

# Sailing Instructions

## Frostbite Race

### January 11, 2025

First warning – 11:55 am | First Start – 12:00 pm

## 1. Rules

- 1.1. The Race will be governed by the rules as defined in the current edition of the Racing Rules of Sailing (RRS), including US Sailing Prescriptions, except US Sailing Prescriptions to Rules 60 and 63.2 will not apply.
- 1.2. USCG “Navigation Rules, International-Inland” ([www.navcen.uscg.gov/](http://www.navcen.uscg.gov/)) apply when a vessel that is sailing under the Racing Rules of Sailing meets a vessel that is not.
- 1.3. Racing boats encountering non-racing craft shall conform to 1.2 above, USCG Navigation Rules, International-Inland. Be advised that no vessel has the “right-of-way” over a large ship in the deep-water channel. USCG Navigational Rule 9 will be strictly enforced. All competitors are asked to observe USCG Navigational Rule 9, which in part reads *“A vessel shall not cross a narrow channel or fairway if such crossing impedes the passage of a vessel which can safely navigate only within such channel or fairway.”* Further, USCG Navigational Rule 34, in part reads “...When vessels in sight of one another... doubt whether sufficient action is being taken by the other to avoid collision, the vessel in doubt shall immediately indicate such doubt by giving at least five short and rapid blasts on the (horn).” RRS 60.2, 63.1 and A5 are modified to add that the R/C may disqualify a yacht infringing this instruction without a hearing when observed by or reported to the Race Committee.
- 1.4. Per RRS 42.3(h), competitors may use an engine or other propulsion method to avoid situations in 1.3 provided they gain no significant advantage in the race.
- 1.5. International Regulations for Preventing Collisions at Sea or government right-of-way rules shall replace Section 2 of RRS between the hours of sunset to sunrise, Pacific Standard Time. Attention is called to RRS Rule 48 concerning fog signals and lights.
- 1.6. **Owner’s responsibility for safety:** Notwithstanding any above safety requirements, the safety of a yacht and her crew is the sole inescapable responsibility of the owner, who must do his or her best to ensure that the yacht is fully sound, thoroughly seaworthy, and manned by an experienced crew who are physically fit to face bad weather. He or she must ensure that all safety equipment is properly maintained and stowed and that the crew knows where it is kept and how it is used.
- 1.7. **NAVAL and CRUISE SHIP PROTECTION ZONE:** The Naval AND Cruise Ship Protection Zone is a 500 yard regulated area of water surrounding all US Naval and Cruise Ship Vessels. All vessels within 500 yards of such vessel shall operate at the minimum speed necessary to maintain safe course and speed and shall proceed as directed by any official patrol. **NO VESSEL IS ALLOWED WITHIN 100 YARDS OF US NAVAL VESSEL or CRUISE SHIP traffic.** These zones are permanently in effect.
- 1.8. Sailing Instructions 1.3, 7.5, 7.10, 13.1, 14.1, and 16.1 modify the RRS.
- 1.9. Amendments to these Sailing Instructions will be posted to the web site no later than 1700 on the Friday before the race. Amendments to the Sailing Instructions may also be given orally by the race committee, prior to the first warning, on VHF channel 67.

## 2. Eligibility

- 2.1. This race is open to any sailboat in the SGYC Family Fleet, SGYC PHRF Fleet, San Diego Catalina Association Fleet (SDCatA), or any other invited boat/fleet.

