



**CRUISER OWNERS ASSOCIATION**  
**COA Men's Challenge/Four Bays Rally 2026**  
**(Sunday 17th May 2026)**

**Rally Instructions**

1. The Rally starts at 10:30am

- All boats arrive at the start line and start right away at 10:30:00. *There's no committee boat.*
- Activate the app "eStela" and start tracking at 10:15:00.
- If you arrive from the North, sail past the Shek O Rock start line from North to South.
- If you arrive from the East or South, sail round the Shek O Rock to Port and pass the start line from North to South.
- The time recorded in eStela system when you cross the start line from North to South will be your actual start time in the Rally.
- Start before 10:30:00 will score OCS and add 5% to Elapse Time, **OCS more than 5 minutes will score DSQ**
- Start after 11:00:00 will score DNS

2. Rally Results

- Boats' PHS Corrected time will be used as their class results in the Rally
- ***Boat's eStela track record are for reference only.***
- Use the Self-reported time record sheet (**Appendix D**) to record time at different stage of the race.
- Send pictures with time stamps to confirm the times recorded as drop off and pick up time on the time record sheet.

### 3. Start line of the Rally

- A Virtual Start Line at Latitude 22°14.040'N between Shek O Rock Light to Port and Hong Kong Island to starboard

### 4. Four Bays to visit, in which to perform a specific task on each bay, make up the Rally

- Boats will visit the 4 Bays at Stanley Beach HK Aquabound Centre, Blake Pier, Chung Hom Kok Beach, and Deep Water Bay BBQ area, all at the Southern side of the Hong Kong Island.
- Each Boat will send **2 male crew members**, outside the respective drop-off boundary, to each Bay by Dinghy, Kayak, or Paddleboard, to perform the task. **No Swimming to the shore is allowed.**
- Each crew member sent to the bay must finish a task.
- The task crew member will then return to their boats by Dinghy, Kayak, or Paddleboard and sail to the next Bay. Again, No Swimming is allowed.
- Refer to **Appendix A** and **Appendix B** for the course & route map and the details of visiting the 4 Bays in the Rally
- Refer to **Appendix C** for details of each task.

### 5. Finish of the Rally

- Finish of the Rally is at Bay 4 - Deep Water Bay BBQ Area.
- The time that the 2<sup>nd</sup> task crew finishes his task at this bay will be the boat's finish time.
- The task crew members then return to their yachts after having finished their task.

### 6. Rally Declarations

- Use "eStela" Track Record
- At 10:15:00 GPS Time, activate "eStela" application to record your boat's track.
- Ensure to use **more than one phone** to record your track. Phones with different service providers would help.
- Send all the videos taken for the tasks to COA staff.
- Send the self-reported time record sheet to COA staff.

***Reminder: A boat that does not submit its tasks videos via the Whatsapp group before 18:00 will be scored DNF in the Rally.***

## 7. Result & Prizes

- Results of the Rally will be posted to the event WhatsApp Group ASAP.
- Prizes will be awarded to the top-ranked boats in class, subject to the number of entries in the class
- A prize will be awarded to the first boat in the “Family Class.”
- A prize will be awarded to the fastest task finisher (Shortest time to finish all 4 tasks)
- Other prizes may be awarded at the discretion of the Rally Committee.
- *Prize Giving arrangements will be advised after the event*

## Appendix A - COA Men's Challenge/Four Bays Rally 2026 (Sunday 17th May 2026) - Course - Approx. 16 nm

- Note:
1. The RRS Appendix WP (Rules for Racing Around Waypoints) will apply
  2. GPS Coordinates given in this Rally SIs refer to the GPS Datum WGS84
  3. Boats should stay away at least 200 meters from the Bay Point after dropping off their task crews.
  4. Boats should be aware of the **depth** of the dropping point near the Bay
  5. Boats can use an engine when waiting for their task crews (i.e., after releasing task crews & before recovering task crews before restarting sailing to the next Bay)

### Course / Cut-off times / Time Limits:

*Start:* A Virtual Start Line at Latitude 22°14.040'N between Shek O Rock Light to Port and Hong Kong Island to starboard

- All Boats Start at 10:30:00

- Boats should start the Rally by crossing the Shek O Rock start line from North to South

Mark 1 : Hok Tsui (Kau Pei Chau) (Starboard)

*Bay 1 :* Stanley Main Beach HK Aquabound Centre

- Drop the 2 task crew members

- Boats should stay away at least 200 meters after dropping off their task crews.

