



Eastern Shore Sailing Association



Cambridge Fleet 2025 Wednesday Night Notice of Race & Sailing Instructions

Fleet Captain: Paul West, 443-614-4070. Text messages are encouraged.
email: wpwestla@gmail.com

Wednesday Night Race Schedule- 2025

Practice Race	April 30, May 7	2 scheduled races
Series 1	May 14- June 18	6 scheduled races
Series 2	June 25 – July 30	6 scheduled races
Series 3	August 6- September 10	6 scheduled races

Special Race Schedule- 2025

Race	Race Date	Back-up Date
Stedman Smith Cup	Sat, June 7	No rain date
Choptank Duet	Sat, July 26	Sun, July 27
Wild Goose Chase	Sat, Sept 13	Sun, Sept 14
Choptank Cup	Sat, Oct 11	Sun, Oct 12

- 1.0 Racing Rules - Racing will be governed by the 2025-2028 Racing Rules of Sailing (RRS) and by the 2025 ESSA Notice of Race and Sailing Instructions.
 - 1.1 See the last page for important updates that should be reviewed online.
- 2.0 Fleets- There will be two fleets (classes): Cruising and Racing.
 - 2.1 Entrants in the Cruising and Racing fleets must be paid members of ESSA, must submit a completed Racing Application, and must pay the standard racing fee before participating.
 - 2.2 All forms are to be submitted to the Treasurer.
 - 2.3 Forms can be downloaded from www.essasailing.org soon to be essasailing.net
 - 2.4 Payment of ESSA Membership and ESSA Racing fees must occur before 5:30 p.m. on the first day the participant intends to race. Boats which have not paid the Membership and racing fees before racing will not be scored. There will be no retroactive scoring when fees are paid after the season starts.

- 3.0 Scoring Certification- All cruising and racer class boats must possess an ORR-EZ certificate to be scored. Certificates are acquired from Regatta Management Solutions: <https://www.regattaman.com>

Note: ORR-EZ certificates can take up to two weeks to process

NOTE: Delayed Certificate: For new boats to the fleet- an ORR-EZ certificate must be received before the sixth race of Series 1 or June 18. The Fleet Captain and Scorekeeper must be informed as soon as the certificate has been processed-

- 4.0 Class Selection - A boat must race in the same class for an entire Series but may change class at the start of each series.

- 4.1 The Fleet Captain must be notified of this change before the start of that series.

- 5.0 Weekly Racing Format –

- 5.1 Three six-race series are scheduled.

- 5.2 Racing will begin on Wednesday evenings at approximately 6:00 PM.

- 5.3 The Race Committee will

- a. Sound a short blast around 5:45pm and announce the course.
- b. The course will also be posted on a whiteboard on the committee boat. If a racer missed the radio announcement of the course, they shall sail by the RC boat to see the course.
- c. Racers shall check in with the land crew as they leave the marina by VHF Channel 72 as they cruise by.
- d. Racers are expected to have a copy of the attached 2025 Race courses on board.
- e. The RC land crew will record finish times. When conditions require it, the RC boat will record finish times.
- f. Should the RC boat be unavailable for the WNR, the fleet captain will establish an Officer of the Day as outlined in the Sailing Instructions.

- 6.0 Results will be posted on <https://www.essasailing.org> or soon to be <https://www.essasailing.net>.



