



**SAILING INSTRUCTIONS**  
**Lady at the Helm Race**  
**Saturday, September 26, 2020**  
**Co-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*. Area A Random Leg Course (RLC) ratings will be used. At least one female crew must be onboard. Except for periodic, short breaks, **a female must be at the helm during the entire race**, and, in particular, **during the start, finish, and mark roundings**.

*In light of the ongoing COVID-19 pandemic, racers are strongly encouraged to follow state and local guidelines for social distancing in effect at the time of the race (eg, 6ft between non-household members or mask, buff, or bandana over the nose and mouth when closer than 6ft).*

- 2 SCHEDULE, Saturday, September 26, 2020:**

**0900** Virtual Skippers Meeting - A representative from each boat is required to attend a ZOOM Meeting at <https://zoom.us.com>, Meeting ID# 399 613 4278, Password 9Lfakk, or at this link:

<https://us02web.zoom.us/j/3996134278?pwd=YlVJeENmNDc4S1hYOVFVWm11MkZKQT09>

**1130** Planned first start (Mandalay race buoy)

**1600** (approx) Post-race awards presentation

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

- 3 RACE CLASSES:** Spinnaker class is open to all boats with current PHRF ratings. Non-spinnaker class is open to any seaworthy boat. The Race Committee (RC) may assign a temporary rating for boats without a current PHRF rating.

Final classes, class breaks, class starting order, and gaps between class start sequences (if any) will be established during the Skippers Meeting. Class Flags will be signaled via numeral pennants or one-design class flag, as applicable.

- 4 THE START:** The race will be started using Rule 26. Racing will begin near the Mandalay spar buoy ("Sm" on the CIYC Course Chart, page 3). The port end of the starting line will be the Mandalay spar buoy, and the starboard end will be designated by an orange flag on the RC boat.

Prior to her start, each boat shall check in with the RC by radio (VHF Channel 68) or by hailing the RC boat. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other classes.

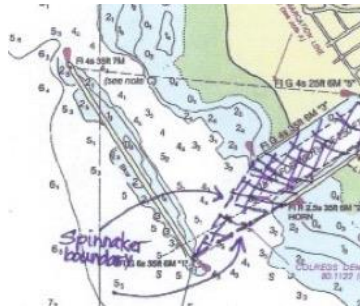
- 5 THE FINISH:** Boats will finish inside Channel Islands Harbor in front of CIYC. A boat that starts but subsequently retires without finishing shall notify the RC at her earliest opportunity (VHF Channel 68, CIYC at 805.985.2492, or the PRO at 805.822.7544).

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 on the opposite side of the harbor, between the launch ramp and a tower (camouflaged as an artificial pine tree) on a bearing approximately 052<sup>0</sup>M from CIYC's flagpole. The RC will acknowledge each boat's finish with a horn blast.

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.

Spinnakers must be doused prior to entering the harbor, ie, before crossing a line formed by channel markers Green #1 and Red #2 when entering from the south or by channel markers Green #1 and Green #3 when entering from the north. Any boat crossing either line with a spinnaker set will be scored DSQ by the RC. This changes Rules 63.1 and A5.



