



WOMEN ON THE WATER/WOMAN AT THE HELM REGATTA

Saturday and Sunday, August 5 - 6, 2023
Marina del Rey, California USA

SAILING INSTRUCTIONS

GENERAL INFORMATION

The Organizing Authority (OA) is the Women's Sailing Association of Santa Monica Bay in conjunction with the Association of Santa Monica Bay Yacht Clubs (ASMBYC).

Regatta co-hosts: ASMBYC and these member clubs: Pacific Mariners Yacht Club, Santa Monica Windjammers Yacht Club, Del Rey Yacht Club, California Yacht Club, and the Women's Sailing Association of Santa Monica Bay.

Regatta Chair: Talin Babikian at talin@babikian.com

1. RULES

The event is governed by the rules as defined in [The Racing Rules of Sailing](#) (RRS).

2. CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions (SIs) will be posted before 1000 on the day it will take effect.

3. COMMUNICATIONS WITH COMPETITORS

3.1 Notices to competitors will be posted on the Official Notice Board which is the [WOW/WAH](#) webpage.

3.2 On the water, the Race Committee (RC) intends to monitor and communicate with competitors on VHF radio channel 68. Failure of the RC to broadcast, mistaken broadcasts, or failure of a competitor to receive this information will not be grounds for a request for redress. This change is added to RRS 62.1(a).

4. SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed on the flagpole located on the CYC front lawn, and posted on the Official Notice Board.

4.2 When flag AP is displayed ashore, "1 minute" is replaced with "not less than sixty (60) minutes" in RRS Race Signals AP.

5. SCHEDULE OF RACES

5.1 Five (5) races are scheduled for WOW and WAH Performance: three (3) on Saturday and two (2) on Sunday. Three (3) races are scheduled for WAH Cruising: two (2) on Saturday and one (1) on Sunday. Without posting a change to the schedule of races, the RC reserves the right to run one more race on Sunday if fewer than the scheduled number of races is completed on Saturday. The RC, at its discretion, may run fewer races.

5.2 The scheduled time of the first warning signal each day is 1200. Subsequent races will start as soon as practicable.

5.3 Code Flag A displayed, with no sound, while boats are finishing means "No more racing today". When displayed with a class flag(s), it applies only to that class(es).

6. CLASSES / CLASS FLAGS / ORDER OF STARTS

Classes and class flags with the order of starts for the first race will be posted on the Official Notice Board no later than 1900 on Friday, August 4. The order of starts may change following the first race.

7. RACING AREA

The racing area will be on Santa Monica Bay. The starting area will be located approximately 0.75 nm nautical mile west of the Marina del Rey breakwater.

8. MARKS

Marks are described in Attachment A for W/L courses, and in Attachment B for RL courses.

9. COURSES

9.1 WOW and WAH Performance may sail either windward/leeward (W/L) or random leg (RL) courses.

9.2 WAH Cruising will sail RL courses.

9.3 Courses are described in Attachment A for W/L courses and in Attachment B for RL courses.

10. THE START

10.1 To alert boats that a race or sequence of races will begin soon, multiple sound signals may be made approximately one (1) minute before the warning signal for the first class, with one (1) minute between any consecutive starting sequences unless otherwise hailed by the RC as provided in SI 3.2.

10.2 The starting line is between the course side of Mark SP and the staff displaying an orange and white checkered flag on the port side of the RC signal boat (see SI Addendums A and B).

10.3 If any part of a boat's hull is on the course side of the starting line at her starting signal and she is identified, the RC will attempt to hail her sail number as provided in SI 3.2. Failure to hail her number, failure of her to hear such a hail, or the order in which boats are hailed will not be grounds for a request for redress. This change is added to RRS 62.1(a).

10.4 A boat that does not start within five (5) minutes after her starting signal shall be scored Did Not Start (DNS) without a hearing. This change is added to RRS A5.

10.5 Boats whose warning signal has not been made shall keep clear of the starting area during the starting sequence for other races.

11. CHANGING THE NEXT LEG OF THE COURSE

To change the next leg of the course, the RC will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced with the original mark.