Eastern Shore Sailing Association



Sailing Instructions

1. Decision to Race - The responsibility for a boat's decision to participate in a race or to continue racing is hers alone. US Sailing Rule 3.
2. Safety Equipment - For all classes, they shall comply with the "Nearshore" category of the US Sailing Safety Equipment Requirements.
 - a. **Monohull-SER-2023.0-Nearshore** PDF (www.ussailing.org)
3. Personal Safety - Each competitor, including the crew, is solely responsible for his or her personal safety. Adherence to the near-shore safety requirements is mandatory. Monohull-SER-2023.0- Nearshore.pdf (ussailing.org)
4. Running lights (and steaming lights) are required by all boats if races continue after sunset per Coast Guard Regulations.
5. Outside Help - A boat shall neither make nor receive radio, phone or other communication to gain information not available to all other boats participating. The use of cell phones to monitor approaching severe weather is permitted.
6. Scoring - The standard low point scoring system will be used. Points will be awarded in order of finish based on corrected time. Boats which are scored DNS, DNF or DSQ will receive a score equal to the number of boats that came to the starting area plus 1. DNC will be scored as the number of boats entered in that Series plus 2. Races will be scored using the EZ Handicap system. Dual scoring with PHRF time on distance may be used for dual scoring. Two boats from a Fleet (class) must cross the starting line to make a race. Races with only one boat will not be held. A minimum of four races are required to constitute a Series. In the event of multiple race cancellations, the Fleet Captain may schedule up to two make-up race dates on September 24 and/or Oct 1 to complete any Series.
7. Race Result Throwouts – For each Series, one race result may be thrown out for each competitor.
8. Scoring of Substitute Race Committee Boat - If the on the water Race Committee is not available, and an ESSA racer is assigned to substitute, that boat will be scored OOD (Officer-Of-the- Day.) The boat will receive the average points of all scored races, less any DNC's for that series.

9. Race Ties – If boats are tied based on their corrected times, the points for the place for which the boats have tied will be awarded to each boat. For example, if two boats are tied for 3rd place based on corrected time, each boat will receive 3 points.
10. Series Ties – If there is a series-score tie between two or more boats, each boat's race scores shall be listed in order of best to worst, and at the first point where there is a difference, the tie shall be broken in favor of the boat(s) with the best score(s). No excluded races shall be used. If a tie remains, follow the guidance in Rule A8.2.
11. Responsibility - If a borrowed boat is used as the Committee Boat, the Officer-of-the-Day (OOD), must be on board to officiate the race. If the skipper of the designated RC boat decides to permit their crew to race his/her boat, that boat will be scored OOD.
12. Awards - Awards will be given in both the Racing and Cruising Fleets (classes) for total points in each Series and total points for the season.
13. The number of Series Awards given is based on the number of boats competing in the Racing and Cruising Fleets as follows:

No. Boats/ Fleet/Series	No. Awards
3	1 st place
5	1 st & 2 nd place
7+	1 st , 2 nd , 3 rd place

14. To qualify for the Overall Season Award a boat must race in 50% of the races sailed plus one.
 - a. Overall Season Awards for each Fleet will be based on all races sailed plus points earned as the Race Committee boat, minus three discards over the entire season.
15. On the Water Race Committee
 - a. Selection – When the regular Race Committee is not available, a lottery system will be used to select skippers for Race Committee duty for a specific Wednesday evening. The Fleet Captain will issue the Race Committee assignment schedule and email it to the Fleet and post it on the ESSA Website. If the boat assigned to Race Committee cannot be there in person, it is their responsibility to recruit a substitute Officer-of-the-Day who is trained and capable of executing a race per the 2025 NORSI. The OOD must also ensure that sufficient RC crew is onboard.