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## 3. Entries & Check-In

- 3.1. Check-in will commence when the “L” flag is hoisted.
- 3.2. Eligible yachts may check in with the Race Committee boat prior to the first warning signal. ***Yachts checking in shall pass the RC boat SLOWLY to starboard and hail with her sail number and class or classes entered.*** Radio check-in (VHF 67) is acceptable prior to the first warning signal (11:55) and must include sail number and class or classes entered.
- 3.3. **IF A R/C IS NOT ON STATION** by 11:30am, you must check-in via radio on **VHF 67** and be acknowledged by the R/C. Check-in time in this situation will be between 11:30am and 11:55am.
- 3.4. ***Failure to properly check in will result in being scored DNS without a hearing.***

## 4. Safety

- 4.1. After checking in with the R/C, a boat that retires **MUST** notify the R/C as soon as the decision to retire is made. This is regardless of whether or not the boat is *enroute* to or in the vicinity of the starting area or the racecourse.
- 4.2. Contacting the R/C after returning to the dock does not satisfy this requirement.
- 4.3. Notifying the R/C on **VHF67** is acceptable but **MUST be acknowledged** by the R/C.

## 5. Classes and Class Pennants

- 5.1. There will be 3 classes for this race.
- 5.2. A minimum of 3 boats must be entered in a class for that class to be scored separately. Any boat entered in a class that does not meet the minimum should start with the Silver Gate Family Fleet class.
- 5.3. Pennants will be displayed from the yacht’s backstay. Boats without a backstay shall display their pennants in a prominent manner on the stern. Members of SGYC who are also members of SDCatA **MUST** display two pennants.

Silver Gate Family Fleet	Class “S”	BLUE pennant
San Diego Catalina Fleet		Class “C”
		YELLOW pennant
PHRF Fleet	Class “P”	GREEN pennant

## 6. Schedule of Races

- 6.1. One race is scheduled.
- 6.2. The scheduled time for the first warning signal is 11:55 AM.

## 7. The Start and Racing Area

- 7.1. The start line will be in San Diego Bay in the vicinity of buoy 17 at the south end of Shelter Island.
- 7.2. The racing area covers the general locale known as San Diego Bay. For navigation, refer to NOAA chart #18773, San Diego Bay.
- 7.3. Yachts whose class warning signals have not been posted shall keep clear of the starting area and vessels attempting to start.
- 7.4. All races are started in accordance with RRS 26. To signal the “Sequence Start”, one minutes prior to the first warning the R/C may sound 5 long horn blasts as a courtesy. The hoisting of the appropriate class pennant(s) and a warning sound will signal “Sequence Start Time”. NOTE: The R/C may cancel or combine starts. It is the responsibility of a yacht to start at its signaled start time.
- 7.5. **A boat starting later than 5 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes rule A5.**

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- 7.6. The start will be between a staff displaying an orange flag on the R/C boat and the SD Buoy (Green) designated by the R/C. **IF A R/C IS NOT ON STATION** by 11:30am, the start will be between a staff with an orange flag displayed on shore and SD Channel Buoy 17 (green).
- 7.7. If the Race Committee boat is damaged as a result of a boat breaking a rule, that boat shall pay for the repairs.
- 7.8. Course numbers will be displayed on a white board on the R/C boat no later than the Warning signal for the class starting. Courses will be selected from the list of courses that are a part of these Sailing Instructions.
- 7.9. The Silver Gate Family Fleet and San Diego Catalina Fleet will start together and begin racing at the first warning.
- 7.10. RRS 28 is changed as follows:
  - 7.10.1. In rule 28.1, delete the first sentence and replace with “A boat shall cross the starting line after having been entirely on the pre-start side at or after her starting signal, *sail the course*, and *finish*.”
  - 7.10.2. Add new rule 28.3 Exoneration as “The penalty and scoring abbreviation for not crossing the starting line as required by rule 28.1 will be 10 minutes added to the corrected finishing time with a scoring abbreviation of PEN. This changes rules A4, A5.1, A5.2, A5.3, and A10.”

## 8. Courses

- 8.1. Course numbers will be displayed on a white board on the R/C boat no later than the Warning signal for the class starting. Courses will be selected from the list of courses that are a part of these Sailing Instructions.
- 8.2. **IF THE R/C IS NOT ON STATION** the Course Numbers will be broadcast over **VHF 67** at 11:45am and at the warning signal of each class.

