



SAILING INSTRUCTIONS
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*. Area A Random Leg Course (RLC) ratings will be used for scoring. At least one female crew must be onboard, 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.

Any changes to these SIs will be posted on the Regatta Network event page (<https://www.regattanetwork.com/event/30512>) by 2100, Friday, October 31, and/or communicated on the water to each boat before her starting signal and acknowledged by all participants.
- 2 RACE CLASSES & START SEQUENCES:** Final classes, class breaks, and class starting order will be distributed by email by 2100, Friday, October 31. Classes will be signaled via numeral pennants or a one-design class flag, as applicable. The first start is planned for 1100.
- 3 THE START:** The race will be started using Rule 26. Racing will begin near the Mandalay spar buoy (“Sm” on the CIYC Course Chart, page 3). The starboard end of the starting line will be designated by an orange flag on the RC boat, and the port end will be the Mandalay spar buoy.

Prior to her start, each boat shall check in with the RC by radio (VHF Channel 68) or by hailing the RC boat while sailing on a starboard tack past her stern. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other classes.
- 4 THE FINISH:** The finish line will be between the Mandalay Race Buoy and the stack of the Mandalay Power Plant ashore. Each boat will finish at the moment when her bow is within 3 boat lengths east of the buoy (between the buoy and the stack), and her bearing to the stack is 70°T (57°M).

Each boat will be responsible to record her own GPS finish time and to report it to the RC by text (415.518.4046) as soon as practical after finishing. A boat that starts but subsequently retires without finishing is asked to notify the RC by text at her earliest opportunity.
- 6 THE COURSES:** The racing area will be the coastal waters of Ventura County. Courses will be chosen from the CIYC Random Leg Course Chart, Mandalay Buoy Start and Finish, page 3 of these SIs, which includes course distances of 4.2 - 19.5nm. When an oil platform is a mark of the course, any associated mooring buoys are also marks of the course.

The RC will signal the course number for the first starting class no later than the class warning signal. For subsequent classes the RC will signal the course number as soon as possible after the warning signal for each class; this changes Rule 27.1.

- 7 **PROTESTS:** Any boat intending to lodge a protest must raise a red protest flag and notify the offending boat and/or RC at her earliest convenience. Details of the protest shall be delivered to the RC within 1 hour of the protesting boat's finish or early retirement.

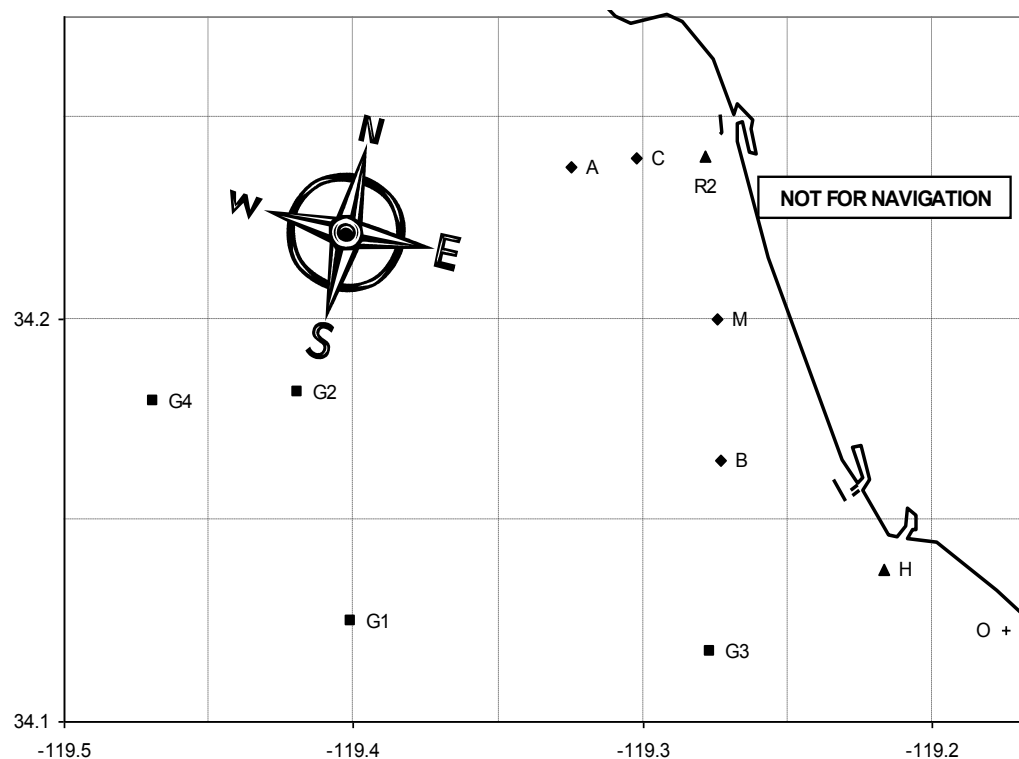
A "Hearing Request" form is recommended for filing a Protest, Request for Redress, etc, and is available online via World Sailing (<https://www.sailing.org/inside-world-sailing/rules-regulations/racing-rules-of-sailing/>).

