



SAILING INSTRUCTIONS  
**Arizona Yacht Club**



**Birthday and Leukemia Cup Regatta**  
February 18-20, 2022 - Lake Pleasant, Arizona

**Cruising Fleet**

1. **Rules:** The regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS).
2. **Changes to Sailing Instructions:** Changes to the sailing instructions may be made on the water by displaying flag L, with one sound and shall be communicated via VHF radio on channel 68
3. **Radio Communications:** On the water, the race committee will monitor and communicate with competitors via VHF radio on channel 68.
4. **Schedule:** Cruising Fleet competitors may check-in any time after 11am and may start immediately thereafter.
5. **Scoring:** Competitors shall email their legible completed scoresheet to [BirthdayRegatta@ArizonaYachtClub.org](mailto:BirthdayRegatta@ArizonaYachtClub.org) no later than 4:30pm. Subject of the email shall contain the entrant's name and "Cruising Fleet Score". Points are awarded as indicated on the Activity List, the final page of this SI.
6. **Racing Area and Courses:** [Lake Pleasant Chart L](#) shows the courses and course designations. All rounding marks are left to port.
7. **Marks:** Rounding marks will be inflatable yellow cylinders and tetrahedrons, green tetrahedrons, islands and informational buoys.
8. **Check-in and Checkout:** Each boat must check in before her first race each day by sailing aft of the Race Committee on starboard tack and hailing with their fleet and sail number. A boat that retires from a race or retires from racing before the end of the race day shall notify the Race Committee as soon as possible verbally or via VHF channel 68.
9. **Protests:** There shall be no protests allowed for this Corinthian fun event. Be kind. Have fun.
10. **Activity List:** see next page.



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## Cruising Fleet

Skipper Name:		
Points Earning Activities and Tasks (may be performed in any order)	Pts Available	Pts. Earned
Round Informational Buoy marking Cole's Bay	10	
Round Informational Buoy marking Honeymoon Cove	10	
Round Informational Buoy marking Castle Creek	10	
Round Informational Buoy marking Jackass Cove	10	
Dock at Scorpion Bay, make a purchase at the store or restaurant.	20	
Dock at Pleasant Harbor Marina, make a purchase at the store or restaurant.	20	
Raise your mainsail to a reef from stowed while motoring and motor for 5 minutes.	10	
Shake out a mainsail reef to fully raised while motoring.	10	
Sail for 10 minutes Main Sail Only (reefed or full sail)	20	
Sail for 10 minutes Jib Only	20	
Reef mainsail down from fully raised while underway sailing & sail for 10 minutes	20	
Shake out a reef back to fully raised while sailing	10	
Anchor and hold for 10 minutes. If the anchor drags, start your time over.	15	
Anchor with Bow and Stern anchor for 10 minutes	20	
Sail backwards for 5 minutes	20	
Operate your sound signaling device to indicate you are operating in reverse.	10	
Successful MOB (using PFD or Type 4 as victim) under sail	20	
Successful MOB (using PFD or Type 4 as victim) under motor	15	
Heave to and hold station for 5 minutes.	10	
Cook a HOT meal while underway	20	
Share something from your Hot Lunch with a Dinghy Sailor (boat less than 20 ft.)	30	
Fly the American Flag or the US Standard Ensign	10	
Fly the Arizona Flag	10	
Fly the AYC Burgee	10	
Speak to another boat registered in the Cruising Challenge over VHF 69	10	
Rig and Use Jacklines and harness	20	
Tow someone to or from the racecourse (allowable before 10:00am or after 3:00pm)	30	
Raft up with at least one other boat for 10 minutes (enter # in raft up for total pts. Time starts when last boat is rafted)	10/boat	
Total number of fish caught	5/fish	
Sail with a child under the age of 13 (enter number of kids for multiple points)	20/kid	
Pick up pieces of trash from lake (Enter number of pieces for multiple points)	4/piece	
<b>Points Earned TOTAL</b>		