



2026 LORNA WHITTELSEY WOMEN'S REGATTA

Saturday, September 26, 2026

Indian Harbor Yacht Club

SAILING INSTRUCTIONS

1. RULES

- 1.1. The regatta will be governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.
- 1.2. Rule 40 and the Preamble to Part 4 is changed as follows: Except for brief periods while changing or adjusting clothing or equipment, all competitors shall wear, while on or near the water, a US Coast Guard approved PFD
- 1.3. RRS 35, A2 and A5 are changed (see below).
- 1.4. RRS Appendix V shall apply.
- 1.5. As permitted by RRS 87, the Ideal 18 Class Rules are changed as follows:
 - 1.5.1. The wetted hull surface shall have anti-fouling bottom paint
 - 1.5.2. Class rule 13.4 is changed to say boats shall be raced with two women.
 - 1.5.3. Membership in the Ideal 18 Class Association is not required.
- 1.6. The equipment required to be aboard each boat while racing is listed in Class Rule 10.
- 1.7. Competitors will attest that their boat is compliant with both the equipment and bottom paint requirements. Boats are subject to inspection by the organizing authority or the judges at any time during the regatta.
- 1.8. Per OA Guidelines, races for Ideal 18s will not be started when the Race Committee deems that winds are consistently at or above 23 knots or gusting to 25 knots and above. If a race has been started and the wind increases to 25 knots and above, it remains at the discretion of the Race Committee whether or not to abandon the race. If the registered breeze exceeds these limits, the Race Committee must wait for 30 minutes until the average wind speed drops below 23 knots, or no other puffs greater than 25 knots have been registered for that time period..
- 1.9. When Race Committee flies Code Flag "T" prior to or during a start sequence of a race it shall mean no Spinnaker allowed during the race

2. NOTICES TO COMPETITORS

- 2.1. Notices to competitors will be posted on the official notice board via [The Club Spot](#)

3. CHANGES TO THE SAILING INSTRUCTIONS

- 3.1. Any written change to the sailing instructions will be posted no later than 0930 Saturday, September 26.
- 3.2. Oral changes may be made on the water via VHF radio and acknowledged by each participant.

4. SIGNALS MADE ASHORE

- 4.1. Signals made ashore will be displayed at the main flagpole to the south of the clubhouse.
- 4.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP.

5. SCHEDULE OF RACES

Saturday, September 26	0830 - 0930	Check-in + Boat Draw + Continental Breakfast (Ballroom)
	0930	Mandatory Competitors' Meeting (Ballroom)
	1030	First warning
	1640	No Warning made after this time

6. CLASS FLAG

- 6.1. The class flag will be the numeral pennant 1.

7. RACING AREA

- 7.1. The racing area will be inside Captain Harbor. See Appendix B for a map of the sailing area.

8. PRE-START IDENTIFICATION AND RETIREMENT

- 8.1. Prior to the first warning signal, all competitors shall check in on Starboard behind the stern of Race Committee, identifying their sail number, boat name and souls on board.
- 8.2. Competitors shall notify the Race Committee via VHF radio (Channel 05A) when they decide to retire.

9. THE COURSES

- 9.1. Courses will be either Modified windward leeward, windward-leeward or gold cup.
- 9.2. For modified windward-leeward courses, the course will be posted WL (WL2 for twice around), for windward leeward the course will be posted Wx where x is the number of legs (2 for windward-leeward; 3 for windward leeward-windward; 4 for windward-leeward twice-around, etc.). Course examples depicted below.
- 9.3. For WL & WL2 courses the starting and finish lines are open.
- 9.4. For the gold cup course "G" will be posted.
- 9.5. Courses are Depicted in Appendix A.

10. MARKS

- 10.1. Marks will be yellow or orange tetrahedrons.
- 10.2. If used, the windward offset mark will be a smaller colored ball.

11. THE START

- 11.1. Races will be started by using the Sound-Signal Starting System (RRS Appendix U)
- 11.2. To alert boats that a race will begin soon, multiple sound signals will be made approximately one minute before a warning signal is made.
- 11.3. The Race Committee may invoke starting penalties per RRS 30 and will display the corresponding code flag at the time of the warning signal but no later than the two minute preparatory signal.
- 11.4. The starting line will be between a staff with an Orange Flag on the signal boat and the course side of the large tetrahedron mark on the port end.
- 11.5. The Race Committee may employ a "keep away" mark from the signal boat. The "keep away"

mark shall be considered part of the signal boat.

- 11.6. A boat starting later than four minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes rule A4.