- 8 **INSURANCE AND SAFETY EQUIPMENT:** All boats shall carry a VHF radio capable of transmitting and receiving on Channels 16 and 68. The RC will monitor VHF Channel 68 throughout the race. Compliance with nearshore safety equipment requirements (<https://ussailing2018.wpenginepowered.com/wp-content/uploads/2022/01/Monohull-SER-2022.0-Nearshore.pdf>) is strongly recommended.

- 9 **HOSPITALITY & PRIZES:** All racers are invited to CIYC for hot food, camaraderie, no-host libations, and individual and perpetual race awards. Current PHRF certification is required to be eligible for the Lady at the Helm Perpetual Trophy, which will be engraved with the names of the winning boat(s) and skipper(s) and displayed at CIYC.

Channel Islands Yacht Club – Random Leg Course Chart
Mandalay Race Buoy Start and Finish

Course #	Distance (nm)	Waypoints (see Codes below)	Approx Bearing to 1 st Mark
1	9.34	Sm Hp Fm	143°T (130°M)
2	10.03	Sm Hs Bs Fm	143°T (130°M)
3	12.80	Sm Hs G3s Fm	143°T (130°M)
4	13.95	Sm Hs R2s Fm	143°T (130°M)
5	16.70	Sm Hs As Fm	143°T (130°M)
6	4.20	Sm Bp Fm	180°T (167°M)
7	9.90	Sm G3p Fm	181°T (168°M)
8	10.03	Sm Bp Hp Fm	180°T (167°M)
9	11.15	Sm Bs As Fm	180°T (167°M)
10	12.80	Sm G3p Hp Fm	181°T (168°M)
11	15.20	Sm G3s Cs Fm	181°T (168°M)
12	18.74	Sm G3s G1s Fm	181°T (168°M)
13	15.33	Sm G1p Fm	234°T (221°M)
14	18.74	Sm G1p G3p Fm	234°T (221°M)
15	14.40	Sm G2p Fm	261°T (248°M)
16	16.48	Sm G2p Bp Fm	261°T (248°M)
17	16.57	Sm G2s As Fm	261°T (248°M)
18	19.45	Sm G4p Fm	263°T (250°M)
19	7.40	Sm As Fm	313°T (300°M)
20	8.66	Sm As R2s Fm	313°T (300°M)
21	11.15	Sm Ap Bp Fm	313°T (300°M)
22	16.55	Sm Ap G3p Fm	313°T (300°M)
23	5.56	Sm Cp Fm	330°T (317°M)
24	9.60	Sm Cp Bp Fm	330°T (317°M)
25	6.41	Sm R2Vp Cp Fm	355°T (342°M)
26	8.66	Sm R2Vp Ap Fm	355°T (342°M)
27	14.76	Sm R2Vp G3p Fm	355°T (342°M)



Code	Marks	Approximate Location
A	Fish Sticks spar buoy	34° 14.5' N 119° 19.8' W
B	Wes Mark spar buoy	34° 09.9' N 119° 16.4' W
C	Chips spar buoy	34° 14.4' N 119° 18.2' W
H	Hueneme buoy	34° 08.3' N 119° 13.0' W
Sm/Fm	Mandalay spar buoy	34° 12.0' N 119° 16.5' W
R2	Ventura R2 whistle buoy	34° 14.4' N 119° 16.7' W
G1	Platform Gail	34° 07.5' N 119° 24.0' W
G2	Platform Gilda	34° 10.9' N 119° 25.1' W
G3	Platform Gina	34° 07.0' N 119° 16.6' W
G4	Platform Grace	34° 10.8' N 119° 28.2' W