



2011

Lake Ontario Short Handed Series (LOSHRS)

June 5, June 18, June 19, August 20/21, September 17 &
September 18, 2011

Lake Ontario Short Handed Series
Committee
Port Credit Yacht Club

SAILING INSTRUCTIONS

1 RULES

- 1.1 The races will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2 The prescriptions of the Canada Yachting Association (CYA) apply for the entire race; including in US waters, see
www.sailing.ca/files/racing/rules/CYAPrescriptions2009-12.pdf
- 1.3 Applicable Class Rules
Sailboats racing in PHRF, the PHRF-LO rules shall apply
- 1.4 The Lake Ontario Short Handed Series is governed by the following
LOSHRS Equipment and Safety Regulations available at www.loshrs.com
Port Credit Yacht Club Visiting Yacht Policy available at www.pcy.net
- 1.5 Racing rule(s) will be changed as follows:
The provisions of Appendix Q (CYA Prescription) of the Racing Rules of Sailing shall apply to the period between 2000hrs and 0600hrs
Rule 41 – Outside Help
Is modified to add
 - e) help to recover a crew member from the water and return the crew member to the boat before the boat continues racing.

f) to communicate with any person, competitor, sailboat or outside source of information available using any means available throughout the race.

Other changes to the Racing Rules of Sailing are documented in the appropriate items below.

- 1.6 While racing, sailboats shall not fly an ensign, a club burgee or other flags unless required or permitted by the Racing Rules of Sailing, Notice of Race, Sailing Instructions, Class Rules, ISAF Regulations or supplied by the Organizing Authority. See SI 16 Safety Regulations for withdrawals
- 1.7 In case of differences between the Notice of Race and these Sailing Instructions, the Sailing Instructions shall apply

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice boards as follows:

At PCYC – on the wall to the left at the foot of the stairs to the lower level of the Clubhouse.

At Youngstown Yacht Club – on the wall to the right on entering the main entrance to the Clubhouse.

At Port Dalhousie – on the notice board in the club house

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the sailing instructions will be posted before 1700 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

4 SIGNALS MADE ASHORE

Signals made ashore will be displayed on the main flag pole of the applicable club.

5 SCHEDULE OF RACES

Race Number	Competitors' Meeting		Race
	Time	Location	First Warning
Race 1	09:30 Sun. Jun. 5	PCYC	11:25 Sun. Jun. 5
Race 2	19:30 Fri. Jun. 17	PCYC	09:55 Sat. Jun 18
Race 3			09:55 Sun. Jun 19
Race 4	19:30 Fri. Aug. 19	PCYC	09:55 Sat. Aug. 20
Race 5	19:30 Fri. Sep. 16	PCYC	09:55 Sat. Sep. 17
Race 6			09:55 Sun. Sep. 18

6 CLASS FLAGS

Division (Class)		PHRF Rating	Class Flag (a)
1	Single Handed No Flying Sails	NFS All	Numeral Pennant "1"
2	Single Handed Flying Sails	FS All	Numeral Pennant "2"
3	Double Handed No Flying	NFS All	Numeral Pennant "3"

	Sails		
4	Double Handed Flying Sails	FS 144 & up	Numeral Pennant "4"
5		FS 75-141 inclusive	Numeral Pennant "5"
6		FS 72 & below	Numeral Pennant "6"

- (a) Sailboats shall fly the listed numeral pennant, for their division and PHRF rating for which they are racing, from their backstay or other prominent position if she has no backstay.

7 RACING AREA

The race will occur in the western end of Lake Ontario.