12. THE FINISH

12.1 The finishing line is between Mark FP and the staff displaying a blue flag on the starboard side of the RC signal boat (see SI Addendums A and B).

12.2 Competitors should be aware that other classes might be starting while they are finishing, and that RRS 23.1 prohibits boats not racing from interfering with boats that are racing.

13. PENALTY SYSTEM

US Sailing Prescriptions Appendix V, Section V1, Penalty at the Time of an Incident, and Section V2, Post-Race Penalties, apply.

14. HEARING REQUESTS

14.1 The protest time limit each day is sixty (60) minutes after the RC signal boat docks on that day. This time will be posted at the *Protest Time Limit and Hearing Schedule* link located on the [WOW/WAH](#) webpage no later than fifteen (15) minutes after the RC signal boat docks. Protest forms will be available from the Chief Judge.

14.2 RRS 62.2, Redress is modified as follows:

(a) The second sentence of RRS 62.2 is replaced with: "If the request is based on an incident in the racing area, it shall be filed within the protest time limit for that day."

(b) A notice of boats scored per RRS A5.1 each day will be posted at the *View Starting Penalties* link located on the [WOW/WAH](#) webpage no later than fifteen (15) minutes after the RC signal boat docks on that day. The deadline for a request for redress based on these scores is the protest time limit for that day.

(c) The time limit for a request for redress based on a scoring inquiry is 30 minutes after the results of the scoring inquiry have been posted.

14.3 Protests shall be filed with the Chief Judge at Pacific Mariners Yacht Club on Saturday and at Santa Monica Windjammers on Sunday. Any protest filed or request for redress made on behalf of a competitor must be initiated by the skipper.

14.4 Notices will be posted no later than fifteen (15) minutes after the protest time limit each day at the *Protest Time Limit and Hearing Schedule* link located on the [WOW/WAH](#) webpage to inform competitors of hearings in which they are parties. Hearings will be held as soon as possible at Pacific Mariners Yacht Club on Saturday and at Santa Monica Windjammers Yacht Club on Sunday.

14.5 US Sailing Prescriptions to RRS 63.1 and 63.2 do not apply.

15. SCORING

15.1 Preliminary results will be posted on the [WOW/WAH](#) webpage as soon as possible after racing each day.

15.2 Competitors shall notify the RC of any scoring errors using the Submit Scoring Inquiry link on the [WOW/WAH](#) webpage.

15.3 The deadline to file a scoring inquiry is the protest time limit or forty-five (45) minutes after the preliminary results have been posted for that day, whichever is later.

15.4 NoR 10.3 is changed to add the following at the end of the first sentence: ", except that races that are RL format will be scored using a boat's RLC rating."

16. [DP] SAFETY REGULATIONS

A boat that retires from a race prior to finishing or does not intend to start a scheduled race shall notify the RC either before leaving the racing area or as soon as possible after arriving ashore.

17. PRIZES

There will be an awards ceremony at Santa Monica Windjammers Yacht Club after racing on Sunday.

18. RISK STATEMENT

Competitors participate in the event entirely at their own risk. See RRS 3, Decision to Race. By participating in the event, each competitor agrees to release the race organizers (organizing authority, host yacht club, race committee, protest committee, sponsors, and any others acting in an official capacity for the event) from any and all liability associated with such competitor's participation in the event to the fullest extent permitted by law.



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ADDENDUM A: Windward/Leeward (W/L) Courses WOW and WAH Performance Divisions

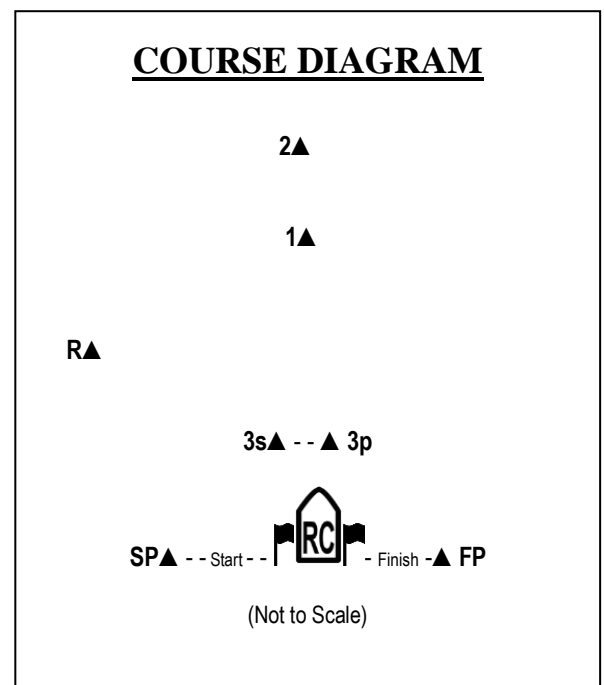
SI 8. MARKS (continued)

- 8.1 Marks 1 and 2 will be either yellow or orange inflatable shapes whose color shall be signaled per SI 8.2. Marks 2 and R may or may not be in the water, depending on the course(s) to be sailed.
- 8.2 The color of the first windward mark will be indicated by either an orange or yellow pennant displayed with the course numeral pennant.
- 8.3 New windward marks, as provided in SI 11, will be the alternate color to the one signaled at the start.
- 8.4 Marks 3s/3p will be yellow inflatable shapes.
- 8.5 Mark SP will be an orange inflatable shape.
- 8.6 Mark FP will be an orange inflatable shape.
- 8.7 Mark R (if used) will be an orange inflatable shape.

SI 9. COURSES (continued)

- 9.1 Marks 1, 2, and R (if used), shall be rounded to port.
- 9.2 Mark 3s/3p is a gate. In the event only one leeward mark is on station, that mark shall be rounded to port.
- 9.3 The starting line will be approx. 0.1 nautical miles to leeward of Mark 3s/3p.
- 9.4 No later than the warning signal for each class, the RC signal boat will display the approximate magnetic bearing and distance from Mark 3s/3p to the first weather mark with numeral placards.
- 9.5 No later than the warning signal for each class, the RC signal boat will use numeral pennants to signal one of the courses shown below:

Numeral Pennant	Courses
Windward / Leeward	
1	Start – 1 – 3s/3p – 1 – Finish
2	Start – 1 – 3s/3p – 1 – 3s/3p – 1 – Finish
3	Start – 2 – 3s/3p – 2 – Finish
4	Start – 2 – 3s/3p – 2 – 3s/3p – 2 – Finish
5	Start – 2 – 3s/3p – 1 – Finish
Windward / Leeward with Reaching Legs	
6	Start – 1 – R – Finish
7	Start – 1 – R – 3s/3p – 1 – Finish
8	Start – 1 – R – 3s/3p – 1 – R – Finish





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ADDENDUM B: Random Leg (RL) Courses All Divisions

SI 8. MARKS (continued)

- 8.1 Mark SP (the pin-end of the starting line) will be an orange inflatable shape located approximately 0.75 nm, bearing 270°M from the north entrance to MdR.
- 8.2 Mark FP will be an orange inflatable shape.
- 8.3 Mark 2ES (El Segundo Buoy) is a red navigation buoy whose location is on Marina del Rey Course Chart 17 (CC17), attached.
- 8.4 MdR marks DD, EE, D, E, V, S, H, and SS are yellow or white spar buoys of varying sizes whose locations are on CC17.
- 8.5 A missing mark may be replaced by an inflatable mark.

SI 9. COURSES (continued)

- 9.1 Marks shall be rounded to port unless '(s)' appears after the mark name, which indicates that it shall be rounded to starboard.
- 9.2 No later than the warning signal for each class, the RC signal boat will use letter pennants to signal one of the courses shown below:

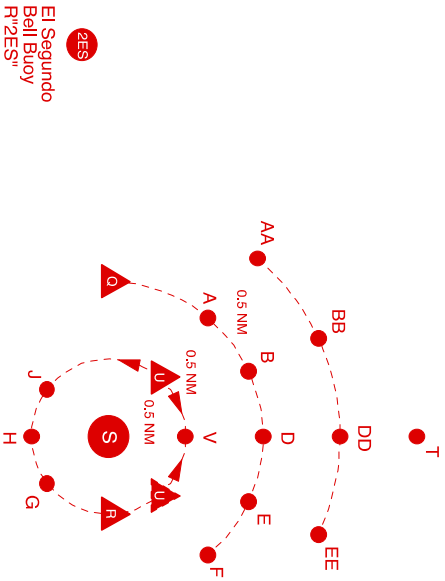
Letter	Courses	Handicap Distance
D	Start – S(s) – V(s) – H – V(s) – Finish	4.7 nm
E	Start – S(s) – E – H – V(s) – Finish	5.6 nm
F	Start – S(s) – E – D – H – V(s) – Finish	6.1 nm
G	Start – S(s) – E – DD – H – V(s) – Finish	6.9 nm
H	Start – S(s) – 2ES – H – V(s) – Finish	8.9 nm
J	Start – S(s) – D – 2ES – H – V(s) – Finish	10.2 nm
K	Start – S(s) – EE – DD – 2ES – H – V(s) – Finish	11.7 nm

STARTING/FINISHING AREA DIAGRAM

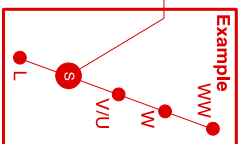


Marina del Rey Course Chart 17

Date: 1/28/16
 File name: Course Chart 17.0.wxw



Course rotates around 'S' Mark depending on wind direction-



Course Instructions

Start and finish in the vicinity of **S** mark.

Leave all rounding marks to **PORT**.

WW, **W**, **V** and **U** are weather marks.

L and **S** are leeward marks.

Courses will be signaled by code flags or number placards:

Number pennant(s) or placards for the course number:

A letter flag or placard for the **DIRECTION** to the first mark (see compass bearing table on other side).

Mark Identification Table

If letter flag is:	D	A	B	E	F	Q	G	H	J	R
then WW is	DD	AA	BB	EE	-	-	-	-	-	-
W is	D	A	B	E	F	Q	G	H	J	R
U is	V	midway between S and W if set								
L is	H	G	G	J	J	R	B	D	E	Q

Upwind Finishes

No	Course	Distance
1	Start-U-L-Finish	2NM
2	Start-U-S-U-L-Finish	3NM
3	Start-U-S-U-L-Finish	4NM
4	Start-W-L-Finish	3NM
5	Start-W-S-U-L-Finish	4NM
6	Start-W-S-U-L-Finish	5NM
7	Start-W-S-U-S-U-L-Finish	5NM
8	Start-W-L-W-L-Finish	6NM
9	Start-W-S-W-S-U-L-Finish	6NM
10	Start-W-S-W-S-U-L-Finish	7NM
11	Start-W-S-W-L-W-L-Finish	8NM
12	Start-WW-S-W-L-Finish	6NM
13	Start-WW-S-WW-L-Finish	7NM
14	Start-WW-L-WW-L-Finish	8NM
15	Start-WW-S-W-S-W-L-Finish	8NM

Downwind Finishes

No	Course	Distance
20	Start-U-Finish	1NM
21	Start-U-S-U-Finish	2NM
22	Start-U-S-U-S-U-Finish	3NM
23	Start-W-Finish	2NM
24	Start-W-S-U-Finish	3NM
25	Start-W-S-U-W-Finish	4NM
26	Start-W-S-U-S-U-Finish	4NM
27	Start-W-L-W-Finish	5NM
28	Start-W-S-U-S-U-Finish	5NM
29	Start-W-S-W-S-U-Finish	6NM
30	Start-W-S-W-L-W-Finish	7NM
31	Start-W-L-W-L-W-Finish	8NM
32	Start-WW-S-W-Finish	5NM
33	Start-WW-S-WW-Finish	6NM
34	Start-WW-L-W-Finish	6NM
35	Start-WW-S-W-S-W-Finish	7NM
36	Start-WW-S-WW-S-W-Finish	8NM

Special Courses

40+	See Sailing Instructions
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Marina del Rey Course Chart 17

