

Frying Pan Tower Dash

Notice of Race

June 14, 2025 - June 15, 2025
Atlantic Ocean at Mouth of the Cape Fear River

Captains Meeting - June 13, 6pm, Cape Fear Yacht Club

Long Distance Race - June 14, 6pm, Ocean Start

Rules – The race will be governed by Racing Rules of Sailing (RRS) for 2021 - 2024, including US Sailing Prescriptions, Notice of Race (NOR), Sailing Instructions (SIs) published for this regatta, and any on-water modifications given prior to the race.

Eligibility and Entry – This recreational regatta is open to self-righting monohull and multi-hull sailboats at least 20' in length. Monohull boats must have a valid NC-PHRF rating prior to the race.

Monohull boats not having a valid NC-PHRF Certificate shall be assigned a temporary PHRF rating by the Race Committee. Multihull boats will not be required to have a PHRF rating. All competing boats must comply with US Sailing and US Coast Guard safety standards and regulations and have an operational marine VHF radio on board.

This is an **OPEN Regatta**, for Self-Righting Boats 20' and up. Scoring will use your provided PHRF Rating or if none is provided a PHRF Rating will be assigned based on the US Sailing Records.

It will be an overnight race starting in the river Channel past Bald Head between 1800 and 1830 on Saturday, 6/14/2025. Time limit expires on 1200 on Sunday 6/15/2025.

Contestants log their self-recorded time crossing the starting line between CF River Channel Markers 11 and 12 using the **Race Q's** application (this link will allow you to install the application on your phone. <https://raceqs.com/started/>). Racers will be encouraged to leave the river channel past these marks and proceed to the Tower.

A Race Committee Boat will be on station at the starting line to support the start from 1800 to 1830 on 6/14/2025.

Boats will keep in touch through the night on Channel 78 reporting in 2 hour intervals beginning at 1900.

Boats completing the course will record the time of crossing the finish line between CF Buoys 11 and 12.

Registration – Completion and submission of the registration form is required prior to the start of the Captains Meeting. Registration forms are available through the CFYC website at www.capefearyachtclub.com/regattas or you can request a form by emailing Race Committee Chair.

Slip Reservations. There are several marinas in the area.

Safe Harbor Marina located at ICW Mile Marker 311.4 (N 33' 55.250, W 78' 03.667) or 4904 Fish Factory Rd. Oak Island, NC 28465.

Reservations can be made by calling the Dockmaster at Safe Harbor Marina (910.454.7486). For more information visit their website at <https://shmarinas.com/locations/safe-harbor-south-harbour-village/>.

Morningstar Marina (previously the Southport Marina) located at ICW Mile Marker 309 (N 33' 55.00, W 78' 01.45) or 606 W. West Street, Southport, NC 28461.

Reservations can be made by calling the Dockmaster at Morningstar Marina (910.457.9900). For more information visit their website at <https://www.morningstarmarinas.com/>.

Regatta Fees – Competitor's fee is \$50 per boat and includes one free hat per boat and food for captain and crew at the award ceremony. Cash bar.

Notices – Notices and changes will be posted online at capefearyachtclub.com, or sent via submitted emails of registrants, or texting submitted phone numbers, and/or transmitted on VHF channel 78 at regular intervals up to the published time start time.

Schedule of Race Events

Date/Time	Event	Location
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June 12,	Race Committee will confirm the race is a go. Communications for the Dash will be posted on the Cape Fear Yacht Club web site.	
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June 13,	6:00 pm Captains Meeting	Cape Fear Yacht Club, Oak Island (The CFYC Bar opens at 5 pm).
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June 14,	6pm Regatta Start	Ocean, Cape Fear River Channel Markers Green 11 and Red 12, Mouth of the Cape Fear River.
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June 15,	4:00 pm Awards	Cape Fear Yacht Club
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Regatta Description – This is a recreational regatta consisting of one lap to the Frying Pan Tower.

The race will feature a starting window with the window opening after a conventional starting sequence. Race Committee will record the time for each boat start between 1800 and 1830.

The start/finish line is in the Cape Fear River Channel between Channel Markers 11 and 12. Racers are asked to log their track on **Race Q's** (<https://raceqs.com/started/>)

Sailing Instructions – The Sailing Instructions will be discussed at the Captains Meeting.

Awards – Individual awards will be presented to 1st, 2nd, and 3rd place monohull finishers. The first place 'overall' monohull winner will have his/her boat name placed on the perpetual Frying Pan Tower Dash trophy. If there are 2 or more multihull boats, an award will be presented to 1st place.

If the weather conditions require cancellation, the regatta will not be rescheduled.

Disclaimer of Liability - Competitors will participate in the regatta entirely at their own risk. The Cape Fear Yacht Club will not accept any liability for material damage or personal injury, or death sustained in conjunction with, prior to, during, or after the regatta. Each boat owner must read, understand, and sign the waiver of liability that is included with the registration form.

Contact Information

Sponsoring Authority: Cape Fear Yacht Club Yacht Club, 4791 Fish Factory Rd, Oak Island NC, 28465.

