**VERNON YACHT CLUB**

**2025 WOMEN'S RACING SERIES**

**NOTICE OF RACE & SAILING INSTRUCTIONS**

**1.0 RULES:**

**1.1** The 2025 Women’s races will be governed by the Racing Rules of Sailing (RRS) - (2025 – 2028), the prescriptions of Sail Canada, the Notice of Race (NOR) and Sailing Instructions (SIs) for these series, and any changes posted on the Vernon Yacht Club Web site, and Official notice board (see 1.3 below).

**1.2** Registration is mandatory for all skippers, crew, spare crew and coaches prior to participating in the Tuesday Night Women series. Registration and payment of fees will be accepted up to and including April 29th, 2025. Fees are $60 per person excluding mentors, coaches or volunteers.

**1.3** TheOfficial notice board will be located on the gate to the docks. Updates to the NOR and SIs will be posted to the webpage at www.vernonyachtclub.com.

**2.0 RACE SCHEDULE:**

**2.1** Practice and Races will be held on Tuesday nights starting April 29, 2025 through to June 24, 2025, with the possibility of a mini regatta, Sunday June 29, 2025.

**2.2** See SI Addendum A for Schedule Table. The schedule will also be posted on the VYC web site by April 29, 2025. Practice nights will be held April 29 - May 13.

There will be a race series – May 20 to June 24 and the possible mini regatta, Sunday, June 29.

**2.3** The first warning signal will commence no earlier than 6:30 pm (1830 hrs) and will be held in the bay in front of the Vernon Yacht Club.

**2.4** Sailing Instructions for the mini regatta (if held) will be available by June 24, 2025.

**3.0 ELIGIBILITY, ENTRY AND CLASSIFICATION**

**3.1** Sailboats participating in the Women Sail/Racing series shall be owned by

members of Vernon Yacht Club (VYC). Sailboats shall carry appropriate insurance (valid 3rd party liability insurance) with a minimum $2,000,000 liability of which proof shall be on file at VYC. Boats shall have correct, consistent, legible sail numbers on the main sail. Boats without current PHRF certificates will be assigned a handicap.

**3.2**  Boats that sail with no coach and with only women on board are in a non coached fleet. Boats which have a coach/mentor on board are in a coached fleet.

**4.0 ORDER OF CLASS STARTS:**

**4.1** With two fleets, both fleets may be started at the same time or separately. Fleet flags shall be a red flag for coached fleet and yellow flag for the uncoached fleet. Starting sequence (coached or uncoached starting first) is at the discretion of the Committee Boat. Number of races each night will be at the discretion of the Committee Boat.

**5.0 COURSES AND MARKS: (see SI Addendum 2)**

**S** = the start line (between the orange flag on the committee boat and north yellow tower)

**F** = the finish line (between the Blue flag on the committee boat and south yellow tower)

**Mark 'A'** is a yellow tower-shaped buoy. It is the most westerly placed buoy.

**Mark 'B'** is a yellow tower-shaped racing buoy. It is the first buoy to the west of the

start line.

**Mark 'C'** is a yellow tower-shaped racing buoy. It is the first buoy to the east of the

start line.

**Mark ‘D'** is a yellow tower shaped buoy. It is the most easterly place buoy.

**Mark ‘E’** is a yellow tower racing buoy. It is between A and B and to the south.

**Courses 1 to 6**

**Marks are to be left to PORT**

Course 1 SBFCF 1.49 NM

Course 2 SAFCF 2.40 NM

Course 3 SCFBF 1.49 NM

Course 4 SDFBF 1.96 NM

Course 5 SBEFCF 1.76 NM

Course 6 SCFBEF 1.76 NM

**6.0 STARTING SYSTEM: The starting sequence will be as follows:**

**6.1** Approximately 60 seconds before the first starting sequence, there will be 5 short blasts on the horn to advise the fleets that the starting sequence will begin shortly. This is only necessary for the first race. As per RRS rule 26, races shall be started by using

the following signals:

|  |  |  |  |
| --- | --- | --- | --- |
| Warning Signal | Fleet flag (Red/Yellow) up | 1 horn | 5 minutes to start |
| Prep Signal  | Prep Flag up | 1 horn | 4 minutes to start |
| One minute Signal  | Prep Flag down | 1 horn | 1 minute to start |
| Start Signal | Fleet Flag(s) down | 1 horn | Start |

**6.2** An alternative starting system will be the reverse handicap or pursuit race style start. This will only be used if no committee boat is available. The starting sequence will be slowest boats start first at 6:30, and depending on the handicap, other boats will start in a delayed sequence. A marina gate meeting will be held in advance of the race to advise what starting time each boat has. The race course will be determined at the skipper meeting. Race results will not be counted in the overall results. RI will blow a horn indicating the start of the race at 6:30 pm.

