



NOTICE OF RACE
Lady at the Helm Race
Saturday, November 1, 2025

Organizing Authorities:
Channel Islands Yacht Club (CIYC) and
Channel Islands Women's Sailing Association (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 - particularly during the start, finish, and all mark roundings**. Male crew 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, nonspinnaker, and ORCA classes are offered. PHRF Area A Random Leg Course (RLC) ratings will be used for scoring. The Race Committee (RC) may assign a temporary rating for any seaworthy boat without a current PHRF certificate.

Race entry, payment of entry fees (\$35), and race documents will be available online at Regatta Network (<https://www.regattanetwork.com/event/30512>). Entry fees will be discounted by \$5 for members of CIYC, CIWSA, and/or USSA.

- 3 SCHEDULE** - No Skippers Meeting is planned. Class breaks will be distributed via email no later than 2100, Friday, October 31

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1100 Planned first start (Mandalay race buoy)

1600 Hospitality and post-race awards presentation (Channel Islands Yacht Club)

- 4 SAILING INSTRUCTIONS:** The race will start and finish in the vicinity of the Mandalay Race Buoy. Course options range between 4.2 and 19.5nm. The Sailing Instructions (SIs) and Course Chart will be posted online (<https://www.regattanetwork.com/event/30512>).
- 5 PRIZES:** Individual prizes will be awarded after racing. Current PHRF or ORCA registration and recognized yacht club membership are required to be named on the perpetual Lady at the Helm trophy which will be displayed at CIYC.
- 6 HOSPITALITY:** After racing, CIYC will host an awards presentation with hot food and a no-host bar beginning at approximately 1600.
- 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.wpenginpowered.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).