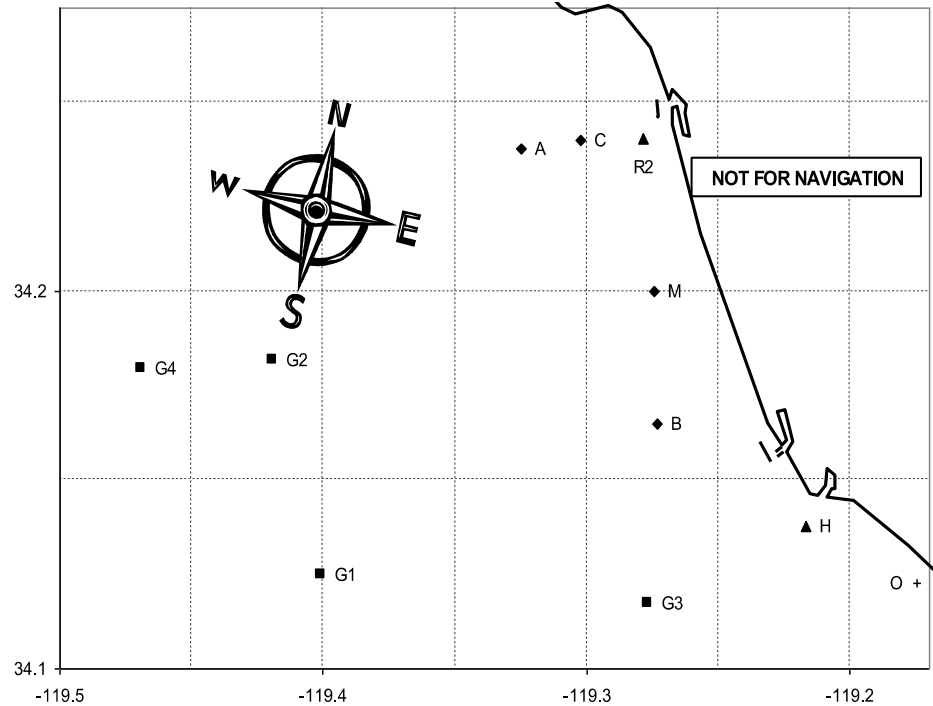
- 6 THE COURSES:** The racing area will be the coastal waters of Ventura County. The courses will be chosen from the CIYC Course Chart (page 3), which includes course distances between 5.1 and 23.8nm. When an oil platform is a mark of the course, its associated mooring buoy(s) are also marks of the course.

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, which changes Rule 27.1.

- 7 PROTESTS:** 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 (or early retirement) of the protesting boat. Protest forms are available online at US Sailing (<https://cdn.ussailing.org/wp-content/uploads/2018/01/US-Sailing-2017-2020-Protest-Form.pdf>).
- 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 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 – Mandalay Buoy Start Line

Course #	nm	Waypoints (see Codes below)	Approx Bearing to 1 <sup>st</sup> Mark
1	11.9	Sm Hs G3s Fc	143°T (130°M)
2	5.1	Sm Bp Fc	178°T (165°M)
3	7.3	Sm Bp Hp Fc	178°T (165°M)
4	8.9	Sm G3p Fc	181°T (168°M)
5	10.1	Sm G3p Hp Fc	181°T (168°M)
6	14.2	Sm G3s Bs Ms Fc	181°T (168°M)
7	20.4	Sm G3s G1s Fc	181°T (168°M)
8	17.0	Sm G1p Fc	234°T (221°M)
9	17.7	Sm G1p G3p Fc	234°T (221°M)
10	18.9	Sm G1p G3p Hp Fc	234°T (221°M)
11	17.4	Sm G2p Fc	261°T (248°M)
12	19.1	Sm G2p G3p Fc	261°T (248°M)
13	23.8	Sm G4p G3p Fc	263°T (250°M)
14*	11.6	Sm Ap Fc	313°T (300°M)
15*	12.1	Sm Ap Bp Fc	313°T (300°M)
16	10.5	Sm Cp Bp Fc	330°T (317°M)
17	13.7	Sm R2Vp G3p Fc	355°T (342°M)



Code	Marks	Approximate Location
A	Fish Sticks spar buoy	34° 14.5' N 119° 19.8' W *
B	"Wes" Mark (spar buoy)	34° 09.9' N 119° 16.4' W
C	Chips spar buoy	34° 14.4' N 119° 18.2' W
H	Hueneme buoy	34° 08.3' N 119° 13.0' W
Sm	Mandalay spar buoy (Start)	34° 12.0' N 119° 16.5' W
R2	Ventura R2 whistle buoy	34° 14.4' N 119° 16.7' W
G1	Platform Gail	34° 07.5' N 119° 24.0' W
G2	Platform Gilda	34° 10.9' N 119° 25.1' W
G3	Platform Gina	34° 07.0' N 119° 16.6' W
G4	Platform Grace	34° 10.8' N 119° 28.1' W

\*As of 20Sep2020 the Fish Stick spar buoy is missing from its location