

**New Bedford Yacht Club
LADIES AT THE HELM
SAILING INSTRUCTIONS
Wednesday, July 24, 2019**

1.0 GENERAL

- 1.1 Races will be run for Race and Cruise classes, Etchells and Rhodes 19s.
- 1.2 **This race IS ALSO scored as part of the Wednesday Night Sunset Series.**

2.0 RULES

- 2.1 All races will be governed by the current Racing Rules of Sailing.
- 2.2 There must be a female at the helm from the warning signal until the boat finishes the race.
- 2.3 The Sailing Instructions are identical to the most current Sunset Series SIs except for the addition of 2.2 in the Ladies at the Helm SIs.

3.0 SCHEDULE

- 3.1 The warning signal for the first class will be at 1800.

4.0 CLASSES

CLASS I	Etchells
CLASS II	Race
CLASS III	Cruise
CLASS IV	Rhodes 19

5.0 SAILING INSTRUCTIONS

- 5.1 The Sailing Instructions are available at the NBYC office and on the NBYC website.

6.0 CREW

- 6.1 Anyone interested in crewing and any skipper looking for crew should go to the NBYC website and fill out the form either looking for crew or looking to race. That list will be visible for skippers and crew to find each other.