12. **RECALLS**

- 12.1. Recalls will be made in accordance with RRS Appendix U4.
- 12.2. When a penalty of RRS 30 is in effect, the Race Committee may hail recall sail numbers immediately after the start.
- 12.3. Failure to hail, the order in which numbers are hailed, and the failure of a competitor to hear a hail will not be grounds for a request for redress, this changes RRS Appendix U5.

13. **CHANGE OF THE POSITION OF THE NEXT MARK**

- 13.1. To maintain a course configuration, or change course length, marks may be moved as necessary, but no mark shall be moved when any boat is on the leg that it terminates. No change of course signals are required. This changes RRS 33.
- 13.2. If a leeward gate is changed, it may be replaced by a single mark to be left to port.

14. **THE FINISH**

- 14.1. The finish shall be between a staff displaying a blue flag on the signal boat and the course side of the nearby inflatable colored ball.
- 14.2. If a separate finish line is used, the finish will be approximately 50 yards to weather of the windward mark between a staff displaying a flag on the finish boat at the starboard end of the line and the course side of the port-end finishing mark. (See Appendix A)
- 14.3. Code flag A flown at the finish means no more racing that day.

15. **PENALTY SYSTEM**

- 15.1. RRS Appendix V shall apply.

16. **TIME LIMITS**

- 16.1. The time limit for the first boat to finish will be 45 minutes.
- 16.2. If no boat has passed Mark 1 within 20 minutes, the race will be abandoned.
- 16.3. A boat not finishing within fifteen minutes after the first boat sails the course and finishes within the time limit will be scored TLE without a hearing. This modifies RRS 35. Boats scored TLE will receive as a race score points equal to two places more than the last boat that finishes within the time limits.

17. **PROTESTS AND REQUESTS FOR REDRESS**

- 17.1. At its first opportunity after finishing from a race, a boat shall notify the Race Committee of its intent to protest another boat, and provide the sail number of the boat to be protested. This adds to RRS 61.
- 17.2. Protest forms are available at the Club's front desk located inside the lobby. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 17.3. The protest time limit is 60 minutes after the Race Committee docks for the day.

- 17.4. Notices will be posted as soon as possible before or after the protest time limit to inform competitors of arbitrations or hearings in which they are parties or named as witnesses. Notices of protests by the Race Committee will also be posted within the time limit to inform boats of protests under RRS 61.1(b).
- 17.5. The time limit for requests for reopening or redress, based on a hearing or the scoring, is 30 minutes after a hearing decision or scoring results have been posted. This modifies RRS 62.2 & 66.
- 17.6. Breaches of SIs 1.5, 1.6, 19.1, 20.1, and 21 will not be grounds for protest by a boat. This amends RRS 60.1(a). Penalties for breaches of these instructions may be less than disqualification. The scoring abbreviation for discretionary penalties imposed under this instruction will be DPI. Discretionary penalties are not discardable.

18. SCORING

- 18.1. The Low Point Scoring System of RRS Appendix A will be used.
- 18.2. One completed race is required to constitute a series
- 18.3. Each boat's series score shall be the total of her race scores excluding her worst score if five or more races are completed.
- 18.4. Boats scored DNF will receive points equal to the number of boats that sailed the course and finished within the time limit plus two points. This changes Rules A5.2 and A5.3.

19. TRASH DISPOSAL

- 19.1. Trash may be placed aboard support or official boats.

20. HAUL-OUT RESTRICTIONS

- 20.1. Boats shall not be hauled out during the regatta except with and according to the terms of prior written permission of the Race Committee.

21. RADIO COMMUNICATION

- 21.1. Except in an emergency or to report a protest or withdrawal, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile telephones.
- 21.2. The Race Committee may make courtesy announcements regarding timing of the next race, the course, boats OCS, and changes to the course, etc. Failure to hear such broadcasts shall not be grounds for redress. This changes RSS 61.1.a.
- 21.3. Race related communications will be made via VHF 05A.

22. PRIZES

- 22.1. Prizes will be awarded to 1st through 3rd place for both crew and skipper. The winners' names will be inscribed on The Lorna Whittelsey Trophy which will remain at IHYC.
- 22.2. Other awards can be awarded at the discretion of the OA

23. INSURANCE

- 23.1. Each participating boat must sign the IHYC's "Ideal 18 Charter Agreement" and be insured with

valid third-party liability insurance. The Organizing Authority may request proof of insurance.

24. SAFETY AND DISCLAIMER

Competitors participate in this regatta entirely at their own risk. See RRS 4, Decision to Race. The race organizers, including the Organizing Authority the Indian Harbor Yacht Club, its officers, trustees, committee members, and employees, and the Race Committee, Protest Committee, race course assistants, 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 the regatta.

If racing, Participants hereby acknowledge and agree that we are solely responsible for participating in the Program and are doing so entirely at our own risk.