16. Instructions for the Race Committee - A document listing the "Instructions for the Race Committee" will be posted on essasailing.org, distributed by e-mail to all skippers, and included in the Race Committee Binder. Skippers selected for Race Committee duty are expected to review and understand these instructions and conduct their race accordingly.
17. Communications - The Race Committee will use, and each participant shall monitor VHF Channel 72 for communication. The course shall be posted on a whiteboard on the committee boat. If questions arise, contact the Race Committee before the race, during the pre-race or at any time during the race on VHF Channel 72.
18. 2025 Course List - The 2025 Course List will be sent to each skipper along with the Race Committee Instructions and the 2025 NORSI. It is strongly recommended that each skipper leave a copy of these documents onboard.
19. Course Selection - The Race Committee will announce courses for both the Racing and Cruising Fleets, using the 2025 Course List. The number of each course and the number of laps will be posted on the whiteboard on the committee boat. Courses will be announced by radio at 5:45pm to competitors. The course will also be posted on the whiteboard on the committee boat.
20. The Race Committee may set a course that is not on the 2025 Course List to better match the conditions at race time. This course will be posted on the whiteboard and will be announced on VHF 72. ESSA Marks A- Z will be used. (Alpha – Zulu)
21. Setting the Starting Line - The starting line will be set between the Committee boat and a floating marker ball or an established course mark. The length of the starting line will be set to allow adequate room based on the number of boats competing and the current weather conditions. As a rule of thumb, the line should be 1-1.5 times the hull length of all boats competing in that race. A starting line that is too short can cause congestion that may lead to collisions between boats.
22. The Finish Line - The finish line will be between ESSA Mark "Z" (Zulu) and a flag on the dock at the Cambridge Yacht Club unless the course is shortened by the Race Committee. A boat will be scored as finished when any part of that boat's hull crosses the finish line from the course side and continues to stay clear of the finishing marks and other boats. The preferred RC boat location is on the starboard end of the line unless shallow water dictates otherwise.
23. Protests

- a. Making a Protest - A boat intending to protest shall inform the protested boat at the first reasonable opportunity. The protesting boat shall also inform the Race Committee at the first reasonable opportunity. Protests must be filed with the assigned Race Committee no later than one hour after the conclusion of the race. Protest forms are available from the Fleet Captain or his/her designee. Copies are in the Race Committee white Binder. Protests will be heard at a time and place determined by the Fleet Captain, or his/her designee and the parties involved.
 - b. Penalties at the Time of an Incident - A boat that has broken one or more rules of Part 2 or rule 31 may take a penalty turn in accordance with rule 44 and Sailing Instruction paragraph 2.5. The boat shall report to the Race Committee that they have completed the required penalty turn.
 - c. Penalty Turns - Rule 44.1 (taking a penalty) is modified to allow a boat to take a one-turn penalty versus a two-turn penalty when she has broken one or more rules of Para 2.5. The penalty turn will be completed within the current course leg and promptly as soon as the vessel is well clear. The boat shall report to the Race Committee that they have completed the required penalty turn.
 - d. Other Protests & Disqualifications - The Race Committee, after witnessing or hearing the report of an incident, may choose to protest the offending boat in accordance with Rule 60. The RC may score a DSQ for other obvious infractions. The Fleet Captain shall be informed of all observed violations before final determination.5.0
24. Checking In - Racers will check in with the Land Crew by motoring or sailing past the finish line prior to the first courtesy warning signal. Skippers will communicate their boat name, and Fleet (Racing or Cruising) & Spin or Non-Spin.
25. Starts - Races will be started with the following modification to Rule 26. Specifically, there will be an additional warning signal consisting of five long blasts at 6 minutes then the sequence begins with one blast at 5 min, one blast at 4 min, one blast at 1 min and then the start.

Cruising Fleet Starting Sequence

		Time	Sound	
Courtesy Warning	6 min	17:54	5 Long Blasts	
Starting Sequence	5 min	17:55	1 Long Blast	Engine off. Must be under sail.
	4 min	17:56	1 Long Blast	
	1 min	17:59	1 Long Blast	
	Start	18:00	1 Long Blast	

Racing Fleet Starting Sequence

		Time	Sound	
Courtesy Warning	6 min	18:01	5 Long Blasts	
Starting Sequence	5 min	18:02	1 Long Blast	Engine off. Must be under sail.
	4 min	18:03	1 Long Blast	
	1 min	18:06	1 Long Blast	
	Start	18:07	1 Long Blast	

26. **Multiple Laps** – Prior to the warning signal, the Race Committee will post on the white board the number of laps of the course to be sailed if greater than one.
27. **Time Limit**: The first boat in each Fleet must finish the course before or at **120 minutes, zero seconds** after the starting signal or the race is abandoned. Subsequent boats in each Fleet must finish within **45 minutes** of the first boat in the Fleet to finish. For boats still racing when time expires (and at least one boat has finished within the time limit) they shall be scored DNF and notified by the Race

Committee on VHF Channel 72. No sound signal will be made. Time will be determined by GPS. This modifies RRS Rules 35 and A11.

