

MANLY YACHT CLUB **HELLY HANSEN**
WOMEN'S CHALLENGE 2026



SAILING INSTRUCTIONS
YACHT CLASSES - SUNDAY 22 MARCH 2026



Organizing Authority



between Wood St and Stuart St, East Esplanade, Manly,
PO Box 22, Manly, NSW 1655

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GENERAL SAILING INSTRUCTIONS

1 RULES

- 1.1 The Organising Authority for the event is the Manly Yacht Club (MYC).
- 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 the Special Regulations Part 1 for Category 7. An audited Special Regulations Form for the relevant Category (or higher) shall be submitted with the entry if not already held by MYC.
- 1.4 The Sailing Office of MYC 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 55.2 and 55.3.

2 NOTICES TO COMPETITORS

- 2.1 Notices to Competitors for Sunday's Yacht race will be posted on the Official Notice Board of the Sydney Harbour Women's Keelboat Series located at <https://app.sailsys.com.au/club/27/results/series/4045/noticeboard>

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 Code Flag L and accompanied by two sound signals. The change will be communicated on the designated course VHF channel 72 and/or displayed on the committee boat.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed from the Signal Mast on the end of the MYC wharf.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP.

5 RACING AREA

- 5.1 Racing will be conducted on the waters of Sydney Harbour.
- 5.3 The Committee Vessel will announce the starting area on the Race Management Channel VHF 72, when on station.

6 MARKS

- 6.1 Boats shall pass on the safe water side of the following Cardinal Marks:
 - a) Gowland Bombora (Dobroyd) – All Marks
 - b) Sow and Pigs Reef– All Marks
 - c) Shark Island– South and West Marks
- 6.2 Boats shall not sail in the following prohibited areas:
 - a) The area bounded by imaginary lines projected from the shore joining the West, South and East Cardinal Marks surrounding Gowland 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.
- 6.3 For the purpose of RRS 19 and 20, all Cardinal Marks surrounding the Gowland Bombora and the Sow and Pigs Reef, and all imaginary straight lines projected between such marks, shall be deemed obstructions.

- 6.4 All competitors are requested to remain to the starboard side of shipping channels where practicable.
- 6.5 Competitors must keep clear of commercial shipping, defence shipping, ferries displaying orange diamonds and vessels engaged in towing.
- 6.6 An active exclusion zone exists around ships and ferries that extends 30m either side; 30m from the stern; 200m ahead of a ferry and 500m ahead of any ship. Competitors must not pass between a ship and an escort vessel.

7 ALTERNATIVE PENALTIES

- 7.1 Your attention is turned to RRS 44.1 and 44.2.
- 7.2 For an infringement of RRS Part 2, the Two-Turns Penalty (RRS 44.2) shall apply.

8 ABANDONED RACES

- 8.1 Abandoned races will not be re-sailed. Race fees are non-refundable for abandoned races.

9 PROTESTS

- 9.1 Protest forms are available at the MYC Sailing Office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 9.2 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.
- 9.3 Notices will inform competitors of hearings in which they are parties or named as witnesses.
- 9.4 Notices of protests will be posted on the MYC Noticeboard at the club and on <https://app.sailsys.com.au/club/27/results/series/2715/noticeboard> to inform boats under RRS 63.1(a).

10 RADIO COMMUNICATION

- 10.1 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.
- 10.2 Yachts shall maintain a listening watch on VHF Channel 72 prior to and for the duration of the race.
- 10.3 Competitors retiring from the race shall advise the RC on Channel 72 or the Sailing Office by phone 99774949 as soon as practicable.

11 RESPONSIBILITY

- 11.1 Competitors participate in the MYC Women's Challenge 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".
- 11.2 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 MYC Women's Challenge and all services relating thereto will be conducted or rendered with reasonable care and skill is excluded.
- 11.3 Neither MYC, nor the event sponsors, are responsible for the seaworthiness of a boat whose entry is accepted or the sufficiency or adequacy of its equipment.

SUNDAY, 22nd MARCH 2026

YACHTS and J24 CLASSES

1. Schedule of Races

- 1.1 Racing is scheduled for **Sunday, 22nd March 2026.**
- 1.2 The following classes/divisions may be sailed:
 - Yachts – All Female – Division 1 & Division 2
 - Yachts – Female Helm – Division 1 & Division 2
 - J24s – Female Helm – are to be included in Division 2, check start list.
- 1.3 There is one race scheduled for each class/division.
- 1.4 A division must be constituted by a minimum of four boats.
- 1.5 The scheduled time of the warning signal for each class or division is shown below. Races will be started no earlier than times shown. Times shall be taken from visual signals; the failure of a sound signal shall be disregarded.

