



**NOTICE OF RACE**  
***Lady at the Helm Race***  
**Saturday, November 4, 2023**  
**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 (RRS)*. At least one female crew must be aboard, 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.
- 2 RACE ENTRY REQUIREMENTS & FEES:** Spinnaker class is open to 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. Area A Random Leg Course (RLC) ratings will be used for scoring.  
  
Race entry and payment of entry fees (\$35) are available online at Regatta Network:  
<https://www.regattanetwork.com/event/27179>. Entry fees will be discounted by \$5 for members of CIYC, CIWSA, and/or USSA.
- 3 SCHEDULE - Saturday, November 4, 2023**  
**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 by following this link: <https://us02web.zoom.us/j/3996134278?pwd=YIVJeENmNDc4S1hYOVFVWm11MkZKQT09>  
**1130** Planned first start (Mandalay race buoy)  
**1600** (approx) Post-race awards presentation
- 4 SAILING INSTRUCTIONS:** The race will start and finish in the vicinity of the Mandalay Race Buoy. Course options range between 4.2 and 19.6nm. Prior to the Skippers Meeting, the Sailing Instructions (SIs) and Course Chart will be posted online (<https://www.regattanetwork.com/event/27179>).
- 5 PRIZES:** Individual prizes will be awarded after racing, and the perpetual Lady at the Helm trophy will be engraved with the names of the winning boats and skippers for display at CIYC.
- 6 HOSPITALITY:** After racing, CIYC (4100 Harbor Blvd, Oxnard, CA 93035) will host an awards presentation with hot food and a no-host bar.
- 7 RISK STATEMENT:** *RRS 3* states: ‘The responsibility for a boat’s decision to participate in a race or to continue to race is hers alone.’ By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform, and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.
- 8 INSURANCE AND SAFETY EQUIPMENT:** All boats shall carry third-party liability insurance and a VHF radio with Channels 16 and 68. Compliance with near-coastal safety equipment requirements (<https://ussailing2018.wpenginepowered.com/wp-content/uploads/2022/01/Monohull-SER-2022.0-Nearshore.pdf>) is strongly recommended.
- 9 ADDITIONAL INFORMATION:** Contact the Event Chair, Jane Thomas (415.518.4046 or [Sunglade@prodigy.net](mailto:Sunglade@prodigy.net)).