MHYC

WOMENS REGATTA

In conjunction with the Sydney Harbour Women's Keelboat Series Race #2

Sunday 18 October 2026

SAILING INSTRUCTIONS

Organising Authority
Middle Harbour Yacht Club
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SAILING INSTRUCTIONS

1 RULES

1.1 The Organising Authority for the event is the Middle Harbour Yacht Club (MHYC).

1.2 The Race will be governed by;
a) the Racing Rules of Sailing (RRS),
b) the Special Regulations of Australian Sailing (AS).

1.3 A keelboat shall comply with Australian Sailing Special Regulations Part 1 Category 7 and Sportsboat classes shall comply with Australian Sailing Special Regulations Part 2. An audited Special Regulations Form for the relevant Category (or higher) shall be submitted with the entry if not already held by MHYC.

1.4 The Sailing Office of MHYC shall be the Race Committee ("RC") for the purposes of, and with, the powers and discretions contained in RRS 90.1.

1.5 Fixed and retractable spinnaker poles and bowsprits will be permitted for the purpose of setting asymmetrical spinnakers. This amends RRS 55.1.

1.6 Boats with movable or variable ballast (within the meaning of those terms in the Special Regulations) may move that ballast for the purpose of changing trim or stability. This amends RRS 51.

1.7 RRS 52 is changed so that it does not apply to the adjustment and operation of sails or the adjustment of movable appendages on any boat.

1.8 Sponsor pennants or decals may be provided by the event sponsors. If provided, these shall be displayed in accordance with race committee instructions. Boats failing to comply with this may be protested by the Race Committee only. This alters RRS 60.

2 NOTICES TO COMPETITORS

Notices to Competitors will be posted on the Official Notice Board on the regatta webpage.

3 CHANGES TO THE SAILING INSTRUCTIONS

3.1 Any change to the Sailing Instructions will be posted before 0830hrs on the day it will take effect except that any change to the schedule of races will be posted prior to 1800hrs on the day before it will take effect.

3.2 Any change to the Sailing Instructions made 'afloat' will be indicated by the display of the Third Substitute and accompanied by two sound signals. The change will be communicated on VHF Channel 72 or another designated VHF channel and/or displayed on the committee boat.

4 SIGNALS MADE ASHORE

4.1 Signals made ashore will be displayed from the Signal Mast located in the North Eastern corner of the Club premises.

4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP.

5 SCHEDULE

5.1 Sunday 18 October 2026

1100hrs	2 x Windward-Leeward Races
1300hrs	1 x Passage Race (SHWKS Race #2)
1630hrs approx.	Prizegiving at MHYC

5.2 The scheduled time of the warning signal for the first race is 1055hrs

5.3 No warning signal will be made after 1500hrs

6 CLASS FLAGS

6.1 The Class flags will be as follows:

Mixed Keelboat Division 1	Code Flag D
Mixed Keelboat Division 2	Code Flag E
Elliott 7 One Design	Code Flag F
Melges 20 One Design	Code Flag G
Adams 10 One Design	Adams 10 Insignia on White
J/24 One Design	J/24 Insignia on White
J/70 One Design	J/70 Insignia on White

7 RACING AREA

7.1 Racing will be conducted on the waters of Sydney Harbour.

7.2 The starting area will be in the vicinity of The Sound or Hunters Bay, Balmoral.

7.3 The Committee Vessel will announce the starting area on VHF Channel 72.

8 COURSES

8.1 The courses are described in Appendices A & B.

8.2 Boats shall pass on the safe water side of the following Cardinal Marks:

a) Gowlland Bombora (Dobroyd) – All Marks
b) Sow and Pigs Reef– All Marks
c) Shark Island– South and West Marks

8.3 Boats shall not sail within the following prohibited areas:

a) The area bounded by imaginary lines projected from the shore joining the West, South and East Cardinal Marks surrounding Gowlland Bombora.
b) The area bounded by imaginary lines joining the North, East, South and West Cardinal Marks surrounding Sow and Pigs Reef.
c) The Area between AS Mark Shark Island and Shark Island is a continuing obstruction and no boat shall pass between them.
d) The Area between the Port Lateral Mark (Lighthouse) to the North of Shark Island and Shark Island is a continuing obstruction and no boat shall pass between them.

8.4 For the purpose of RRS 19 and 20, all Cardinal Marks surrounding the Gowlland Bombora and the Sow and Pigs Reef and all imaginary straight lines projected between such marks, shall be deemed obstructions.

9 THE START LINE

The starting line will be between a signal mast displaying an Orange Flag on the Race Committee Vessel and a yellow inflatable buoy.

10 THE FINISH

The finishing line will be between a signal mast displaying a Blue Flag on the Race Committee Vessel and a yellow inflatable buoy .

11 TIME LIMITS

11.1 For the Windward-Leeward Races, the time limit will be 20 minutes after the first boat in the division has finished.

11.2 For the Passage Race, the time limit for the first boat to finish will be 1630hrs. If any boat finishes within the time limit, finishing times will be recorded until 1700hrs.

