

2026 Cow Bay Racing Association Summer Series

May 30, 2026 – September 27, 2026



Sailing Instructions

Hosted by the Cow Bay Racing Association (CBRA)
455 Main Street, Port Washington, New York 11050

1 RULES

1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing*.

1.2 The International Regulations for Preventing Collisions at Sea (IRPCS) apply.

1.3 Ideal 18 Class rules:

1.3.1 The Ideal 18 Class Rules, Available at:
<https://www.shumwaymarine.com/ideal18/idealrules.shtml> apply.

1.3.2 Ideal 18 class rule 9.4 is changed such that ideal 18s shall sail without spinnakers UNTIL JULY 19, 2026. The Ideal 18 fleet shall revert to rule 9.4 as it reads in the class rules after July 19, 2026.

1.4 Manhasset Bay One-Design (MBOD) Class Rules:

1.3.1 The MBOD Class rules as agreed to in the 2026 annual meeting shall apply.

1.3.2 As MBODs only formalize class rules by verbal agreement: In the event of a disagreement relating to class legality of appendages, fixtures, and equipment within the spirit of the class: fleet captain shall tie break on legality.

1.5 Sonar Class Rules:

1.5.1 The Sonar Class Rules, available at <https://sonar.org/class/class-rules/>, apply.

1.6 J/70 Class Rules:

1.6.1 The J/70 Class Rules, available at <https://j70ica.org/wp-content/uploads/2026/02/J70-Class-Rules-2026-1.pdf>, apply.

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change to the sailing instructions will be posted before 1100 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.
- 2.2 Changes to a sailing instruction may be made on the water by VHF hail for all classes.

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 Notices to competitors will be posted on the official notice board located on the SONAR board within the MBOD room. Courtesy posts regarding courses and changes to sailing instructions will be made on the CBRA WhatsApp page, as well as the club website.
- 3.2 The race office is located at the front desk of the Manhasset Bay Yacht Club.
- 3.3 On the water, the race committee intends to monitor and communicate with competitors on VHF radio channel 69.
- 3.4 The following communications may be made by the race committee on VHF channel 69: starting order of classes, the course, recalls, postponement, abandonment, and any safety notices.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed at the Junior Yacht Club flagpole.
- 4.2 When flag AP is displayed ashore, ‘1 minute’ is replaced with ‘not less than 30 minutes’ in Race Signals AP.

5 SCHEDULE OF RACES

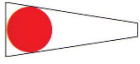

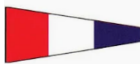

- 5.1 MBODs shall race on SATURDAYS AND SUNDAYS throughout the season. All other classes shall race exclusively on Sundays.
- 5.2 The race committee intends to complete a minimum of 3 standard races and 1 crew race on each day of racing.
- 5.3 The scheduled time of the warning signal for the first race each day is:

Day	MBOD	Ideal 18	Sonar	J/70
Saturday	1400	N/A	N/A	N/A
Sunday	1400	1405	1410	1415

- 5.4 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.
- 5.5 On standard days of racing, no warning shall be made past 1600 for MBODs, and 1700 for all classes.

6 CLASS FLAGS

6.1 Class flag assignments are as follows:

Pennant Flag	Class Name	Pendant Flag
Pennant 1	Sonar Fleet	
Pennant 2	J/70	
Pennant 3	MBOD	
Pennant 4	Ideal 18	

7 RACING AREA

7.1 The racing area is Manhasset Bay, near the large yellow barge known as “Worry Wart IV”.

8 COURSES

8.1 The diagram(s) shown in Addendum B of this document including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left will serve as a general course diagram library. Alternatively, the race committee may choose to signal a “Navigator” type course utilizing the bay racing marks and map attached in Addendum A of this document.

8.2 No later than the warning signal, the race committee signal vessel will announce the color of the first mark.

9 MARKS

9.1 Mark(s) will consist of a combination of the CBRA standard racing marks as well as inflatable marks of various sizes and colors.

9.2 CBRA Racing Marks shall either be permanent marks on moorings spread throughout the area extending no farther than gangway rock, or government marks.

All CBRA Marks shall be listed in Addendum A

9.3 Inflatable marks shall consist of buoys of sizes ranging from 1.5 ft in height for close marks and up to 7 ft tall marks for marks further away. Color of mark shall be announced when they go into use.

10 THE START

10.1 Races will be started using Appendix U as modified for 5-minute starts. Flags may be flown in addition as a courtesy in the manor of rule 26. This changes RRS 26.

10.2 The starting line is between a staff displaying an orange flag on the signal vessel at the starboard end and the course side of the port-end starting mark.

10.3 If any part of a boat’s hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to hail her sail number. A boat may not request redress based on failure of the race committee to hail her number, failure of her to hear such a hail, or the order in which boats are hailed. This changes RRS 61.1(a).

