

2026 DUTCH SHOE MARATHON
San Diego Yacht Club and Coronado Yacht Club
July 17, 2026

SAILING INSTRUCTIONS



1. RULES

- 1.1. These races will be governed by the Racing Rules of Sailing (RRS), and the rules of INSA; specifically, the Gross Weight Rule for A-fleet, B-fleet, and Senior Skippers, but NOT C-Fleet. This modifies INSA rules.
- 1.2. Inland Rules-of-the-Road apply when encountering non-racing craft. No vessel has the right of way over a large ship that is restricted in maneuvering. **Per RRS 60.5 (b)(3) the Race Committee (R/C) may disqualify a yacht infringing this instruction without a hearing.**
- 1.3. RRS 61.1(a) regarding protests has been modified as described in section 14.
- 1.4. Race Committee may direct patrol boats to hail competitors to alter course to avoid commercial traffic. **Per RRS 60.5 (b)(3) the R/C may disqualify a boat infringing this instruction without a hearing.**

2. ENTRY

- 2.1. Online entries must be submitted by 1045 on July 17. The Organizing Authority shall approve late entrants. Late entrants are not guaranteed to receive a T-shirt.
- 2.2. Yachts may enter one class only.
- 2.3. Participating Yacht Clubs **must provide** one (1) "Safety Escort Vessel" capable of rescuing capsized Sabots and an additional vessel for each 10 boats thereafter.
- 2.4. "Safety Escort Vessels" will be assigned relative positions within the Fleet. Assignments will be made at the Safety Escort Vessel Brief.

3. NOTICES TO COMPETITORS

- 3.1. Official notices will be posted on the Official Notice Board on the east wall of the SDYC Malin Burnham Sailing Center.
- 3.2. In accordance with RRS 90.2 (c), oral changes to the Sailing Instructions may be made on the water. A change is in effect when the RC signal boat displays code flag L over A with one sound signal. This means competitors shall come within hail of the RC signal boat or a Safety boat to receive the oral changes to the Sailing Instructions.

4. CHANGES IN THE SAILING INSTRUCTIONS

- 4.1. Any changes in these sailing instructions will be announced at the skippers' meeting and posted immediately after the skippers' meeting.

5. SCHEDULE

Registration	0900 – 1045	SDYC Jessop Classroom
Skippers Meeting	1100	Sail Wash Lawn
Safety Escort Vessel Brief.....	Immediately Following.....	SDYC Jessop Classroom
Attention Signal (All Sailors).....	1156 (Multiple Horn Blasts).....	La Playa

6. THE START AND FLEET COLORS

- 6.1. The starting area will be located in La Playa Basin off the SDYC E / Race Dock.
- 6.2. The next class to start will be signaled by a flag displaying their pennant color, flown from the upper deck of the Race Committee vessel. The class signal will be flown at or shortly after the preparatory signal (or starting signal of the fleet starting ahead).
- 6.3. WARNING SIGNAL (C FLEET)..... 1157 Class Flag (Red)
PREPARATORY C FLEET 1158 I flag
ONE MINUTE WARNING 1159 I flag down
START - C FLEET [Red]..... 1200 Class Flag down/ Next Class Flag up
START - B FLEET [Yellow]..... 1203 Class Flag down/ Next Class Flag up
START - A FLEET [Green] 1206 Class Flag down/ Next Class Flag up
START - SR. FLEET [Blue]..... 1209 Class Flag down

7. COURSE

- 7.1. Start between an **ORANGE** ball buoy and **ORANGE** flag aboard the R/C boat.
- 7.2. Leave **YELLOW** tetrahedron to **port** (windward mark at top of La Playa). Race Committee may eliminate this mark depending on wind direction and will inform competitors by displaying Code Flag C at the start.
- 7.3. Leave **YELLOW** tetrahedron (across from Harbor Police) to **port**.
- 7.4. Leave **RED** Shelter Island Government day marker red triangle "4" to **port** (15' tall, platform).
- 7.5. Leave **YELLOW** tetrahedrons in San Diego Bay in the vicinity of the south end of Shelter Island and also directly across the channel on the east side of San Diego Bay to **port**.
- 7.6. Leave **RED** channel buoys **18, 20, 22, and 24** to **port**.
- 7.7. Leave **RED** cone (between channel buoy 22 and 24) to **port**.
- 7.8. **Remain clear of U.S. Navy Security Zones, which are marked with floating barriers.**
- 7.9. Leave **ORANGE** tetrahedron just before the Coronado Bridge to **starboard**.
- 7.10. The finish between an **ORANGE** ball and a staff with an **ORANGE** flag aboard the R/C boat.
- 7.11. **Competitors sailing into the Main Ship Channel or a Navy Security Zone may be subject to a hearing and potential disqualification.**