28. Shortened Course - The Race Committee may shorten a course at any mark utilized in the race that evening. The shortened course will be announced on VHF Channel 72 prior to the lead boat achieving the shortened finish mark.
29. Postponing A Race - Races postponed due to weather, including lack of wind, will be delayed a maximum of 30 minutes. A new start time will be announced by Race Committee on VHF Channel 72.
30. Abandoning a Race - The Race Committee may abandon a race at any time if they determine that the weather conditions in the racecourse area are currently or soon will be too dangerous for the fleet or if winds are very light and it is judged that the lead boat will clearly not cross the finish line within the time limit. An abandoned race will be signaled via VHF Channel 72. This race will not count in that Series.
31. Withdrawing from a Race - If a competitor elects to withdraw from a race due to weather in the area or for any other reason, she shall notify the Race Committee of her withdrawal and the reason why. If withdrawal after starting the race, she will be scored DNF, If before the race, DNS.
32. Racing Area and Marks
- a. Racing Area - The racing area and marks are shown below on this NORSI that will be sent to each racer by email. The Skipper's Guide can also be accessed on <http://www.essasailing.org>

COURSE MARKS (locations are reasonably accurate)

Mark A	Can 3 Cambridge Creek	N 38 34' 40"	W 76 03' 53"
Mark B	ESSA Yellow Flag	N 38 35' 27"	W 76 04' 30"
Mark C	G23 Dolphin	N 38 35' 55"	W 76 04' 41"
Mark D	Can 21	N 38 36' 04"	W 76 06' 14"
Mark E	FL R 20	N 38 36' 01"	W 76 06' 53"
Mark F	Clam Line	N38 35' 23"	W76 03' 34"
Mark G	ESSA Flag Buoy	N 38 36' 36"	W 76 05' 43"
Mark H	Clam Line	N 38 36' 09"	W 76 04' 21"
Mark Z	Finish Yellow Flag (CYC)	N 38 34' 44"	W 76 04' 13"

Key Changes and Updates:

- **Mark-Room:**

The definition of mark-room has been rewritten, and the sequence of actions required has changed. When boats are not overlapped, the boat that reaches the zone first is entitled to mark-room.

- **Obstruction:**

The definition of obstruction has been clarified, allowing for objects, areas, or lines to be designated as an obstruction in any rule, such as the notice of race or sailing instructions.

- **Avoiding Contact:**

A new rule 14(c) has been added, requiring boats to not cause other boats to hit objects that should not be hit, like race committee vessels.

- **Scoring Penalties:**

Scoring penalties are now rounded to the nearest tenth of a point, not the nearest point, when calculating a penalty.

- **Protest Process:**

Rule 60.2(b) clarifies that if a boat is not within hailing distance at the time of an incident, she only needs to inform the protestee of her intention to protest at the first reasonable opportunity.