8 THE COURSES

8.1 Race 1 – Short Course – 16 NM

Start	PCYC Start Mark	-
To	Clarkson Area Mark	Left to port
To Finish	Gibraltar Point Light Buoy	-

8.2 Race 2 – PCYC to YYC - 28 NM

Start	PCYC Start Mark	-
To Finish	YYC Finish Mark	-

8.3 Race 3 – YYC to PCYC - 28 NM

Start	YYC Start Mark	-
To Finish	PCYC On Water Finish Mark	-

8.4 Race 4 – Long Distance Race - 100 NM

Start	PCYC Start Mark	-
To	Gibraltar Point Light Buoy	Left to starboard
To	Burlington Weather Tower	Left to port
To	Niagara Mark	Left to port
To	PCYC Mark	Left to starboard
To Finish	PCYC Onshore Finish Mark	-

8.5 Race 5 – PCYC to DYC – 25 NM

Start	PCYC Start Mark	-
To Finish	DYC Finish Mark	-

8.6 Race 6 – DYC to PCYC – 25 MN

Start	DYC Start Mark	-
To Finish	PCYC On water Finish Mark	-

9 MARKS

Burlington Weather Tower, AKA Van Wagners Beach Light	A tower with a flashing yellow light located at approximately 43° 16.22' N 079° 45.56' W.
Clarkson Area Mark	A yellow inflatable mark at the approximate location of 43° 29.75 N 79° 35.50' W.
DYC Finish Mark	The DYC Mark 3, a white plastic drum, approximately at 43° 13.29' N, 079° 16.19' W which is approximately 0.7 NM on bearing 165° from the entrance to Dalhousie harbour
DYC Start Mark	The DYC Mark 3, a white plastic drum, approximately at 43° 13.29' N, 079° 16.19' W which is approximately 0.7 NM on bearing 165° from the entrance to Dalhousie harbour.
Gibraltar Point Mark	A red buoy with a flashing red light located just off the Toronto Islands located at approximately 43°36.32'N, 79°23.50'W
Niagara Buoy Mark	A red buoy with a flashing red light located at approximately 43° 19.04' N 079° 04.23' W.
PCYC Distance Mark	A yellow tetrahedron, located on a bearing of 140° magnetic from the Race Committee Shore Station and approximately at 43°33.72'N 079°33.38'W. . See Diagram 2 The Finish – Long Distance Race Only.
PCYC On Water Finish Mark	A yellow inflatable mark approximately at 43° 33.50' N 079 ° 33.00' W,
PCYC Onshore Finish Mark	A white buoy with orange stripes and fixed low intensity amber (yellow) light, lighted only overnight, approximately 140 mag and 240 yards (0.12nm) from the shore station

	approximately at 43°33.69'N 079°33.32'W. . See Diagram 2 The Finish – Long Distance Race Only.
PCYC Race Committee Shore Station	A mast flying an orange flag, located on the headland immediately west of the entrance to the harbour at PCYC approximately at 43°33.76'N 079°33.45'W. . See Diagram 2 The Finish – Long Distance Race Only.
PCYC Start Mark	Located approximately 0.5 NM on a bearing of 140° magnetic from the entrance to the harbour at Port Credit Yacht Club
PCYC Mark	A white buoy with orange stripes, with a red flag, and flashing amber (yellow) light, lit only overnight, approximately 200° magnetic and 1200 yards (0.6nm) from the PCYC Harbour entrance light approximately at 43°33.20'N 079°33.50'W. See Diagram 2 The Finish – Long Distance Race Only.
YYC Finish Mark	A green bell buoy (G3) displaying a green flashing light located approximately 43° 16.42' N, 79° 04.51' W, 0.5 nm off the mouth of the Niagara River.
YYC Start Mark	The westernmost Mark (#3) of the Olympic Circle Course located approximately 2 nm NE of Fort Niagara.

9.1 Marks as listed, above, should be at the identified latitude and longitude location. In the event that a mark is not at the identified latitude and longitude location, or otherwise cannot be seen due to poor visibility, then the sailboat shall round the identified latitude and longitude location as indicated in the Sailing Instructions, and continue with the race.

10 THE START

10.1 Races will be started by using rule 26, see Appendix A.

10.2 The starting area shall be located at the Start Mark.

10.3 The starting line will be between the nearby start mark and the halyard carrying an orange flag on the Race Committee vessel.

10.4 After the first warning signal and prior to her warning signal, a sailboat shall keep clear of the starting area that extends one-quarter of the length of the starting line ahead of and behind the starting line. It shall also extend one-quarter of the length of the starting line past either end of the starting line; see Diagram 1, The Starting Area.

