



Channel Islands Yacht

Channel Islands Women's Sailing Association



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Women's Sailing Association*

LADY AT THE HELM

SEPTEMBER 24, 2011

SAILING INSTRUCTIONS

1. **RULES** - The race will be governed by the rules as defined in *The Racing Rules of Sailing 2009-2012*, and by these sailing instructions. A yacht's PHRF random leg rating, or best estimate by the Race Committee for non rated boats, shall be used and adjusted per these instructions for this race only. When rounding the Hueneme Buoy give way to commercial ships and navy vessels entering or leaving the Port of Hueneme. When an oil platform is a mark of the course, the associated mooring buoy(s) will also be considered marks of the course. Such buoys are to be rounded on the same side as the oil platform is to be rounded.
2. **ENTRIES:** Eligible boats may be entered by completing registration with the
 - i. Channel Islands Yacht Club.
3. **CHANGES IN SAILING INSTRUCTIONS:** Changes in the Sailing Instructions will be
 - i. posted within 10 minutes of the conclusion of the skippers meeting.
4. **SCHEDULE OF RACE:** The start signal for the first class is scheduled for
 - a. 1100 hours.
5. **CLASSES:** Class breaks will be announced at the skippers meeting at Channel Islands Yacht Club at 08:30 hours on September 24, 2011. There will be PHRF- handicapped Spinnaker, Non-Spinnaker and all Women crew classes. Other classes may be formed at the discretion of the Race Committee.
6. **CHECK IN:** All boats shall check in with the Race Committee by radio (VHF channel 68) or by hailing the Race Committee boat prior to their start.
7. **COURSES :** Start in vicinity of Mandalay spar buoy N34.11.980 , W 119.16.470 (approximately) orange flag or shape mounted on the Committee Boat
 - a. as the starboard mark.
8. **FINISH:** The finishing line will extend from the CIYC flagpole, perpendicular to the balcony.

9. **SCORING:** Boats shall be scored in order of finish.
10. **PRIZES** – The overall winner will be added to the Lady at the Helm perpetual trophy and individual trophies will be awarded at the conclusion of racing at the Channel Islands Yacht Club.
11. **DISCLAIMER OF LIABILITY** - Competitors participate in the race entirely at their own risk. See rule 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.
12. **INSURANCE** - Each participating boat shall be insured with valid third-party liability Insurance.