WARNING	CLASS/DIVISION	FLAG
1255 hours	Yachts – All Female – Division 1	Class Flag D
1255 hours	Yachts – Female Helm – Division 1	Class Flag D
1300 hours	Yachts – All Female – Division 2	Class Flag E
1300 hours	Yachts – Female Helm – Division 2	Class Flag E

2. Class Flags

- 2.1 The class flags will be as follows:

CLASS	FLAG
Yachts – All Female – Division 1	Class Flag D
Yachts – Female Helm – Division 1	Class Flag D
Yachts – All Female – Division 2	Class Flag E
Yachts – Female Helm – Division 2	Class Flag E

3. The Courses

- 3.1 Courses for Yachts – Division 1 are shown in **Appendix A1.**
- 3.2 Courses for Yachts – Division 2 and J24s are shown in **Appendix A2.**

4. The Start

- 4.1 All races will be scratch starts from the Committee Boat. The starting line will be between the flagstaff on the Committee Boat at the starboard end and an orange inflatable buoy at the port end. The Committee Boat will fly the MYC Burgee and an Orange Flag when it is on station.

5. The Finish

- 5.1 The finishing line will be between the flagstaff displaying a blue flag on the Committee vessel and a yellow inflatable buoy which may be at either end of the line.

6. Time Limits

- 6.1 Subject to 6.2 and 6.3, the time limit for yachts shall be 1630 hours.
- 6.2 If the first boat in a division finishes between 1600 hours and 1630 hours the time limit shall be extended by 30 minutes from the finishing time of the first boat in that division.
- 6.3 If a race is postponed for any reason the time limit will be extended by the length of the postponement or for 30 minutes whichever is less.

7. Further Information

- 7.1 There will be a presentation back at the club after racing.

FIXED AUSTRALIAN SAILING (AS) MARKS

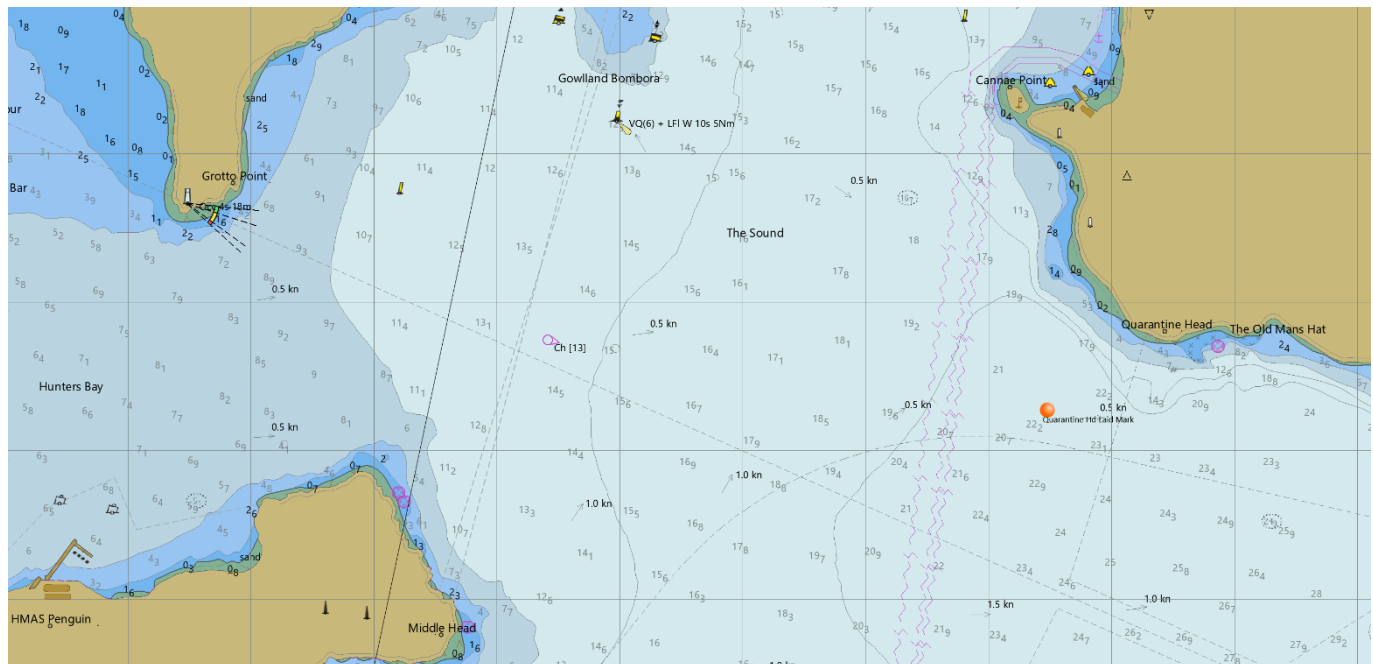
Previously Yachting Australia or Yachting New South Wales (YA Marks), these are spar shape and yellow in colour. Locations are approximate and marks may be absent after heavy weather.

