



2025 Woman Skippers Invitational Regatta

SAILING INSTRUCTIONS

July 19, 2025
Genesee Yacht Club
Rochester NY

1 RULES

- 1.1 The event is governed by the rules as defined in The Racing Rules of Sailing (RRS) and the rules of PHRF-LO.
- 1.2 All boats must have a female at the helm from the start to the finish of each race.

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the official notice board located on the window of the porch at GYC and on the notice board on Regatta Network at:

https://www.regattanetwork.com/clubmgmt/applet_notice_board.php?regatta_id=29659.

3 SIGNALS MADE ASHORE

- 3.1 Signals made ashore will be displayed on the main flagpole at GYC, located on the river and north corner of the clubhouse grounds.

4. SCHEDULE

Saturday, July 19, 2025	7:00 – 08:45AM	Registration Check-in (GYC)
Saturday, July 19, 2025	9:00 AM ~10:00 AM 1:00 PM Within 1 hour after the last race has finished	Competitors meeting Warning signal, first race (subsequent races to follow) No race shall start after 1:00 PM Awards Picnic at GYC

5. DIVISION SPLITS

- 5.1 The 3 Divisional Splits shall be based on participation and shall be composed of the following divisions:

Division 1 – Canvas / Fun Fleet. Refers to a racing class or division where the female at the helm has very limited or minimal racing and sailing experience. The boats are limited to the use of a head sail called a genoa and are prohibited from using other types of foresails like spinnakers or gennakers.

Division 2 – Genoa Only Fleet. Refers to a racing class or division where the female at the helm has racing and sailing experience. The boats are limited to using a type of sail called a genoa and are prohibited from using other types of foresails like spinnakers or gennakers

Division 3 – Spinnaker Fleet. Refers to a racing class or division where the female at the helm has racing and sailing experience. The boats are permitted to foresails that can be comprised of a genoa, spinnaker or gennaker.

- 5.2 Those racing in the designated Division Splits will be determined by the Race Committee (RC) prior to the Skippers Meeting. Copies will be distributed at that time.

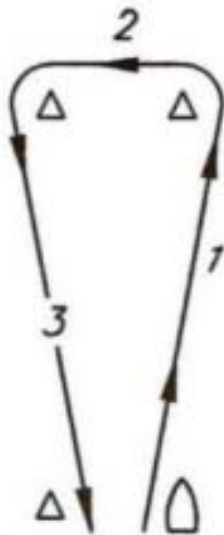
6. SCHEDULE OF RACES

- 6.1 There are 3 races scheduled, and the series may be shortened to 1 or 2 as determined by the Race Committee (RC) and will then constitute the series. Details see section 11 Scoring.
- 6.2 10:00AM is the approximate scheduled time for the first race.

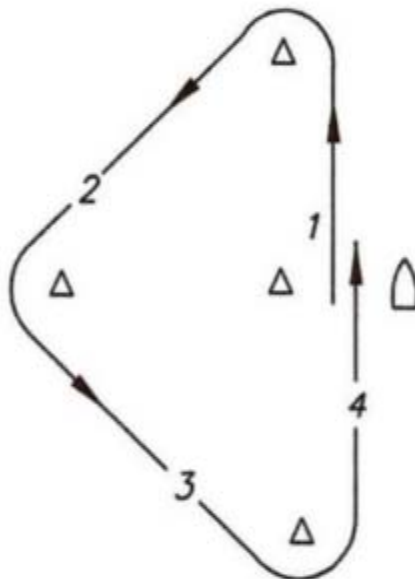
7. COURSES to be SAILED

7.1 The following diagrams define the courses that may be sailed:

Course 1 is a three-leg sailboat race course as shown in the following diagram:



Course 2 is a triangular race course, with Mid-leg Start/Finish, as shown in the following diagram:



8. STARTING AND FINISHING LINES; STARTING SYSTEM

8.1 The starting sequence shall follow the rule defined in RRS section 26 as follows:

- a) The starting line shall be between the RC (Race Committee) boat displaying an orange flag and the near mark on the course side of the RC boat.
- b) Boats whose warning signal has not been made shall keep clear of the starting area and of all boats whose warning signal has been made.
- c) The starting sequence will follow the current RRS Rule 26
- d) The Warning signal for each start will be the division flag with one loud sound. It will be given 5 minutes before the starting signal
- e) The Preparatory signal for each start will be the code flag "P" with one sound. It will be given 4 minutes before the starting signal
- f) At the One-Minute signal, code flag "P" will be lowered with one long sound. It will be given 1 minute before the start signal
- g) The Starting signal is the lowering of the division flag for the division that is starting, accompanied by one loud sound.
- h) The warning signal for each succeeding division is the Starting signal for the preceding division.
- i) As a courtesy to the fleet an Attention signal (sound) may be given approximately six minutes before the first start.
- j) The finish line is between the blue flag on the RC boat and the near mark on the course side of the RC boat.

9. SAFETY/SKIPPER RESPONSIBILITY

9.1 The safety of a boat and her crew is the sole and inescapable responsibility of the skipper and owner of the boat, who must do her/his best to ensure that the boat is fully found, thoroughly seaworthy and fit to face any condition that can reasonably be expected.

9.2 A boat retiring from a race is required to notify the RC before leaving the course area, or if that is not possible then as soon as reaching safety.

10. PROTESTS

10.1 Notice of intention to protest shall be given to RC immediately by VHF radio Channel 71 or by hail

10.2 Notification of Protest against a Boat: a protest flag must be displayed promptly and protested boat must be verbally hailed with the word "Protest" clearly indicating intent. A US Sailing Protest Form must be submitted within one hour after the conclusion of the last race to the Regatta Chairwoman.

10.3 Protests will be heard following the end of the Regatta

11 SCORING

11.1 One race constitutes a series

11.2 PHRF-LO Time on Time corrections will be used.

11.3 RRS A2.1 is modified so that no score will be excluded.

11.4 RRS Appendix A4 (low point scoring) will apply.

11.5 Race ties and series ties will be broken in accordance with RRS Appendix A7 and A8

12 PRIZES

- 12.1 Keeper trophies will be awarded to the first, second and third place boats in the Genoa Only Fleet and the Spinnaker Fleet.
- 12.2 The following Perpetual trophies will be awarded, with each winner receiving a keeper trophy.
 - 12.2.1 The Mighty Mary Award – Best series score for an all female Spinnaker Boat. If there is no all female Spinnaker Boat then Best series score for an all female Genoa Only Boat.
 - 12.2.2 The Lindsley Trophy – Best series score for a GYC Spinnaker Boat
 - 12.2.3 The Elaine Carter Trophy - Best series score for a GYC Genoa Only Boat
 - 12.2.4 Guest Trophy –Best series score for a non-GYC Spinnaker Boat. If there is no non-GYC Spinnaker Boat then Best series score for a non-GYC Genoa Only Boat.

13 DISCLAIMER OF LIABILITY and INURANCE

- 13.1 RRS 3 states: ‘The responsibility for a boat’s decision to participate in a race or to continue to race is hers alone.’ By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes. Each participating boat will be insured with a valid third-party liability insurance.