11.3 A boat that does not finish within the time limit shall be scored DNF.

12 ALTERNATIVE PENALTIES

12.1 For an infringement of RRS Part 2, the Two-Turns Penalty (RRS 44.2) shall apply.

12.2 For an infringement of any other rule or requirement, the Scoring Penalties of RRS 44.3 shall apply. The penalty shall be computed as a percentage of the number of entries in the relevant division.

13 ABANDONED RACES

Abandoned races will not be re-sailed on any other date.

14 PROTESTS

14.1 Protest forms are available at the Sailing Office and on the club website. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.

14.2 The protest time limit is 90 minutes after the last boat has finished the last race of the day or the race committee signals no more racing today, whichever is later.

14.3 Notices will inform competitors of hearings in which they are parties or named as witnesses.

14.4 Notices of protests by the race committee, technical committee or protest committee will be posted to inform boats under RRS 61.1(b).

15 RADIO COMMUNICATION

15.1 Except in an emergency, while racing a boat shall neither make radio transmissions nor receive radio transmissions not available to all boats. This restriction also applies to mobile telephones.

15.2 Yachts shall maintain a listening watch on VHF Channel 72 prior to and for the duration of the race.

15.3 Competitors retiring from the race shall advise the RC on Channel 72 or the Sailing Office by phone 8969 3103 as soon as practicable.

16 PRIZES

Prizes may be awarded on PHS Handicap as follows:

- Mixed Keelboat Division 1 – All Female Crew
- Mixed Keelboat Division 1 – Female Helm
- Mixed Keelboat Division 2 – All Female Crew
- Mixed Keelboat Division 2 – Female Helm
- Sportsboat Division (if applicable) – Overall
- One Design Class/es (if applicable) – Overall

Additional prizes may be awarded at the discretion of the Organising Authority.

17 RESPONSIBILITY

17.1 Competitors participate in the MHYC Women's Regatta at their own risk. Special attention is drawn to RRS Fundamental Rule 3, which states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone".

17.2 The Organising Authority, Event Sponsors, and their respective officers, employees, volunteers and members accept no liability for any injury, loss or damage that may be suffered by any competitor, and any liability for harm to persons that results from breach of an express or implied warranty that the MHYC Women's Regatta and all services relating thereto will be conducted or rendered with reasonable care and skill is excluded.

17.3 Neither MHYC, nor the event sponsors, are responsible for the seaworthiness of a boat whose entry is accepted or the sufficiency or adequacy of its equipment.

APPENDIX A – WINDWARD LEEWARD COURSES

A1 THE COURSES

A1.1 Prior to the preparatory signal, the approximate bearing to the Windward Marks (Marks W & B) will be displayed by the Race Committee Vessel.

A1.2 Prior to the preparatory signal, the course to be sailed will be displayed on a Course Board on the CV, preceded by the letter 'W', to indicate the number of roundings of Mark W or B.

A1.3 The Leeward Mark (Mark L) will be laid 50-150 metres to windward of the Start / Finish line.

A1.4 All Marks shall be rounded to STARBOARD.

A1.5 Courses will not be changed after the Preparatory Signal.

SIGNAL	COURSE
W1	Division 1 (& Adams 10 OD) - Start – W – Finish Division 2 (& Other OD Classes) - Start – B – Finish
W2	Division 1 (& Adams 10 OD) - Start – W – L – W – Finish Division 2 (& Other OD Classes) - Start – B – L – B – Finish
W3	Division 1 (& Adams 10 OD) - Start – W – L – W – L – W – Finish Division 2 (& Other OD Classes) - Start – B – L – B – L – B – Finish

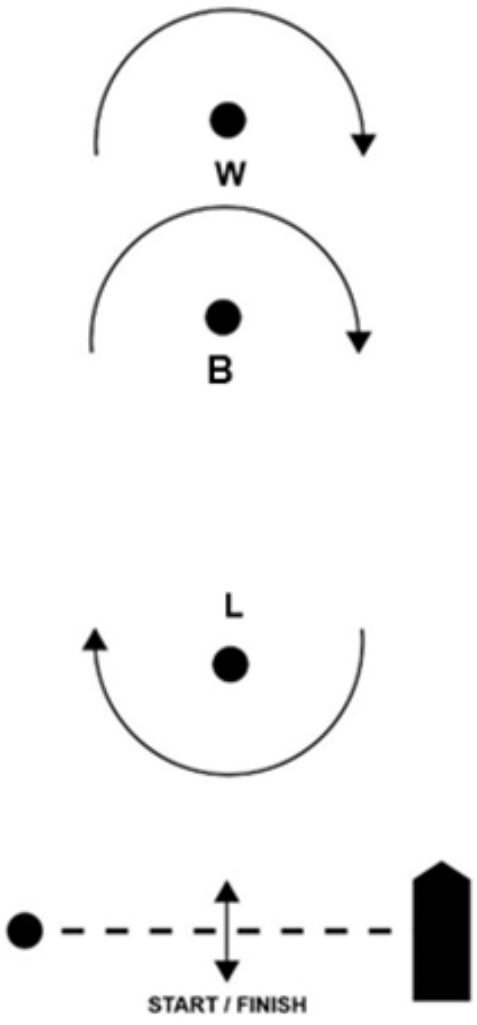
A2 MARKS

Marks are described as follows:

COURSE MARKS	MARK DESCRIPTIONS
Start & Finish Mark	Yellow Inflatable Mark
Mark W (Division 1 Windward Mark)	Australian Sailing (AS) Fixed Mark at approximate bearing displayed by the CV (May be replaced by a laid Yellow Inflatable Mark)
Mark B (Division 2 Windward Mark)	Orange Inflatable Mark
Mark L (Leeward Mark)	Orange Inflatable Mark

A3 COURSES

The course is illustrated as shown to the right:



APPENDIX B – PASSAGE COURSES

B1 THE COURSES

B1.1 All marks are to be rounded to STARBOARD

B1.2 Boats in Division 2 and One Design Divisions other than Adams 10 shall omit marks prefixed (X)

COURSE 1 — NORTH-EAST / NORTH (approx. 12.2 nm / 9.8 nm)

1. Start Obelisk Bay / Sow & Pigs Reef
2. AS Mark Manly West
3. AS Mark Manly East
4. AS Mark Cannae Point
5. AS Mark East Channel
6. (X) AS Mark Chowder Bay South
7. (X) AS Mark Manly West
8. (X) AS Mark Manly East
9. AS Mark Cannae Point
10. AS Mark East Channel
11. Finish Hunters Bay

COURSE 2 — NORTH-WEST / NORTH (approx. 11.3 nm / 9.0 nm)

1. Start Camp Cove / Sow & Pigs Reef
2. AS Mark Grotto Point
3. AS Mark Lady Bay
4. AS Mark East Channel
5. AS Mark Manly West
6. AS Mark Manly East
7. AS Mark Cannae Point
8. AS Mark Lady Bay
9. (X) AS Mark Grotto Point
10. (X) AS Mark Lady Bay
11. Finish Hunters Bay

COURSE 3 — SOUTH-WEST / WEST (approx. 12.0 nm / 9.0 nm)

1. Start Spring Cove
2. AS Mark Obelisk Bay
3. AS Mark Manly West
4. AS Mark Manly East
5. AS Mark Cannae Point
6. AS Mark Rocky Point
7. AS Mark Edwards Beach
8. AS Mark Cannae Point
9. (X) AS Mark Rocky Point
10. (X) AS Mark Edwards Beach
11. (X) AS Mark Cannae Point
12. Finish Hunters Bay

COURSE 4 — SOUTH (approx. 12.0 nm / 10.3 nm)

1. Start Hunters Bay / Grotto Point
2. AS Mark Shark Island
3. Shark Island
4. AS Mark Grotto Point
5. AS Mark Lady Bay
6. AS Mark Neilsen Park
7. (X) AS Mark Shark Island
8. (X) Shark Island
9. Finish Hunters Bay

COURSE 5 — SOUTH-EAST (approx. 12.0 nm / 9.5 nm)

1. Start Obelisk Bay
2. AS Mark East Channel
3. AS Mark Shark Island
4. Shark Island
5. AS Mark Chowder Bay South
6. AS Mark Shark Island
7. Shark Island
8. AS Mark Taylors Bay
9. AS Mark Shark Island
10. Shark Island
11. (X) AS Mark Chowder Bay South
12. (X) AS Mark Shark Island
13. (X) Shark Island
14. Finish Hunters Bay

APPENDIX B – PASSAGE COURSES

FIXED AUSTRALIAN SAILING (AS) MARKS

These are spar shape and yellow in colour. Locations are approximate.

ID	LOCATION	ID	LOCATION
CBS	AS Mark Chowder Bay South Lat. 33-50-533 Lon. 151-15-343	ME	AS Mark Manly East Lat. 33-48-193 Lon. 151-16-731
CP	AS Mark Cannae Point Lat. 33-48-819 Lon. 151-16-955	MW	AS Mark Manly West Lat. 33-48-173 Lon. 151-16-619
EB	AS Mark Edwards Beach Lat. 33-49-292 Lon. 151-15-242	NP	AS Mark Neilsen Park Lat. 33-50-906 Lon. 151-15-951
EC	AS Mark East Channel Lat. 33-50-439 Lon. 151-16-249	OB	AS Mark Obelisk Bay Lat. 33-49-845 Lon. 151-15-981
GP	AS Mark Grotto Point Lat. 33-49-052 Lon. 151-16-039	TB	AS Mark Taylors Bay Lat. 33-51-742 Lon. 151-15-978
LB	AS Mark Lady Bay Lat. 33-50-076 Lon. 151-16-620	SM	AS Mark Shark Island Lat. 33-50-898 Lon. 151-14-922

COURSE CHARTLET

