

MYLOR YACHT CLUB

COGS Lay-Up Cup

Part of the Coastal Series

SAILING INSTRUCTIONS

Sunday 27 September 2026
Organising Authority: Mylor Yacht Club

LW Falmouth 1256 BST 0.6m

1. RULES

1.1. The race will be governed by:

1.1.1. The Racing Rules of Sailing (RRS) 2025 – 2028.

1.1.2. The Racing rules will be changed as follows:-

(a) RRS 26 – see SI 9.1

(b) RRS 28.1, A4 & A5. – see SI 9.5

(c) RRS 29 – see SI 9.2

(d) RRS 35, A4 & A5 – see SI 16.2

(e) RRS 52 - to allow autopilots and automatic steering devices

1.2. The IRC Rules Part D do not apply

1.2.1. IRC Rule 22.4 does not apply. There are no limitations on crew number or weight.

1.3. The World Sailing Offshore Special Regulations Category 4 apply

2. NOTICES TO COMPETITORS

2.1. Notices to competitors will be posted on the website of Mylor Yacht Club and on the COGS website. They may also be communicated to competitors by WhatsApp and email.

3. CHANGES TO SAILING INSTRUCTIONS

3.1. Any changes to these sailing instructions will be posted on the MYC website before 2000 hrs on the day before it will take effect. They may also be posted on the COGS 2026 WhatsApp Group.

3.2. The Race Officer may change these sailing instructions on the water on the VHF race management channel 69. They may also be posted on the WhatsApp Group.

4.SIGNALS MADE ASHORE

- 4.1.**There will be no signals made ashore. All signals will be communicated by the Race Officer on VHF Channel 69.

5.SCHEDULE OF RACES

- 5.1.**Separate starts will be held for IRC Class 1 and IRC Class 2.
- 5.2.**IRC Class 1 will start first.
- 5.3.**The scheduled time of the warning signal for IRC Class 1 is 1025 hrs.
- 5.4.**The time of the warning signal for IRC Class 2 will be the time of the starting signal of the IRC class.

6.CLASSES AND CLASS FLAGS

- 6.1.**Boats shall display class flags from their backstay or leech of the mainsail, as below:
- 6.1.1.IRC Class 1 (TCC 0.976 or higher) Pennant 1.
- 6.1.2.IRC Class 2 (TCC 0.975 or lower) Pennant 2.

7.RACING AREAS AND COURSES

- 7.1.**The racing area will include Falmouth, Gerrans and Veryan Bay, north of latitude 50°00' N and west of longitude 04°40' W.
- 7.2.**The course to be sailed by each class will be broadcast on the VHF race management channel 69 approximately 20 minutes and approximately 10 minutes before the first class start.

8.MARKS

- 8.1.**The course will include one or more of the following marks:
- Dodman “A” range buoy (yellow special buoy) is at approximately 50°08.50'N 004°46.30'W.
 - Dodman “C” range buoy (yellow special buoy) is at approximately 50°10.40'N 004°47.50'W.
 - Gull Rock is at approximately 50°11.70'N 004°54.30'W. The Whelp Reef lies South West of the rock.
 - Gyllyngvase “GY” (Penryn Dental Practice) (yellow spherical) located at approximately 50°08.12'N 005°03.87'W
 - Maenporth “M” (SW Ventilation) (yellow spherical) is at approximately 50°07.46'N 005°04.67'W.
 - Manacles Buoy, east cardinal mark is at approximately 50°02.81'N 005°01.92'W.
 - Nare “N” (Gweek Boatyard) (yellow spherical) located at approximately 50°05.36'N 005°04.91'W

- Rosemullion “R” (Heather and Lay) (yellow spherical) is at approximately 50°06.61’N 005°04.20’W
- Zone “Z” (Falmouth Boat Co) (yellow spherical) is at approximately 50°08.15’N 005° 01.10’W.
- HD (Falmouth School of Sailing) (yellow spherical) is at approximately 50°08.39’N 005° 02.76’W
- V – **VIRTUAL MARK** – a Waypoint GPS position as a mark of the course

8.2.A Virtual Mark is a GPS Position announced as part of the course, or where a mark is missing. A boat will be deemed to have rounded the mark when the GPS position is reached and left on the required side. The boat then continues to the next mark of the course.

8.3.Boats shall take a photograph of having reached the Waypoint on their relevant navigation system display to verify compliance with the rules.

9.START

9.1.Races will be started using Rule 26. **There will be no flag signals. All start signals will be broadcast on the Race Management VHF channel 69.** This changes Rule 26 RRS.

9.2. Recalls. **There will be no flag signals. All recall signals will be broadcast on the Race Management VHF channel 69.** This changes Rule 29 RRS.