Registration: visit <https://www.capefearyachtclub.com/regattas> or email the Race Committee Chair.

Race Committee Chair/Race Officer: John Bates, (910) 880-5352, straycat6713@gmail.com

Fleet Captain: Ron Miller, (412) 699-7241, millerr99@gmail.com

Safety Equipment Requirements from US Sailing

Nearshore - monohull (<https://www.ussailing.org/wp-content/uploads/2024/12/SER-2025.0-Monohull-Nearshore.pdf>)

Nearshore - multihull (<https://www.ussailing.org/wp-content/uploads/2024/12/SER-2025.0-Multihull-Nearshore.pdf>)

Sailing Instructions

Frying Pan Tower Dash

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1. Rules

The regatta will be governed by the rules as defined in [Racing Rules of Sailing, 2025 to 2028](#). The captain will attest as to the readiness of the vessel and crew. A recommended list of equipment and training through US Sailing is attached at the end of the SI.

1. Rule 40.1 on wearing PFD's applies.
2. Rule 42.1 applies with exception allowing running the auxiliary motor (disengaged) to charge batteries for instruments and navigation.

2. Entries

Competitors may enter by delivering a completed entry form and paying the \$50.00 entry fee to Cape Fear Yacht Club on or before June 13 at 1900. Entry forms are available at www.capefearyachtclub.com/regattas. Form may be completed on line and printed. Please mail to: The Cape Fear Yacht Club

Attn: Tower Race
4791 Fish Factory Rd.
Oak Island, NC, 28465

3. Notices to Competitors

Notices to competitors will be posted at www.capefearyachtclub.com/regattas.

4. Signals Made Ashore

Signals to racers will be made from the RC boat on station at the start of the race. Communications will be made on Channel 78.

5. Schedule and Class Flags

The Skippers meeting will be held at the Cape Fear Yacht Club on Friday June 13 at 1800. In-person registration will begin at 1800 and close at 2000. The warning signal for the Dash will be 1755 on 6/14. The Starting Window will open from 1800 to 1830.

6. Racing Area

The racing area will be between Bald Head Island (to the North) the Frying Pan Shoal (to the East) the Frying Pan Tower (to the South) and the Cape Fear River Channel (to the West).

7. Courses and Marks

The course will be from a starting line between Cape Fear River Channel Markers Green 11 and Red 12 around the Frying Pan Tower (leaving the Tower to Port) and back to the starting line to finish.

8. Use of RaceQ's

Under Section 12 of the SI for Safety Equipment and Boat Prep, please add item 11. Racers are asked to use the RaceQs app to document their course progress. This link will allow you to install the application on your phone: <https://raceqs.com/started/>

9. Starting and Finishing Lines

The race window opening will signify the start of the race. The sequence to alert competitors will follow RRS 26. The starting and finishing lines will be between Cape Fear River Channel Marks Green 11 and Red 12, west of Bald Head Island. A starting window will open at 1800 and close at 1830. Boats will record their start time when they pass between markers 11 and 12. A crew member will report the start to RC via Channel 78. A crew member will record the time when the boat crosses the finish line between Markers 11 and 12 at the end of the race (recommend snapping a picture and using the photo time stamp for the recorded time).

10. Time Limit

The time limit for the dash will be 18 hours from opening the start window at 1800 on 6/14 until 1200 on 6/15.

11. Protests

Protest will follow RRS 60 for Protest and 61 for Redress. Protests shall be delivered to RC via email notification within 4 hours of the expiration of the race time limit. The protest time limit and a list of protests received will be posted on the notice board outside the clubhouse bar. Hearings will be held as soon as practicable after the race.

12. Scoring

This race will be scored using PHRF Time on Time. Boats will present their rating certificate or RC will assign a rating based on the US Sailing PHRF Catalog.

13. Recommended Safety Equipment and Boat Preparations

1. All crew Members on deck should be equipped with a Type 5 inflatable with a built-in harness.
2. Crew should have a whistle and light in and readily accessible pocket.
3. Boats should be equipped with a fore to aft jackline port and starboard. Crew should be always attached by tether when above deck.
4. Foul weather gear is not mandatory but bibs and a jacket are helpful when night sailing even when it's warm.
5. The participating yachts should be checked by the captains to be certain the the yacht has the proper lighting for night operations.
6. Yachts should be equipped with at least 1 throwable device, a Lifesling and/or MOM 8 man overboard device. Captains should review MOB procedures with crew.
7. Emergency signaling devices should be checked and be current to ensure they will work in the unlikely event they need to be used. radios, DSC is preferred.
8. Remember, cell phones may not work offshore; the crew should be briefed on proper calling using the ship radio.
9. Crew brief should include where everything is stored. A map showing the interior and location of devices, thru hulls, fire extinguishers, etc. is helpful.

10. The captain will use the [SER-2025.0-Monohull-Nearshore](#) and [SER-2022.0-Multihull-Nearshore](#) for complete guidance on boat preparations. Training is available through US Sailing at <https://www.firsttack.org/page/6259/coastal-safety-at-sea>.