## 9. Start Sequence

- 9.1. The expected starting sequence is described below. **Please NOTE: we will have a 1 minute break between classes.**

TIME	SIGNAL	CLASSES	FORM	SOUND
11:54	<i>Courtesy</i>	<i>ALL</i>	<i>No form</i>	<i>5 HORN BLASTS</i>
11:55	<i>Warning</i>	<i>“S” &amp; “C”</i>	<i>Blue &amp; Yellow Flags UP</i>	<i>HORN</i>
11:56	<i>Preparatory</i>	<i>“S” &amp; “C”</i>	<i>“P” FLAG UP</i>	<i>HORN</i>
11:59			<i>“P” Flag Down</i>	<i>LONG HORN</i>
12:00	<i>START</i>	<i>“S” &amp; “C”</i>	<i>Blue &amp; Yellow Flags DOWN</i>	<i>HORN</i>

- 9.2. **If the R/C is not on station**, the starting sequence will be broadcast on VHF channel 67

## 10. Postponement

- 10.1. In the case of a postponement, the warning signal will be one (1) minute after the Answering Pennant (AP) flag comes down.

## 11. Recalls

- 11.1. Individual recalls will be signaled in accordance with RRS 29.1 (display of **X** flag and one (1) sound). **The Race Committee shall not hail premature starters.** It is the responsibility of yachts to start properly.
- 11.2. In the event that a General Recall is signaled (display of **First Substitute** pennant and Two (2) sounds), the recalled class will be restarted in accordance with RRS 29.2. Starts for succeeding classes shall follow the new start for the recalled class.

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## 12. The Finish

- 12.1. The finish will be between a staff with an orange flag displayed on the R/C boat and San Diego Channel buoy 17 (Green). Boats shall finish on a direct approach to the finish line regardless whether the R/C boat is to port or to starboard.
- 12.2. IF A R/C IS **NOT ON STATION**, 12.1 does not apply. The finish will be between a staff with an orange flag displayed on shore and SD Channel Buoy 17 (green).
- 12.3. SGYC Family Fleet and San Diego Catalina Association boats using spinnakers or asymmetrical spinnakers **MUST NOTIFY** the race committee of that fact immediately after finishing the race. This can be done by either hailing the R/C on VHF 67 or by sailing by the R/C boat in a manner that does not interfere with other competitors finishing the race.

## 13. Time Limit

- 13.1. Boats failing to finish by **16:00** will be scored DNF without a hearing. This modifies RRS 35. If no boats in a class finish within the time limit, the race will be abandoned.

## 14. Penalties

- 14.1. A boat that may have broken a rule while racing may exonerate herself from the infraction by executing one 360-degree turn (including 1 tack & 1 jibe) as soon as possible after the infraction. This modifies RRS 44.1.
- 14.2. The 360-degree turn must be performed prior to rounding the next mark approached from the point of infraction.

## 15. Protests

- 15.1. Boats must come by the RC boat and give notice of intent to protest immediately after finishing. Information given should include which boat you are protesting and the reason for the protest.
- 15.2. Protests must be submitted using the standard US Sailing form. The protest must be presented to a member of the R/C at Silver Gate Yacht Club no later than one hour after the R/C boat docks.
- 15.3. The Protest Committee will post the results of their hearing on the SGYC club web site.

## 16. Radio Communications

- 16.1. The Race Committee will use VHF Ch. 67 for giving course instructions, for all communication with competitors on the water, and as an aid to provide information. This modifies RRS 41(c).
- 16.2. Except in an emergency a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile devices.

## 17. Scoring

- 17.1. The race will be scored using SGYC ratings for the Silver Gate Family Fleet and the San Diego Catalina Association, PHRF RLC Area G ratings for the Silver Gate PHRF Fleet and the appropriate ratings of other classes as recognized by the Race Committee.
- 17.2. SGHF and San Diego Catalina Association boats **NOT** using spinnakers or asymmetrical spinnakers will be rated with their spinnaker offset. The NSO used will be the **LESSOR** of the calculated NSO or the NSO as noted on the yacht's PHRF certificate.
- 17.3. A NSO will not be used for boats in the Silver Gate PHRF Fleet.

