



SAILING INSTRUCTIONS

Lady at the Helm Race

Saturday, November 5, 2022

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/25432>) within 60 minutes after the conclusion of the Skippers Meeting and/or communicated on the water to each boat before her starting signal.

- 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 while sailing a starboard tack past her stern. 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 approach the finish area through the south entrance to Channel Islands Harbor. Spinnakers must be doused before crossing the line between Channel Markers #1 and #2. Any boat crossing that 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 finish line is defined by Channel Markers #4 at the starboard end and #5 at the port 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.

Racers are advised to enter and exit the harbor with caution due to ongoing dredging operations behind the breakwater and between the jetties. The barges and

boats mark their anchor lines with large buoys. Racers should avoid sailing near their perimeter or near the pipes inside the jetties.

The RC will acknowledge each boat's finish via VHF Channel 68 and/or 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. Courses will be chosen from the CIYC Course Chart (Nov 2022, page 3 of these SIs), which includes course distances of 4.8-23.5nm. When an oil platform is a mark of the course, any associated mooring buoys 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; 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. Details of the protest shall be delivered to the RC within 1 hour of the protesting boat's finish or early retirement.

A "Hearing Request" form is recommended for filing a Protest, Request for Redress, etc, and is available online via World Sailing (<https://www.sailing.org/inside-world-sailing/rules-regulations/racing-rules-of-sailing/>).

- 8 INSURANCE AND 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 for hot food, camaraderie, no-host 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.

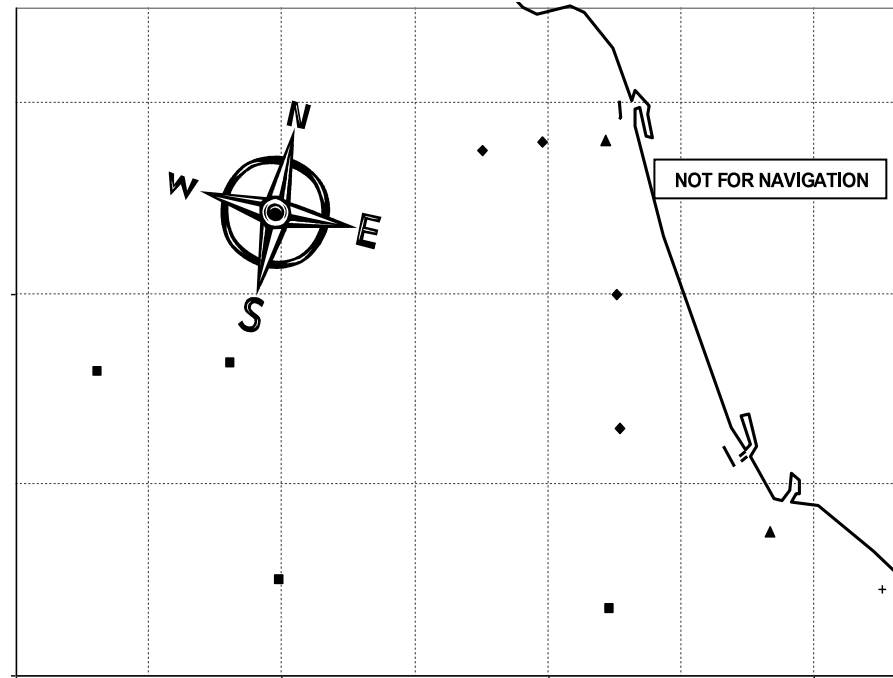
As a special celebration for all ladies at the helm, immediately after the awards, all participants are invited on a private tour of the tall ship s/v MYSTIC WHALER, hosted by her captain, Capt Christine Healy!

Channel Islands Yacht Club – Random Leg Course Chart

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

Finish (Fc): Between CI Harbor Channel Markers #5(P) & #4(S)

Course #	nm	Waypoints (see Mark Codes below)	Approx Bearing to 1 st Mark
1	6.03	Sm Hp Fc	143°T (130°M)
2	10.62	Sm Hs Bs Fc	143°T (130°M)
3	11.45	Sm Hs G3s Fc	143°T (130°M)
4	4.80	Sm Bp Fc	179°T (166°M)
5	6.72	Sm Bp Hp Fc	179°T (166°M)
6	9.50	Sm Bp G3p Hp Fc	179°T (166°M)
7	8.55	Sm G3p Fc	181°T (168°M)
8	10.50	Sm G3s Bs Fc	181°T (168°M)
9	13.81	Sm G3s Bs Ms Fc	181°T (168°M)
10	18.67	Sm G3s R2Vs Ms Fc	181°T (168°M)
11	16.67	Sm G1p Fc	234°T (221°M)
12	17.39	Sm G1p G3p Fc	234°T (221°M)
13	18.34	Sm G1p G3p Hp Fc	234°T (221°M)
14	17.06	Sm G2p Fc	261°T (248°M)
15	18.80	Sm G2p G3p Fc	261°T (248°M)
16	21.98	Sm G4p Fc	263°T (250°M)
17	23.49	Sm G4p G3p Fc	263°T (250°M)
18	11.29	Sm Ap Fc	313°T (300°M)
19	13.40	Sm Ap Hp Fc	313°T (300°M)
20	15.20	Sm Ap G3p Fc	313°T (300°M)
21	9.47	Sm Cps Ms Fc	330°T (317°M)
22	10.19	Sm Cp Bp Fc	330°T (317°M)
23	8.52	Sm R2Vp Fc	355°T (342°M)
24	10.30	Sm R2Vp Cp Fc	355°T (342°M)
25	10.64	Sm R2Vp Hp Fc	355°T (342°M)
26	12.55	Sm R2Vp Ap Fc	355°T (342°M)
27	13.41	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
R2V	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