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2025 Women's Helm, Navigator and Radio Operator and Women's Return Sprint Sailing Instructions



Photographer: Denise Smeaton



Amendments

Number	Instructions Changed	Summary of Amendment

Key Information		
	Race Dates and Warning Signals:	WHNR: 0855 and 0910 Saturday 26 July 2025 WRS: 0955 Sunday 27 July 2025
	ORCV Office Phone	0493 102 744
	Race Director Phone	0418 396 605
	Race Director Email	race.director@orcv.org.au

Special Note:

Concurrent with the finalisation of these Sailing Instructions, the Women's Return Sprint (WRS) has been cancelled for 2025 so any specific references to the WRS are not applicable.

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Sailing Instructions

The 2025 ORCV Women's Helm, Navigator and Radio Operator and Women's Return Sprint Races will be conducted on the waters of Port Phillip. The Races are organised and conducted by the Ocean Racing Club of Victoria Inc (ORCV) in co-operation with Royal Brighton Yacht Club and Queenscliff Cruising Yacht Club.

1. Race Program

Races are scheduled as follows:

Race	Date	First Warning Signal	Course Type
WHNR	Saturday 26 July 2025	0855 and 0910	Destination Race
WRS	Sunday 27 July, 2025	0955	Return Sprint

2. Rules

- 2.1. The rules for the Races will be:
- The 2025-2028 Racing Rules of Sailing (RRS) of Australian Sailing (AS),
 - The Prescriptions and Special Regulations of Australian Sailing (AS),
- except as amended by these Sailing Instructions and the Notice of Race.
- 2.2. All times in these Sailing Instructions are Australian Eastern Standard Time (AEST).

3. Notices to Competitors

- 3.1. Notices to Competitors will be posted on the ORCV website www.orcv.org.au.
- 3.2. Any change to these Sailing Instructions will be:
- Posted on the ORCV website (www.orcv.org.au) before 0700 on the day of each Race.
 - Advised to competitors on VHF Channel 82 at the commencement of the radio sign-on.

4. Class Flag

The Races will have the following Race Categories with the following Class Flags:

Race Category	Class Flag	
Racing	Romeo	R
Cruising Non-Spinnaker (WHNR only)	Victor	V

5. The Start

The Start is as described in Appendix B: Start.

6. The Course

The courses are as described in Appendix C: Courses and Marks.

7. The Finish

The Finish is as described in Appendix D: Finish.

8. Declarations

- 8.1. Written declarations are generally not required, except as specified in Safety Regulations, for substitute Virtual Marks as described in Instruction C7 and for use of engines as described in instruction E1.4. A yacht correctly passing through the Finishing Line is deemed to have made a declaration on the part of its skipper that to the best of the skipper's knowledge no Rules have been breached.
- 8.2. If a skipper is uncertain as to whether any Rule has been breached, the skipper must report the circumstances in writing to ORCV by 1200 on the Monday following the relevant Race.

9. Time Limit

- 9.1. The time limit for all yachts in both the WHNR and WRS will be 1600. Any yacht that has not finished by 1600 will be scored DNF (amends RRS 35).

10. Protests and Requests for Redress

- 10.1. Any protest or request for redress must be lodged by email or SMS to the Race Director within 1 hour of the finish of the last yacht.
- 10.2. A yacht intending to protest or request redress must inform the Race Director by phone or radio within 1 hour of it finishing the Race giving any details as may be known at the time.
- 10.3. Any protests or requests for redress will be heard at a time and place to be advised.
- 10.4. Any request for redress involving the official time sheet must be submitted as soon as possible after the posting of provisional results but no later than 1200 on Wednesday after the relevant Race.

11. Penalty System

- 11.1. If, after a protest and hearing, a yacht is found to have infringed a Rule, the Protest Committee may disqualify or otherwise penalise the yacht in accordance with the provisions of RRS 64.
- 11.2. The Protest Committee may apply a time penalty for a breach of a Rule or the Sailing Instructions, declared by an infringing competitor without a hearing, or after a hearing if a protest is contested.
- 11.3. The following penalties will be applied for breaches of these Sailing Instructions or the Racing Rules of Sailing (RRS), including any modification noted in the Notice of Race, at the discretion of the Protest Committee:
 - For a minor infringement – 10 minutes
 - For a significant infringement – 30 minutes

- For a serious infringement – the penalty will rest with the Protest Committee and may result in a time penalty or disqualification.