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17.4. Non-SGYC member-owned boats, regardless of crew membership, will be scored with the appropriate class but will be ineligible for consideration in the annual fleet standings.

17.5. Rule A5.3 applies to the scoring for this race

### 18. Notice of Cancellation or Postponement of Race

The Fleet Captain or the Sail Fleet Chair may cancel or postpone a race early in the race day **BEFORE** the Race Committee Boat has left the dock. **Race cancellations will be transmitted on VHF 67.** Racers may call (619) 222-1214 or **909-518-4576** to verify a race cancellation or postponement. A visual notice will be placed in the SGYC lobby announcing the decision.

### 19. Disclaimer of Liability

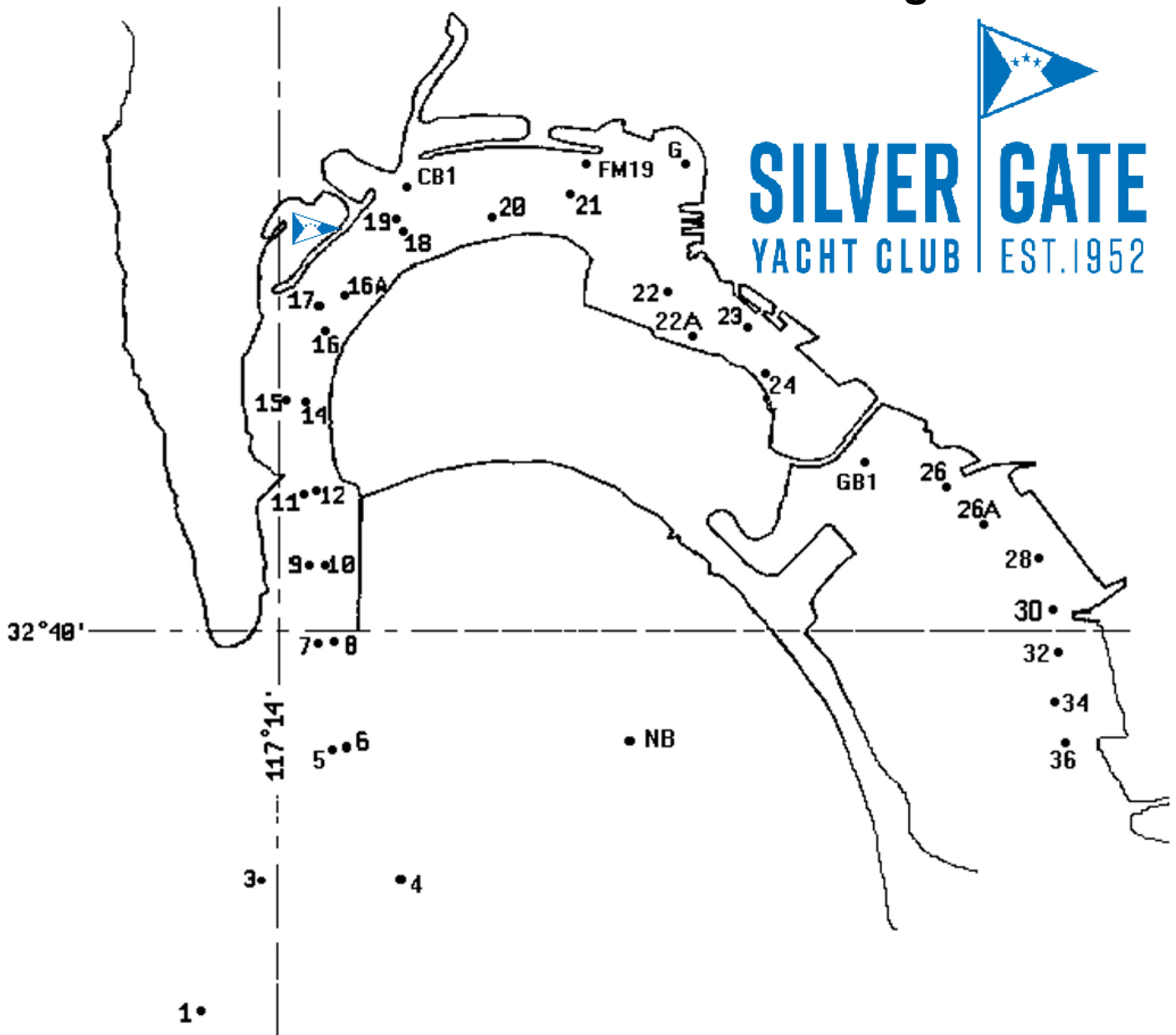
*Competitors participate in this race entirely at their own risk. See RRS 4 – Decision to Race – “The responsibility for a boat’s decision to participate in a race or to continue racing is hers alone.” Silver Gate Yacht Club will not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to, or after the regatta.*