10.5 Sailboats shall sail on starboard tack close to the stern of the Race Committee Signal Boat and shall report its sail number. Check in will not be complete until the Race Committee acknowledges the sailboat. Sailboats checking in must comply with 10.4. Check in by VHF radio or cell phone will not be accepted.

10.6 A sailboat starting later than 9 minutes after her starting signal will be scored Did Not Start without a hearing. This changes rules A4 and A5. Any sailboats starting within the time limit and if the Race Committee is no longer on station, shall radio the Race Committee VHF Channel 71 Canadian when she is starting..

10.7 If any part of a boat's hull, crew or equipment is on the course side of the starting line during the minute before her starting signal, the race committee may announce this on the applicable VHF Channel 71 Canadian. Failure to make a broadcast or the order of

the sailboats called will not be grounds for a request for redress. This changes rule 62.1(a).

11 THE FINISH

- 11.1 Boats shall finish between the halyard carrying the orange shape or flag as described in the applicable Course below and the final mark of the course as described in the applicable Course below.
- 11.2 In the absence of the R/C at the finish line, a yacht shall take her own finishing time and notify the R/C at the finish by VHF radio or report it to the R/C immediately after reaching harbour and securing the yacht
- 11.3 If there is no longer an established finishing line, the finish shall be a line extending from the required side of the finishing mark at right angles to the course from the last mark and of less than 100 yards in length.
- 11.4 When the finish is at the PCYC Onshore Finish Mark, there will be a Distance Mark, consisting of a YELLOW tetrahedron, located on a bearing of 205° magnetic from the PCYC Race Committee Shore Station and approximately at 43°33.71'N 079°33.48'W. Sailboats shall not sail between this PCYC Distance Mark and the Race Committee Shore Station, and this PCYC Distance Mark shall be considered a “bounding” mark as described in Rule 31.1. See diagram in Attachment B for the yellow icon.

12 PENALTY SYSTEM

- 12.1 The Scoring Penalty, rule 44.3, will apply. The penalty will be 2 places. A sailboat taking a scoring penalty shall complete the Scoring Penalty and file it with the race committee within two hours of her finish.
- 12.2 A boat On the Course Side (OCS) at the start of the boat’s class that fails to return and start properly, shall be penalized by having sixty (60) minutes added to her elapsed time without a hearing. This changes RRS 28.1, RRS 29.1, RRS Appendix A5, and RRS 64.1 (a).
- 12.3. A boat starting with the wrong class will be protested by the Race Committee and the Protest Committee will apply an appropriate elapsed time penalty if the boat is found to have infringed this requirement. This changes RRS 64.1 (a).

13 TIME LIMITS AND TARGET TIMES

- 13.1 There is no time limit
- 13.2 See SI 16 for withdrawals.

14 PROTESTS AND REQUESTS FOR REDRESS

- 14.1 Protest forms are available from the Race Committee
- 14.2 For races finishing at PCYC, protests shall be filed at the Communications Centre (inside the front door of the clubhouse) with two (2) hours of finishing except that if a boat’s finish time is after 1800 and before 0600 of the next day, she shall file her protest there by 0900 of that next day.

For other races, protests shall be filed with the Race Committee within two (2) hours of finishing except that if a boat’s finish time is after 2200 and before 0600 of the next day, she shall file her protest there by 0900 of that next day.

- 14.3 Notices of protests by the race committee or protest committee will be posted to inform boats under rule 61.1(b).

- 14.4 Breaches of instructions 1.6, 10.4, 16, 18 and 22 will not be grounds for a protest by a boat. This changes rule 60.1(a). Penalties for these breaches may be less than disqualification if the protest committee so decides. The scoring abbreviation for a discretionary penalty imposed under this instruction will be DPI.
- 14.5 Hearings will take place at PCYC at 1900 EDT on the Thursday following the race.

15 SCORING

For sailboats racing under PHRF-LO, PHRF-LO Time-on-time will be used to calculate the corrected time. The low point scoring system RRS A2 for an extended series will be used for series scoring.

