1	S, N, GC1, S, GC1	9.4
11.	<6	GC1	S, GC1, S, GC1	7.9
<i>South South East to South East Wind (157.5° - 135°)</i>				
12.	<6-15+	GC1	V, GC1, V, GC1	17.2
<i>South East to East South East Wind (135° - 112.5°)</i>				
13.	<6-15+	O	RN24(s), V, RN24, O, RN24(s), V, RN24, O O located east of Plattsburgh Air Force Base approx. N44°40.616'W73°26.521'(no V mark this year)	15.7
14.	<6-10	GC1	E, GC1, E, GC1, E, GC1	9.6
<i>East South East to East Wind (112.5° - 90°)</i>				
15.	<6-15+	O	E, O, E, O, E, O, E, O, E, O O located South to South East of BWR approx N44°41.115' W73°26.385'	18.0
<i>East to East North East Wind (90°-67.5°)</i>				
16.	<6-15+	O	NE, O, NE, O, NE, O, NE, O, NE, O O location South East of BWR approx. coordinates N44°41.115' W73°26.385'	16.7
<i>East North East to North East Wind (67.5° - 45°)</i>				
17.	<6-15	O	NE, O, NE, O, NE, O, NE, O O located east of Plattsburgh Air Force Base approx. N44°40.616' W73°26.521'	16.5
<i>North East to North North East Wind (45° - 22.5°)</i>				
18.	<6-15+	O	N, O, N, O, N, O O located east of Plattsburgh Air Force Base approx. N44°40.616' W73°26.521'	18.4
<i>North North East to North Wind (22.5° - 0°)</i>				
19.	10-15+	S	N, CI, RN2(s), GC3, RN4, GC3(s), RN2, CI(s), GC1	17.2
20.	10-15+	S	N, CI, RN2(s), GC3, RN4, RN28, RN26, RN24, S	15.7
21.	<6-15	S	N, S, N, S, N, S	15.6
<i>North to North North West Wind (0° - 337.5°)</i>				
22.	10-15	S	GC1, RN24(s), PI, CPI, PI(s), RN24, S, GC1	16.6
23.	<6-10	S	GC1, S, GC1, S, GC1, S	11.9
<i>North North West to North West Wind (337.5° - 315°)</i>				
24.	<6-15+	O	GC1, V, GC1, V, O O located between GC1 and V approx. 1.5 nautical miles from GC1 Do Not Go Through Start/Finish Line After Start Unless Finishin g(no V mark this year)	17.2
<i>North West to West North West (315° - 292.5°)</i>				
25.	<6-15+	S	O, RN24(s), V, RN24, O, RN24(s), V, S O located east of Plattsburgh Air Force Base approx. N44°40.616' W73°26.521' Do Not Go Through Start/Finish Line After Start Unless Finishing (no V mark this year)	15.6
26.	10-15+	E	GC1, V, S, V, GC1, E, GC1 (no V mark this year)	18.6
<i>West North West to West Wind (292.5° - 270°)</i>				
27.	<6-15+	E	O, E, O, E, O, E, O, E, O O location Southeast of BWR approx. coordinates N44°41.115' W73°26.385'	16.2
<i>West to West South West Wind (270° - 247.5°)</i>				

28.	<6-15+	NE	O, NE, O NE, O, NE, O, NE, O, NE O location Southeast of BWR approx. coordinates N44°41.115' W73°26.385'	16.7
<i>West South West to South West Wind (247.5° – 225°)</i>				
29.	<6-15+	NE	O, NE, O, NE, O, NE, O, NE O located East of Plattsburgh Air Force Base approx. N44°40.616' W73°26.521'	16.5
<i>South West to South South West Wind (225° - 202.5°)</i>				
30.	<6-15+	NE	O, NE, O, NE, O, NE O located East of Cliff Haven – approx. coordinates N44°39.060' W73°26.005'	19.3

2. VSC RACING MARKS

2.1 VSC permanent marks located within Cumberland Bay are white cylinders designated by their compass heading as viewed from the center of Cumberland Bay..

2.2 VSC permanent mark located on the Vermont side of Lake Champlain is a white cylinder designated by “V”.

2.3 Islands are designated by the first letter of each word in its name followed by an “I”.

2.4 Navigation buoys are either green cans or red nuns designated by its designation on the most recent NOAA navigation chart.

2.5 The following marks may used to describe a racecourse:

Mark	Description	Location
“BWR”	Breakwater	East of Plattsburgh Boat Basin
“C”	White cylinder	Center of Cumberland Bay N 44° 41.299’ W 73° 24.962’
“CI”	Crab Island	
“CPI”	Carlton’s Prize	
“E”	White cylinder	Southern tip of Cumberland Head N 44° 41.436’ W 73° 23.894’
“GC1”	Green Can	Cumberland Bay
“GC3”	Green Can	West of Valcour Island
“GI”	Garden Island	South of Valcour Island
“N”	White cylinder	Northern Cumberland Bay N 44° 42.783’ W 73° 25.567’
“NE”	White cylinder	Northeastern Cumberland Bay N 44° 42.072’ W 73° 24.470’
“O”	Orange Mark	Drop mark with location depending on course selected
“PI”	Providence Island	
“RC”	Race Committee Boat	
“RN2”	Red Nun	Valcour Shoal
“RN4”	Red Nun	North of Ausable Point
“RN24”	Red Nun	North of Crab Island
“RN26”	Red Nun	Spoon Bay, east of Valcour Island
“RN28”	Red Nun	East of Garden Island
“S”	White cylinder	North of Crab Island; N 44°40.250’ W 73° 24.750’
“V”	White cylinder	North of Sawyer Island; N 44° 39.320’ W 73° 21.317’