10.4 A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start without a hearing.

11 THE FINISH

11.1 The finishing line is between a staff displaying a blue flag on signal vessel at the port end and the course side of the starboard end finishing mark.

12 PENALTY SYSTEM

12.1 For the all classes, RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

12.2 RRS Appendix T: Arbitration, with the below amendments, will apply.

12.2.1 Appendix T1 (b) shall be amended to read: “A Post-Race Penalty is a 30% penalty calculated by taking the finishing place and adding 20% of the total number of finishers to her score.” This amendment ensures ease of operation in cox-sprauge scoring.

13 TIME LIMITS

13.1 The Mark 1 Time Limit, Race Time Limit (see RRS 35), and the Finishing Window are shown in the table below.

Mark 1 Time Limit	Race Time Limit	Finishing Window
20 minutes	60 minutes	30 minutes

13.2 If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned.

13.3 The Finishing Window is the time for boats to finish after the first boat sails the course. Boats starting but failing to sail the course 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 finishing place of the last boat that sailed the course within the Finishing Window and was not penalised under RRS 30.3 or 30.4. This changes RRS 35, A5.1, A5.2 and A10.

13.4 Failure to meet the Target Time will not be grounds for redress. This changes RRS 61.

14 HEARING REQUESTS

14.1 The protest time limit is 60 minutes after the race committee arrives on shore. The time will be posted on the official notice board.

14.2 Hearing request forms are available from the race office at the front desk. Digital hearing request forms, to be emailed to Sailingdirector@manhassetbayyc.org are available at the following web address (at the bottom of the page with racing documents: https://www.manhassetbayyc.org/Sailing/Racing/One_Design_Fleets

14.3 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the Trophy room, beginning at the time posted.

15 SCORING

15.1 Ten races are required to constitute a series.

15.2 The event is to be scored using the Cox-Sprague system detailed in Addendum F.

15.3 The Ideal 18 Fleet will be scored by the name of the skipper instead of the sail number to allow for differences in chartered boats from week to week. All other fleets will be scored by boat/sail number.

16 SAFETY REGULATIONS

16.1 All vessels racing shall carry a VHF radio capable of communicating on VHF 69, 72, 73, and 74.

17 REPLACEMENT OF CREW OR EQUIPMENT

17.1 Substitution of competitors is allowed without prior written approval of the organizing authority.

17.2 Substitution of damaged or lost equipment is not allowed unless authorized in writing by the organizing authority. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.

18 EQUIPMENT AND MEASUREMENT CHECKS

18.1 A boat or equipment may be inspected at any time for compliance with the class rules, notice of race and sailing instructions.

