



2026 CYC COOKE SUNDAY SERIES **NOR AND SAILING INSTRUCTIONS**

1. **Rules:** Racing will be governed by The Racing Rules of Sailing (RRS), except as modified by these Sailing Instructions.
2. **Eligibility:** The Cooke Sunday Series is open to Town Class boats that are registered with their fleet and to all other fleets. If other fleets wish to participate, these sailing instructions will be amended with appropriate start times and instructions.
3. **Notice to Competitors:** Notices to competitors will be posted in the CYC Race Committee booth window.
4. **Changes to these Instructions:** Changes to these instructions will be posted per #3 above before noon on the day they will take effect and shall be signaled by displaying an "L" flag from the CYC yardarm.
5. **Communications:** *All* race participants are *required* to monitor VHF **Channel 78** for race course information, OCS (On Course Side; aka, over early) or to request assistance. **All boats must notify the race committee when they are withdrawing or retiring from a race, the race area or the starting area at the first reasonable opportunity by VHF or call 617-529-2262.**
6. **Schedule:** Races are scheduled for June 14, 21, & 28, July 5, 12 & 19, August 2, 9, 16 & 30. Three boats constitute a race for all classes. There will be no makeup race for any cancelled races within the Sunday Series.
7. **Start Times:**

10:24 AM	Warning (Yellow shape + audible)
10:26 AM	Yellow removed – no sound
10:27 AM	Preparatory (BLUE shape + audible)
10:29 AM	Blue removed – no sound
10:30 AM	Start Town Class (Red shape + audible)
8. **Audible Signals:** All starting, general recall and first-place finishing signals will be by siren. OCS, changed and shortened course signals will be by air horn.
9. **PFD Requirement:** If the race committee posts code flag "Y", all participants must wear a PFD while racing. All solo sailors are required to wear a PFD while sailing solo.
10. **Start/Finish Line:** The start and finish line will be formed by a line between a red and black tetrahedron (Racing Mark "O") and an orange plank on the CYC Race Committee Booth Railing. Mark "O" will *not* be displayed in the course description. **The time limit for Sunday races will be at the discretion of the Race Committee, approximately two hours.**
11. **Individual Recall:** When a boat is OCS (On Course Side; aka, over early), there will be a short blast of an air horn and code flag "X" will be posted. An attempt will be made to notify all OCS boats by VHF. Failure to hail her number, failure of her to hear such a hail, or the order in which boats are hailed will not be grounds for a request for redress. (Changes RRS 62.1(a)).
12. **General Recall:** Will be signaled by two sounds from the siren after the start, posting of the "**First Substitute**" flag and an announcement will be made by VHF. The next siren (3 minutes from the recalled start) will be the Preparatory signal for the recalled class with their start 3 minutes later and the starts for any succeeding classes shall follow the new start. (Changes RRS 29.2)
13. **Course Instructions:** The racing area is as shown on the attached chart. Applicable race marks will be posted at the Race Committee booth, as read from your **left** to your **right**. As a courtesy the course will be announced over VHF. Except as noted in 13.3, a mark shall be passed on the side farthest from the next mark. In the case of a single mark course, it shall be rounded to port.
 - 13.1 **Course Restrictions:** Racers shall **NOT** proceed between Childrens Island and Comerant Rock --- or between Eagle Island and Nun #6 to the northwest of Eagle Island.
 - 13.2 **Twice Around** courses will be indicated with the posting of code flag "**T**" and **Three Times Around** courses will be indicated with the posting of U.S. Navy "#3" signal flag along with the posted course marks. Mark "**O**" will not be posted but must be **rounded**, unless the course has been shortened at Mark "**O**" by the posting of code flag "**S**" and two blasts of an air horn.
 - 13.3 **Change of Course:** When the course is changed for a second or third circuit of the race Code flag "**C**" shall be posted and repetitive blasts of an air horn. The *new* mark(s) shall be posted before this signal is given. Mark "**O**" shall be rounded as if the course had not been changed. The new mark(s) shall be rounded in the same manner as the previous course mark(s) (passed on the side farthest from the next mark) and if the second or third circuit is a single mark, it shall be passed on the same side as Mark "**O**" was passed.
14. **Penalty System:** RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.
15. **Protests:** Protests will be the responsibility of the individual classes and the outcome will be communicated to the CYC race committee.
16. **Scoring and Prizes:** The race finishing order will be posted for approximately seven days at the CYC Race Committee booth window. Scoring and prizes will be the responsibility of the individual classes.
17. **Safety Equipment:** See class specifications. In addition, each boat must carry a **working** VHF radio capable of channel 78.

(Note: See course chart attached)