

GULCH FOIL FEST REGATTA

Fall 2026



Saturday, 22 August 2026

Cabrillo Beach Yacht Club

211 West 22nd St., San Pedro, CA 90731
310-519-1694 (Office) 310-519-1526 (FAX)

SAILING INSTRUCTIONS

Published, 10 August 2026

1. RULES

- 1.1 This event will be governed by the rules as defined in The Racing Rules of Sailing (RRS).
- 1.2 Appendix WF, Wingfoiling Racing Rules, World Sailing Development Rule, applies for Wingfoils.
- 1.3 [NP] For safety reasons all competitors shall carry a cell phone and / or a handheld VHF radio when racing.
- 1.4 When low-riding, pumping, rocking, and ooching are permitted (Experimental proposed rule change of RRS 42.3).
- 1.5 RRS 44.1 is changed so that the Two-Turns Penalty is replaced by one 270° turn, which is one gybe when going upwind or one tack when going downwind.
- 1.6 RRS Appendix V - Alternative Penalties shall apply.
- 1.7 These Sailing Instructions prevail over any conflicting information published in the Notice of Race.

2. NOTICES and CHANGES TO SAILING INSTRUCTIONS

- 2.1 Notices to Competitors and any Changes to the sailing instructions will be given orally on the water by displaying code flag 'L' with a sound signal on the race committee signal vessel.
- 2.2 Notices or changes in the sailing documents may be made over the loudhailer and VHF channel 71 while competitors are on the water.

3. COMMUNICATIONS WITH COMPETITORS: On the water, the race committee intends to monitor and communicate on VHF channel 71.

4. CODE OF CONDUCT

- 4.1 [DP] Competitors and support persons shall comply with reasonable requests from race officials.
- 4.2 [DP] Vessels that are not racing shall avoid any area where competitors are racing and shall avoid any official vessel.

5. SIGNALS MADE ASHORE and SHORE ACTIVITIES

- 5.1 Competitors may launch from Cabrillo Beach in the designated board launching zone.
- 5.2 Competitors may launch using the CBYC dinghy ramp adjacent to the Dry Storage Yard.
- 5.3 No racing-oriented signals or announcements will be made ashore.

6. SCHEDULE of RACES

- 6.1 Five races are scheduled and three (3) will make a series.
- 6.2 First warning is scheduled at 1330, and additional races will be started soon after each race is concluded.
- 6.3 No race will be started after 1730 hrs.

7. CLASS FLAGS: The class flags (or pennants) are:

RED	Waszp	BLUE	WingFoil boards
BLUE	IQ Foil	YELLOW	Kite board

8. COURSES AND MARKS

- 8.1 Courses are listed and diagrammed in Appendix A.
- 8.2 The Start Line/Finish Line is an obstruction and is restricted except when starting or finishing.
- 8.3 If only one leeward mark 'L' exists, it shall be rounded to port.
- 8.4 Marks will be inflated orange tetrahedron buoys.

9. THE START

- 9.1 The starting line is between staffs displaying orange flags on 1)the signal vessel and 2)a pin-buoy to port side of the signal vessel.
- 9.2 The starts will be a 3 minute rolling start sequence.
- 9.3 Class flags being displayed together indicates the starting sequence for those classes which will start at the same time.
- 9.4 Class starting order will be displayed on a signal boat whiteboard.
- 9.5 A multiple-horn alert signal will be sounded about one minute before a warning signal and beginning a starting sequence.

10. THE FINISH

- 10.1 The finishing line is between staffs displaying 1)orange flag on the signal vessel and 2)orange flag pin-buoy to port of the signal vessel.
- 10.2 Whiskey Finishing Window:
 - 10.2.1 A Finish Window of five-minute duration, begins when the first competitor finishes and will be signaled by one horn and display of the finisher's class flag.
 - 10.2.2 A competitor finishing within this Finish Window will be scored points based on its finish position and is a 'scored finisher.'
 - 10.2.3 Competitors which do not finish within the Finish Window will be assigned points above scored finishers, based on the sequence that they rounded the last mark. This changes RRS rules 28.1, A3, A4 and A5.
 - 10.2.4 After each race, whiskey finisher identifiers will be displayed in point order on a signal boat white-board.

11. TIME LIMITS AND TARGET TIMES

- 11.1 Each race time limit is 25 minutes.
- 11.2 Failure to meet the target time will not be grounds for redress. This changes rule 61.4(b)(1).

12. HEARING REQUESTS

- 12.1 Protests and requests for redress may be submitted in writing using Protest Forms in the CBYC clubhouse lobby.
- 12.2 The protest time limit is two hours after the last race is finished.

13. SCORING: Scoring will use the Low Point system in accordance with Appendix A, except as noted in section 10.2.

14. SAFETY

- 14.1 At all times when afloat competitors shall wear an appropriate personal flotation device.
- 14.2 [DP]All competitors shall sail by the stern of the race committee vessel and hail their bib number (or sail number).
- 14.3 [DP] A boat that retires from a race shall notify the race committee as soon as reasonably possible.

Regatta Chairman & PRO: Dennis Dyer 310/617-4379

Revision History:

- 1. Published: 15 August 2026

Appendix A. Courses and Course Chart

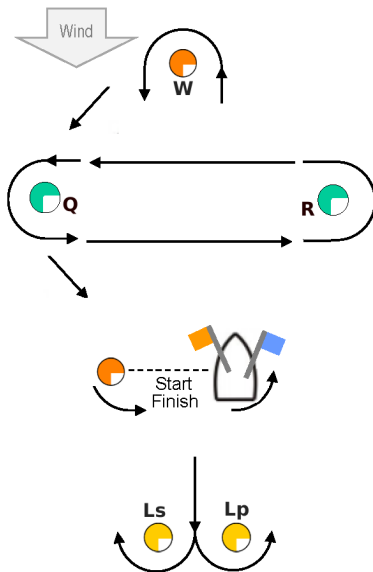
Type	Flag	Course	
Shells	Red	St-W-L-R-W-Fin	Waszp, Moth
Boards	Blue	St-W-Q-R-Q-Fin	Wings, IQ
Kites	Yellow	St-W-Q-SFrc-R-W-Q-Fin	

Alternate Courses signaled with code flag 2:

Shells	Red/Code2	St-W-L-W-L-R-W-Fin
Boards	Blue/Code2	St-W-Q-R-Q-R-Q-Fin
Kites	Yellow/Code2	St-W-Q-L-R-W-Fin



A.1 Course Chart:



A.2 Sailing Venue:

