



Helgeson Sprint Twilight Series (4 races)
SAILING INSTRUCTIONS
April 4th, April 18th, May 2nd, May 16th 2025

1. RULES

This race is governed by the rules as defined in the 2025-2028 Racing Rules of Sailing, and these sailing instructions.

- 1.1 Racing boats encountering non-racing craft shall conform to the Inland Rules of the Road. No racing vessel has rights of way over a large vessel in the channel and shall keep well clear of all deep draft ships. RRS 60.2, 63.1 and A5 are modified to add that the Race Committee may directly disqualify a yacht infringing 1.1 without a hearing.
- 1.2 NAVAL PROTECTION ZONE: The Naval Protection Zone is a 500-yard regulated area of water surrounding all US Naval Vessels of 100 feet or more. All vessels within 500 yards of a US Naval Vessel shall operate at the minimum speed necessary to maintain a safe course and speed, and shall proceed as directed by any official patrol. NO VESSEL IS ALLOWED WITHIN 100 YARDS OF A US NAVAL VESSEL. These zones are permanently in effect.

2. ENTRIES

- 2.1 Entry is open to members of all yacht clubs and sailing associations recognized by US Sailing.
- 2.2 There are four classes. All classes except Class Three use SD PHRF RLC for scoring. Non-Spinnaker offsets are allowed.

2.3

Class	PHRF
One	SD PHRF RLC 113 and Below
Two	SD PHRF RLC 114 and Above
Three	CYC Handicap
Four	SD PHRF RLC 200 and Above and no longer than 20 feet.

- 2.4 Class 3: CYC Handicap is available for all CYC boats. Established CYC Class 3 handicaps are listed at [CYC Class 3](#). Any boat wishing to race in this class that does not have an established CYC handicap should register their boat using their SD PHRF RLC racing handicap. THIS IS A NON SPINNAKER CLASS (racing SPINNAKER will be considered a DQ).
- 2.5 Boats may be entered electronically through the Regatta Network website, https://www.regattanetwork.com/clubmgmt/applet_club_events.php?CLUB_ID=622 before 1500 of each race day.

3. NOTICES TO COMPETITORS

Any notices will be posted on a notice board on the clubhouse porch. Please tune into VHF 69 for any RC communication.

4. CHANGES IN SAILING INSTRUCTIONS

Any change to these sailing instructions will be posted before 1500 on race day.

5. **STARTS** – Classes will start in order: Class 4; Class 3; Class 2; and finally Class 1. There will be a courtesy multiple horn signal at 1754 (6 minutes prior to the Class 4 start). CLASS STARTS MAY BE COMBINED. LOOK AT THE ROOF TO SEE WHAT CLASS FLAGS ARE RAISED. The start horn for the previous class is 5-minute warning horn for the next Class start.

- 5.1 RACE COMMITTEE WILL BE ON THE CYC ROOF. Standard horn/flag sounds and hoists will be observed as follows:

Time	Name	Flag	Horn
1754	ATTENTION	NO HOIST	Multi-horn
1755	WARNING	CLASS FLAG UP	horn
1756	PREP	CODE P FLAG UP	horn
1759	PREP FLAG DOWN	CODE P FLAG DOWN	horn
1800	START	CLASS FLAG DOWN	horn

6. TWO COURSES

- 6.1 Course A is used when a **red** flag is hoisted below the race committee flag.

- 6.1.1 The course length is approximately 3.5 nautical miles.

- 6.1.2 Round marks followed by **P** to port and marks followed by **S** to starboard. Only the marks of the course need to be observed.

The order of Course A is:

Number	Mark	Port or Starboard
1	Start Pin	See section 7
2	Diver	P
3	GB 8	P
4	GB 1	S
5	SD 26	P
11	GB 1	P
12	GB 8	S
13	Diver	S
14	Finish	See section 7

- 6.2 Course B is used when a **green** flag is hoisted below the race committee flag

- 6.2.1 The course length is approximately 2.67 nautical miles.

- 6.2.2 Round marks followed by **P** to port and marks followed by **S** to starboard. Only the marks of the course need to be observed.

- 6.2.3 **Class 4 will always sail Course B**

The order of Course B is:

Number	Mark	To Port or Starboard
1	Start	See section 7
2	Diver	P
3	GB 8	P
4	GB 1	P
10	GB 8	S
11	Diver	S
12	Finish	See section 7

7. START, MARKS AND FINISH

- 7.1 The starting and finishing lines will lie between a red and white striped pier piling at the northeastern end of the clubhouse turning basin and a pole displaying an orange flag moored approximately 200 feet southeast of the piling. The piling is the starboard end of the start line and port end of the finish line.
- 7.2 Diver is a large Red/Orange Ball or Red Tomato moored approximately 100 yards off the end of AB dock (near the Boathouse restaurant).
- 7.3 SD(n) and GB(n) are San Diego Bay and Glorietta Bay channel buoys.

8. PENALTY TURNS

- 8.1 The two turns penalty is modified by replacing it with one turn to include one tack and one gybe. This modifies RRS 44.2.

9. TIME LIMIT

- 9.1 The time limit for the first boat to finish will be 19:30.
- 9.2 Boats failing to finish within 60 minutes of the first-to-finish boat in any class will be scored **DNF**.

10. Scoring

- 10.1 Scoring will under RRS Appendix A with a one race throw out.