- The 2 task crew members can go to the beach by dinghy/kayak / paddleboard, NO ENGINE is allowed, swimming is NOT ALLOWED

- **TASK 1: refer to Appendix C**

- After task crews have returned on board, the yacht shall sail to the next Bay.

Mark 2 : Bluff Head (Starboard)

*Bay 2 : Stanley Bay - Blake Pier*

- Drop the 2 task crew members
- Boats should stay away at least 200 meters after dropping off their task crews.
- The 2 task crew members can go to the Blake Pier by dinghy/kayak/paddleboard, NO ENGINE is allowed, swimming is NOT ALLOWED.
- **TASK 2: refer to Appendix C**
- After the task crew has returned on board, the yacht shall sail to the next Bay.

Mark 3 : Round Island (Starboard)

*Bay 3 : Chung Hom Kok Bay Beach (Provisional cut off)*

- Drop the 2 task crew members
- Boats should stay away at least 200 meters after dropping off their task crews.
- The 2 task crew members can go to the beach by dinghy/kayak/paddleboard, NO ENGINE is allowed, swimming is NOT ALLOWED
- **TASK 3: refer to Appendix C**
- After task crews have returned on board, the yacht shall sail to the next Bay.
- If crews from the leading boat fail to arrive at the Bay 3 beach by 15:00 hrs, the Rally will be cut short at Bay 3.
- If so, The time that the 2<sup>nd</sup> task crew finished his / her task at Bay 3 will be the boat's finish time
- Boats with their crew members finish their task at Bay 3 by 16:00 hrs will score a result in the Rally in the event of a cut-off, otherwise DNF.

Mark 4 : Round Island (2<sup>nd</sup> time) (Starboard)

*Bay 4 : Deep Water Bay BBQ Stall Eastern End (Finish)*

- Drop the 2 task crew members
- Boats should stay away at least 200 meters after dropping off their task crews.

- The 2 task crew members can go to the BBQ Area by dinghy/kayak/paddleboard, NO ENGINE is allowed, swimming is NOT ALLOWED.
- **TASK 4: refer to Appendix C.**
- If crews from the leading boat failed to arrive at the Bay 4 finish by 16:00 hrs, the Rally will be cut short at the Bay 3.
- Boats with their crews finished their task at Bay 4 by 17:00 hrs will score a result in the Rally, otherwise DNF.

