

# LAKE MURRAY YACHT RACING ASSOCIATION

## 2017 COUPLES PURSUIT RACE SAILING INSTRUCTIONS

1. Race starting time is 7:00 PM (1900) The race starting area is in front of the Columbia Sailing Club.
2. A Couple is one male and one female.
3. No spinnakers, spinnaker poles or whisker poles are allowed.
4. Race Committee will use Channel 66 for communications (e.g., course description, etc.).
5. Starting Sequence (**Reverse starts**)

Time	Signal	(Optional Flags)
6 Minutes before clock starts	multiple horns	(None)
5 Minutes before clock starts	1 horn	(LMYRA flag up)
4 Minutes before clock starts	1 horn	(P flag up)
1 Minute before clock starts	1 horn	(P flag down)
Start of clock	1 long horn	(LMYRA flag down)

After start of clock you starting time in seconds before you can start is equal to:

$(270 - \text{your adjusted LMYRA PHRF}) \times \text{Course Length (statue miles)} \times 1.16$  (see attached timing table).

6. **INDIVIDUAL RECALL:** Hoisting of Code Flag X (blue cross on white field) and one sound signal immediately after a boat has started shall indicate that one or more yachts have started prematurely. The RC may attempt to hail each yacht that is over early by either hailing and/or using Channel 66.
7. **POSTPONEMENT:** Answering pennant (red and white vertical bars) and two sound signals. This signal shall be lowered with one sound signal approximately one (1) minute before the red class flag is raised.
8. **ABANDONMENT:** Code Flag N (checkered blue and white squares) and three sound singles.

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# Time sheet

The following formula was used to calculate the times in the table: Starting time in seconds = (270-your adjusted PHRF) x Course Length (statue miles) x 1.16.

## Time Vs Distance

<b>LMYRA Adjusted PHRF</b>	<b>3 miles Distance 3</b>	<b>4 miles Distance 4</b>	<b>6 miles Distance 6</b>	<b>LMYRA Adjusted PHRF</b>	<b>3 miles Distance 3</b>	<b>4 miles Distance 4</b>	<b>6 miles Distance 6</b>
270	00:00	00:00	00:00	174	05:34	07:25	11:08
267	00:10	00:14	00:21	171	05:45	07:39	11:29
264	00:21	00:28	00:42	168	05:55	07:53	11:50
261	00:31	00:42	01:03	165	06:05	08:07	12:11
258	00:42	00:56	01:24	162	06:16	08:21	12:32
255	00:52	01:10	01:44	159	06:26	08:35	12:53
252	01:03	01:24	02:05	156	06:37	08:49	13:13
249	01:13	01:37	02:26	153	06:47	09:03	13:34
246	01:24	01:51	02:47	150	06:58	09:17	13:55
243	01:34	02:05	03:08	147	07:08	09:31	14:16
240	01:44	02:19	03:29	144	07:18	09:45	14:37
237	01:55	02:33	03:50	141	07:29	09:59	14:58
234	02:05	02:47	04:11	138	07:39	10:12	15:19
231	02:16	03:01	04:31	135	07:50	10:26	15:40
228	02:26	03:15	04:52	132	08:00	10:40	16:00
225	02:37	03:29	05:13	129	08:11	10:54	16:21
222	02:47	03:43	05:34	126	08:21	11:08	16:42
219	02:57	03:57	05:55	123	08:32	11:22	17:03
216	03:08	04:11	06:16	120	08:42	11:36	17:24
213	03:18	04:24	06:37	117	08:52	11:50	17:45
210	03:29	04:38	06:58	114	09:03	12:04	18:06
207	03:39	04:52	07:18	111	09:13	12:18	18:27
204	03:50	05:06	07:39	108	09:24	12:32	18:48
201	04:00	05:20	08:00	105	09:34	12:46	19:08
198	04:11	05:34	08:21	102	09:45	13:00	19:29
195	04:21	05:48	08:42	99	09:55	13:13	19:50
192	04:31	06:02	09:03	96	10:06	13:27	20:11
189	04:42	06:16	09:24	93	10:16	13:41	20:32
186	04:52	06:30	09:45	90	10:26	13:55	20:53
183	05:03	06:44	10:06	87	10:37	14:09	21:14
180	05:13	06:58	10:26	84	10:47	14:23	21:35
177	05:24	07:12	10:47	81	10:58	14:37	21:55