



# **Sailing Instructions**

## **Bay Ladies Regatta**

### **Saturday Aug 9, 2025**

#### **1) RULES**

- 1. The regatta will be governed by the rules as defined in The RRS 2025-2028*
- 2. Competitors shall wear a US Coast Guard (USCG) approved personal flotation device (PFD) while on the water other than for brief periods while adding or removing clothing.*
- 3. The regatta is open to all: non-keel, monohull boats with a Portsmouth Rating greater than 80*
- 4. Right-of-Way USCG narrow channel rules apply. Racers MUST give way to larger vessels with limited maneuverability in the confines of the bay. Stay clear of other vessels.*

#### **2) NOTICES TO COMPETITORS**

- 1. Prior to the day of the Regatta, Notices to Competitor will be posted via email.*
- 2. On race days Notices to Competitors will be posted on the official Regatta Notice board located Morro Bay Yacht Club lower deck.*

#### **3) CHANGES TO SAILING INSTRUCTIONS**

- 1. Any change to these sailing instructions will be posted on the Official Notice Board before 1000 hours on the day it will take effect.*
- 2. Changes to the Sailing Instructions may be done at the skippers meeting at the discretion of the PRO.*

#### **4) SIGNALS MADE**

- 1. Signals ashore will be displayed from Morro Bay Yacht Club lower Race Deck.*
- 2. Signals afloat will be displayed from Morro Bay Yacht Club RC boat(s).*
- 3. Signals made are described in attachment A & B*
- 4. Course Number will be displayed on placards ashore or afloat as per 4.1 & 4.2.*

#### **5) COMMUNICATION WITH COMPETITORS**

- 1. As a courtesy the Race Committee may use VHF channel 69, for communications with competitors.*



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#### **6) SCHEDULE OF RACES**

1. *Skippers meeting will be held at the back deck of the MBYC at 10:30 on day of races.*
2. *The scheduled time of the first warning signal of each race day is 11:00 hours. The warning signal for subsequent races will be made shortly after the conclusion of the preceding race.*
3. *The warning signal for succeeding races will be made as soon as possible after finish of preceding race.*

#### **7) CLASS FLAG**

1. *The class flags will be the: Arbitrary Class Flag*

#### **8) RACING AREA**

1. *Will be determined at the discretion of the PRO on the day of racing.*
2. *The Mooring Field sailing area will be – See Attachment E*
3. *The Fore bay or Turning Basin sailing Area will be- See Attachment D.*
4. *All racing will be conducted within the Morro Bay Harbor.*

#### **9) THE START**

1. *Races will be started in accordance modified RRS Appendix U. This is a change to rule 26.*
2. *Races will be started using a 3 min sequence. Attachment B, for signal details.*
3. *There will be a multi horn signal approximately 5 sec, prior start of sequence.*
4. *The starting line will be between a staff displaying an orange flag on the RC signal boat (or MBYC lower deck) and a permanent navigational mark or a starting buoy, set by the Race Committee, at the Port end of the line.*
5. *A boat starting later than 5 minutes after her starting signal will be scored DNS*
6. *The “Start Line” is considered part of “The Course” and should be sailed as per RRS definition “Sail the Course (c)”.*

#### **10) THE COURSE(s)**

1. *Attachment D, shows the Turning Basin or Fore Bay courses.*
2. *Attachment E, shows the Mooring Field courses.*
3. *Unless otherwise stated marks shall be rounded to port.*
4. *Courses will be designated by numeric placards and displayed on the Committee Boat or at MBYC lower deck as pertains to the Racing Area*
5. *No later than the warning signal, the RC signal boat (or MBYC lower deck) shall display the course designation.*
6. *The Start / Finish line will not be restricted.*



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#### **11) MARKS**

1. Rounding marks will be floating buoys or fixed navigational marker as per the course
2. New marks will be floating buoys (unless otherwise stated in the SI)

#### **12) RECALLS**

1. The RC will attempt to hail the recall numbers of OCS boats after the starting signal. This changes rule 29.1.
2. The failure of any boat to hear the hail, promptness of the hail, failure to hail any boats, or the order of boats hailed shall not be grounds for redress.