**There will be no organized post-event activities.**

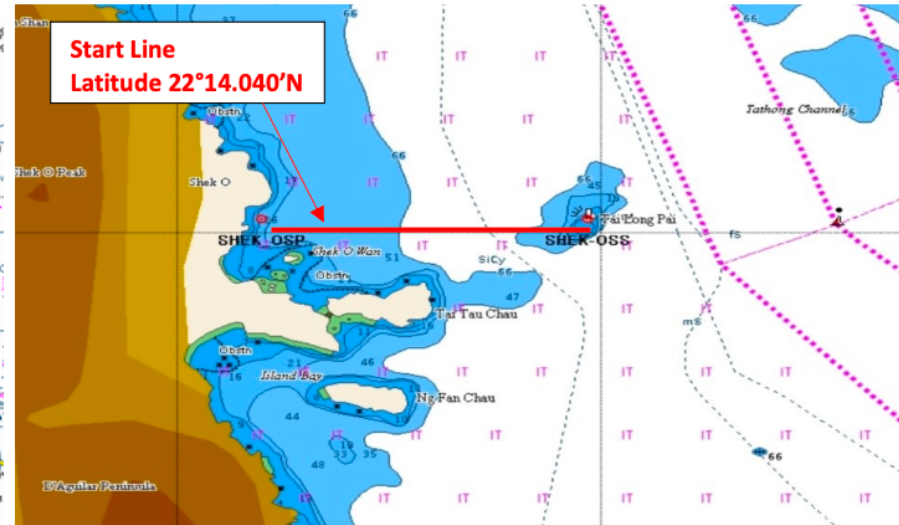
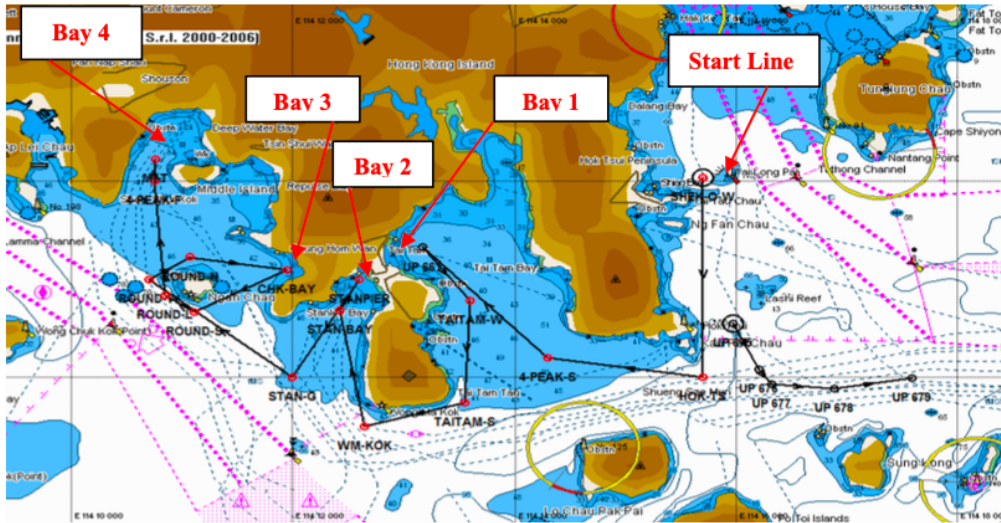
**Remarks: There will be no post Rally gatherings. Boats' crew members to return to their yachts after finished the Rally**

# Appendix B - COA Men's Challenge/Four Bays Rally 2026 (Sunday 17th May 2026) – Route Map

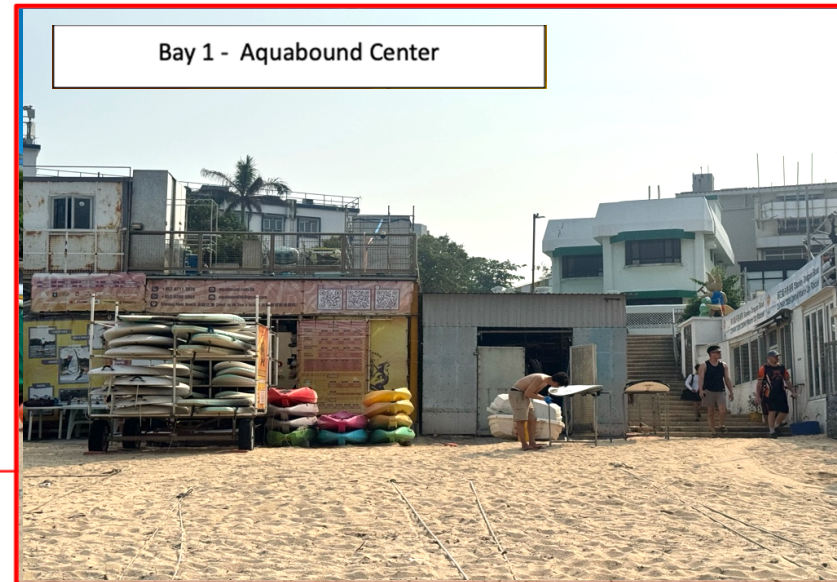
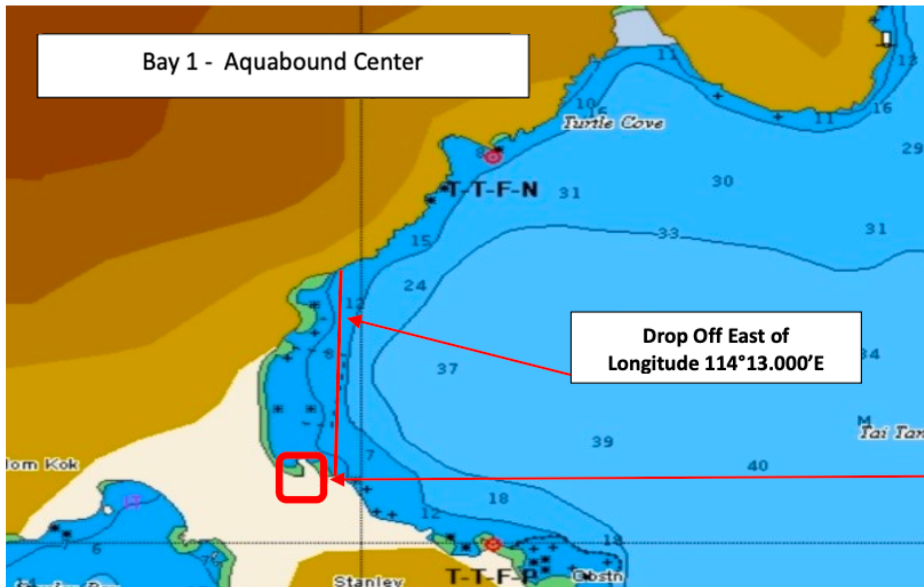
- (Maps for reference only, must not be used for navigation)

