



Royal Geelong Yacht Club Inc.

**Alpha Course
Montgomery Family Trophy
Women's Helm Series
Sailing Instructions**

**To be read in conjunction with Alpha Course Season 2023-2024
Sailing Instructions.**

22nd October 2023 to 3rd March 2024

**Royal Geelong Yacht Club Inc.
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[DP] – A rule for which the penalty is at the discretion of the jury or protest committee.

1 Rules

- 1.1 The event is governed by the rules as defined in The Racing Rules of Sailing (RRS) and the Australian Sailing (AS) Special Regulations Part 1.

2 Eligibility and Entry

- 2.1 The series is open to all boats that have completed entry requirements for the Club's Alpha Course racing program for Season 2023-2024.
- 2.2 Boats shall be helmed by a woman at all times whilst racing. For yachts with multiple women in the crew, the helmswoman can change throughout the race to facilitate sailing of the vessel.
- 2.3 Men are permitted to crew throughout the race.
- 2.4 Boats intending to compete in this series should mark the appropriate check box in the Alpha Course entry page.
- 2.5 Boats wishing to race shall notify the RGYC Sailing Office prior to 17:00hrs on the Friday immediately prior to the race day. Notification shall be made my email to sailing@rgyc.com.au.
- 2.6 There will be no additional entry fee.

3 Safety


- 3.1 Crew Declarations shall be submitted in accordance with the Season 2023 – 2024 Alpha Course SI.

4 Schedule of Races

- 4.1 Races dates and the time of first warning signals are scheduled as per the RGYC Season 2023-2024 Racing Calendar and is available at <https://rgyc.com.au/>.
- 4.2 The race committee may run a second race. AP over A shall be displayed to indicate no more racing today.

5 Class Flag

5.1

Division	Flag Description
Series Class Flag	Flag W 

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6 The Course

- 6.1 All boats shall sail the same course.
- 6.2 The course will be a Club Course as listed in the 2023-2024 Alpha Course SI's Appendix B. Courses may be from Division 1 and Division 3 Courses. This will be advised by radio prior to the start on VHF Channel 71.
- 6.3 Refer to Season 2023-2024 Alpha Course SI Appendix E for approximate course mark coordinates.

7 The Start

- 7.1 The starting line is between a staff displaying an orange flag at the Signal Box at the North West corner of the Club's marina and the course side of the yellow West Cardinal mark located to the North-West of the Marina.
- 7.2 An alternate starting line may be announced via radio prior to the warning signal.
- 7.3 A boat that does not start within 10 minutes after her starting signal will be scored DNS without a hearing. This changes RRS 63.1, A4 and A5.

8 The Finish

- 8.1 The finishing line is between the staff displaying a blue flag at the Signal Box and the course side of the Speed Restriction Special Mark to the West of the Signal Box.
- 8.2 The Wangim Walk wave attenuator must be left to port.
- 8.3 An alternate finishing line may be announced via radio prior to the displaying of the preparatory flag.

9 Time Limit

- 9.1 The time limits for all boats to sail the course and finish are shown on each course description.
- 9.2 Boats still racing after the time limit expires will be scored DNF without a hearing. This changes RRS 35, A5.1 & A 5.2

10 Handicaps

- 10.1 Boats shall receive an allocated handicap (AHC) from the OA.

11 Scoring

- 11.1 This is a 5 (five) race series. The boats score will be the total of all completed race scores.

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12 Risk Statement

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.**

Revision Record

<i>Rev</i>	<i>Revision Date</i>	<i>Clause Affected/Notes</i>
VFINAL	03/10/2023	Final version for release and publication