SGYC Web Site: <http://sgyc.org/activities-and-fleets/racing-fleet/>

For additional information, please contact [sailing@sgyc.org](mailto:sailing@sgyc.org)

SGYC FAMILY FLEET RACE COURSES

# Sailing Instructions



## SAN DIEGO BAY – This chart not intended for navigational purposes

- The standard start/finish area for **Silver Gate Yacht Club** races will be near **SD17** at the south end of Shelter Island.
- The course number for each class racing will be displayed on boards on the RC boat no later than the warning signal.
- Courses have been designed taking into account the fleets that are racing and the conditions prevailing at the start. It is entirely at the discretion of the Race committee which course(s) are assigned.
- Most racing marks on the course list are San Diego Bay channel buoys approximately as shown on the bay outline above. (All racing boats should verify actual mark positions on San Diego Bay navigation charts.)

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Other marks used on these racecourses are described below:

**Mark “NB”** is a large concrete Naval Mooring buoy in the Coronado roads at approximately 95 degrees magnetic and 2.9NM from buoy SD8. **NOTE: For maintenance or other reasons, this mark may be temporarily replaced by a colored float or other device not readily visible until within 100 yards of the mark. Racers are advised to establish this mark as a waypoint in their GPS/Chartplotter systems and navigate accordingly.**

**Mark “FM19”** is a Naval Mooring buoy at the east end of Harbor Island off of the C Level restaurant. (Care should be taken not to confuse this mark with SD19 channel buoy.)

**Mark “CB1”** is a green channel marker buoy at the entrance of the America’s Cup Harbor (Commercial Basin) at the north end of Shelter Island off the Bali Hai restaurant.

**Mark “G”** is a small yellow buoy marking the southeast corner of the anchorage at the foot of Laurel Street between the Star of India and the Coast Guard station. (The letter “G” is marked on the buoy. Care should be taken to identify it properly. There is a similar buoy F that marks the southwest corner of the anchorage and is further from shore.)

## COURSES FOR LIGHT AIR CONDITIONS AT THE START (Allows the R/C to shorten course if conditions remain light).

### Course 1 – Dist: 8.8 NM

**Start:** 17 to Port  
 15 to Port  
 11 to Port  
 12 to Port  
 17 to Starboard (2.94 NM)  
 20 to Port  
 19 to Port  
 17 to Port (5.70 NM)  
 11 to Port  
 12 to Port  
 16A to Port  
**Finish:** 17 to Port

### Course 2 – Dist: 8.6 NM

**Start:** 17 to Port  
 15 to Port  
 14 to Port  
 19 to Port  
 17 to Port (2.90 NM)  
 15 to Port  
 18 to Port  
 19 to Port  
 17 to Port (5.76 NM)  
 15 to Port  
 14 to Port  
 19 to Starboard  
 18 to Starboard  
**Finish:** 17 to Port