Rally Course Map - Approx. 16 Nm

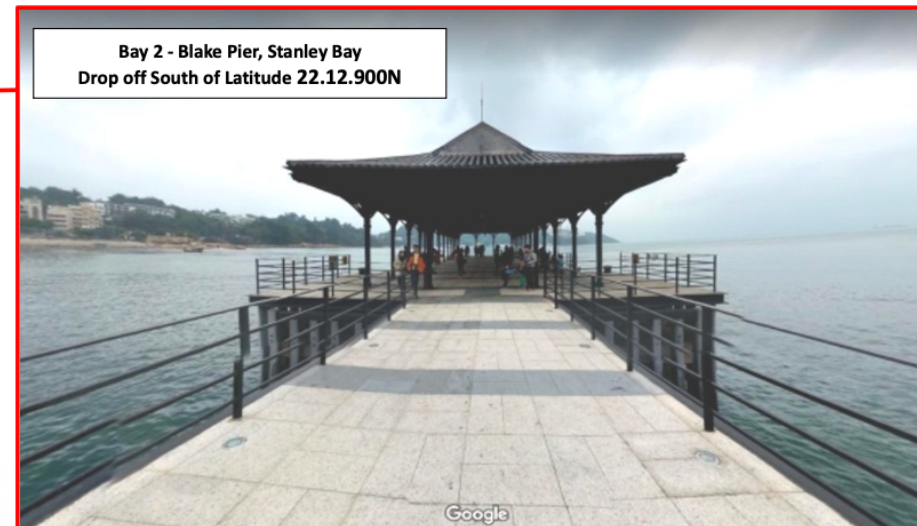
Start Line - Shek O Rock (North to South)



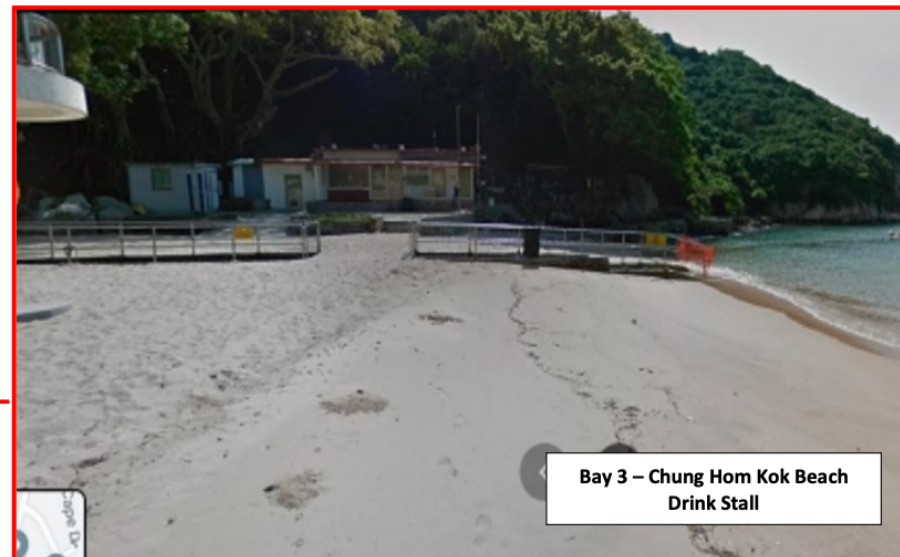
***Location and Drop Off Boundary for Bay 1 – Stanley Main Beach Aquabound Center:***



