



Inaugural Sailing 4 Parkinson's Regatta April 12, 2026

Sailing Instructions

**Amended April 10, 2026 (replacing Section 8 and adding courses)
Amended April 11, 2026 (adding start times and three mark def's)**

Organizing Authority: Corinthian Yacht Club

1. RULES

- 1.1. The race will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2. RRS 40.1 will apply requiring competitors to wear Personal Flotation Devices.
- 1.3. NOR #7 is deleted and replaced with RRS Appendix V1 & V2 – Alternative Penalties will apply.
- 1.4. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 1.5. Power assisted winches are permitted if disclosed and included in a boats' PHRF rating. This modifies RRS 52.
- 1.6. All boats must display the sail number shown on the entry form on their Mainsail or gain Race Committee (RC) approval for a change of number by 1700hrs April 10, 2026.

2. CHANGES TO SAILING INSTRUCTIONS

- 2.1. Notices to competitors will be posted on the CYC website at race.cyc.org/mjf26.
- 2.2. Any change to these Sailing Instructions will be posted by 1000hrs on the day of the race and shall be signaled by hoisting the flag L on the Clubhouse flagpole.
- 2.3. All references to the CYC Notice Board in the Sailing Instructions shall be deemed to read the CYC Website <https://race.cyc.org/MJF26>
- 2.4. Oral changes to the Sailing Documents may be made on the water. If so, Flag L (Lima) will be displayed from the Race Committee Boat.



3. SIGNALS

- 3.1. Signals made ashore will be displayed from the flagpole located SE corner of the Club deck. Race Committee may broadcast information about the race on **VHF66A**.
- 3.2. The race committee does not intend to make audible signals as boats finish but may make a visible or audible acknowledgement of boats crossing the finish line.

4. SCHEDULE OF RACES

- 4.1. One race is scheduled in the regatta.
- 4.2. First warning signal is scheduled at 1230hrs.
- 4.3. It is the intention of the Race Committee to have a Pursuit start race. Start times will be published as Addendum 3 as an amendment to the Sailing Instructions by 1700hrs April 11, 2026.
- 4.4. The expiration time for the race will be 1645 hrs. Boats failing to finish before the time limit expires will be scored DNF without a hearing. This changes RRS 35, A4 and A5.

5. CLASSES AND DIVISIONS

- 5.1. There will be one Fleet Flag to signal all class starts.
- 5.2. Boats wanting to change their division assignment may file a written request to the RC (racing@cyc.org) to change divisions. Such requests shall be received by 1700hrs April 10, 2026.

6. COURSES AND MARKS

- 6.1. Courses and marks are described in Addendum 2.
- 6.2. Numeral placards will be used to display the course to be sailed.
- 6.3. RRS 34(a) is changed so that any fixed mark may be replaced by an inflatable mark.



7. RACING AND RESTRICTED AREAS:

7.1. The racing area will be San Francisco Bay and its entrances.

7.2. The Race Committee Boat will be located in the vicinity of Pt Knox.

7.3. For safety, each of the lines below is an obstruction, and boats are prohibited from sailing across any of these lines:

Each of the lines bounded by the points below and the closest points ashore.

- (i) The Green and Red Bell buoy off the west end of Alcatraz Island and the closest point ashore on Alcatraz Island.
- (ii) The Green buoy (#3) south of Point Blunt, Angel Island and the closest point ashore on Angel Island.
- (iii) Anita Rock Light (Light List 4290) and an unmarked buoy (located 150 yards NW of Anita Rock Light).
- (iv) Anita Rock Light (Light List 4290) and the closest point ashore.
- (v) Unmarked buoy (located 150 yards NW of Anita Rock Light) and the closest point ashore.
- (vi) The "H" Beam piling (located approximately 200 yards west of StFYC) and the closest point ashore.
- (vii) The South Tower of the Golden Gate Bridge and the closest point ashore.

Boats infringing SI 7.3 may be subject to protest and disqualification.

8. THE START AND CHECK-IN

8.1. The starting line will be between a staff displaying an orange flag on the Race Committee Boat **located in the vicinity of Point Knox** and a temporary buoy.

8.2. No later than **ten minutes before her scheduled start**, each boat shall

8.2.1. Sail past the Race Committee boat on starboard tack and announce her sail number; and

8.2.2. Obtain recognition of her check-in by the Race Committee.

8.3. RRS 26 is changed for the pursuit format start. A boat's preparatory signal shall be 4 minutes prior to **her** assigned start time. **The committee does not intend to make additional starting signals after the first start sequence but may make time announcements on VHF.**

8.4. **A boat starting before her scheduled time will not be hailed. If starting less than five minutes early and not returning, she will be penalized two places. If more than five minutes early, she will be penalized six places.**

9. THE FINISH

The finishing line will be between a blue flag at the CYC Clubhouse Race Deck and a temporary buoy identified as **RD FIN** in the course descriptions.

10. PROTESTS

Protests shall be delivered electronically to the Regatta Chair and PRO at racing@cyc.org no later than 2 hours after the time limit expiration of the race as noted



in 4.4. A list of protests received will be posted on the event website. Protest hearings may be held by a video or other conference forum at a time agreed to by the protest participants.

11. **RETIRING BEFORE FINISH**

A boat that retires prior to finishing shall notify the race committee the boat name, sail number and “Retiring”, by hailing on VHF66A or by phone to CYC Harbormaster (415 302 5083) as soon as reasonably possible.

