



**SAILING INSTRUCTIONS**  
**Lady at the Helm Race**  
**Saturday, November 6, 2021**  
**Organizing Authorities:**  
**Channel Islands Yacht Club (CIYC) and**  
**Channel Islands Women's Sailing Assn (CIWSA)**



- 1 RULES:** The race will be governed by the rules as defined in the *Racing Rules of Sailing*. Area A Random Leg Course (RLC) ratings will be used for scoring. At least one female crew must be onboard, and **a female must be at the helm during the entire race - especially during the start, finish, and mark roundings**. Male crew members may coach the helmswoman but must remain completely “hands-off” the helm except for periodic short breaks (<5min) or a true emergency.

Any changes to these SIs will be posted on the Regatta Network event page (<https://www.regattanetwork.com/event/23482>) within 45 minutes after the conclusion of the Skippers Meeting and/or communicated on the water to each boat before her starting signal.

*In light of the ongoing pandemic, racers are strongly encouraged to follow state and local guidelines in effect at the time of the race to prevent the spread of COVID-19.*

**2 SCHEDULE - Saturday, November 6, 2021**

**0900** Virtual Skippers Meeting - A representative from each boat is invited 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=YlVJeENmNDc4S1hYOVFVWm1lMkZKQT09>

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

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

- 3 RACE CLASSES & START SEQUENCES:** Final classes, class breaks, class starting order, and gaps between class start sequences (if any) will be established during the Skippers Meeting. Classes will be signaled via numeral pennants or a 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 starboard end of the starting line will be designated by an orange flag on the RC boat, and the port end will be the Mandalay spar buoy.

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 at the south entrance to Channel Islands Harbor, between CI Channel Markers #1 (port end) and #2 (starboard end). When the first boat to finish is approximately 30 minutes from the finish line, the PRO requests to be notified (415.518.4046 or VHF Channel 68) to assure that an RC representative is present when boats finish.

Caution is advised when approaching the finish line. Racers should avoid the large buoys that mark anchors for the crane, barge, and tug operations that are currently ongoing at the detached breakwater.

Spinnakers must be doused before crossing the finish line. Any boat crossing the finish line with

the head of its spinnaker above the level of the mainsail gooseneck will be scored DSQ by the RC without a hearing. This changes Rules 63.1 and A5.

The RC will acknowledge each boat's finish with a horn blast. If the RC is not present, each boat is responsible to record her own GPS finish time and to text it to the PRO at her earliest opportunity (415.518.4046). A boat that starts but subsequently retires without finishing shall notify the PRO at her earliest opportunity.

- 6 **THE COURSES:** The racing area will be the coastal waters of Ventura County, and courses will be chosen from the CIYC Course Chart (v11-21, page 3 of these SIs), which includes course distances between 5.6 and 23.3nm. When an oil platform is a mark of the course, its associated mooring buoy(s) are also mark(s) 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; this changes Rule 27.1.

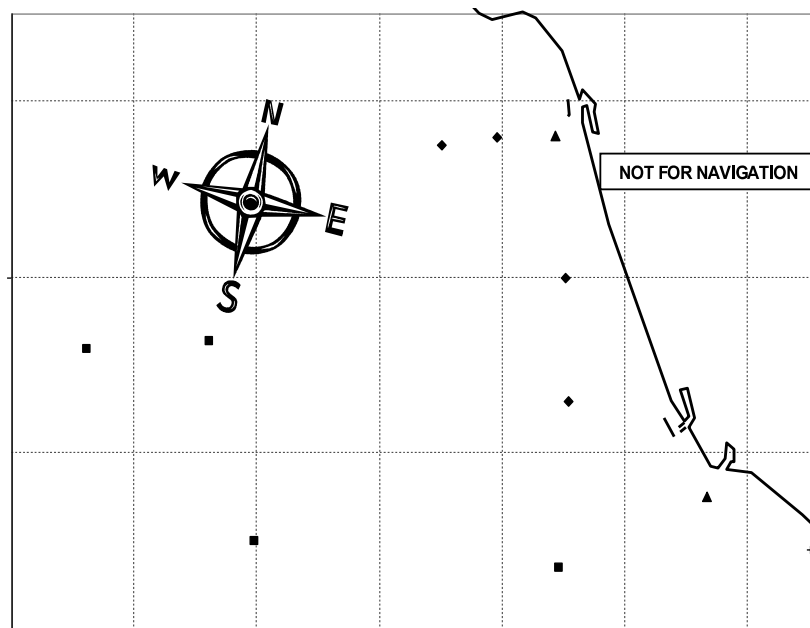
- 7 **PROTESTS:** Boats intending to lodge a protest must signal the RC by displaying a protest flag while crossing the finish line and/or contacting the PRO at her earliest convenience. Protests shall be delivered to the RC within 1 hour of the finish (or early retirement) of the protesting boat. Protest 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 capable of transmitting and receiving on Channels 16 and 68. The RC will monitor VHF Channel 68 throughout the race.
- 9 **HOSPITALITY & PRIZES:** After racing, all racers are invited to CIYC's downstairs patio for hot food, camaraderie, libations, and individual race awards. The Lady at the Helm Perpetual Trophy will be engraved with the names of the winning boats and skippers and displayed at CIYC.

### Channel Islands Yacht Club – Random Leg Course Chart

**Start (Sm):** Between RC Boat (S) and Mandalay Buoy (P)

**Finish (Fc):** Between CI Harbor Channel Markers #1 (P) & #2 (S)

Course #	nm	Waypoints (see Codes below)	Approx Bearing to 1 <sup>st</sup> Mark
1	5.61	Sm Hp Fc	143°T (130°M)
2	4.55	Sm Bp Fc	179°T (166°M)
3	6.20	Sm Bp Hp Fc	179°T (166°M)
4	8.35	Sm G3p Fc	181°T (168°M)
5	8.91	Sm G3p Hp Fc	181°T (168°M)
6	13.46	Sm G3s Bs Ms Fc	181°T (168°M)
7	16.46	Sm G1p Fc	234°T (221°M)
8	17.19	Sm G1p G3p Fc	234°T (221°M)
9	19.09	Sm G1p G3p Hp Fc	234°T (221°M)
10	16.82	Sm G2p Fc	261°T (248°M)
11	16.83	Sm G2p Bs Fc	261°T (248°M)
12	18.60	Sm G2p G3p Fc	261°T (248°M)
13	21.74	Sm G4p Fc	263°T (250°M)
14	23.28	Sm G4p G3p Fc	263°T (250°M)
15	10.95	Sm Ap Fc	313°T (300°M)
16	11.50	Sm Ap Bp Fc	313°T (300°M)
17	9.94	Sm Cp Bp Fc	330°T (317°M)
18	13.20	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