#### **13) BOAT RETIRING**

1. A boat retiring on the water shall notify, and be acknowledged, by the Race Committee as soon as reasonably possible on VHF channel 69 or notify the RC boat directly.

#### **14) PENALTIES**

1. Rule 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

#### **15) CHANGE THE NEXT LEG OF THE COURSE**

1. To change the next leg of the course, the RC will lay a new mark (or move an existing mark) and remove the old marks as soon as practicable.
2. Course changes will be done in compliance with RRS

#### **16) THE FINISH**

1. The finishing line will be between a staff displaying an orange flag on a RC boat and the course side of the designated finish mark or between the flag staff located on the lower deck of the MBYC and Navigational Mark 14.

#### **17) TIME LIMIT**

1. The time limit for each race will be 45 min.
2. Boats that finish within the time limit will be scored, boats that do not finish within the time limit will be scored DNF.
3. Finish Window – boats failing to finish Races within 15 min. after the first boat sails the course, in accordance with rule 28, will be scored DNF for that race. This changes RRS 35.

#### **18) EVENT PROTESTS AND REQUESTS FOR REDRESS**

1. A boat intending to protest about an incident that occurs in the racing area shall notify the RC of her intention as soon as possible after finishing the race, identifying the boat(s) being protested.
2. Protest forms will be available at and returned to the Morro Bay Yacht Club lower deck.



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3. *The protest time limit is 60 minutes after the RC signal boat docks or racing completes at the MBYC Dock (Dependent course format) following the last race of the day.*
4. *A protest hearing schedule and the location of the hearings will be posted on the official notice board (at MBYC) no later than 30 minutes following the end of protest time.*
5. *In case of conflict between the Notice of Race and the Sailing Instructions (SIs), the SIs will prevail.*

#### **19) SCORING**

1. *RRS 2025-2028 low point scoring rules will be used-*
2. *Number of races run, on a given race day, is at the discretion of the PRO*

#### **20) REPLACEMENT OF EQUIPMENT.**

1. *All boats, and equipment, shall be in compliance with their Class rules as per their Portsmouth Rating*

#### **21) CONDUCT OF COMPETITORS**

1. *All competitors shall conduct themselves in accordance with US Sailing RRS*

#### **22) PRIZES**

1. *Prizes will be awarded at the MBYC Club House, upstairs following the conclusion of racing.*




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#### Attachment A – Signal Flags

CLASS FLAG		P		PREPARATORY		Z		SIGNALS		U		BLACK		X		FIRST SUBSTITUTE					
	WARNING		PREP SIGNAL NORMAL START		OCS AT 1': ROUND ENDS		OCS AT 1': 20% PENALTY		OCS AT 1': DSQ RESTART OK		OCS AT 1': DSQ NO RESTART		INDIVIDUAL RECALL ↑•		GENERAL RECALL ↑•• 6↓•						
	AP POSTPONED RACES NOT STARTED STAY AFLOAT ↑•• ↓•		AP/H POSTPONED RACES NOT START'D SIGNALS ASHORE ↑••		AP/A POSTPONED RACES NOT START'D NO MORE TODAY ↑••		AP/# POSTPONED # HOURS FROM SCHEDULE'D START ↑•• ↓•		N ABANDONED ALL RACES START'D STAY AFLOAT ↑•••		N/H ABANDONED ALL RACES START'D SIGNALS ASHORE ↑•••		N/A ABANDONED ALL RACES NO MORE TODAY ↑•••		RED PROTEST						
	S SHORTENED COURSE ↑••		C NEXT MARK POSITION CHANGED •••••		GREEN MARK MOVED TO STARBOARD		RED MARK MOVED TO PORT		COURSE-CHANGE LEG SHORTER		COURSE-CHANGE LEG LONGER		M REPLACES MISSING MARK •••••		L COME W'IN HAIL/FOLLOW ↑•		BLUE RC BOAT IN FINISH POSITION		ORANGE START OR FINISH LINE		Y WEAR PFD ↑•
	1		2		3		4		5		6		7		8		9		0		
↑ = FLAG UP   ↓ = FLAG DOWN   • = 1 SOUND SIGNAL   •• = 2 SOUND SIGNAL   ••• = 3 SOUND SIGNAL   — = LONG SOUND   ••••• = REPEAT SOUNDS																					