11.4. All penalties will be noted on the time sheet and will be applied to finishing times. Yacht positions will be adjusted after penalties are applied.

12. Yachts Retiring

Yachts retiring must inform the Race Director as described in Appendix A13 Yachts Retiring.

13. Safety Regulations

- 13.1. The Safety Category and regulations are as set out in the Notice of Race.
- 13.2. The ORCV strongly recommends that safety harnesses and suitable lifejackets be worn whenever conditions warrant, particularly in rough weather, at night or when sailing short-handed.
- 13.3. Attention is drawn to Victorian regulations which stipulate the mandatory wearing of lifejackets when on deck during times of heightened risk. This includes crossing a bar, transiting the Heads, sailing at night and when the weather or weather forecast indicates heightened risk. For full details, consult the Safe Transport Vic website (<https://safetransport.vic.gov.au>).
- 13.4. Yachts must keep clear of all commercial shipping (vessels more than 35 metres in length) while within Port Phillip, as required by Ports Victoria Harbour Master's Directions.
- 13.5. In the event of avoiding action becoming necessary, a yacht may start its engine and motor to avoid a shipping hazard, on a course perpendicular to the ship's track, for as long as necessary.
- 13.6. A yacht that takes such action must return to the location the yacht started motoring, cease motoring and resume racing as soon as possible. The details of any such action must be reported to the Race Director on finishing via SMS.
- 13.7. Any yacht found to have impeded the progress of a commercial vessel will be disqualified.
- 13.8. A yacht and its equipment may be inspected at any time for compliance with the current Australian Sailing Special Regulations and these Sailing Instructions.
- 13.9. The Race Director may, at their absolute discretion, disqualify a yacht from participating or continuing to participate in any Race if the Race Director believes that it is unsafe for that yacht to commence or continue to race.

14. Exclusion Zones and Hazards

- 14.1. Yachts must keep clear of all commercial shipping including when sailing inside or transiting any shipping channels.

15. Unsuitable Conditions

- 15.1. Prorated positions may be used to determine a result for either race.
- 15.2. Any termination of the Race will be advised by radio on VHF Channel 82.

16. Race Communications

Race communications procedures are detailed in Appendix A Race Communications.

17. Disclaimer of Liability

- 17.1. All those taking part in any Race do so at their own risk and responsibility.
- 17.2. Acceptance of a yacht as an entrant in either Race is not to be taken as express or implied acceptance on the part of the ORCV and/or any of its Flag Officers, Committee Members, Volunteers, Equipment Auditors or any other members, of the fitness of any yacht or any equipment on such yacht to safely compete in either Race, and/or deal with any and all eventualities of the contemplated passage. It is the responsibility of each skipper of each competing yacht to decide whether their yacht is fit and suitably crewed for the intended purpose, and neither the ORCV nor any club, person or company connected with the organisation of either Race is responsible for the seaworthiness of any yacht whose entry is accepted.
- 17.3. Attention is drawn to Fundamental Rule 3 “Decision to Race” of the RRS which states: “The responsibility for a boat’s decision to participate in a race or to continue racing is hers alone.”

18. Crew Behaviour

- 18.1. All participants are reminded that they are expected to comply with ORCV’s Member Protection Policy and Code of Conduct. For more information refer to: <https://www.orcv.org.au/club/member-and-participant-protection>
- 18.2. Skippers are reminded that crew behaviour is both the skipper and all the crew’s responsibility to manage, at all times, including during any deliveries or pre- and post-race social events.

19. Appendices

The following Appendices A, B, C, D and E form part of these Sailing Instructions.

Appendix A: Race Communications

This Appendix describes the radio and other communications procedures to be followed during Races.

A1 Emergency and Urgent Safety Messages

Urgent safety messages for the Race Director may be transmitted at any time on VHF Channel 82. The Race Director can be phoned on 0418 396 605.