For Overall Trophies and Fleet Series Winners (White Flags):

Eligibility: A sailboat must rank as a finisher in the Long Distance Race

Methodology: A sailboat's score is calculated as follows:

Races scored as completed race	Races
One to four	All races included
Five	Long Distance & best three races included
Six	Long Distance & best three races included

From the same fleet as she raced in the Long Distance Race.

16 SAFETY REGULATIONS

- 16.1 Sailboats are encouraged to implement their own checkin process and schedule during the race with individuals ashore via phone email or other mechanism.
- 16.2 A boat withdrawing from the race shall wear her Ensign and keep clear of other competitors.
- 16.3 The Race Committee shall be notified of a boat's withdrawal at the earliest possible opportunity on VHF Channel 71 Canadian, at the following telephone number 1-866-462-8828, then follow the prompts, or at the email address of loshsrc@gmail.com and provide the following information:
- Yacht name and sail number
 - Location
 - Status of yacht and crew
 - Harbour to which she is proceeding and estimated time of arrival
- 16.4 After withdrawing and until secure in harbour, the yacht shall monitor VHF Channel 16 CONTINUOUSLY.
- 16.5 After reaching harbour and securing the yacht, the skipper shall again contact the R/C, and notify them of location and status of yacht and crew.
- 16.6 Any yacht in difficulty WHETHER WITHDRAWING OR NOT, shall immediately contact the Coast Guard, AND any other vessel in the vicinity and make them aware

of her situation, and thereafter notify the Race Committee.

16.7 Failure of a boat to make every reasonable effort, under the circumstances, to comply with 16.3, may result in protest by the Race Committee.

16.8 It is recommended for the Long Distance Race that each yacht files a Sail Plan with the Canadian Coast Guard.

17 REPLACEMENT OF CREW AND EQUIPMENT

There are no restrictions on the substitution of crew or replacement of equipment provided that this is in accordance with the Rules and the rating certificate.

18 EQUIPMENT AND MEASUREMENT CHECKS

A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions. On the water, a boat can be instructed by a race committee equipment inspector or measurer to proceed immediately to a designated area for inspection.

19 RADIO COMMUNICATION

19.1 Marine VHF Channel 71 Canadian shall be used by the Race Committee for radio communication during the race.

19.2 Each sailboat shall monitor VHF Channel 71 from one hour before her warning signal until one hour after the last starting signal, and from approximately one hour before finishing until 30 minutes after finishing.

19.3 Sailboats are encouraged to talk to other sailboats in the race on marine VHF channel 71 throughout the race, especially at 1000 and 2200 EDT. Sailboats shall monitor marine VHF channel 16 at all other times.

20 PRIZES

Flags shall be awarded as follows:

Individual Races

Flags are awarded for first, second and third.

Fleet Series

A white flag will be awarded for first place in each fleet as with series scoring as defined in Section 14 Scoring.

Trophies

A list of the trophies awarded, their eligibility requirements and selection methodology is available at the www.loshrs.com web site.

Awards Night shall be Saturday November 5, 2011 at the Port Credit Yacht Club.
www.pycy.net

21 DISCLAIMER OF LIABILITY

Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk. See RRS 4, Decision to Race. The race organizers (organizing authority, race committee, protest committee, host club, sponsors, or any other organization or official) will not be responsible for

damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

22 INSURANCE

Each participating boat shall be insured with a valid third-party liability insurance policy with a minimum cover of \$2,000,000 CAD per event for Canadian boats and an adequate level of third-party liability insurance applicable in Canadian and US waters for non-Canadian boats.