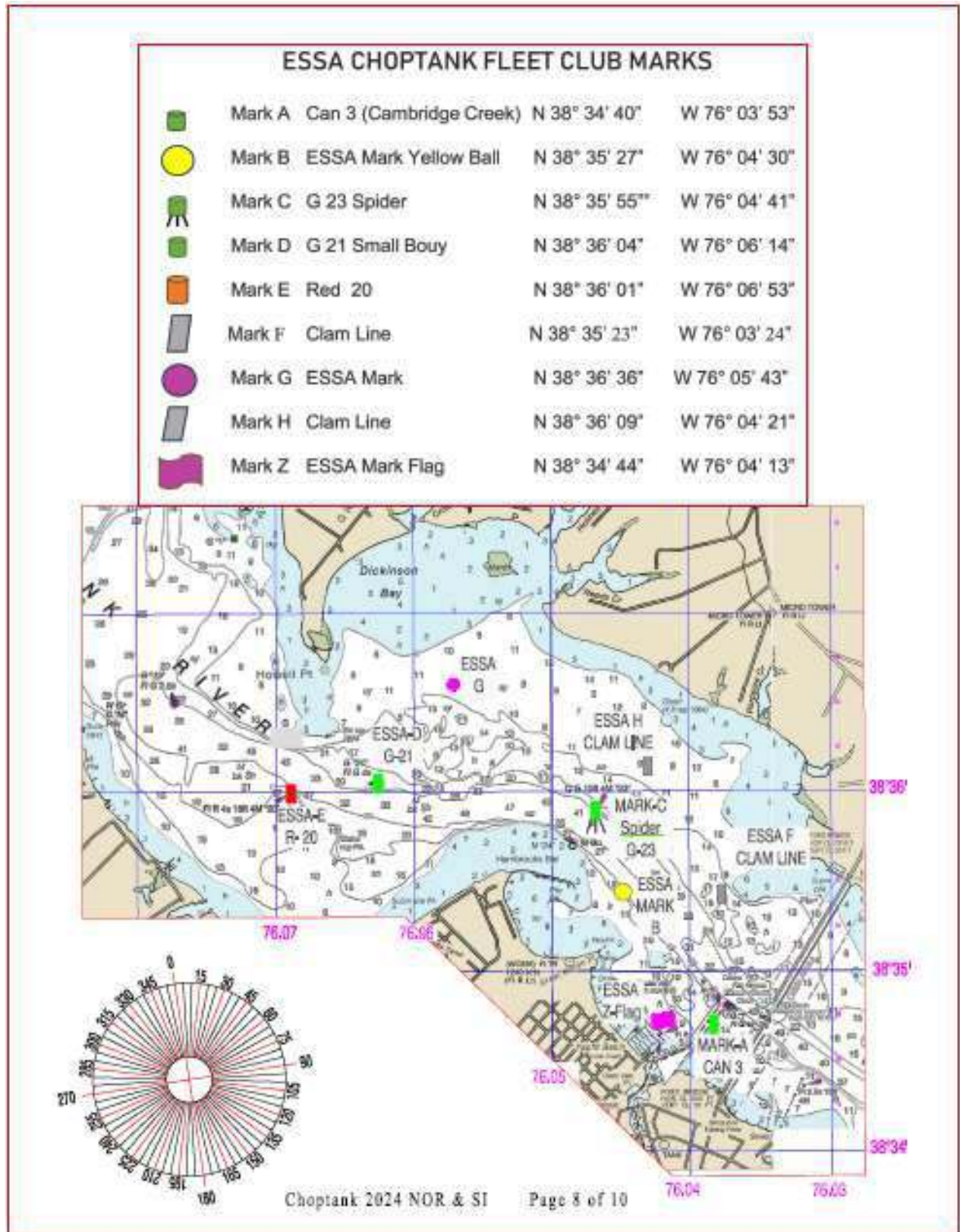
- **Rule 17 (Proper Course):**


This rule has been updated to clarify when a boat is required to keep clear of another boat on the same tack and not luff above her proper course.

Where to Find the Rules:

- **World Sailing:** The official version of the RRS can be found on the [World Sailing website](#).
- **US Sailing:** US Sailing also provides the RRS and includes US Prescriptions, which are rules that apply only in the United States. Their website has the rules available in multiple formats.

Note: All marks are visible within .25 NM.



