



**Crystal Cup Race (All Women Crew)**  
**August 22, 2026 - M&M Yacht Club**  
**SAILING INSTRUCTIONS**

**1. RULES**

- a. The race will be governed by *The Racing Rules of Sailing*, the Notice of Race, and these Sailing Instructions.
- b. All crew and helmsperson must be female. One male advisor may be allowed onboard but not allowed to participate in capacity of crew or helm during the race.
- c. This is a non-spinnaker race. Only one sail forward of the mast at one time is permitted and must be attached to the forestay.

**2. ENTRIES**

- a. Competitors may enter by delivering a completed entry form, paying the appropriate entry fee, and delivering their MWPHRF certificate as well as proof of liability insurance to M&M Yacht Club during the registration period. Note: If a valid MWPHRF Certificate isn't available boat will be assigned one base on similar boats by Race Committee.

**3. NOTICES TO COMPETITORS**

- a. Notices to competitors will be posted on the official notice board located on the north wall of the M&M YC clubhouse.

**4. SIGNALS MADE ASHORE**

- a. Signals displayed from the Menominee Marina break-wall are not considered to be made ashore
- b. Race management may postpone the start of a race for up to 60 minutes due to weather at skippers meeting

**5. SCHEDULE**

- a. A skippers' meeting will be held at the M&M YC clubhouse at 1:00pm on race day. The first warning will be at 1:55pm, with first start at 2:00pm.

**6. RACING AREA**

- a. The racing area will be the waters of the bay of Green Bay

**7. THE START and DIVISION FLAGS**

- a. The start will be a PHRF TOD. Race committee will deliver a Rule 26 starting sequence according to the following schedule:
- b. 

Courtesy warning (4 short horns)	1:54PM
Warning	1:55PM
First Start	2:00PM
- c. Boats will be notified of individual recalls by RC displaying flag "X" with two sounds and/or may hail on VHF 68. This changes Race Signals.
- d. The failure of RC to deliver, or the failure of any boat to hear any sound signals is not grounds for protest or redress.

**8. START/FINISH LINE, COURSE, and MARKS**

- a. The start and finish line will lie between the northeast corner of the Menominee Marina break-wall orange limit marker/barging buoy and M&M Yacht Club buoy. Boats shall not go between the limit marker off the break-wall and the break-wall.
- b. **COURSE:**
  - i. Start **North to South**, **Start/Finish line** leaving MMYC Buoy to **port**.



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- ii. Proceed in an east-southeasterly direction to Menominee Shoal Buoy **R2A** and leaving mark to **Port**.
- iii. Proceed **North** to **Mid MMYC Club Buoy** leaving buoy to **port**.
- iv. Proceed to **Start/Finish line north to south** leaving stripped club buoy to **port**.
- v. Proceed to **Menominee Shoal Buoy R2A** to **port**.
- vi. Proceed north to stripped club **Mid Buoy** leaving it to **port**.
- vii. Proceed to **Start/finish** line, finishing with MMYC buoy to **port**.

c. Total length: 7.6 nm

**9. CHECK IN**

All boats, once on the water, shall check in by hailing race committee members on the northeast corner of the Menominee Marina breakwall. Boats failing to check in may not be scored, at the discretion of race officials. Race committee may waive this requirement at the skippers meeting.

**10. TIME LIMIT and WITHDRAWAL FROM RACE**

- a. Yachts withdrawing from the race are asked to notify RC by phone or text at the contact number below.
- b. If a yacht finishes at any time when race committee is not present on the northeast corner of the Menominee Marina breakwall, she shall take her own time, note boat ahead and behind, and report boat's name together with her finish time to the contact number below - by phone or text.

**11. COMMUNICATION**

Race Committee will monitor VHF 68. Boats should also monitor VHF 68 for informational announcements from RC.

**12. PROTESTS**

- a. Protests shall be personally delivered to an officer of M&M Yacht Club within 45 minutes after a boat has finished. A list of protests received will be posted on the official notice board. Hearings will be held as soon as possible after racing.
- b. Protest forms and Racing Rules of Sailing 2021-2024 are available at the club upon request to the RC.
- c. Competitors are notified and agree by their participation in this event, that any protest committee may consist of "interested parties" as defined by RRS.

**13. CONTACT:** Robert Valentine, Vice Commodore of Sail; 715-938-7245; [robmvalentine@hotmail.com](mailto:robmvalentine@hotmail.com)



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**Course will be 2X around totaling 7.6 miles**

