



Sailing Instructions
Shilshole Showdown
August 9-10, 2026
Corinthian Yacht Club of Seattle

1 RULES

- 1.1 The regatta will be governed by the rules as defined by the current Racing Rules of Sailing, as modified by the [2026 NWYRC Notice of Series](#), the Notice of Race, and these Sailing Instructions.
- 1.2 Class rules shall be observed and enforced by the competitors, except that competitors may use a “club sail” in place of a class legal sail, provided it is of the same dimensions and provides no added advantage.

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change to the Sailing Instructions will be posted before 1000 on the day it will take effect, except that any change to the schedule of races will be posted by 1700 the day before it will take effect.
- 2.2 Changes to a sailing instruction may be made on the water by raising the L Flag with one signal and verbally communicating the instructions to sailors. The information will also be hailed to coaches and support boats over the radio.

3 NOTICES TO COMPETITORS

- 3.1 Notices to competitors will be posted on the electronic notice board at [Shilshole Showdown](https://theclubspot.com/regatta/YFLLk4ZoWz) (<https://theclubspot.com/regatta/YFLLk4ZoWz>).
- 3.2 On the water, the race committee intends to monitor and communicate with competitors on VHF radio channel 69.

4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed from the race committee boat at the dock.
- 4.2 When flag AP is displayed ashore, ‘1 minute’ is replaced with ‘not less than 30 minutes’ in Race Signals AP.

5 SCHEDULE

Saturday, August 8, 2026	Sunday, August 9, 2026
9:00-10:00 Check-in at CYC of Seattle Rigging & Launching	9:00-10:00 Rigging & Launching
10:00 Safety/Support Boat Mtg	9:30 Safety/Support Boat Meeting
10:30 Competitors Meeting	11:00 First Warning
12:00 First Warning	15:30 No starts after this time
Post Racing Pizza at the CYC Clubhouse	Awards to follow racing.

6 CLASS FLAGS

The CFJ Class flag is a white flag with a “FJ” written in red.

7 RACING AREA

- 7.1 Racing will take place in Shilshole Bay adjacent to the marina breakwater and/or Golden Gardens Park.
- 7.2 Opti Milfoil racers will be sharing our racecourse until 1pm on Saturday.

8 NUMBER OF RACES

- 8.1 There will be no maximum number of races.
- 8.2 A minimum of one race shall constitute a regatta.

9 STARTS and RACE TIME LIMITS

- 9.1 Starts shall be conducted using a 3 Minute Sequence, in accordance with RRS Appendix U - Audible-Signal Racing System (US SAILING Prescription).
- 9.2 The Race Committee will attempt to hail boats that are over early. This is only a courtesy and will not be grounds for redress. Redress shall not be granted if the Race Committee fails to hail a sail number, is tardy in hailing a sail number, or if a competitor does not hear the hail.
- 9.3 Boats failing to finish within 15 minutes after the first boat finishes shall be scored Did Not Finish without a hearing.

10 COURSES

- 10.1 See “Attachment A” for course diagrams
- 10.3 The target race length is 15-30 minutes. A race which runs significantly longer or shorter than the target times shall not be grounds for redress.
- 10.4 Course numbers will be displayed on the course board on RC.

11 MARKS AND START/FINISH LINES (see Attachment A)

- 11.1 Marks will be cone shape buoys. The start and finish will be between the signal boat with an orange flag and an orange mark.
- 11.2 There will be no signals made if the course axis changes less than 20 degrees or the length of the leg is changed less than 20%. This changes RRS 33.

12 PROTESTS AND APPEALS

- 12.1 A boat intending to protest about an incident that occurs in the racing area shall notify the race committee finish boat of her intention as soon as possible after finishing, including the sail number of the boat(s) being protested. This adds to RRS 61.1(a).
- 12.2 Protest forms are available in a bin at the entrance to the Clubhouse. Completed protest forms shall be delivered there within the protest time limit.
- 12.3 The protest time limit is 30 mins after the race committee arrives back at the dock after each day’s racing.
- 12.4 Notices will be posted within 10 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held downstairs in the northwest corner of the club house.
- 12.5 Protests will be heard using the Expedited Protest Procedure, detailed in “Attachment B”.