No Participant is a named insured under any insurance policy issued to IHYC and the decision whether or not to file a claim under any such policy will be within the sole discretion of IHYC.

I hereby agree, on behalf of myself to:

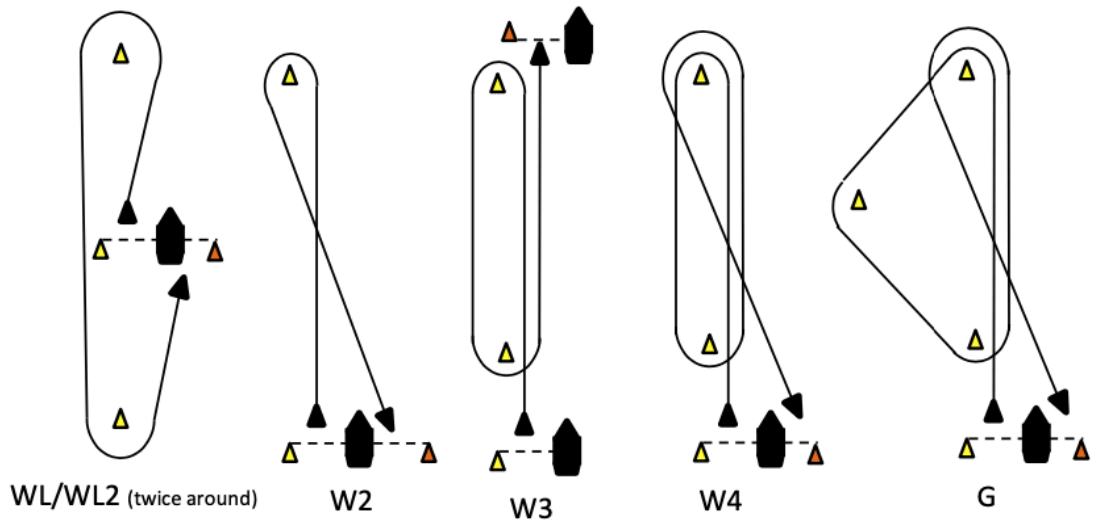
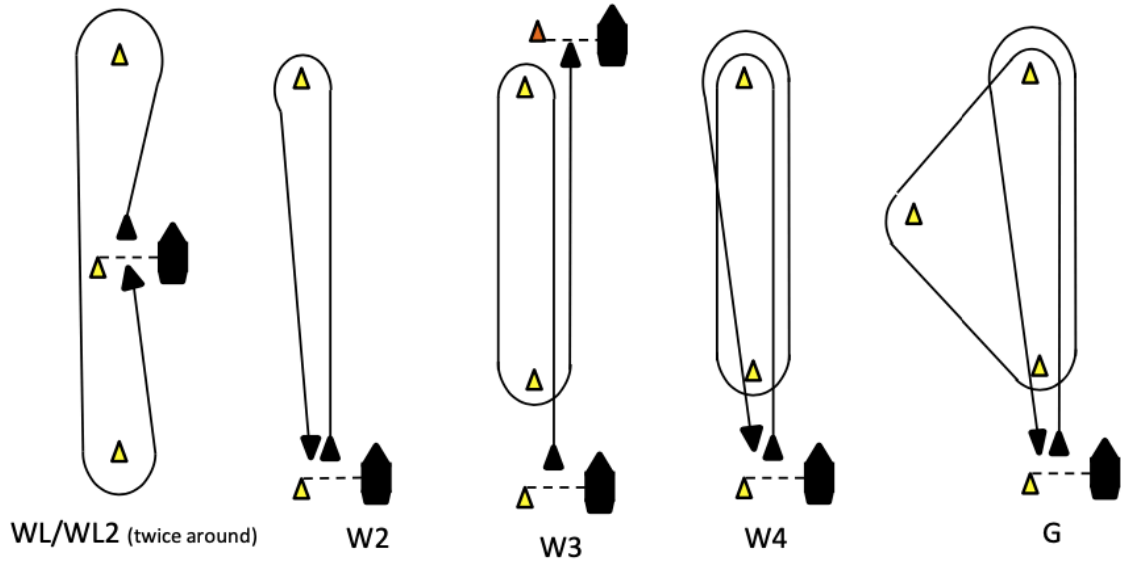
- a. assume the foregoing risks and to ensure that they are understood by any other person who sails with me on any IHYC or RYC-owned vessel;
- b. follow the rules and regulations as set forth in the applicable Sailing Handbook or other requirements promulgated by the IHYC Sailing staff, including reporting to the front desk, in writing, any grounding, collisions or damage, no matter how minor; and
- c. reimburse IHYC for any damage to any IHYC or RYC-owned vessel taken out or operated by me or other IHYC or RYC property resulting from hitting any rocks or shoals or other negligence on my part or that of anyone else operating any IHYC-owned taken out by me, up to \$1,000 per incident (or, if I do not report the incident, without limit).