19 SUPPLIED BOATS

19.1 Boats may be supplied by Manhasset Bay YC, or Port Washington YC; boats supplied are subject to Addendum C

20 TRASH DISPOSAL

20.1 Trash may be placed aboard official vessels.

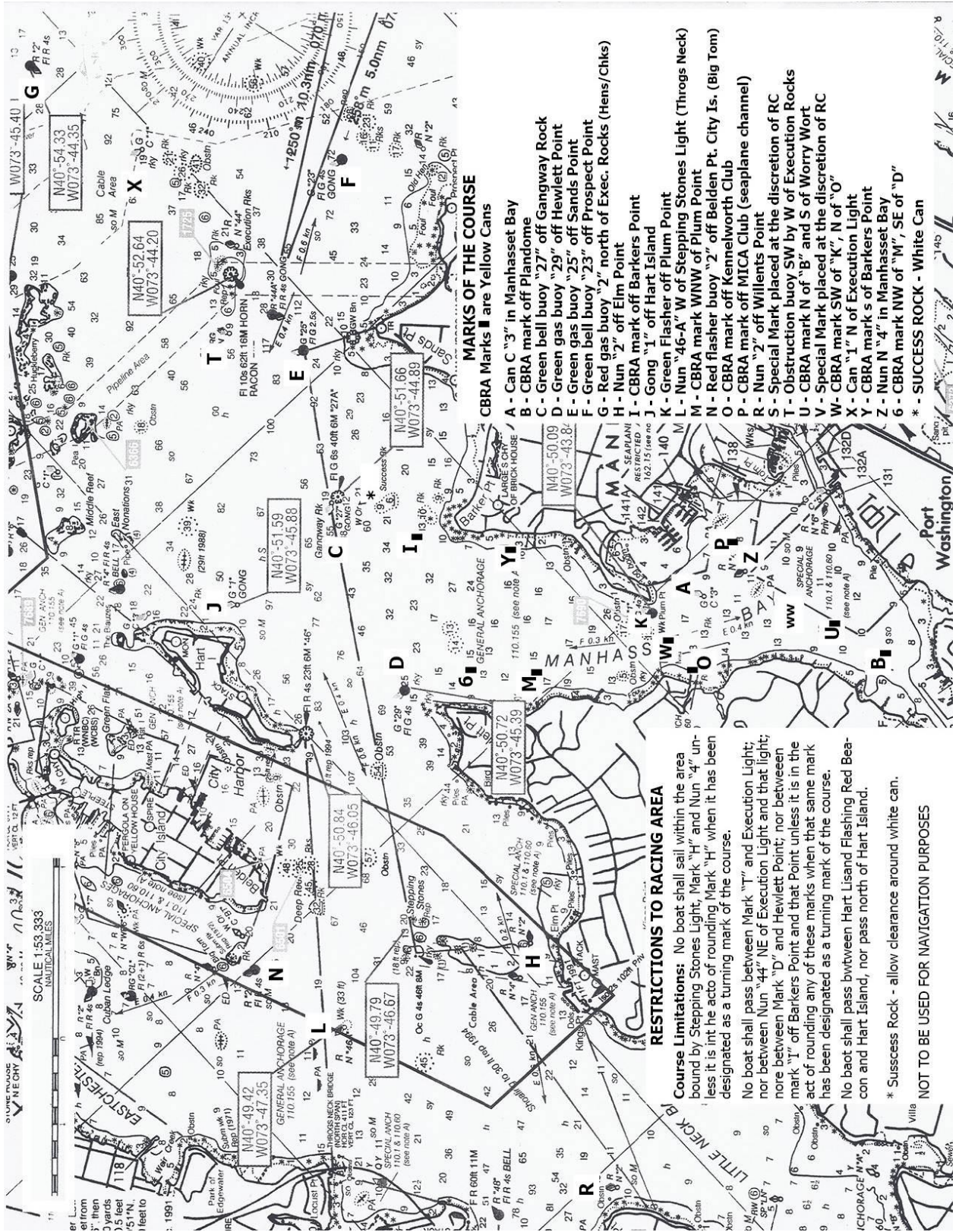
21 PRIZES

21.1 Prizes will be given as specified in the NOR.

22 RISK STATEMENT

22.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.**

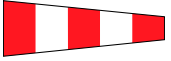










Addendum A: CBRA Racing Marks Map



Addendum B: CBRA Summer Racing Schedule

Weekend Dates	Saturday	Sunday
May 23-24	Practice Racing	Practice Racing
May 30-31	MBOD only	All classes
June 6-7	MBOD only	All classes
June 13-14	MBOD only	All classes
June 20-21	MBOD only	All classes
June 27-28	MBOD only	All classes
July 4-5	MBOD only	All classes
July 11-12	MBOD only	All classes (Larchmont YC RW)
July 18-19	MBOD only	All classes
July 25-26	MBOD only	All classes
August 1-2	MBOD only	All classes
August 8-9	MBOD only	All classes
August 15-16	Manhasset Bay Race Week (No Bay Racing)	
August 22-23	MBOD only	All classes
August 29-30	MBOD only	All classes
September 5-6	MBOD only	All classes (Single handed trophy)
September 12-13	MBOD only	All classes
September 19-20	MBOD only	All classes
September 26-27	MBOD only	Orient Trophy Race/Cow Bay Ideal 18 Championship
October 4 th	No Race	Cable and Anchor Reef Trophy

Addendum C: CBRA Flag Usage chart

	<p>Postponement AP and 2 sound signals. The warning signal will be made 1 minute after the removal unless at that time the race is postponed again or abandoned.</p>		<p>Abandonment Code Flag N and three sound signals. All races that have already started are abandoned. Return to the starting area. The warning signal will be made 1 minute after the removal unless at that time the race is abandoned again or postponed.</p>
	<p>Come Within Hail or Follow Me Code Flag L and one sound signal. Afloat: Come within hail or follow this boat.</p>		<p>Course Change Code Flag C and repetitive sound signals. The position of the next mark has been changed.</p>
	<p>Personal Buoyancy Code Flag Y and one sound signal. All crew members shall wear USCG approved personal buoyancy.</p>		<p>Missing Mark Code Flag M and repetitive sound signals. The object displaying this signal replaces a missing mark.</p>
	<p>Individual Recall Code Flag X and one sound signal. The Race Committee will attempt to hail sail numbers of boats on the course side. Failure to hail shall not be grounds for redress. This changes RRS 41 and 62.1</p>		<p>No Further Racing Code Flag A – When displayed at the finish boat: there will be no further racing today.</p>
	<p>General Recall First Substitute and two sound signals. The warning signal will be made 1 minute after removal.</p>		<p>Start in a different position. If Displayed from the Worry Wart, the start for bay racing for the day will take place in a different location. Radio the RC on 69 for more information.</p>
	<p>Finish separate from Start Code Flag F – A separate finish line has been set.</p>		