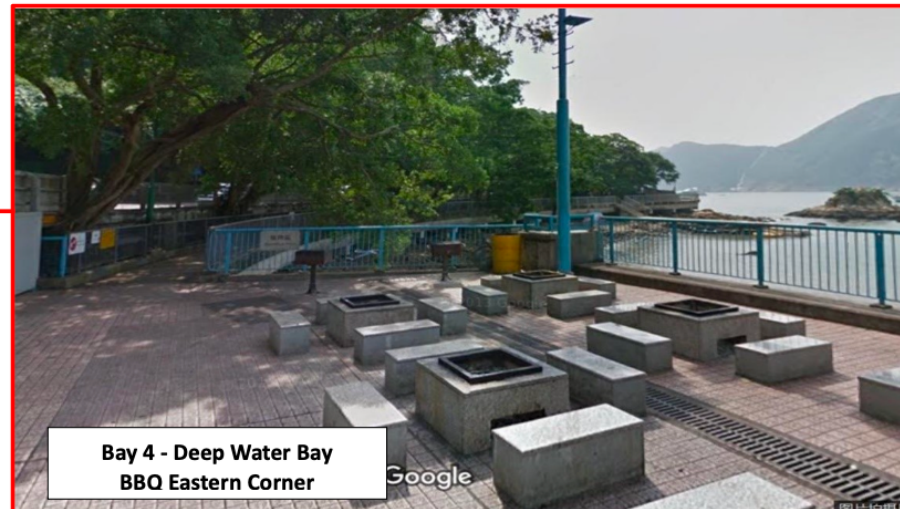
***Location and Drop Off Boundary for Bay 2 – Stanley Bay – Blake Pier:***



***Location and Drop Off Boundary for Bay 3 – Chung Hom Kok Bay – Yacht (Provision Cut Short):***



***Location and Drop Off Boundary for Bay 4 – Deep Water Bay – North West of Middle Island (Finish):***



## Appendix C - COA Men's Challenge/Four Bays Rally 2026 (Sunday 17th May 2026) – Task details

### Task 1 (Bay 1 : Stanley Main Beach HK Aquabound Centre)

- Upon reaching the Stanley Main beach, HK Aquabound center, secure your dinghy/ kayak/ paddleboard
- Run to the Stanley main beach to find the yellow buoy “ CAUTION ! Submerged Rocks” as shown below,
- **This will be your running start point**



- Locate the light post next to the changing rooms where you can see a digital clock outside, as shown below:



- Start running from the yellow buoy towards this light post and then wrap your arm around the post with your finger pinching your nose, **turn around X 10 turns**, as shown below for your reference:



- After 10 turns, run back to the yellow buoy, and another task crew member does the same: start running from the yellow buoy towards the light post, turn around X 10 times, and run back to the yellow buoy.
- This concludes task 1
- While one task crew member is doing the task, the other crew needs to take a video of the other task crew doing the task, and vice versa.
- The video must clearly show the start, the procedure, and the finish of the **whole task**.
- The video must be a continuous one; a combination of segments or sections of videos will not be accepted.
- Still pictures will not be accepted.
- Use of a self-retained/ self-standing selfie stick or video post is allowed/ recommended.
- If, for whatever reason, video recording is interrupted, hindering **CONTINUOUS VIDEOING** of the task, the task crews must take responsibility for completing the task again and re-recording the video.
- Send your video to the **event WhatsApp Group** as soon as you have finished your task.