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#### ATTACHMENT B – Starting Signals

RRS Appendix: U3

The starting sequence shall consist of the following sound signals made at the indicated times. These signals shall be timed from their commencement and shall govern, even if visual signals are also used.

<i>Signal</i>	<i>Sound</i>	<i>Time before start</i>	
Attention	Series of short sounds	Before the warning	
Warning	3 long	3 minutes	↑ 
Preparatory	2 long	2 minutes	↑ 
	1 long, 3 short	1 minute, 30 seconds	
	1 long	1 minute	↓ 
	3 short	30 seconds	
	2 short	20 seconds	
	1 short	10 seconds	
	5 short, 1 second apart	5 – 4 – 3 – 2 – 1 seconds	
Starting	1 long	0	↓ 



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Attachment C – Courses afloat ( Fore Bay orTurning Basin)

Course	Rounding Order
1	Start – W1– D1 – Finish
2	Start – W1– D1 – W1– D1 – Finish
3	Start – W1– D1 – W1– D1– W1– D1- Finish
4	
5	
6	



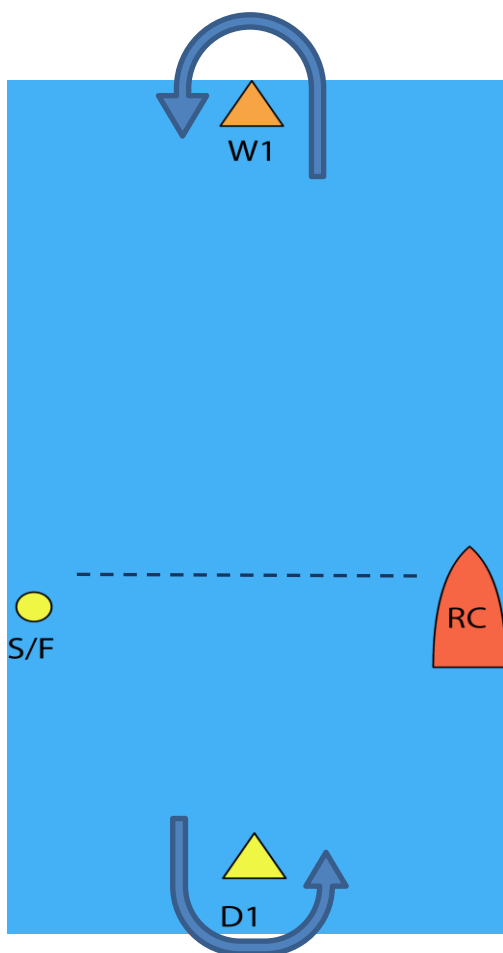
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#### Attachment D – Course afloat Diagram