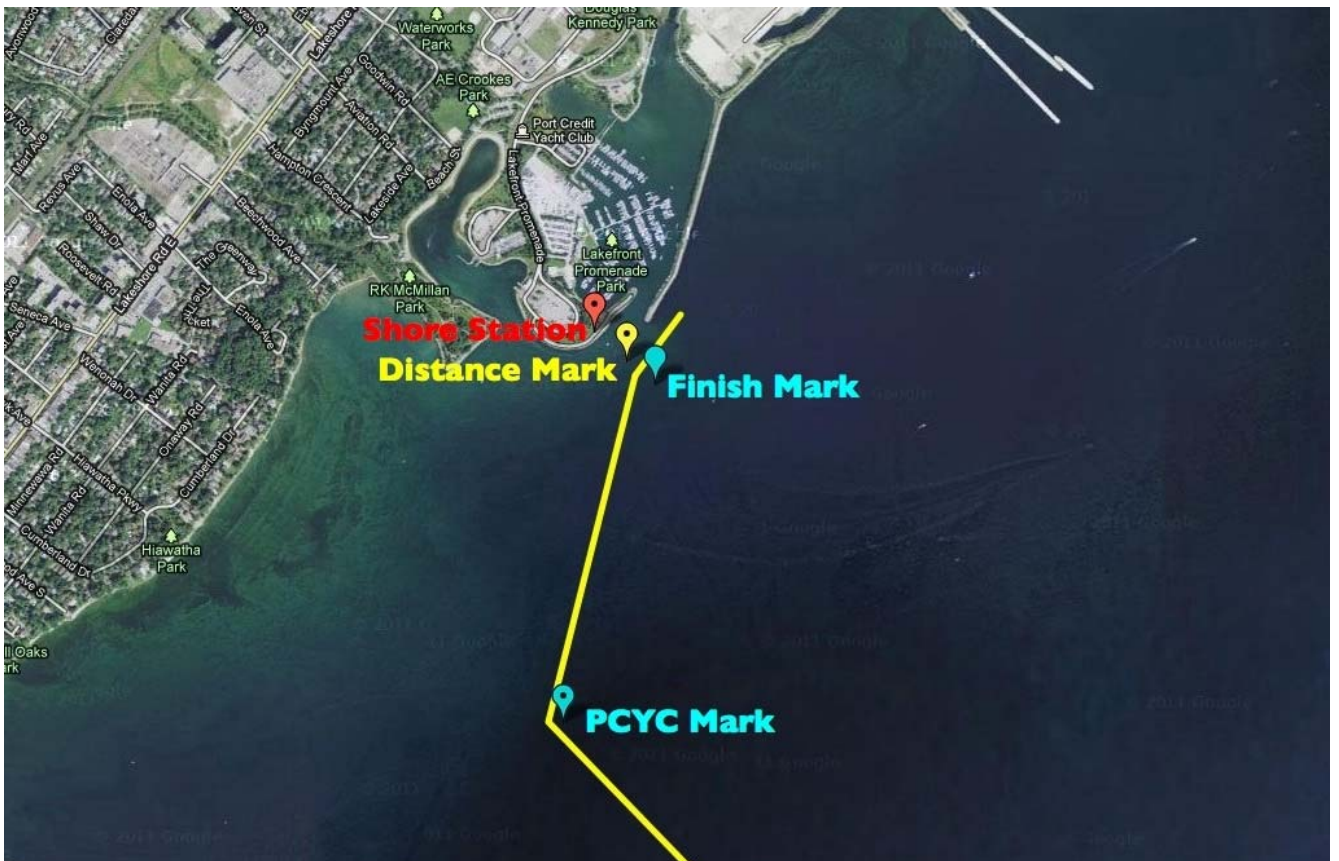
Diagram 1
The Starting Area – All Races



The Starting Area

After the first warning signal for a race and prior to her warning signal, a sailboat shall keep clear of the starting area that extends one-quarter of the length of the starting line ahead of and behind the starting line. It shall also extend one-quarter of the length of the starting line past either end of the starting line

Diagram 2
The Finish – Long Distance Race Only



Attachment A The Starts

RACE 1

Time	Signal	Flag and Sound
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Division (Class) 6 - Double Handed Flying Sails - FS 72 & below - Numeral Pennant "6"

11:25	Warning	Number pennant 6 up ;1 sound
11:26	Preparatory	Preparatory flag up; 1 sound
11:29	One-minute	Preparatory flag down; 1 long sound
11:30	Start	Number pennant 6 down; 1 sound