A2 General

- A2.1. While racing, a yacht must neither make nor receive communications not available to all yachts.
- A2.2. Where a yacht is fitted with an AIS transponder, the transponder must be switched on in transmit mode with yacht name and MMSI always displayed during any Race.
- A2.3. Failure to sign on before the end of the sign-on schedule will result in the yacht being scored DNC.
- A2.4. Yachts must not give false or misleading position reports.
- A2.5. The yacht contact mobile phone must always be on while racing and answered to calls from the Race Director. A penalty may apply if the yacht contact phone is not contactable.

A3 Summary – WHNR Destination Race

Time	Action	Channel	Station	Comments
0815	Radio sign-on	VHF 82	Ocean Racing	Postponement if applicable
0855 to 0900	Race Starting Sequence: Racing	VHF 82	Ocean Racing	Racing Category
0900 to 0905	Individual recalls may be notified: Racing	VHF 82	Ocean Racing	Racing Category
0910 to 0915	Race Starting Sequence: Cruising	VHF 82	Ocean Racing	Cruising Category
0915 to 0920	Individual recalls may be notified: Cruising	VHF 82	Ocean Racing	Cruising Category
Race Duration	Unscheduled Announcements, Shortened course, if applicable	VHF 82	Ocean Racing	
	Retirement, if applicable	VHF 82 or 0418 396 605	Ocean Racing	
Rounding Carrum 1	Advise RD HH:MM Mark position	VHF 82		
Rounding M1	Advise RD HH:MM Mark position	VHF 82		
Finish	Approximately 5 minutes from finish	VHF 82	Ocean Racing	
Berthing	Contact QCYC for berthing instructions	VHF 73		
<1 hours post finish	Submit logs to RD via email or SMS			
<1 hours post finish	Submit any required declaration to RD			

A4 Summary – Women’s Return Sprint

Time	Action	Channel	Station	Comments
0915	Race Director Broadcast, Radio Sign-on and Postponement if applicable	VHF 82	Ocean Racing	
0955 to 1000	Race Starting Sequence	VHF 82	Ocean Racing	
1000 to 1005	Individual recalls may be notified	VHF 82	Ocean Racing	
Race Duration	Unscheduled Announcements, Shortened course, if applicable	VHF 82	Ocean Racing	
At Centre M1	Advise time of rounding HH:MM	VHF 82	Ocean Racing	Fleet splits East/West at M1 and vessel
At each finish line	Advise time of rounding/transiting HH:MM:SS	VHF 82	Ocean Racing	
	Retirement, if applicable	VHF 82 or 0418 396 605	Ocean Racing	
<1615	Submit finish details to RD via email or SMS			
<1615	Submit declaration to RD via email or SMS if required			

A5 Radio Race Channels

A5.1. Station name: **Ocean Racing**

A5.2. Race communications will use the following VHF Channels:

Channel	Usage
82	<ul style="list-style-type: none"> • Radio sign-on for entrants • Starting sequence • Individual recalls • Race monitoring • Unscheduled announcements • Shortened course • Monitor when finishing
16	Emergency, calling (all yachts must monitor at all times)
67	Working, Maritime Safety Information
73	Berthing assistance at QCYC

A5.3. Yachts must continuously monitor both VHF channel 16 and VHF channel 82 during each Race.

A5.4. If standing by on another VHF channel, yachts must still maintain a continuous listening watch on VHF Channel 16 by a suitable method such as dual watch or scanning or multiple radios.

A5.5. VHF Channel 82 is a repeater located on Arthurs Seat. Yachts should ensure that VHF radios are set to the international frequency set, standard in Australia, when using this channel.

A6 Phone

A6.1. The following **phone number** may be used:

Number	Usage
0418 396 605	Race Director's phone Emergencies
0418 396 605	SMS or protests etc

A7 Email

The following **email address** may be used:

Email address	usage
race.director@orc.v.org.au	Race Director messages

A8 Sign-on Schedule – WHNR Destination Race

- A8.1. Commencing at 0815, a radio sign-on schedule will be conducted by Ocean Racing on VHF Channel 82 for all yachts. All yachts will be called in alphabetical order to confirm that they are starters in the Race.
- A8.2. Each yacht must respond:
{Yacht Name} is a starter, {xx} persons on board, over.
- A8.3. A yacht that does not respond on the first call must wait until it is called again at the end of the schedule.
- A8.4. In the event of late crew changes, this must be done in the TopYacht Entry System up until 0900 on the Friday before the Race, after which TopYacht Entry System will be locked out for any further crew changes. After this date and time any crew changes are to be sent to the Race Director via email race.director@orcv.org.au. Crew numbers and crew names/details must be finalised by the sign-on schedule.
- A8.5. Any changes to Sailing Instructions will be announced on VHF Channel 82 at the commencement of the sign-on schedule.
- A8.6. Any variations to the course to be sailed, such as a relocated Starting Line, will also be announced as part of the sign-on schedule.