13 SCORING & PENALTY SYSTEMS

- 13.1 The Low-Point scoring system of Appendix A will apply.
- 13.1(a) When fewer than 5 races have been completed, a boat's overall score will be the total of her race scores.
- 13.1(b) When 5 or more races have been completed, a boat's overall score will be the total of her race scores excluding her worst score.
- 13.1(c) If a competitor is disqualified, they may discard that score, provided they were not disqualified for poor sportsmanship (Rule 69), they did not gain significant advantage by breaking a rule (Rule 2), or the NWYRC Code of Conduct. Only in cases where one of these rules was broken shall their next worse score be excluded instead.
- 13.2 Results of this regatta will count toward the 2026 NWYRC Summer Series.

14 COACHING

- 14.1 Coaching on the water is permitted between races. At the warning signal for a given race, all coaching shall cease until a competitor has finished that race. To avoid any interference with boats still racing, competitors shall be required to sail to an area at least 75 feet away from the start/finish line when meeting with coach/support boats between races.
 - 14.1(a) Coaching the back 25% during races is permitted. Coaches must avoid interfering with the race of other sailors. This changes RRS 41.

15 SUPPORT & SPECTATOR BOATS

- 15.1 Except in the case of emergencies, support and spectator boats must remain a distance of 75 feet from the racing area at all times, and shall not cause significant wake in the racing area.
- 15.2 Coach, support, and spectator boats are required to carry a working VHF radio. They shall monitor either VHF Channel 69 at all times.

16 SAFETY

- 16.1 Each competitor shall wear a USCG-approved life jacket, in good condition, that is 100% dependent on foam for flotation and the appropriate size for the sailor, at all times while on the water except briefly while changing or adjusting clothing or personal equipment.
 - 16.1(a) The personal flotation device must meet at least ISO 12402-5 (50N), USCG Type III, AS 4758 Level 50, or equivalent (except briefly while changing or adjusting).
 - 16.1(b) The PFD must be worn outside of all clothing except that a thin shirt or bib may be worn over the PFD to prevent snagging.
- 16.2 All boats shall carry a bow line of at least 30' which is to remain affixed to a tow point at all times while racing.
- 16.3 Sailors are required to hail the signal boat with their sail number upon arrival to the race course.
- 16.4 If possible, sailors shall notify the race committee before leaving the race course. Once on shore they must notify the on shore safety officer that they are on shore.

17 BOAT STORAGE

- 17.1 Competitors' boats shall be stored Saturday night in an area designated by the Regatta Organizers.

18 PRIZES

- 18.1 Prizes will be awarded to the skippers and crews of the top three finishers.

Attachment A

Course 1: Start, Windward, Finish



Windward Mark

Course 2: Start, Windward, Gate,
Windward, Finish



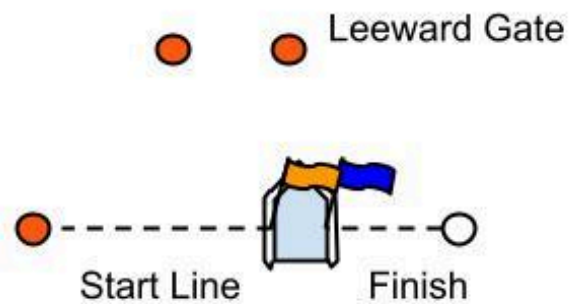
Opti Windward

Notes:

* Except for Leeward Gates, all marks rounded to port

* If a gate mark is missing, the remaining mark shall be rounded to port.

*Diagram not drawn to scale, all angles approximate.



Attachment B

EXPEDITED PROTEST PROCEDURE:

B1 Protests involving rules of RRS Part 2 (except RRS 14), RRS 31, 42 or 44 shall use the Expedited Protest Procedure:

- a) The hearing will begin as soon as all parties are assembled.
- b) If no one raises an objection, the protest will be determined to be valid.
- c) Each party will be given about 1 minute to state their case.
- d) The judges may question the parties and/or call witnesses.
- e) Each party will be given about 1 minute to question the other party.
- f) The parties are excused. The umpires will determine the facts and make their decision.
- g) The judges inform the parties of the decision orally.

B2 A competitor may not reopen expedited protest hearings after a decision has been made.
(Changes RRS 63.7)

B3 Expedited hearings may be used to consider requests for redress involving breakdowns.