Date: 1/28/16
File name: Course Chart 17.0.vwx

TO ——— Approximate magnetic course between marks ———>

	A	AA	B	BB	D	DD	E	EE	F	G	H	J	Q	R	S	T	V	SS	2ES	SM1	
S	185	185	210	210	235	235	260	260	260	260	018	055	092	145	325	-	235	235	055	138	331
A	-	185	288	245	300	277	313	298	325	009	021	031	075	352	005	264	338	030	119	339	
AA	005	-	330	288	323	300	327	313	335	008	017	023	046	355	005	283	347	025	107	342	
B	108	150	-	210	312	270	325	302	337	026	038	050	088	009	030	256	009	042	117	344	
BB	065	108	030	-	355	312	348	325	352	027	036	044	070	015	030	280	019	040	107	349	
D	120	143	132	175	-	235	338	295	350	043	055	067	100	028	055	235	055	055	119	348	
DD	097	120	090	132	055	-	020	338	013	046	055	064	089	057	055	235	055	055	112	355	
E	133	147	145	168	158	200	-	260	002	060	072	084	113	050	080	214	101	068	124	349	
EE	118	133	122	145	115	158	080	-	045	066	074	083	105	061	080	190	092	070	118	359	
F	145	155	157	172	170	193	182	225	-	079	089	101	125	077	105	206	135	080	129	347	
G	189	188	206	207	223	226	240	246	259	-	127	145	162	262	198	228	217	082	146	323	
H	201	197	218	216	235	235	252	254	269	307	-	163	172	260	235	235	055	148	321		
J	211	203	230	224	247	244	264	263	281	325	343	-	175	298	272	242	254	028	146	324	
Q	255	226	268	250	280	269	293	285	305	342	352	355	-	325	325	262	299	010	133	329	
R	172	175	189	195	208	217	230	241	257	082	100	118	145	-	145	221	190	082	139	332	
T	084	103	076	100	055	055	034	010	026	048	055	062	082	041	055	-	055	055	105	002	
V	156	167	189	199	235	235	281	272	315	037	055	074	119	010	055	235	-	055	128	340	
SS	210	205	222	220	235	235	248	250	260	262	235	208	190	262	235	235	-	158	312		
2ES	299	287	297	287	299	292	304	298	309	326	328	326	313	319	318	285	308	338	-	324	
SM1	159	162	164	169	168	175	169	179	167	143	141	144	149	152	151	182	160	132	144	-	

Mark Locations

Mark	Latitude	Longitude
A	33° 56.243' N	118° 29.606' W
AA	33° 55.770' N	118° 29.799' W
B	33° 56.467' N	118° 30.050' W
BB	33° 56.107' N	118° 30.466' W
D	33° 56.827' N	118° 30.337' W
DD	33° 56.647' N	118° 30.899' W
E	33° 57.254' N	118° 30.417' W
EE	33° 57.288' N	118° 31.017' W
F	33° 57.669' N	118° 30.270' W
G	33° 57.611' N	118° 28.898' W
H	33° 57.367' N	118° 28.655' W
J	33° 57.051' N	118° 28.637' W
Q	33° 56.257' N	118° 28.779' W
R	33° 57.652' N	118° 29.434' W
S	33° 57.187' N	118° 29.216' W
T	33° 56.464' N	118° 31.459' W
V	33° 57.007' N	118° 29.777' W
SS	33° 57.547' N	118° 28.093' W
2ES	33° 54.698' N	118° 27.563' W
SM1	34° 00.176' N	118° 30.226' W

Please note: These are the designated locations for the marks; every effort is made to keep them as close as possible to the above coordinates, but there is no guarantee as to their actual positions.
Marks listed above with the exception of 2ES are owned and maintained by the Yacht Clubs in MDR and may only be used with prior approval from the Buoy Coordinator.

Description of Marks

A, AA, B, BB, V, D, DD, T, E, EE, F, G, H, J and SS marks are yellow spars.
Q, R, U, and SM1 are inflatable or flag marks that may be set by the race committee.
2ES is the El Segundo bell buoy.
Missing marks may be replaced by inflatable or flag marks.

Handicap Distances

The handicap distance from S to:
U, V, R, G, H, or J = 0.5 NM
A, B, D, E, F, Q or SS = 1.0 NM
AA, BB, DD or EE = 1.5 NM
T = 2.0 NM