9.3.The start line will be a line extending east on a transit formed by the orange triangle and the signals mast on the east side of Pendennis Point. The line will be bounded at the eastern end by Black Rock (isolated danger mark) and at the western end by the shore. The start line will be crossed in a Southerly direction.

9.4. Black Rock and the shore of Pendennis Point have outlying reefs. Competitors are advised to familiarise themselves with the extent of these reefs on the appropriate chart, and to keep well clear.

9.5. A boat starting later than 20 minutes after her starting signal will be scored Did Not Start (DNS). This changes RRS 28.1, A4 and A5.

10.FINISH

10.1.The finish line will be the same as the start line and will be crossed in a Northerly direction. .

10.2.Competitors are required to take their own time (GPS) when they cross the finish line, the time to be taken when the Finish transit is crossed **AS SEEN FROM THEIR NORMAL HELMING POSITION** and record the boat in front and behind them. Competitors are requested to post their finish time on the COGS Chat WhatsApp Group together with SH if sailing short-handed.

10.3.A Race Committee may be present on Pendennis Point.

11.CHANGE TO A LEG OF THE COURSE and SHORTENING COURSE.

11.1.If a race committee boat displays flag O and makes repeated sound signals as competitors approach a mark of the course, then boats shall round that mark on

the required side and sail direct to the finish line.

- 11.2.**The course may be shortened at any mark of the course . Competitors will be notified on the race management VHF Channel.

12.AREAS THAT ARE OBSTRUCTIONS

- 12.1.**Competitors are to consider the following area an obstruction:

12.1.1.The Gedges. Boats are to pass to seaward of August Rock Buoy.

13.SPECIAL INSTRUCTIONS

- 13.1.**All boats shall report their name, sail number and number of persons on board via VHF channel 69 to the race officer on Sunday 28 September no later than 10 minutes before the first scheduled warning signal. Radio silence shall be kept after this time except if called by the race committee or in an emergency.

- 13.2.**A full list of crew embarked must be held by a shore-based contact. **The name and telephone number of the shore-based contact shall be texted to the race officer on 07460 531190 no later than 30 minutes before the start of the race.**

- 13.3.Retirement** - A boat that retires from the race or is unable to cross the finishing line before the time limit (SI 16.1) shall notify the race committee or MYC as follows:-

Race Committee - VHF Ch 69 or 07460 531190

MYC - 01326 374391

COGS 2026 WhatsApp Group

14.RESULTS

- 14.1.**Results will be calculated using the list of IRC TCCs (IRC class).

15.PRIZEGIVING

- 15.1.**Prizes will be presented at Mylor YC between 1630 and 1730 or as soon as possible after the race.

- 15.2.**Competitors may berth on the Eastern Pontoon at Mylor Yacht Harbour.

16.TIME LIMIT

- 16.1.**The time limit will be 1530 hrs on the day of the race for both classes. Rule 35 shall not apply.

- 16.2.**Boats finishing after the time limit will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35, A4 & A5.

17.EQUIPMENT AND MEASUREMENT CHECKS

- 17.1.**A boat may be inspected at any time for compliance with the class rules and these sailing instructions. On the water, a boat can be instructed by the race

committee to proceed immediately to a designated area for inspection.

18.PROTESTS

18.1.Protest forms will be available at Mylor YC after the race. Protests and requests for redress shall be notified to the Race Officer before 1530 hrs on the day of the race, and will be heard as soon as possible.

18.2.Notices.

18.2.1.Notices will be posted on the Mylor YC racing notice board to inform competitors of hearings in which they are parties or named as witnesses. The notice shall detail the time and place of the hearing.

18.2.2.In order to inform boats under Rule 61.1(b), notices of protests by the race committee or protest committee will be posted at Mylor YC.

19.RISK STATEMENT

19.1.Rule 3 of the Racing Rules of Sailing states: “The responsibility for a boat’s decision to participate in a race or to continue racing is hers alone”. Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that they:

19.1.1.Are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;

19.1.2.Are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;

19.1.3.Accept responsibility for any injury, damage or loss to the extent caused by their own actions and omissions;

19.1.4.Warrant that their boat is in good order, equipped to sail in the event and that they are fit to participate;

19.1.5.Accept that provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;

19.1.6.Accept that provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.

19.2.The fact that the race committee may conduct inspections of a boat does not reduce the responsibilities of each competitor set out in this notice of race.

19.3.The acceptance of these sailing instructions in no way limits the declared responsibility of competitors or places any liability on MYC, its officers or representatives.

20.INSURANCE

20.1.Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £ 3,000,000 per event, or the equivalent.