#### ***Fore Bay or Turning Basin Courses***





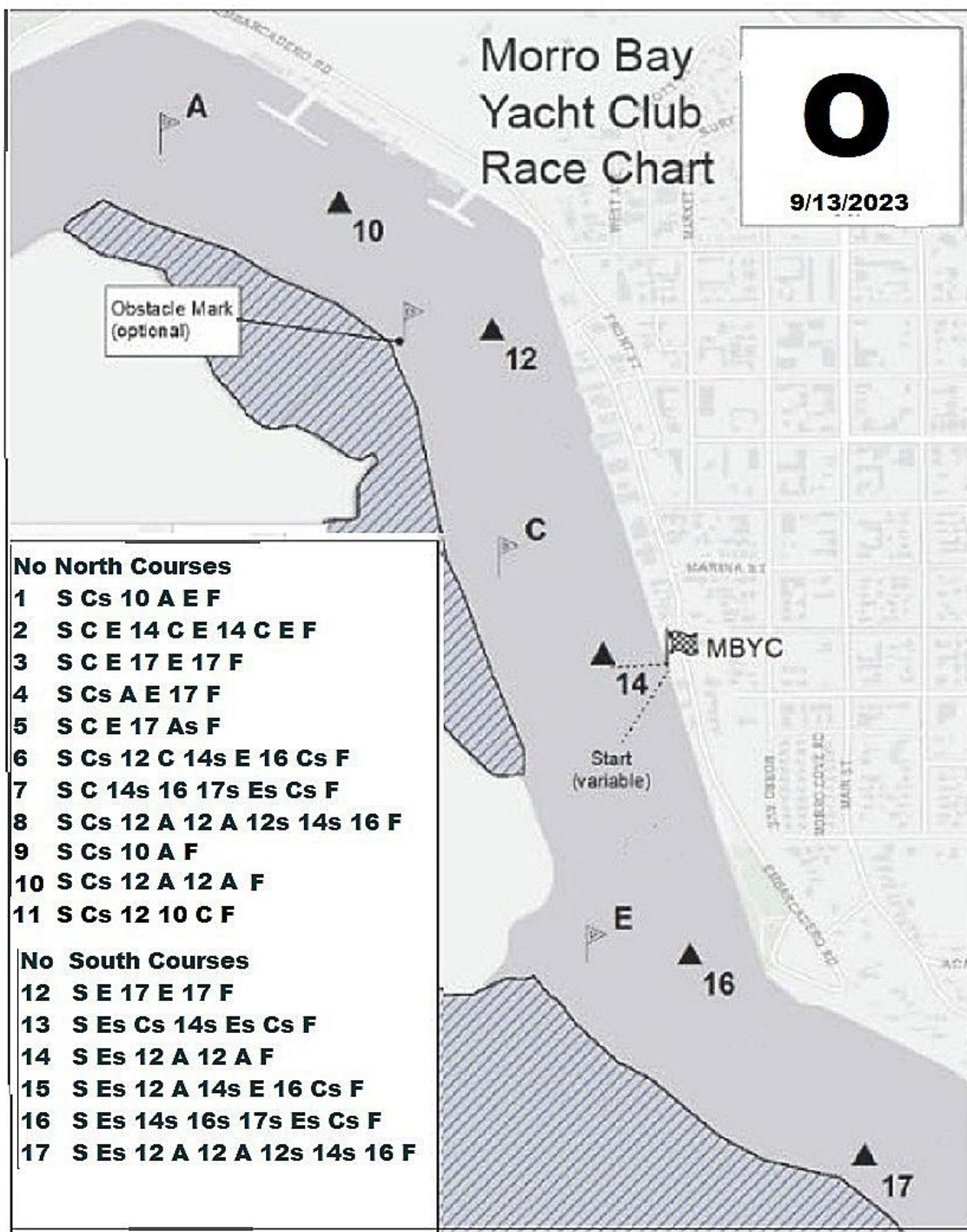


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### Attachment E: Mooring Field Courses



At



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Attachment F: Portsmouth Ratings (DPN)

Boat	Class	Code	DPN
Club Junior	Centerboard	CFJ	102.50
Day Sailer (O'Day 17)	Centerboard	DS	98.50
Laser 4.7	Centerboard	LAS4.7	95.40
Laser Radial/Laser M	Centerboard	LASEM	96.70
Lido 14	Centerboard	LD14	98.90
Optimist Pram (Int.)	Centerboard	OP	123.60
RS Areo 7M	Centerboard	RSA7	91.3
RS Areo 9M	Centerboard	RSA9	87.3
Laser (Int)	Centerboard	LASE	91.1