### Course 3 – Dist: 9.4 NM

**Start:** 17 to Port  
 15 to Port  
 14 to Port  
 19 to Starboard  
 20 to Starboard  
 17 to Port (4.02 NM)  
 15 to Port  
 14 to Port  
 19 to Starboard  
 21 to Port  
 19 to Port  
**Finish:** 17 to Port

## COURSES FOR GOOD WIND CONDITIONS AND UNSETTLED OCEAN CONDITIONS

### Course 11 – Dist: 5.7 NM

**Start:** 17 to Port  
 15 to Port  
 20 to Port  
 FM19 to Port  
 19 to Port  
**Finish:** 17 to Port

### Course 21 – Dist: 7.3 NM

**Start:** 17 to Port  
 15 to Port  
 21 to Starboard  
 22 to Port  
 FM19 to Port  
 19 to Port  
**Finish:** 17 to Port

### Course 31 – Dist: 4.0 NM

**Start:** 17 to Port  
 15 to Port  
 14 to Port  
 19 to Starboard  
 20 to Starboard  
**Finish:** 17 to Port

## Sailing Instructions

### Course 12 – Dist: 9.2 NM

**Start:** 17 to Port  
 15 to Port  
 20 to Starboard  
 21 to Starboard  
 24 to Port  
 FM19 to Port  
 19 to Port  
**Finish:** 17 to Port

### Course 22 – Dist: 9.4 NM

**Start:** 17 to Port  
 15 to Port  
 18 to Port  
 FM 19 to Starboard  
 24 to Port  
 FM19 to Port  
 19 to Port  
**Finish:** 17 to Port

### Course 32 – Dist: 5.4 NM

**Start:** 17 to Port  
 15 to Port  
 14 to Port  
 19 to Starboard  
 21 to Port  
 19 to Port  
**Finish:** 17 to Port

### COURSES FOR GOOD WIND CONDITIONS AND MODERATE OCEAN CONDITIONS

### Course 13 – Dist: 10.4 NM

**Start:** 17 to Port  
 15 to Port  
 1 to Port  
 16A to Port  
**Finish:** 17 to Port

### Course 23 – Dist: 10.9 NM

**Start:** 17 to Port  
 3 to Port  
 5 to Port  
 20 to Port  
 19 to Port  
**Finish:** 17 to Port

### Course 33 – Dist: 5.8 NM

**Start:** 17 to Port  
 15 to Port  
 14 to Port  
 19 to Starboard  
 FM 19 to Starboard  
 19 to Port  
**Finish:** 17 to Port

### Course 14 – Dist: 4.2 NM

**Start:** 17 to Port  
 15 to Port  
 9 to Port  
 10 to Port  
 16A to Port  
**Finish:** 17 to Port

### Course 24 – Dist: 8.0 NM

**Start:** 17 to Port  
 5 to Port  
 15 to Starboard  
 19 to Port  
**Finish:** 17 to Port

### Course 34 – 11.6 NM

**Start:** 17 to Port  
 15 to Port  
 8 to Port  
 NB to Starboard  
 8 to Starboard  
 15 to Starboard  
 18 to Port  
**Finish:** 17 to Port

### Course 15 – Dist: 9.2 NM

**Start:** 17 to Port  
 15 to Port  
 5 to Port  
 6 to Port  
 15 to Starboard  
 20 to Port  
 19 to Port  
**Finish:** 17 to Port

### Course 25 – Dist: 11.3 NM

**Start:** 17 to Port  
 15 to Port  
 5 to Port  
 4 to Port  
 11 to Starboard  
 16A to Port  
 20 to Port  
**Finish:** 17 to Port

### Course 35 – Dist: 14.5 NM

**Start:** 17 to Port  
 15 to Port  
 8 to Port  
 NB to Starboard  
 1 to Starboard  
 6 to Port  
 15 to Starboard  
 16A to Port  
**Finish:** 17 to Port