**7.0 TIME LIMIT:**

**7.1** For Tuesday and mini regatta (if held) races the maximum time for the first yacht in each fleet to finish shall be 90 minutes. All other yachts in that fleet must finish within 30 minutes after the first yacht in that fleet to avoid being scored DNF. Should no boat reach the first mark within 40 minutes of the starting signal, the race will be abandoned. When a race or boat(s) exceeds the maximum time the committee boat will indicate by 2 LONG SIGNALS.

**8.0 SCORING:**

**8.1** Shall be by the low point system as per appendix A of the RRS.

**8.2** Races will be scored using PHRF Time on Distance

**8.3** Rule A5.2 and A5.3 is amended as follows:

DNS (Did Not Start) Number yachts registered in that fleet for racing plus 0

DSQ (Disqualified) Number yachts started in that fleet plus 2

DNF (Did Not finish) Number yachts started in that fleet plus 0

NSC (Not Sailed Course) Same as DNF

**8.4**  Coached fleet and non coached fleet will be scored separately.

**9.0 HANDICAPPING:**

**9.1** All boats without a valid BC Sailing PHRF certificate dated after April 2021 and

dated within 5 years of registering to race will have a PHRF assigned by the race

chair/results manager.

**9.2** The race chair and/or results manager reserve the right to request yachts

and sails be measured. Skippers may be required to pay extra funds in order to

obtain a current PHRF certificate from BC Sailing.

**9.3** Yachts sailing without a spinnaker will be assigned a handicap as if they were

sailing with a spinnaker

**10.0 PROTESTS:**

**10.1** Yachts protesting must immediately display a red flag and hail the yacht being

protested. Protests must be written on a Sail Canada protest form (available from Committee Boat) and presented to the Race Committee (Committee Boat crew on duty that evening, unless the Committee Boat is being protested) within 30 minutes of the completion of the last race of the day. If the Committee Boat is being protested, then a Protest Committee must be formed by 2 Coaches whose boats are not involved in the protest. Decisions of the Race or Protest Committee shall be final.

**10.2** In lieu of a DNF score and in order to start another race or to get off the water

due to weather or darkness the last place yacht still racing may accept a last place

finish in their fleet and motor to the finish line provided the rest of their fleet have

completed the race within the allotted time frame.

**11.0 AWARDS**

**11.1**  Awards will be presented at the wind-up party to be held after completion of the racing series. Date will be Sunday, June 29, 2025.

**12.0 ROLE OF A COACH**

**12.1**  A coach can provide verbal instruction or guidance to the skipper and crew in regards to any aspect of sailing the boat with the purpose of improving the understanding, competence and performance of the team and boat. The exception to verbal assistance is in the event of an impending collision or where action is immediately required to ensure the safety of those on board or of the boat, in which case the coach can take whatever preventative action is required.

.

**13.0 THROW – OUTS:**

**13.1** For the Series and the Mini Regatta (if held) there will be one throw out for every 4 races completed. At the end of the racing season the Series and the Mini Regatta finishes will be merged and rescored to calculate the overall finishes. This will require the throw outs to be restructured so that there are a total number of throw outs to equal one in every four races completed. In the event that weather does not permit 4 races to be completed in a series, no throw-outs will be allowed.

**14.0 SAIL NUMBERS:**

**14.1** Yachts shall display their official sail number on both sides of their mainsail.

**15.0 FINISHING CONSIDERATION:**

Please stay well clear of the finish line while other fleets are finishing. You may be

protested by another yacht if you do not comply.

**16.0 COMMUNICATION**

While racing, except in an emergency, a boat shall not make voice or data

transmissions and shall not receive voice or data communication that is not available to all boats. It is adviseable that boats have a VHF radio on board, but is not required.

**17.0 RISK STATEMENT**

**17.1** 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 series, 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 an 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.

**17.2** The organizing authority, management, Board of Directors, and volunteers will

not accept any liability for material damage, or personal injury, or death sustained in conjunction with, or prior to, during or after this practice and race series.

**SI Addendum 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date |  | Start | Event | Time Limit |
| April 7, 2025 | Meet, greet and register | 1900 | At VYC Club House |  |
| April 22, 2025 | Racing Rules review  | 1900 | At VYC Club house |  |
| April 29, 2025 |  | 1830 | Practice 1 | 2 hours |
| May 6 , 2025 |  | 1830 | Practice 2 (man overboard & spinnaker) | 2 hours |
| May 13, 2025 |  | 1830 | Practice 3 (starts and Spinnaker)) | 2 hours |
| May 20, 2025 | Series A | 1830 | A- 1 | 2 hours |
| May 27, 2025 |  | 1830 | A - 2 | 2 hours |
| June 3, 2025 |  | 1830 | A - 3 | 2 hours |
| June 10, 2025 |  | 1830 | A - 4 | 2 hours |
| June 17, 2025 |  | 1830 | A - 5 | 2 hours |
| June 24, 2025 |  | 1830 | A-6 | 2 hours |
| Sunday June 29(possible)  | Series B | 1000 | B – 1, 2, 3,4 | 5-6 hours |
|  |  |  |  |  |
| Sunday June 29, 2025 | Wind up & Awards | 1730 | At VYC |  |