8. CHANGE OF COURSE

- 8.1. The Race Committee may be required to change the course for all or a portion of a fleet, for safety reasons or conflict with commercial or government vessels. The following instructions change race signals:
 - If a change of course is required, sailors will be signaled by a safety escort vessel with repetitive sounds. The sailors signaled will follow a vessel displaying a large orange flag.
 - Sailors will be directed how to rejoin the course by a safety escort vessel.
- 8.2. Consequences of change of course will not be grounds for redress.

9. ABANDONMENT OF THE RACE AND RESTART

- 9.1. The Race Committee may signal abandon [N flag (white/blue checkered squares)] and restart the race, or temporarily delay a portion of the fleet, at any point on the racecourse for safety reasons or conflict with commercial or government vessels.
- 9.2. If a restart is required, **it will only apply to sailors affected by the abandonment or delay.** The R/C will signal directions according to SI 3.2 (Flags L over A) raised with one sound signal followed by oral instructions from Race Committee). A restart ONLY for affected or delayed sailors will begin with L over A removed with one sound signal followed one minute later with a warning signal.
- 9.3. The start sequence for a restart will be as described in Appendix U: (3-minute sound signal start)
- 9.4. Consequences of a restart by Race Committee shall not be grounds for redress.

10. RECALLS

- 10.1. Individual recalls will be signaled by displaying code flag X. Code flag X shall remain displayed until OCS boats have started correctly or until two minutes have elapsed.
- 10.2. After a general recall has been signaled, a new start signal will be made exactly three minutes after the recalled start. The General Recall flag will be removed one minute prior to the start.
- 10.3. The "I Flag" Rule 30.1 (One Minute, Round the Ends) will be observed for all starts.
- 10.4. As a courtesy, the Race Committee will attempt to hail boats "On Course Side" (OCS) as soon as possible, including during the "I Flag" 1 min prior to the start. Failure of electronic equipment, failure to hear a hail, order of hail, or delay in hailing will not be grounds for redress. This modifies RRS 62.1 (a).

11. THE FINISH

- 11.1. The finish area will be at the entrance to Glorietta Bay in the vicinity of launch ramp located on the Silver Strand.

12. TIME LIMIT

- 12.1. Yachts not finished by 1600 will be recorded as DNF.

13. PROTESTS

- 13.1. Protests are strongly discouraged. If you have a difference of opinion or recollection of an issue, it is strongly encouraged that you discuss the incident with the other individual and work it out amicably.
- 13.2. A boat still intending to protest shall report their intention to the PRO aboard the signal boat Corinthian at CYC for levity and wisdom. This changes RRS 60.2(a)(1) and 60.2(b).

14. SAFETY

- 14.1. All Sabots must carry INSA safety equipment: Bowline (minimum of 10'), a hand bailer (pumps alone are not acceptable) and a paddle.
- 14.2. **SAFETY IS PARAMOUNT!** This regatta has an excellent safety record due to the excellent cooperation and sportsmanship of the competitors. Please ensure your best effort to continue that tradition. **All skippers must properly wear a Coast Guard approved type III life jacket at all times while on the water.**
- 14.3. Per RRS 60.5 (b)(3) - the Race Committee may DSQ a competitor without protesting who is not properly wearing a life jacket. The Race Committee may order that competitor to immediately drop from the race and take assistance from a rescue boat and be towed to Coronado Yacht Club.
- 14.4. In the event you desire assistance of any kind or want to retire from the race, signal an escort boat.
- 14.5. "Safety Escort Vessels" will be stationed between the fleet and the main channel. Alterations of course or other instructions from any safety escort vessel must be complied with. **Failure to respond to safety requirements will subject skippers to disqualification per SI 1.4.**

