



SAILING INSTRUCTIONS
Lady at the Helm Race
Saturday, ~~October 5~~ ~~September 28~~, 2019
Sponsored by
Channel Islands Yacht Club and
Channel Islands Women's Sailing Assn



- 1 RULES:** This race will be governed by the *rules* as defined in the current *Racing Rules of Sailing*, these Sailing Instructions (SIs), SoCal PHRF rules, and applicable class association rules. The PHRF Marine Industry Racer (MIR) Rule is not in effect. This modifies PHRF Class Rule 8. Area A Random Leg Course (RLC) ratings will be used.

At least one female crew must be onboard, and **a female must be at the helm during the entire race**. Periodic, short breaks are allowed but not at the start, finish, or mark roundings.

- 2 SCHEDULE, Saturday, ~~October 5~~ ~~September 28~~, 2019, Channel Islands Yacht Club, 4100 Harbor Blvd, Oxnard:**

~~0830~~ Basics of Race Starts and reading the Course Chart

0900 Mandatory Skippers Meeting

1130 Planned first start

Any changes to these SIs will be posted at CIYC within 30 minutes of the conclusion of the Skippers Meeting or communicated on the water to each boat before her starting signal.

- 3 RACE CLASSES:** Spinnaker class is open to boats with current PHRF ratings. Non-spinnaker class is open to any boat of LOA 20' or greater. If a boat does not have a current PHRF rating, the Race Committee (RC) may assign a rating for purposes of this race only. Final classes and class breaks will be established at the Skippers Meeting after all entries have been received.

Class Flags will be signaled via Numeral pennants:

- 1** Spinnaker class
- 2** NonSpinnaker class

- 4 THE START:** Racing will begin near the Mandalay spar buoy ("M" on the CIYC Course Chart).

- a. The port end of the starting line will be the Mandalay buoy; the starboard end will be designated by an orange flag on the RC boat
- b. Prior to her start, each boat shall check in with the RC by radio (VHF Channel 68) or by hailing the RC boat
- c. The race will be started using Rule 26. The order of class starts and gap (if any) between classes will be announced at the Skippers Meeting
- d. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other classes

- 5 THE FINISH:** Boats will finish inside Channel Islands Harbor in front of CIYC

- a. The port end of the finish line is the CIYC flagpole (N 34°09.8' W 119°13.5'); the starboard end is the lone palm tree near the launch ramp on the opposite side of the harbor on a

bearing approximately 052°M from the port end. The RC will acknowledge each boat's finish with a horn blast.

- b. When the first boat to finish is approximately 30 minutes from the Channel Islands Harbor entrance, the RC requests to be notified (VHF Channel 68 or PRO's mobile, 805.822.7544) to assure that the RC is present when boats finish
- c. Spinnakers must be doused prior to entering the harbor, ie, before the line formed by channel markers Green #1 and Red #2 at the south entrance or by channel markers Green #1 and Green #3 at the north entrance. Any boat crossing either line with a spinnaker set will be scored DSQ by the RC. This changes Rules 63.1 and A5.



- d. A boat that starts but subsequently retires without finishing shall notify the RC at her earliest opportunity (VHF Channel 68, CIYC at 805.985.2492, or the PRO at 805.822.7544).

6 THE COURSES: The racing area will be the coastal waters of Ventura County near the Channel Islands and Ventura Harbors

- a. The courses will be chosen from the CIYC Course Chart 2019, which includes course distances between ~~5.1 4.2~~ and ~~23.0 22.3~~ nm.
- b. The RC will signal the course number for the first starting class no later than the class warning signal. For succeeding classes the RC will signal the course number as soon as possible after the warning signal for that class. This changes Rule 27.1.
- c. When an oil platform is a mark of the course, its associated mooring buoy(s) are also marks of the course

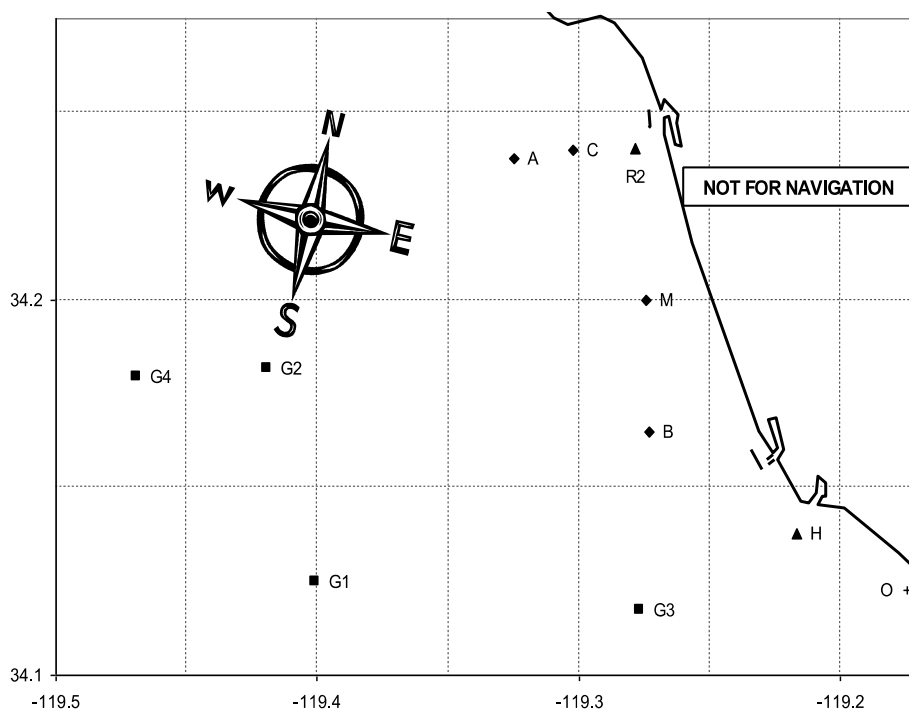
7 PROTESTS: Spinnaker and NonSpinnaker boats intending to lodge a protest must signal the RC by displaying a protest flag while crossing the finish line. Protests shall be delivered to the RC within 1 hour of the finish of the protesting boat, or within 2 hours of her return to her harbor if she retires early. Protest forms are available online at US Sailing or at CIYC. Protests among the Dinghy class will be verbally reported to and handled contemporaneously by the PRO.

8 SAFETY EQUIPMENT: All boats shall carry a VHF radio with Channels 16 and 68. The RC will monitor VHF Channel 68 throughout the race. Each skipper among the Spinnaker and NonSpinnaker classes is responsible for compliance with applicable US Sailing Safety Equipment Requirements for Nearshore. The RC reserves the right to disqualify nonconforming boats.

9 PRIZES: Individual prizes will be awarded at Channel Islands Yacht Club after racing. The Lady at the Helm Perpetual Trophy will be engraved with the names of the winning boat and skipper. The Perpetual Trophy shall be displayed at Channel Islands Yacht Club.

Channel Islands Yacht Club – Race Course Chart 2019

#	nm	Waypoints (see Codes below)	Approx Bearing to 1 st Mark
1	5.1	M Bp Fc	165°M
2	8.9	M G3p Fc	170°M
3	10.8	M G3s Bs Fc	170°M
4	14.2	M G3p Ms Fc	170°M
5	19.8	M G3s R2s Bp Fc	170°M
6	20.4	M G3s G1s Fc	170°M
7	17.4	M G2p Fc	220°M
8	17.7	M G1p G3p Fc	220°M
9	23.0	M G1p G3p Ms Fc	220°M
10	17.4	M G2p Fc	250°M
11	19.1	M G2p G3p Fc	250°M
12	11.6	M Ap Fc	300°M
13	10.3	M Cp Bp Fc	320°M
14	12.0	M Ap Bp Fc	300°M



Code	Marks	Approximate Location
A	Fish Sticks spar buoy	34° 14.5' N 119° 19.9' W
B	"Wes" Mark (spar buoy)	34° 09.9' N 119° 16.5' W
C	Chips spar buoy	34° 14.4' N 119° 17.9' W
M	Mandalay spar buoy	34° 12.0' N 119° 16.5' W
O	Ormond Buoy	34° 07.4' N 119° 10.5' W
R2	Ventura R2 whistle buoy	34° 14.4' N 119° 16.7' W
G1	Platform Gail	34° 07.5' N 119° 24.1' W
G2	Platform Gilda	34° 10.9' N 119° 25.2' W
G3	Platform Gina	34° 07.0' N 119° 16.6' W
G4	Platform Grace	34° 10.8' N 119° 28.1' W