Addendum D: CBRA Course Diagrams

<p>Windward - Leeward</p>		<p>Triangle</p>	
<p>Olympic</p>		<p>Modified Trapezoid</p>	
<p>Figure 4</p>			

Addendum E: CBRA Modified Appendix U 5-minute sequence

Signal type	Time to start	Sound Signals	Associated Flags
Attention	T-6 Minutes	5 Short Horns	
Warning	T-5 Minutes	5 Long Horns	Class Flag Up
Preparatory Signal	T-4 Minutes	4 Long Horns	P, I, U, or Z flag up
	T-3 Minutes	3 Long Horns	
	T-2 Minutes	2 Long Horns	
	T-1:30	1 Long and 3 Short Horns	
Preparatory down	T-1 Minutes	1 Long Horn	P, I, U, or Z flag down
	T-30 Seconds	3 Short Horns	
	T-20 Seconds	2 Short Horns	
	T-10 Seconds	1 Short Horn	
	T-5 Seconds	1 Horn sound each second until 0	
Start	T-0 Seconds	1 Long sound	Class Flag Down

Addendum F: CBRA Modified Cox-Sprague Scoring

1. Series scores are computed as follows:
 - a. Each starter in each scheduled race shall be credited with the number of points for finishing place and number of starters as indicated in the table on the following page.
 - b. A boat's score shall be the quotient obtained from dividing her Total Points Scored by her Total Possible Points. This shall garner a quotient also called "Percentage Performance".
 - c. A boat's score shall not be used for the purpose of placement in series championship if she does not sail a minimum of 50% of days sailed by the total group. This principle shall be known as "Qualification" henceforth.
2. All scoring procedures:
 - a. A boat that does not complete the prescribed course after her starting signal, or withdraws, or is disqualified, shall be counted as a starter and shall receive the number of points applying to the finish place one worse than the number of starters in that race.
 - b. If two or more boats finish in a dead heat, they shall each receive the number of points for that place and the next boat shall receive the number of points for the position equal to the number of boats that beat her plus one.
 - c. Calculation of scores shall include a total number of days sailed for purposes of qualification for credit in the series.
 - i. A day sailed shall categorize as a day in which a yacht crossed a starting line and a finish line in due process of a race.
 1. A day sailed shall also categorize as a day sailed for attendance in an away regatta, but only if the away regatta was reported to the race committee no less than 1 week before the start time of the first race in a day that would be sailed. Sailors may gather a maximum of 3 of these "Away days" in a season.
 - ii. A boat shall not be counted as a starter for the purpose of finishes but may include that race for the purpose of qualifying if:
 1. she goes to the assistance of any vessel or person in peril during a race and for that reason does not choose to finish, or
 2. she is disabled by an infringing yacht which withdraws from the race or is later disqualified through protest by the disabled yacht.
 - iii. A boat having no competition in her class shall, if she crosses the starting line, be credited with a start for the purpose of qualification, but shall receive no score even if she completes the course.
 - d. Series scores shall be computed to the third digit. In the event of a tie, the tie shall be broken in favor of the yacht that has beaten the other the greater number of times. If a tie still exists, the tie shall be broken in favor of the yacht with the greater number of 1st places. If a tie continues to exist, the tie will be broken in favor of the yacht which sailed against a larger fleet. If a tie further exists, it shall be at this point sailed off.

Addendum G: Loaned/Chartered Boats

BOATS SUPPLIED BY THE ORGANIZING AUTHORITY

A1

BOATS

- A1.1** Boats will be supplied for some competitors, who shall not modify them or cause them to be modified in any way except that
- (a) a compass may be tied or taped to the hull or spars;
 - (b) wind indicators, including yarn or thread, may be tied or taped anywhere on the boat;
 - (c) hulls, centreboards and rudders may be cleaned, but only with water;
 - (d) adhesive tape may be used anywhere above the water line; and
 - (e) all fittings or equipment designed to be adjusted may be adjusted, provided that the class rules are complied with.
- A1.2** All equipment supplied with the boat for sailing purposes shall be in the boat while afloat.
- A1.3** The penalty for not complying with one of the above instructions is disqualification from all races sailed in which the instruction was broken.
- A1.4** Competitors shall report any damage or loss of equipment, however slight, to the organizing authority's representative immediately after securing the boat ashore. The penalty for breaking this instruction, unless the protest committee is satisfied that the competitor made a determined effort to comply, is disqualification from the race most recently sailed.
- A1.5** Class rules requiring competitors to be members of the class association do not apply.

Addendum G: Links to Scoring and Website Documents

<p>CBRA Google Form Sign Up</p>		<p>Manhasset Bay YC OD and Bay Racing Page (with links to all scoring)</p>	
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