Division (Class) 5 - Double Handed Flying Sails - FS 75-141 inclusive - Numeral Pennant "5"

11:30	Warning	Number pennant 5 up ;1 sound
11:31	Preparatory	Preparatory flag up; 1 sound
11:34	One-minute	Preparatory flag down; 1 long sound
11:35	Start	Number pennant 5 down; 1 sound

Division (Class) 4 - Double Handed Flying Sails - FS 144 & up - Numeral Pennant "4"

11:35	Warning	Number pennant 4 up ;1 sound
11:36	Preparatory	Preparatory flag up; 1 sound
11:39	One-minute	Preparatory flag down; 1 long sound
11:40	Start	Number pennant 4 down; 1 sound

Division (Class) 3 - Double Handed No Flying Sails - Numeral Pennant "3"

11:40	Warning	Number pennant 3 up ;1 sound
11:41	Preparatory	Preparatory flag up; 1 sound
11:44	One-minute	Preparatory flag down; 1 long sound
11:45	Start	Number pennant 3 down; 1 sound

Division (Class 2) - Single Handed Flying Sails - Numeral Pennant "2"

11:45	Warning	Number pennant 2 up ;1 sound
11:46	Preparatory	Preparatory flag up; 1 sound
11:49	One-minute	Preparatory flag down; 1 long sound
11:50	Start	Number pennant 2 down; 1 sound

Division (Class 1) - Single Handed No Flying Sails - Numeral Pennant "1"

11:50	Warning	Number pennant 1 up ;1 sound
11:51	Preparatory	Preparatory flag up; 1 sound
11:54	One-minute	Preparatory flag down; 1 long sound
11:55	Start	Number pennant 1 down; 1 sound

ALL OTHER RACES

Time	Signal	Flag and Sound
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Division (Class 1) - Single Handed No Flying Sails - Numeral Pennant "1"

09:55	Warning	Number pennant 1 up ;1 sound
09:56	Preparatory	Preparatory flag up; 1 sound
09:59	One-minute	Preparatory flag down; 1 long sound
10:00	Start	Number pennant 1 down; 1 sound

Division (Class 2) - Single Handed Flying Sails - Numeral Pennant "2"

10:00	Warning	Number pennant 2 up ;1 sound
10:01	Preparatory	Preparatory flag up; 1 sound
10:04	One-minute	Preparatory flag down; 1 long sound
10:05	Start	Number pennant 2 down; 1 sound

Division (Class) 3 - Double Handed No Flying Sails - Numeral Pennant "3"

10:05	Warning	Number pennant 3 up ;1 sound
10:06	Preparatory	Preparatory flag up; 1 sound
10:09	One-minute	Preparatory flag down; 1 long sound
10:10	Start	Number pennant 3 down; 1 sound

Division (Class) 4 - Double Handed Flying Sails - FS 144 & up - Numeral Pennant "4"

10:10	Warning	Number pennant 4 up ;1 sound
10:11	Preparatory	Preparatory flag up; 1 sound
10:14	One-minute	Preparatory flag down; 1 long sound
10:15	Start	Number pennant 4 down; 1 sound

Division (Class) 5 - Double Handed Flying Sails - FS 75-141 inclusive - Numeral Pennant "5"

10:15	Warning	Number pennant 5 up ;1 sound
10:16	Preparatory	Preparatory flag up; 1 sound
10:19	One-minute	Preparatory flag down; 1 long sound
10:20	Start	Number pennant 5 down; 1 sound

Division (Class) 6 - Double Handed Flying Sails - FS 72 & below - Numeral Pennant "6"

10:20	Warning	Number pennant 6 up ;1 sound
10:21	Preparatory	Preparatory flag up; 1 sound
10:24	One-minute	Preparatory flag down; 1 long sound
10:25	Start	Number pennant 6 down; 1 sound

Contact Information

LOSHRS

Web site www.loshrs.com
Email to RC loshsrc@gmail.com
Phone 1-866-462-8828 (follow the prompts)

PCYC

Web site www.pyc.net
Phone 905-278-7911
FAX 905-278-2519

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