



NOTICE OF RACE/Sailing Instructions

Women at the Helm: Going The Distance

Saturday, July 23rd, 2022

- 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.
- 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.
- Helm:** Only persons identifying as female 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.
- 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.
- 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 starts at 1000. The first warning is at 0955.
- Race Distance and Course:** There are two possible courses. The choice will be announced at the skippers meeting based on the predicted conditions, and/or the Race Committee boat may signal a short course before the start of the race in accordance with the GSI. Either course may be terminated early at any mark with a signal from the RC. The full course is approximately 20 nautical miles. The short course is approximately 13.5. The courses are as follows with all marks to starboard.

Long Course: **NPUMEN** (Start at N, #2 Red Nun off Wing Point, round U, pass M, round E, finish at N)

Short Course: **NWUMEN** (same as above except use West Point Buoy for W).
- Time Limit:** The time limit for this race is 7.0 hours. Refer to the GSI for instructions concerning cancellations, postponements, and time extensions.
- 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).
- Skippers' Meeting:** Skippers meeting will be online at 7:00 pm Friday, July 22nd, 2022. It will be possible to attend using Google Meet or telephone. Meeting details will be emailed to registered boats before the meeting and 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 distributed on the plaza in front of the Port building at Shilshole Bay Marina following the conclusion of racing.