## Task 2 (Bay 2 : Stanley Bay Blake Pier)

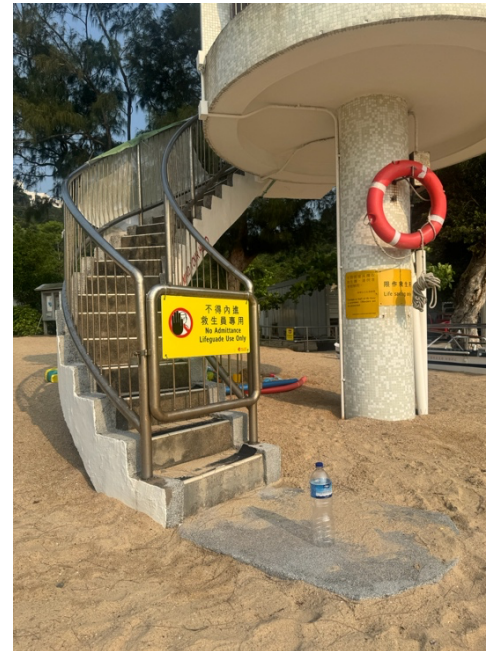
- Upon reaching the Stanley Bay Blake Pier, secure your dinghy/ kayak /paddleboard
- 2 task crew members **take turns** to do 2-hand push-ups X 60 times in total
- There are no restrictions on how many push-ups each crew needs to do, as long as there is a total of 60 push-ups being done
- While one task crew is doing the task, the other crew needs to take a video of the other task crew doing the task, and vice versa.
- The video must clearly show the start, the procedure, and the finish of the **whole task**.
- The video must be a continuous one; a combination of segments or sections of videos will not be accepted.
- Still pictures will not be accepted.
- Use of a self-retained / self-standing selfie stick or video post is allowed/ recommended.
- If, for whatever reason, video recording is interrupted, hindering CONTINUOUS VIDEOING of the task, the task crews must take responsibility for completing the task again and re-recording the video.
- Do the task on hard ground and take the video with the background as shown below:



- Send your video to the **event WhatsApp Group** as soon as you have finished your task.

### Task 3 (Bay 3: Chung Hum Kok Bay Beach)

- Upon reaching the Chung Hum Kok Bay Beach, secure your dinghy/ kayak /paddleboard
- Run to the beach and find the **lifeguard watch tower 1**.
- Place a Yakult bottle on the concrete ground area of watch tower 1. **(Please prepare a Yakult bottle on your own)**
- Watch tower 1 and the area to place the yakult bottle as shown below:



- The bottle area will be your starting point. Start running down to the sea and grab seawater with your bare hands, bring it back to this area, and pour the seawater into the bottle.
- When one crew comes back and finishes pouring seawater into the bottle, another crew member can start running towards the sea to do the same task, until the whole Yakult bottle is filled.

- Below shows the running path :



- While one task crew is doing the task, the other crew needs to take a video of the other task crew doing the task, and vice versa.
- The video must clearly show the start, the procedure, and the finish of the **whole task**.
- The video must be a continuous one; a combination of segments or sections of videos will not be accepted.
- Still pictures will not be accepted.

- Use of a self-retained / self-standing selfie stick or video post is allowed/ recommended.
- If, for whatever reason, video recording is interrupted, hindering CONTINUOUS VIDEOING of the task, the task crews must take responsibility for completing the task again and re-recording the video.
- When the task is completed, **take a picture of the full bottle showing clearly showing that the bottle is full**
- Send your video and picture to the **event WhatsApp Group** as soon as you have finished your task.

#### **Task 4 (Bay 4 : Deep water bay BBQ stall eastern end)**

- Upon reaching the Deepwater Bay, secure your dinghy/ kayak/ paddleboard.
- Go to the BBQ stall and identify a COA staff member.
- The staff will provide the task crew member with a 500ml bottle of tea, finish drinking it as soon as possible.
- When the first task crew finishes, the second task crew does the same, until the drink is finished.
- The moment the task is finished by 2 crew members will be counted as the boat's finish time for the whole race.
- A COA staff member will record your finish time.

**Appendix D - COA Men's Challenge/Four Bays Rally 2026 (Sunday 17th May 2026) - Self-Reported Time Record Sheet**

<b>Boat Name :</b>	
<b>Location:</b>	<b>Time:</b>
<b>Start Line</b>	
<b>Bay 1 arrival</b> (when you drop off your task crew members)	
<b>Bay 1 departure</b> (when you pick up your task crew members)	
<b>Bay 2 arrival</b> (when you drop off your task crew members)	
<b>Bay 2 departure</b> (when you pick up your task crew members)	
<b>Bay 3 arrival</b> (when you drop off your task crew members)	
<b>Bay 3 departure</b> (when you pick up your task crew members)	
<b>Bay 4 arrival</b> (when you drop off your task crew members)	
<b>Finish time</b> (as recorded by COA staff at Bay 4)	