A9 Sign-on Schedule – WRS Return Sprint

- A9.1. Commencing at 0915, a radio sign-on schedule will be conducted by Ocean Racing on VHF Channel 82 for all yachts. All yachts will be called in alphabetical order to confirm that they are starters in the race.
- A9.2. Each yacht must respond:
{Yacht Name} is a starter, {xx} persons on board, over.
- A9.3. A yacht that does not respond on the first call must wait until it is called again at the end of the schedule.
- A9.4. Any changes to Sailing Instructions will be announced on VHF Channel 82 at the commencement of the sign-on schedule.
- A9.5. Any variations to the course to be sailed, such as a relocated Starting Line, will also be announced as part of the sign-on schedule.

A10 Premature Starters

Premature starters may be identified on **VHF Channel 82**.

A11 VHF Position Reporting Schedule

- A11.1. Each yacht must report their position, on VHF Channel 82, to Ocean Racing at the following times/positions:

	Position	Reporting Time
WHNR	Carrum 1	When rounding this mark
WHNR	Centre M1	When rounding this mark
WHNR		5 minutes from the finish line
WRS	Centre M1	
WRS	Carrum 1	
WRS		At each potential finish line

The position reported will be the yacht's position at the time/location listed in the Reporting Time column.

A11.2. Each yacht must report its position in degrees and whole minutes only of latitude and longitude.

- {Yacht Name} Position {ddmm dddmm} OVER

A12 Finishing Reports

A12.1. For the WHNR, and when approximately 5 minutes from the finishing line, each yacht must call the Race Director, on VHF Channel 82.

A13 Yachts Retiring

A13.1. If a yacht retires from a Race, every effort must be made to advise Ocean Racing as soon as possible and to give the following information:

- Time & position at the time of retirement
- Reason for retirement
- The state of the crew
- The port to which the yacht is returning.

A13.2. A yacht that retires must maintain its routine monitoring of VHF Channels 82 and 16 until such time as it reaches a safe harbour.

A13.3. Upon arrival at a safe harbour, contact must be made with Ocean Racing by phone (0418 396 605) or VHF Channel 82 to confirm safe arrival. Failure to comply with this requirement may prejudice acceptance of an entry in future races.

Appendix B: Start

This Appendix contains information about the starting line and the starting procedures applicable to each Race. The diagrams are for illustrative purposes only and should not be used for navigation. The positions shown are approximate and may vary on the day.

B1 Start Time and Location

- B1.1. The start time and location will be as per the table below, always allowing the Race Director, at their discretion, to postpone to another time.
- B1.2. Starting times for each Race Category will be communicated by the Race Director during the Race Director broadcast before each Race.
- B1.3. The start line locations are:

Race	Date	First Warning Signal	Start Line Location
WHNR	Saturday 26 July 2025	0855	RBYC 6
WRS	Sunday 27 July 2025	0955	West Channel Pile

B2 Starting line – WHNR Destination Race

- B2.1. The starting line will be between the black vertical line displayed on the western side of the Race Control Tower, and the starting mark RBYC 6.
- B2.2. A crowding mark may be laid off the breakwater. When laid, this mark will be considered an extension of the Race Control Tower and yachts cannot sail within this area.
- B2.3. Yachts must start in a southerly direction.
- B2.4. A boat starting later than 15 minutes after its starting signal will be scored DNS without a hearing. This changes RRS A4.

B3 Starting line – WRS Return Sprint

- B3.1. The starting line will be an approximate section of the transit from the West Channel Pile port marker to the corresponding starboard marker.
- B3.2. The western end will be the West Channel Pile.
- B3.3. The eastern end will be the Committee Vessel.
- B3.4. The line length will be approximately 200 metres.
- B3.5. Yachts must start in a north easterly direction

B4 Postponements

- B4.1. Any postponements may also be announced on VHF Channel 82. If the timing is appropriate, an SMS may also be sent to each yacht on their primary registered contact phone, amending RRS 27.3.