ESSA Choptank Courses 2025 Season						V 23.1		
If Twice Around, drop "Z" . "Z" is only for the finish line.								
Course Number	Wind Direction	Deg M	Start	Course Marks	Leave to	NM		
1	N	358	A	H-A-Z	P,S,S	3.1	Wind	
2	N	358	A	H-C-A-Z	P,P,S,S	3.5	Speed	
3	N	358	A	H-D-C-A-Z	P,P,S,S,S	4.6	5-8 kts	
4	N	358	A	H-G-C-A-Z	P,P,S,S,S	5.1	9-12 kts	
5	NE	31	A	F-A-Z	P,S,S	2.0	13-20 kts	
6	NE	31	A	F-C-A-Z	P,P,S,S	3.6		
7	NE	31	A	F-C-H-A-Z	P,S,S,S,S	3.9	Starting Signals	
8	NE	58	C	H-A-Z	S,S,S	3.5		
9	NE	58	C	H-G-A-Z	P,P,S,S	4.0	6 min	
10	E	108	B	F-A-Z	S,S,S	1.9	5 blasts	
11	E	108	B	F-C-A-Z	P,P,S,S	3.5	v	
12	SE	164	C	A-H-A-Z	P,P,S,S	4.5	5 minutes	
13	SE	164	C	A-C-A-Z	P,P,S,S	4.6	1 long	
14	S	178	H	A-Z	S,S	1.8	v	
15	S	178	H	A-H-A-Z	P,P,S,S	4.5	4 minutes	
16	S	178	H	A-H-G-A-Z	P,P,P,S,S	6.3	1 long	
17	SW	200	H	B-A-Z	P,S,S	2.1	v	
18	SW	200	H	B-H-A-Z	P,S,S,S	3.2	v	
19	SW	235	H	C-H-D-C-A-Z	P,P,P,S,S,S	4.8	1 minute	
20	W	275	H	D-C-A-Z	P,S,S,S	4.1	1 long	
21	W	277	H	E-C-A-Z	P,S,S,S	5.5	v	
22	NW	341	A	G-A-Z	S,S,S	5.0	START	
23	NW	344	A	C-A-Z	S,S,S,S	3.2	1 long	
24	NW	344	A	C-H-C-A-Z	S,S,P,S,S	3.9		
The Race Committee may elect to announce a							Protest?	
custom course depending on conditions.							RED FLAG!	
All Instructions will be announced on Channel 72.							Race Results	
Race results will be posted on						SHORT 1.9 -3.4		
http://essasailing.org						MED 3.5 -4.5		
						LONG 4.6 -6.4		

ESSA Race Markers: Distances and Bearings-2023										
From/To >	Deg Mag/NM		Updated April 14, 2023							
V										
	A	B	C-2021	D-2021	E	F	G	H	Z	
A		338/.91	344/1.4	321/2.1	311/2.7	31/0.8	341/2.3	358/1.3	282/0.4	A
B	158/.91		356/.51	309/1.2	299/1.9	108/0.7	340/1.4	20/.73	184/.80	B
C	164/1.4	178/.51		287/1.0	285/1.7	132/1.0	321/1.0	58/.35	176/1.2	C
D	141/2.1	129/1.2	107/1.0		281/.7	120/2.0	47/0.8	89/1.26		D
E	131/2.7	119/1.9	105/1.7	101/.7		115/2.7	73/1.3	97/2.0		E
F	211/0.8	288/0.7	312/1.0	300/2.0	295/2.7		323/1.9	323/1.9		F
G	161/2.3	160/1.4	141/1.0	227/0.8	253/2.3	143/1.9		134/0.9		G
H	178/1.3	200/.73	235/.35	275/1.2	277/2.0	153/1.0	314/0.9			H
Z	102/0.4	04/.80	356/1.2							Z
	A	B	C-2021	D-2021	E	F	G	H	Z	

Important - The Race Committee may set a course for either the Racing or Cruising Fleet or for all Fleets that is not on the above list of courses. The Race Committee will set this course to better fit with the conditions at race time. This course will be posted on the whiteboard well in advance of the starting sequence for the Fleet that is affected.

Disclaimer of Liability

Competitors participate in the races entirely at their own risk. See RRS Rule 4 and pertinent sections of these sailing instructions. The organizing authority will not accept any liability for material damage or personal injury, or death sustained in conjunction with, prior to, during, or after the race.