Indian Harbor Yacht Club
710 Steamboat Road
Greenwich CT 06830
203.869.2484

Event Co-Chair: Elizabeth Souther Tarbell
PRO: Karen Lau

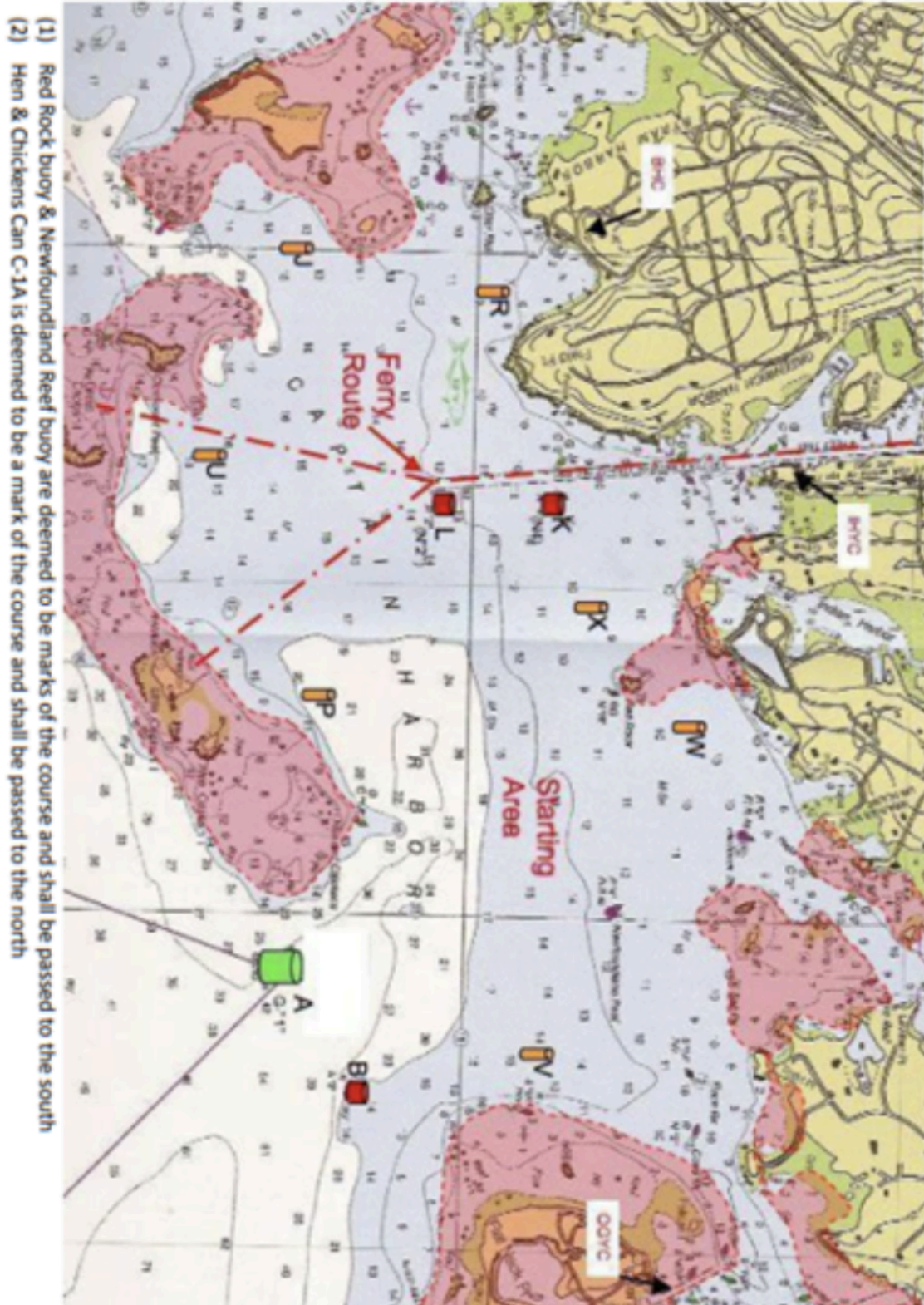
Sailing Director: Tyler Peyatt, Sailing@indianharboryc.com

APPENDIX A



APPENDIX B:

Included only for the purposes of navigation and knowledge of “No Go” zones when sailing Ideal 18s from Indian Harbor



Per rule 90.2(c), changes to the sailing instructions may be made on the water.