



COHO Memorial | September 19-20, 2026 | Glen Cove, NY

SAILING INSTRUCTIONS

1. **Rules:** The regatta will be governed by the Racing Rules of Sailing 2025-2028, the ICSA Procedural Rules 2025-2028, and these sailing instructions.
2. **Notice to Competitors:** All notices will be made orally to competitors.
3. **Changes to the Sailing Instructions:** Any changes in the sailing instructions will be announced orally by the Race Committee and, when possible, posted before the first race in which they are to take effect.
4. **Schedule of Races:**

Saturday	1030 Report Time
	1045 Skippers Meeting
	1115 First Warning
Sunday	0930 Report Time
	1000 First Warning
	1500 No Races After
5. **Boats and Equipment:** 420's will be provided for all competitors, who shall not modify any boat or cause them to be modified in any way, except that competitors may adjust lines and controls normally adjustable. The standing rigging shall not be adjusted. Competitors shall report any damage or loss of equipment, however slight, immediately after arriving ashore or to the Race Committee on the water. The main halyard knot and ball shall not be adjusted or altered.
6. **Rotations:** The rotation of boats will be in accordance with the provided rotation sheet. Boat exchanges will occur on the beach in front of the Webb Yacht Club.
7. **Sailing Area:** The sailing area will be north-west of the Webb beach.

8. **Courses:** The diagrams will be posted in these sailing instructions and at the yacht club. Courses will be announced before the races by the race committee orally. Round marks 1 and 2 to port.
 - a. W4: Start-1-2-3a/3b-1-2-Finish
 - b. W2: Start-1-2-Finish
9. **Alternative Penalties:** Penalties for breaking a rule of RRS Part 2 will be in accordance with RRS 44.1 and 44.2
10. **Marks:** White or orange buoys.
11. **Starts:** Starts will be 3 minutes indicated by whistles. The only whistles the race committee is required to blow are the 3 minute whistle and the start whistle. The start line will be between a staff displaying a flag on the Race Committee Start Boat and a mark.
12. **Changing the Course:** The course will only change between races. There will be no course alterations once the start sequence has begun.
13. **Abandonment:** Race abandonment will only be called by the Race Committee. Abandonment will be signified by three short whistles.
14. **The Finish:** Finish will be the same as the start line. When a competitor crosses the line, the race committee will blow a whistle.
15. **Protests:** A boat intending to protest must notify the other boat of intent on the water. The race committee and other boats must be immediately notified at the end of the race. Protest forms will be available. Protests will be heard at the end of racing the day of the protest. All parties and witnesses must be present at the hearing.
16. **Scoring:** Scoring will be a low point summation system.
17. **Breakdowns:** The race committee must be notified immediately after the race. If the boat requires repair, races will be paused until the boat is either fixed or retired.

18. **Safety:** A boat requesting assistance from support boats should signal by racing hands overhead. A capsized boat may be righted and sailed by its crew, unless, in the sole judgement of the Race Committee, safety or the progress of the regatta would be affected, in which case the crew shall accept assistance, and the boat will be scored 'DNF.' Any boat that capsizes and is not re-righted with both sailors in the cockpit within 5 minutes after the race committee observes the capsize condition will be scored 'DNF' for that race, at which time the sailors will accept assistance as needed from a safety boat.
19. **Coaching:** No on-water coaching allowed.