Appendix C: Courses and Marks

This Appendix describes the courses and how they are to be sailed. The diagrams supplied are for illustrative purposes only and should not be used for navigation. The positions shown are approximate and may vary on the day.

C1 Course Details – General

Yachts must not cross the shipping channel north of T1/T2.

C2 Marks

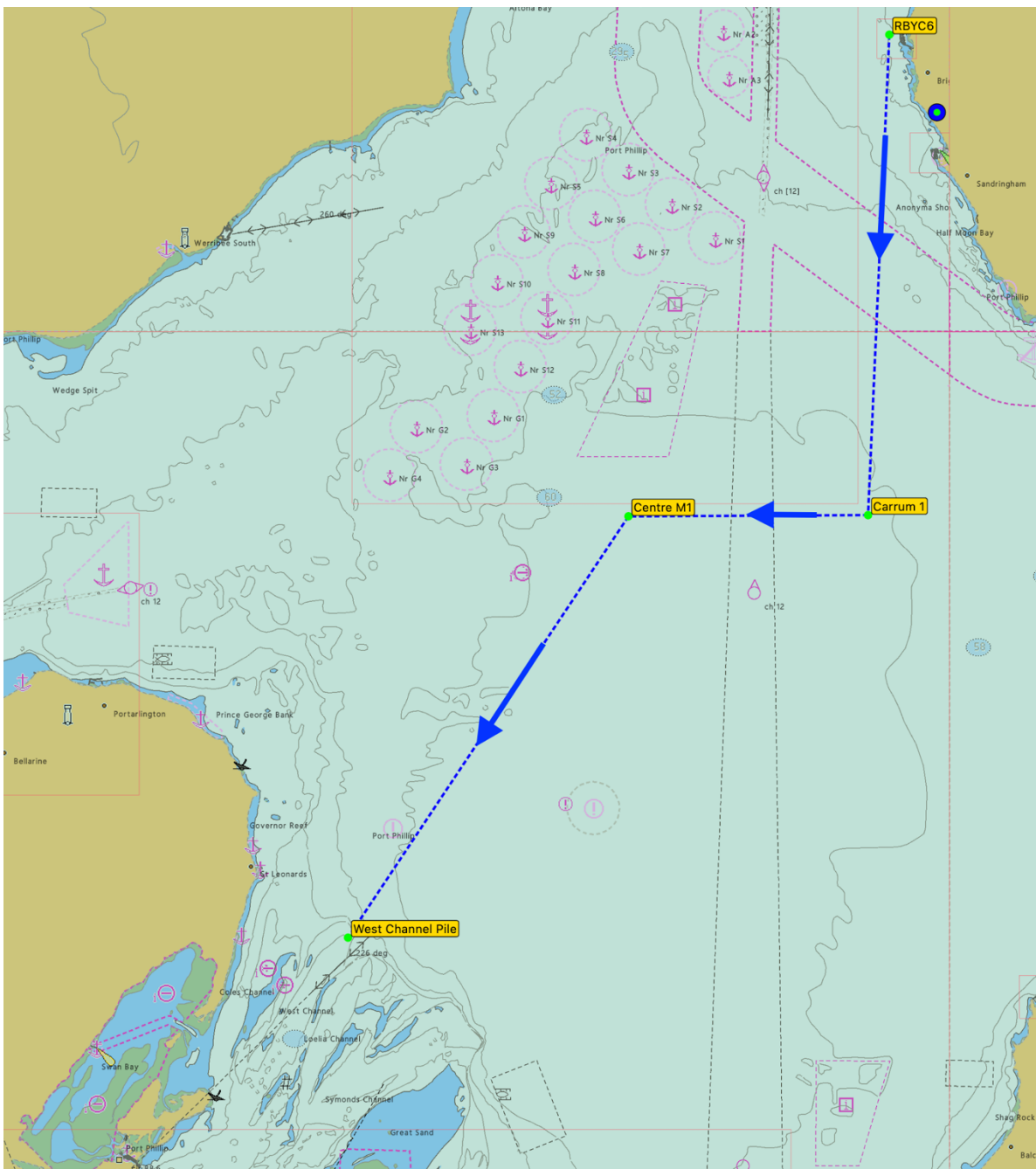
- C2.1. These mark descriptions and positions should not be used uncritically. They have been assembled from the best information available but may only be approximate and may contain errors. Skippers and navigators should verify mark information using their own resources.
- C2.2. If a given mark cannot be physically located, then round a substitute Virtual Mark located as per the table below and report this to the Race Director on 0418 396 605 using SMS.

