

# SAILING INSTRUCTIONS

## HIS N' HERS RACE SERIES

### Attachment A – Courses for His 'N Hers

<b>Courses Starting from "S" Mark</b>		<b>Official Distance</b>
<b>#1</b>	<b>Start – C – P – X – Gs – W – Finish</b>	<b>3.5 NM</b>
<b>#2</b>	<b>Start – A – H – Ys – G – W – Finish</b>	<b>4.1 NM</b>
<b>#3</b>	<b>Start – Ys – A – H – K – W – Finish</b>	<b>4.7 NM</b>
<b>#4</b>	<b>Start – F – H – Ys – G – W – Finish</b>	<b>5.4 NM</b>
<b>#15</b>	<b>Start --Ts --C -- P -- X -- W - Finish</b>	<b>4.2 NM</b>
 <b>Courses Starting from "K" Mark</b>		
<b>#5</b>	<b>Start – Hs – Ys – X –W – Finish</b>	<b>3.5 NM</b>
<b>#6</b>	<b>Start – Ps – S – A – Y – G – W – Finish</b>	<b>4.7 NM</b>
<b>#7</b>	<b>Start – Hs – As – Ts – Y – G – W – Finish</b>	<b>4.9 NM</b>
<b>#8</b>	<b>Start – A – H – Ys – K – G – W – Finish</b>	<b>5.2 NM</b>
<b>#16</b>	<b>Start --Xs - Ps - Ys - X -- W - Finish</b>	<b>3.5 NM</b>
 <b>Courses starting from "Y" Mark</b>		
<b>#9</b>	<b>Start – As – Ss – G – W – Finish</b>	<b>3.0 NM</b>
<b>#10</b>	<b>Start – C – A – Ss – X – W – Finish</b>	<b>4.4 NM</b>
<b>#11</b>	<b>Start – Hs – As – K – W – Finish</b>	<b>5.0 NM</b>
<b>#12</b>	<b>Start – Hs – Fs – G – W – Finish</b>	<b>5.6 NM</b>

### Typical Starting Signal Sequence

- 1) Multiple sounds before first Warning only, not precisely timed to next signal
- 2) 5 min before Start. Warning signal. Class flag is raised with one sound. Course selection displayed.
- 3) 4 min before Start. Preparatory signal. P flag is raised with one sound.
- 4) 1 minute before Start. Preparatory flag lowered with one long sound.
- 5) Start: Class flag lowered with one sound.

FYI: Some race committees will utilize a "running clock" which simply means the next class to start is given its Warning signal simultaneous with the Start signal of the previous class, leading into the same sequence as above. This practice is favored but NOT essential so the racer must always be guided by the Class flag as the beginning of their Class start sequence.