# Sailing Instructions

## Course 16 – Dist: 10.4 NM

**Start:** 17 to Port  
 15 to Port  
 8 to Port  
 NB to Starboard  
 8 to Starboard  
 15 to Starboard  
 16A to Port  
**Finish:** 17 to Port

## Course 26 – Dist: 11.7 NM

**Start:** 17 to Port  
 15 to Port  
 8 to Port  
 NB to Starboard  
 8 to Starboard  
 15 to Starboard  
 16 to Port  
 19 to Port  
**Finish:** 17 to Port

## Course 36 – Dist: 12.5 NM

**Start:** 17 to Port  
 15 to Port  
 3 to Port  
 NB to Port  
 8 to Starboard  
 9 to Starboard  
 14 to Port  
 16A to Port  
**Finish:** 17 to Port

## Course 17 – Dist: 6.9 NM

**Start:** 17 to Port  
 15 to Port  
 9 to Port  
 8 to Port  
 14 to Port  
 16A to Starboard  
 18 to Port  
 19 to Port  
**Finish:** 17 to Port

## Course 27 – Dist: 5.3 NM

**Start:** 17 to Port  
 11 to Port  
 8 to Starboard  
 7 to Starboard  
 12 to Port  
 16A to Port  
**Finish:** 17 to Port

## Course 37 – Dist: 8.8 NM

**Start:** 17 to Port  
 15 to Port  
 7 to Starboard  
 3 to Port  
 6 to Port  
 14 to Starboard  
 16A to Port  
**Finish:** 17 to Port

## Course 18 – Dist: 6.2 NM

**Start:** 17 to Port  
 12 to Starboard  
 11 to Starboard  
 16A to Starboard  
 18 to Port  
 19 to Port  
 15 to Port  
 14 to Port  
 16A to Port  
**Finish:** 17 to Port

## Course 28 – Dist: 7.2 NM

**Start:** 17 to Port  
 14 to Starboard  
 15 to Port  
 6 to Starboard  
 5 to Starboard  
 14 to Port  
 15 to Starboard  
 16A to Port  
**Finish:** 17 to Port

## Course 38 – Dist: 8.9 NM

**Start:** 17 to Port  
 6 to Starboard  
 3 to Starboard  
 14 to Port  
 15 to Starboard  
 16A to Port  
**Finish:** 17 to Port

# Sailing Instructions

## Course 19 – Dist: 5.5 NM

**Start:** 17 to Port  
 14 to Starboard  
 8 to Starboard  
 7 to Starboard  
 14 to Port  
 15 to Starboard  
 16A to Port  
**Finish:** 17 to Port

## Course 29 – Dist: 7.0 NM

**Start:** 17 to Port  
 6 to Starboard  
 5 to Starboard  
 14 to Port  
 15 to Starboard  
 16A to Port  
**Finish:** 17 to Port

## Course 39 – Dist: 9.8 NM

**Start:** 17 to Port  
 15 to Port  
 4 to Starboard  
 3 to Starboard  
 14 to Starboard  
 16A to Port  
**Finish:** 17 to Port

## COURSES WITH DOWNWIND START

### Course 71 – Dist: 8.3 NM

**Start:** 17 to Starboard  
 19 to Starboard  
 17 to Port  
 15 to Port  
 5 to Port  
 16A to Port  
**Finish:** 17 to Port

### Course 81 – Dist: 8.6 NM

**Start:** 17 to Starboard  
 19 to Starboard  
 18 to Starboard  
 15 to Port  
 5 to Port  
 6 to Port  
 15 to Starboard  
 16A to Port  
**Finish:** 17 to Port

### Course 91 – Dist: 11.0 NM

**Start:** 17 to Starboard  
 21 to Port  
 19 to Port  
 17 to Port  
 5 to Port  
 6 to Port  
 15 to Starboard  
 16A to Port  
**Finish:** 17 to Port