



NOTICE OF RACE/Sailing Instructions

Women at the Helm Regatta

Saturday, September 24th, 2022

1. **Rules:** This race is governed by the current Racing Rules of Sailing except as modified by the STYC General Sailing Instructions (GSI), these Sailing Instructions, and the USCG VTS Navigation Rules.
2. **Eligibility and Entry Deadline:** This race is open to STYC members with PHRF-NW or STYC ratings. Non STYC members with a valid PHRF-NW rating are eligible to enter provided the skipper is a member of a PIYA or US Sailing accepted club. Entries must be received on the STYC website (www.styc.org), no later than 2400, on the Wednesday before the race. See the GSI for the late entry policy. Non-members and Associate Members must submit a \$35 entry fee with the completed entry.
3. **Helm:** Only persons who identify as women are allowed at the helm while racing (as defined in the RRS) in this regatta. This is further defined as the person or persons who, excepting for momentary absence due to personal or shipboard needs, steer(s) the yacht beginning at 4 minutes prior to the start and continuing until the finish.
4. **Special COVID 19 Requirements:** STYC would like to remind everyone participating that sailboat racing is voluntary and is done at your own risk. Compliance with Federal, State, and Local rules and regulations is required by the club and enforcement is the responsibility of the skipper. In particular, skippers are responsible for ensuring everyone in their crew complies with all guidelines, rules, and regulations to prevent the spread of COVID 19 while participating in STYC races. Further, please be especially careful of COVID protocols while on the dock and using the facilities at the marina.
5. **Divisions and Starting Times:** Class breaks will be posted on the STYC website (www.styc.org) by 1800 the Friday before the race. The 1st Class start is 1000. The first warning is at 0955.
6. **Race Format and Course:** This is a multi-race event. The Race Committee will attempt to run 3 races. Courses will be run in the vicinity of Shilshole Bay between West Point and Spring Beach. Refer to course mark descriptions in the SYTC GSIs. There will be no throw outs. Please pay attention to class flags for start sequences.
7. **Time Limit:** 2.5 hours for the first boat in each class in each race. All other boats must finish within 30 minutes of the first boat to finish in the class. This changes RRS 35.
8. **Communication:** The race committee will utilize VHF channel 72 for on water communications. A failure by the race committee to issue a communication, the failure of a competitor to hear the communication, or any other issues regarding the communication shall not constitute grounds for redress. This changes RRS 62.1(a).
9. **Skippers' Meeting:** Skippers meeting will be online at 1900 Friday, September 23. It will be possible to attend either online or via telephone. Meeting details will be available on the race webpage. The STYC GSI are available on the STYC website. If there are questions, email race@styc.org.
10. **Awards:** Awards will be announced at the Sloop Tavern at 1900. All STYC events will be held in alignment with CDC guidelines and local guidelines. If guidelines change and STYC decides to cancel in-person awards, skippers will be notified via email.