12. **INTERFERENCE WITH OTHER VESSELS**

12.1. Boats shall not impede the passage of a vessel that can safely navigate only within a narrow channel, fairway or large-vessel traffic lane. Boats so doing shall be subject to protest and disqualification upon notice from any competitor, the RC, a government agency, or the operator of the vessel.

12.2. A boat that receives five or more horn blasts from a commercial or government vessel shall be presumed to have impeded such passage. The time for protest will be extended in such cases. This changes RRS 61.3.

13. **DISCLAIMER OF LIABILITY**

Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organizing authority 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.

Regatta Chair: Marcus Canestra

Race Committee email: racing@cyc.org

Event Website and Notice Board: <https://race.cyc.org/mjf26>

CYC Office: 415-435-4771 Harbormaster: 415-302-5083 <http://www.cyc.org>



Addendum 1 to 2026 Sailing 4 Parkinsons Sailing Instructions

CLASSES, DIVISIONS and FLAGS

Division/Class	Flag	Division/Class	Flag
PHRF	Code flag K	Non-Spinnaker	Code flag K

Addendum 2 to 2026 Sailing 4 Parkinsons Sailing Instructions Rounding marks for ALL Courses

DESCRIPTION of ROUNDING MARKS	
4	YRA Mark "4" Lighted red nun buoy near Pt Knox
7	YRA Mark "7", R "2" FI 6s nm Northwest of Treasure Island
12	YRA Mark "12", G "1" FI G 4s Little Harding Rock
14	Yellow Mark 0.1 nm north of Southampton Platform
15	Yellow column approx. 0.5 nm east of Yellow Bluff "Hank Eason"
16	YRA Mark "16", Yellow Column "C" .25 nm east of Fort Point, "Blackaller"
17	YRA Mark "17" RG FI (2+1)R 6s Harding Rock Lighted Buoy HR
18	YRA Mark "18", RG "BR" FI (2+1) G 6s bell, Blossom Rock
19	YRA Mark "19" R '8' FI R 2.5s San Francisco Bay North Channel Lighted Buoy 8
21	G "1" FIG6s Green buoy SF North Channel buoy 1 near Alcatraz Is.
DL	Inflatable Mark ~ 0.1nm @100°M from Pt Diablo Light
N	YRA mark "N", Red buoy FI R 4S 3M "2", Sausalito Entrance Buoy

COURSES

No	Course – P or S denotes rounding direction					
1	Start	DL <i>p</i>	21 <i>p</i>	12 <i>p</i>		RD FIN
2	Start	16 <i>p</i>	18 <i>p</i>	7 <i>p</i>	12 <i>s</i>	RD FIN
3	Start	12 <i>s</i>	14 <i>p</i>	N <i>p</i>	15 <i>s</i>	RD FIN

4	Start	DL <i>p</i>	21 <i>p</i>	12 <i>s</i>		RD Fin
5	Start	16 <i>p</i>	7 <i>p</i>	12 <i>s</i>		RD Fin
6	Start	12 <i>s</i>	14 <i>p</i>	N <i>p</i>	15 <i>p</i>	RD Fin
7	Start	15 <i>s</i>	19 <i>p</i>	12 <i>p</i>	17 <i>p</i>	RD Fin
8	Start	17 <i>p</i>	4 <i>p</i>	17 <i>p</i>	4 <i>p</i>	15 <i>s</i> RD Fin
9	Start	16 <i>s</i>	N <i>s</i>	12 <i>p</i>		RD Fin



Addendum 3 to 2026 Sailing 4 Parkinsons Sailing Instructions

Start Times based on ratings

Boat	Rating	Sailno	Start	Boat	Rating	Sailno	Start
Raccoon	274	8008	12:35:00	Finistere	114	69545	13:01:40
Hummingbird	204	22	12:46:40	Lagniappe	112	56502	13:02:00
Bella Luna	197	NA	12:47:50	Checkered Past	102	3	13:03:40
Blue Anima Too	180	1	12:50:40	Liberty	102		13:03:40
Lightwave	180	2085	12:50:40	FriendShip	99	747	13:04:10
Resilience	168	136	12:52:40	Boudicca 3.0	96	385	13:04:40
Venture	165	543	12:53:10	Another Girl	90	20	13:05:40
Lydia	162	47033	12:53:40	National Biscuit	87	8573	13:06:10
Oceana	162	33	12:53:40	Windsome	84	140	13:06:40
Sailor Dog	156	1798	12:54:40	Nirvana	78	362	13:07:40
Andiamo	153	2168	12:55:10	Peregrine	78	497	13:07:40
Journey	153	1689	12:55:10	Resolute	78	410	13:07:40
Summer Sailstice	150	142	12:55:40	Kiapa	75	n/a	13:08:10
SURPRISE	147	1691	12:56:10	Mymble	75	5714	13:08:10
Samba	147	52	12:56:10	Elan	72	87700	13:08:40
Sea Sparrow	141	2270	12:57:10	Jarlen	72	28528	13:08:40
Club Zara	138	144	12:57:40	Tangaroa	72	311	13:08:40
Kira	132	28999	12:58:40	Reverie	69	52423	13:09:10
Abba-Zaba	129	8112	12:59:10	Sir Edmund	69	52549	13:09:10
Artemis	129	12	12:59:10	Argo	60	46933	13:10:40
Moonlight	129	28059	12:59:10	Peregrine - J120	45	25487	13:13:10
Tequila Mockingbird	129	18353	12:59:10	?	36	?	13:14:40
Under the Radar	129	40316	12:59:10	Nuckelavee	27	208	13:16:10
Iolani	120	38048	13:00:40	Recidivist	21	3510	13:17:10
				City Lights	-6	28552	13:21:40