Mark	Latitude	Longitude	Comments
Carrum 1	S38° 03.507'	E144° 58.013'	Special purpose
Centre M1	S38° 03.530'	E144° 52.200'	Special purpose
Gellibrand	S37° 52.560'	E144° 54.900'	Pile
Outer Anchorage	S37° 56.580'	E144° 51.500'	Yellow conical
Point Cook East	S37° 55.580'	E144° 48.920'	East cardinal
RBYC 6	S37° 54.320'	E144° 58.530'	Conical
RMYS H	S37° 51.868'	E144° 57.676'	Yellow
Spoil Ground	S37° 59.089'	E144° 53.015'	Special purpose
SYC 4	S37° 56.810'	E144° 59.400'	Conical
WBF (Vessel)	S38° 03.510'	E144° 52.050'	Approximate
West Channel Pile	S38° 11.570'	E144° 45.396'	Pile

C3 WHNR Destination Race

C3.1. Course Length approx. 23 NM

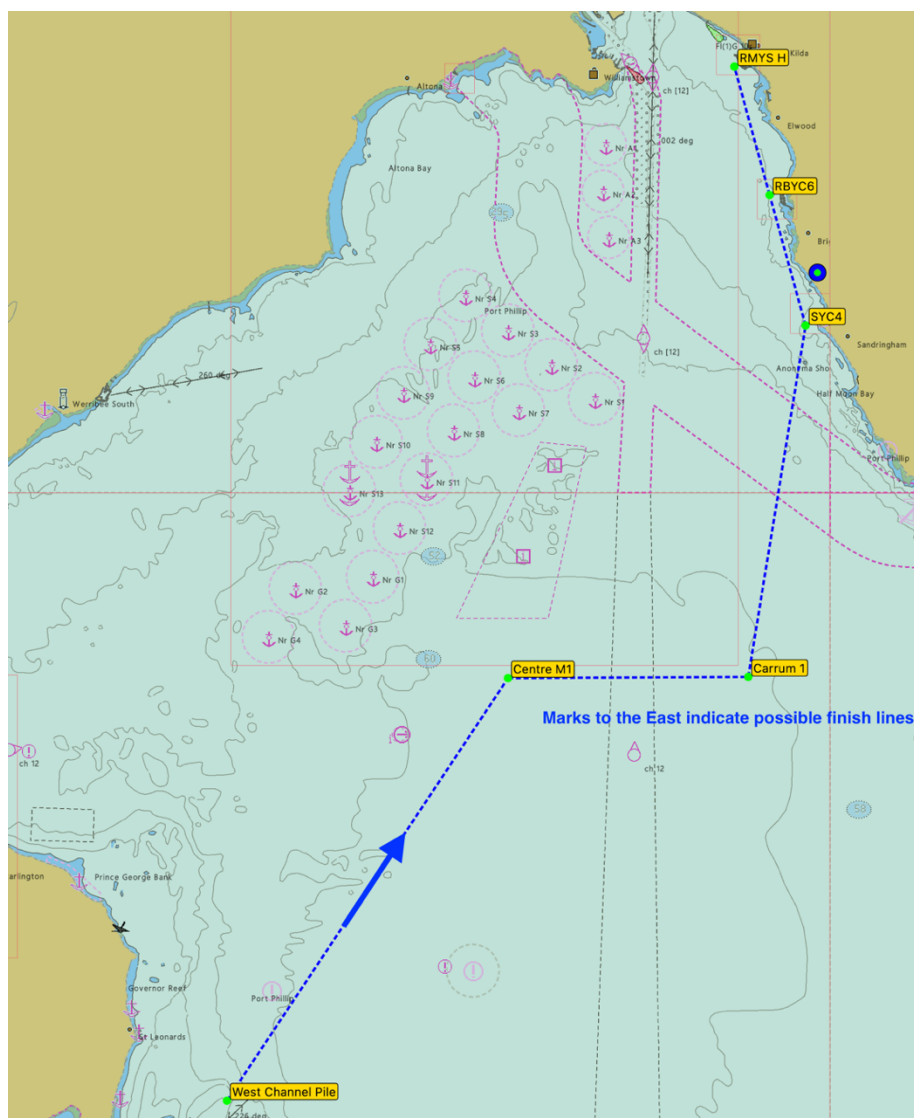
Mark Name	Description
Start	RBYC 6
Carrum 1	Round to starboard
Centre M1	Round to port
Finish	West Channel Pile