BB	Beashel Buoy AS,	In the vicinity of Sow & Pigs Reef
LB	Lady Bay AS,	AS mark 150m west of Lady Bay
CP	Cannae AS	AS mark 200m West of Cannae Point Flagstaff
CBN	Chowder North AS,	The northern most AS mark in Chowder Bay, 200m SW of Georges Head
CBS	Chowder Bay South	The southern most AS mark in Chowder Bay
EC	Eastern Channel AS,	AS mark South of Sow & Pigs, 150m NW of Eastern Channel Pile
EB	Edwards AS,	AS mark Edwards Beach, 200m north east of Rocky Point, Balmoral
GP	Grotto AS,	AS mark 500m east of Grotto Point
MW	Manly West AS	AS mark Manly West in North Harbour
ME	Manly East AS,	AS mark Manly East in North Harbour
NP	Nielson Park AS,	AS mark In the vicinity of Neilson Park
OB	Obelisk AS,	AS mark in Obelisk Bay
RP	Rocky AS,	AS mark Edwards Beach, 200m south east of Rocky Point, Balmoral
SIM	Shark Island AS & Shark Island,	AS mark SE of Shark Island, Shark Island
TB	Taylors Bay AS,	AS mark 600m north east of Bradleys Head
RB	Rose Bay AS,	AS mark Rose Bay Lat. 33-49-424 Lon. 151-15-299

MYC laid marks are orange inflatable marks.

Quarantine Head (Laid Mark)

Approx position LAT 33 49.37 S LONG 151 17.15 E



APPENDIX A1 - WOMEN'S CHALLENGE DIV 1 COURSES

All marks to starboard. All distances are approximate.

Note - In the event of the course being shortened before the start, flag S will be displayed with the course signal with two sound signals. Boats are to proceed directly to the finish line after leaving the mark indicated by an asterix () in the courses listed below.*

COURSE 1 NE 13.5nm

1. Start Hunters Bay
2. Manly West AS,
3. Manly East AS
4. Rocky Point AS,
5. Edwards Beach AS
6. Cannae Point AS,
7. Taylors Bay AS (*)
8. Cannae Point AS,
9. Obelisk Bay AS,
10. Finish North Harbour

COURSE 2 E 13.5nm

1. Start Hunters Bay
2. Laid Mark Quarantine Head
3. Rocky Point AS,
4. Edwards Beach AS
5. Laid Mark Quarantine Head
6. Grotto Point AS,
7. Cannae Point AS
8. Rocky Point AS,
9. Edwards Beach AS (*)
10. Laid Mark Quarantine Head
11. Rocky Point AS,
12. Edwards Beach AS
13. Finish North Harbour

COURSE 3 SE 13.5nm

1. Start Grotto Point
2. Rose Bay AS,
3. Taylors Bay AS
4. Rose Bay AS,
5. Grotto Point AS (*)
6. Lady Bay AS,
7. Grotto Point AS
8. Finish Watsons Bay

COURSE 4 S 13.5nm

1. Start North Harbour
2. Lady Bay AS
3. Manly West AS,
4. Manly East AS
5. Eastern Channel AS
6. Manly West AS,
7. Manly East AS (*)
8. Lady Bay AS,
9. Manly West AS,
10. Manly East AS
11. Finish North Harbour

COURSE 5 SW 13.5nm

1. Start North Harbour
2. Rocky Point AS,
3. Edwards Beach AS
4. Cannae Point AS,
5. Taylors Bay AS
6. Cannae Point AS (*)
7. Chowder Bay South AS,
8. Cannae Point AS

COURSE 6 W 12nm

1. Start North Harbour
2. Rocky Point AS,
3. Edwards Beach AS
4. Laid Mark Quarantine Head
5. Rocky Point AS,
6. Edwards Beach AS
7. Cannae Point AS
8. Rocky Point AS,
9. Edwards Beach AS (*)
10. Laid Mark Quarantine Head
11. Grotto Point AS
12. Finish North Harbour

COURSE 7 NW 13nm

1. Start Camp Cove
2. Rocky Point AS,
3. Edwards Beach AS
4. Lady Bay AS,
5. Grotto Point AS
6. Lady Bay AS,
7. Grotto Point AS
8. Lady Bay AS (*)
9. Manly West AS,
10. Manly East AS
11. Lady Bay AS
12. Finish Grotto Point

COURSE 8 N 13.5nm

1. Start Camp Cove
2. Manly West AS,
3. Manly East AS
4. Lady Bay AS,
5. Cannae Point AS
6. Eastern Channel AS (*)
7. Manly West AS,
8. Manly East AS
9. Lady Bay AS
10. Finish North Harbour

