



KITTY MUHL LADIES DAY RACE SAILING INSTRUCTIONS Saturday, September 13, 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 A woman shall be at the helm for the duration of the race.
- 2.3 There are two classes. Class 1 will be for all female crews. Class 3 is for co-ed crews with a female at the helm. A male boat owner may ride on a boat with an all-female crew as a non-participating safety observer.
- 2.4 Nonspinnaker offsets are accepted for both classes.

3. NOTICE TO COMPETITORS

Any notices will be posted on a notice board on the clubhouse porch. Please tune into VHF 68 for any RC communication.

4. CHANGES IN SAILING INSTRUCTIONS

Any change to these sailing instructions will be posted before 1000 on race day.

- 5. **PURSUIT START.** Starts often continue for more than 30 minutes. RRS paras 2. and 22.1, Corinthian spirit, and common sense dictate that boats not yet racing keep clear of boats racing or attempting to get a good start.

- 5.1 The starting times will be available at the CYC Front Desk by 1000 the morning of the race. The race committee may be required to delay a start sequence due to wind conditions, so observe RC flags on roof of clubhouse. Delays will be in increments of 10 minutes so it is easy for competitors to calculate their new start times.

5.2 RACE COMMITTEE WILL BE ON THE CYC ROOF. Horn/flag sounds and hoists will be observed.

5.3 **Starting sequence:**

Time	Name	Flag	Horn
1154	ATTENTION	NO HOIST	Multi-horn
1155	WARNING	CLASS 3 FLAG UP	horn
1156	PREP	CODE P FLAG UP	horn
1159	PREP FLAG DOWN	CODE P FLAG DOWN	horn
1200	START (highest handicapper)	CLASS FLAG DOWN	horn

One horn sound will be given at each individual start time thereafter. No additional class flags will be flown.

6. TWO COURSES

6.1 Course A is approximately 8.0 nautical miles and will be indicated when race committee hoists a **RED** flag.

6.1.1 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	Clubhouse start	
2	Diver	P
3	GB 8	P
4	GB 1	S
5	SD 26A	S
6	SD 30	S
7	"W" Mark	P
8	SD 30	P
9	SD 26A	P
10	GB 1	P
11	GB 8	S
12	Diver	S
13	Finish	

6.2 Course B is approximately 6.0 nautical miles and will be indicated when race committee hoists a **GREEN** flag.

6.2.1 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 B is:

Number	Mark	To Port or Starboard
1	Clubhouse start	

2	Diver	P
3	GB 8	P
4	GB 1	S
5	SD 26A	S
6	SD 30	P
7	SD 26A	P
8	GB 1	P
9	GB 8	S
10	Diver	S
11	Finish	Clubhouse

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 100 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 an orange ball moored approximately 100 feet 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.
- 7.4 "W" is an inflatable mark approximately 1 NM upwind of SD30.

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 is 1630.
- 9.2 Boats failing to finish within 60 minutes of the first-to-finish boat in any class will be scored **DNF**.

10. FURTHER INFORMATION

- 10.1 For further information contact Gerral David (619) 857-8572