C4 Course Details – Women’s Return Sprint, Eastern

C4.1. Course length up to 26 NM

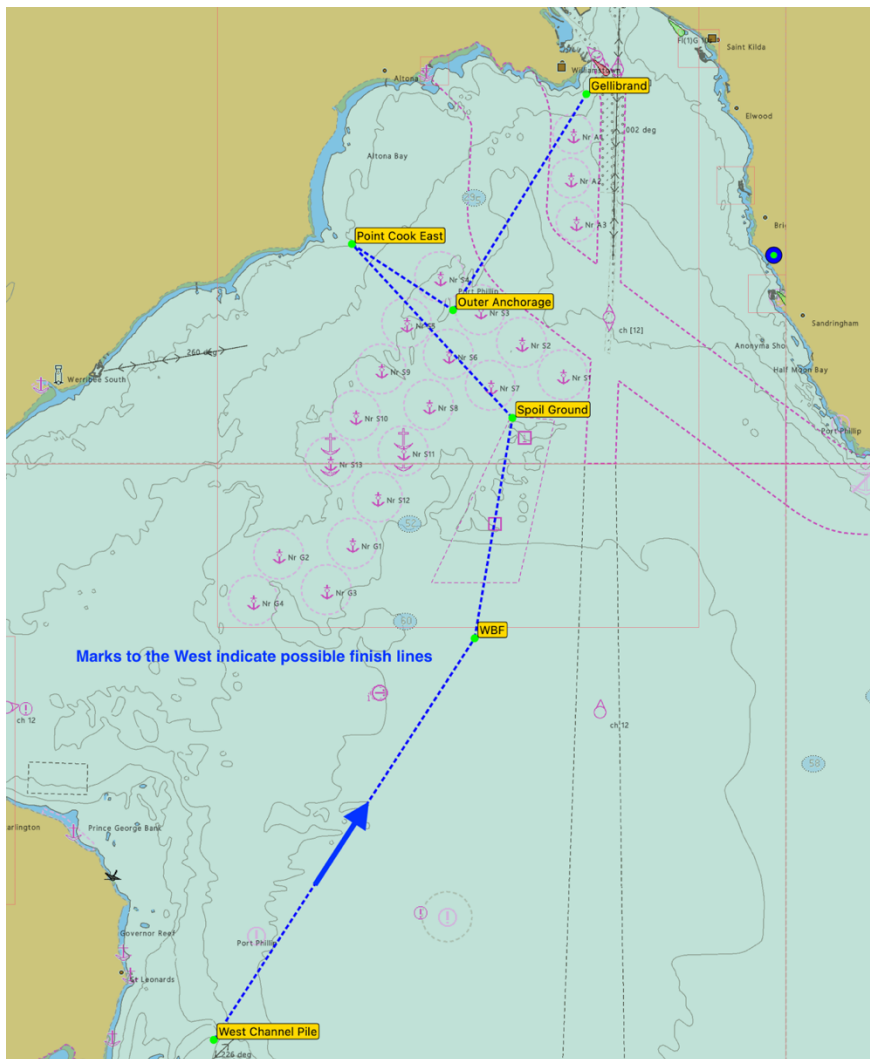
Mark Name	Description	Cumulative Distance NM
Start	West Channel Pile	
Centre M1	Round to Starboard	
Carrum 1	Round to Port	9.67
SYC 4	Round to Port	20.98
RBYC 6	Round to Port	23.56
RMYS H	Round to Port	26.11



C5 Course Details – Women’s Return sprint, Western

C5.1. Course distance: up to 26 NM

Mark Name	Description	Cumulative Distance NM
Start	West Channel Pile	
WBF (Vessel)	Round Vessel near M1 to Port	9.62
Spoil Gound	Round to Port	14.13
Point Cook East	Round to Starboard	18.87
Outer Anchorage	Round to Port	21.31
Gellibrand	Round to Port	26.37



Appendix D: Finish

This Appendix describes the finishing line and the finishing procedures.