COURSE 9 NE alt. 13nm

1. Start Hunters Bay
2. Manly West AS,
3. Manly East AS
4. Lady Bay AS,
5. Taylors Bay AS (*)
6. Cannae Point AS,
7. Taylors Bay AS
8. Finish North Harbour

COURSE 10 S alt. 12nm

1. Start North Harbour
2. Shark Island AS,
3. Shark Island (*)
4. Manly West AS,
5. Manly East AS
6. Neilson Park AS,
7. Finish North Harbour

COURSE 11 SE OR SW alt. 13nm

1. Start North Harbour
2. Cannae Point AS
3. Rocky Point AS,
4. Edwards Beach AS
5. Grotto Point AS,
6. Lady Bay AS
7. Rose Bay AS,
8. Taylors Bay AS (*)
9. Grotto Point AS,
10. Lady Bay AS
11. Finish North Harbour

APPENDIX A2 – WOMEN’S CHALLENGE DIV 2 COURSES

All marks to starboard. All distances are approximate.

Note - In the event of the course being shortened before the start, flag S will be displayed with the course signal with two sound signals. Boats are to proceed directly to the finish line after leaving the mark indicated by an asterix () in the courses listed below.*

COURSE 1 NE 11nm

1. Start Hunters Bay
2. Manly West AS,
3. Manly East AS
4. Rocky Point AS,
5. Edwards Beach AS
6. Cannae Point AS,
7. Obelisk Bay AS (*)
8. Cannae Point AS,
9. Obelisk Bay AS
10. Finish North Harbour

COURSE 2 E 12nm

1. Start Hunters Bay
2. Laid Mark Quarantine Head,
3. Grotto Point AS
4. Laid Mark Quarantine Head,
5. Grotto Point AS
6. Cannae Point AS
7. Rocky Point AS,
8. Edwards Beach AS (*)
9. Laid Mark Quarantine Head
10. Rocky Point AS,
11. Edwards Beach AS
12. Finish North Harbour

COURSE 3 SE 11.5nm

1. Start Grotto Point,
2. Neilson Park AS,
3. Chowder Bay South AS
4. Rose Bay AS,
5. Grotto Point AS (*)
6. Lady Bay AS,
7. Grotto Point AS
8. Finish Watsons Bay

COURSE 4 S 11.5nm

1. Start North Harbour
2. Eastern Channel AS,
3. Manly West AS,
4. Manly East AS (*)
5. Lady Bay AS
6. Manly West AS,
7. Manly East AS
8. Finish North Harbour

COURSE 5 SW 11.5nm

1. Start North Harbour
2. Rocky Point AS,
3. Edwards Beach AS
4. Cannae Point AS,
5. Obelisk Bay AS
6. Cannae Point AS (*)
7. Chowder Bay South AS,
8. Cannae Point AS
9. Finish Hunters Bay

COURSE 6 W 11nm

1. Start North Harbour
2. Rocky Point AS,
3. Edwards Beach AS
4. Laid Mark Quarantine Head
5. Grotto Point AS,
6. Cannae Point AS
7. Rocky Point AS,
8. Edwards Beach AS (*)
9. Laid Mark Quarantine Head,
10. Grotto Point AS
11. Finish North Harbour

COURSE 7 NW 10nm

1. Start Camp Cove
2. Obelisk Bay AS
3. Lady Bay AS,
4. Grotto Point AS
5. Lady Bay AS,
6. Grotto Point AS
7. Lady Bay AS (*)
8. Manly West AS,
9. Manly East AS
10. Lady Bay AS
11. Finish Grotto Point

COURSE 8 N 10nm

1. Start Camp Cove
2. Cannae Point AS,
3. Lady Bay AS
4. Cannae Point AS,
5. Eastern Channel AS (*)
6. Manly West AS,
7. Manly East AS
8. Lady Bay AS
9. Finish North Harbour

COURSE 9 NE alt. 11nm

1. Start Hunters Bay
2. Manly West AS,
3. Manly East AS
4. Lady Bay AS
5. Chowder Bay South AS (*)
6. Cannae Point AS,
7. Chowder Bay South AS
8. Finish North Harbour

COURSE 10 S alt. 11nm

1. Start North Harbour
2. Neilson Park AS (*)
3. Manly West AS,
4. Manly East AS
5. Neilson Park AS
6. Finish North Harbour

COURSE 11 SE OR SW alt. 10nm

1. Start North Harbour,
2. Cannae Point AS
3. Rocky Point AS,
4. Edwards Beach AS
5. Grotto Point AS
6. Lady Bay AS,
7. Neilson Park AS
8. Chowder Bay South AS (*)
9. Grotto Point AS,
10. Lady Bay AS
11. Finish North Harbour