D1 Finishing

- D1.1. **WHNR Finishing Reports** - When approximately 5 minutes from the finishing line, each yacht must call the Race Director, Ocean Racing, on VHF Channel 82.
- D1.2. **WHNR Finishing Times** - Unless circumstances prevent it, the finishing times of all yachts will be taken by the Race Director. As a back-up, yachts must record their own finishing times, accurate to 1 second using GPS time, and inform the Race Director of this time if requested.
- D1.3. **WRS Finishing Times** - Yachts must record their own finishing times, accurate to 1 second using GPS time, and inform the Race Director.

D2 Finish Line – WHNR Destination Race

- D2.1. The finishing line will be an approximate section of the transit from the West Channel Pile port marker to the corresponding starboard marker
- D2.2. The western end will be the West Channel Pile
- D2.3. The eastern end will be the Committee Vessel, which will be anchored approximately on a transit line between the 2 channel markers
- D2.4. Yachts must finish in a south westerly direction

D3 Finish Lines – WSR Return Race

- D3.1. General information
 - Each yacht will choose its own preferred return course for the race and may choose a finish line from each of the nominated marks, subject to the 1600 time limit.
 - Each yacht must record passing/rounding time, at each of the nominated marks.
 - Within 15 minutes of passing through the chosen finish line, each yacht must contact the Race Director (via email or SMS) and provide the following information:
 - Boat name and sail number
 - Return course chosen
 - Name of mark chosen as finish line
 - Time of finishing, accurate to 1 second via GPS time

D3.2. The possible finish lines are:

Mark	Race Course	Finish time is taken when:
Carrum 1	Eastern	The yacht rounds to port: <ul style="list-style-type: none"> when the mark is due west of the yacht
Centre M1	Eastern	The yacht passes through the between the Committee Vessel and Centre M1
Gellibrand	Western	The yacht passes to port: <ul style="list-style-type: none"> within 50 metres of the mark when the mark is due west of the yacht
Outer Anchorage	Western	The yacht passes to port: <ul style="list-style-type: none"> within 50 m of the mark when the mark is due west of the yacht
Point Cook East	Western	The yacht passes to starboard: <ul style="list-style-type: none"> within 50 m of the mark when the mark is due east of the yacht
RBYC 6	Eastern	When the yacht passes through the defined line
RMYS H	Eastern	When the yacht passes through the defined line
Spoil Ground	Western	The yacht passes to port: <ul style="list-style-type: none"> within 50 m of the mark when the mark is due west of the yacht
SYC 4	Eastern	When the yacht passes through the defined line
WBF	Western	The yacht passes through the between the Committee Vessel and WBF

D4 Mooring Facilities

D4.1. Yachts may raft up on QCYC wharf. Follow directions from QCYC volunteers. Size restrictions apply.

D5 Presentations and Results

- D5.1. Results will be published on the ORCV website as soon as practicable after each Race.
- D5.2. Presentation will be held at QCYC Clubhouse at 1730.

Appendix E: Cruising Category

E1 Use of Engine

- E1.1. The provisions of this Appendix apply only to competitors in the Cruising Non-Spinnaker Race Category races
- E1.2. Competitors may use their engine for the purpose of propulsion under the following conditions:
- No earlier than 1 hour after the start of the Race.
- AND
- Where the true wind strength is below 6 knots.
- AND
- Where the yacht speed over ground (SOG) is held to a maximum of 5 knots.
- E1.3. If the Race Director announces a shortened course, competitors may start engines and proceed to the finishing line at a SOG not exceeding 5 knots.
- E1.4. All competitors must declare their motoring time (in hours, minutes, and seconds) by SMS to the Race Director within 30 minutes of crossing the finishing line.