



Four Sisters Regatta & LYRA Junior Regatta

July 20th to July 21st, 2019

Port Credit Yacht Club

Ontario Sailing Grand Prix Series Event

ILCA Fogh Gold Cup #5

NOTICE OF RACE

1 RULES

1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing (RRS).

1.2 The prescriptions of Sail Canada will apply and will be posted on the official notice board.

1.3 The class rules of the participating classes will apply.

- Boats in the 420 class may use any recognized 420 hull form with the standard club training rig (non-tapered mast) and shall have a minimum weight of 100 kg fully rigged for sailing and in dry condition but without sails and personal equipment.
- Competitors in the Laser Radial class may choose Radial or 4.7 rigs at their discretion, provided that all rig changes are made on shore and all sails have the same number. These competitors shall present for inspection the main sails for their Radial and 4.7 prior to completing registration.

1.4 RRS 40 and the preamble to part 4 will be changed to require adequate personal buoyancy to be worn at all times while afloat. Code Flag Y need not be flown.

1.5 RRS 35, A4 and A5 will be changed to allow boats to be scored DNS and DNF in certain circumstances.

1.6 RRS 63.1, A3 and A5 will be changed to permit scoring penalties for failure to comply with checkin/checkout procedures outlined in the Sailing Instructions.

1.7 RRS Appendix P will apply to all classes except 420 White Sail and Optimist Green and is amended as follows: P2.3 is deleted. P2.2 will apply to the second and subsequent penalties.

1.8 RRS Appendix T will apply.

1.9 Appendix S and the Supplementary Sailing Instructions will apply and be posted on the official notice board located on the patio. The Supplementary Sailing Instructions will be made available at registration and will be posted online no later than July 17, 2019.

2 ADVERTISING

Advertising will be permitted under Category C in accordance with ISAF Regulation 20.

3 ELIGIBILITY AND ENTRY

3.1 The regatta is open to all boats of the Laser, Laser Radial, Club 420 Spinnaker, Club 420 White Sail and Optimist classes and any other class with at least five (5) entries.

3.2 Registration for this regatta may only be completed ONLINE at: [Four Sisters Registration](#), that will open May 1, 2019. [Competitor Waiver](#) *that includes review of concussion awareness resources* is required. Competitors that have not been cleared for “Return to Play” may not compete in this regatta.

3.3 Late entries will be accepted under the following conditions: eligible boats may enter after June 30, 2019 and before the end of registration on July 17, 2019 by following the instructions in 3.2 and the conditions in section 4.1

3.4 On-line registrations will close at 9:30 pm Wednesday July 17, 2019. All registered participants must check-in with the Registration Desk before 9:30 pm Friday July 19. Late check-in is allowed only with prior permission of the organizing authority.

3.5 Completed & signed [PCYC Dinghy Regatta Safety Checklists](#) are required before completing registration at check-in.

3.6 This regatta is part of the Ontario Sailing Grand Prix Series. This Grand Prix Series Event is open to boats of the Club 420, Laser and Radial classes provided all competitors (skippers and crew) are less than 22 years of age by 11:59 pm on December 31, 2019. The Grand Prix Series Event is open to boats of the Optimist Dinghy Class provided the competitor will be less than 16 years of age by 11:59 pm on December 31, 2019.

3.7 To qualify for the Lake Yacht Racing Association Junior Awards, competitors (skippers and crew) must be less than 19 years of age by 11:59 pm on December 31, 2019.

4 FEES

4.1 Required Fees are as follows:

Complete Entry Form Online			Fee	HST	Fee+ HST
Singlehanded Classes	Early Registration	on or before 30 June 2019	\$130	\$16.90	\$146.90
	Late Registration	1-17 July 2019	\$155	\$20.15	\$175.15
Doublehanded Classes	Early Registration	on or before 30 June 2019	\$260	\$33.80	\$293.80
	Late Registration	1-17 July 2019	\$310	\$40.30	\$350.30
Coaches	Early Registration	on or before 30 June 2019	\$70	\$9.10	\$79.10
	Late Registration	1-17 July 2019	\$85	\$11.05	\$96.05
	Coach Boat Flag Deposit (refundable)	at registration desk	\$20	N/A	\$20.00

Wristbands issued at registration check-in are required, replacement cost is \$5.00.

****Fees include lunch on both days and a BBQ on Saturday evening for all Sailors and Coaches.***

Note:

- (1) Completed entries received for BOTH the Steerers' and Four Sisters by July 15, 2019 will receive a free BBQ dinner on Friday evening.
- (2) The first 300 entries will receive a regatta T-shirt.
- (3) Breakfast and extra BBQ tickets are available for purchase through on-line registration.

4.2 A full refund, less a \$25.00 processing fee, will be granted to those entries cancelled before July 8, 2019. A 50% refund of the registration fee will be granted to those entries cancelled before 9:30 pm Wednesday July 17, 2019. No refunds will be granted after 9:30 pm Wednesday July 17, 2019.

5. SCHEDULE

5.1 Schedule

Date	Time	Event	Location
Friday 19 July	4:30-9:30 pm	Coach & Competitor Check-In	Main Patio
Saturday 20 July	8:00-9:00 am	Breakfast Available	Chart Room
	9:30 am	Competitors Meeting	Tent
		Coaches Mandatory Meeting	Tent
		Lunch Pickup Competitor Check Out	Main Patio
	11:00 am	1st warning signal	Racing Area
	After Racing	Competitor Check In	Main Patio
	5:30 pm	BBQ Dinner	Main Patio
	8:00-9:00 am	Breakfast Available	Chart Room
Sunday 21 July	8:30 am	Lunch Pickup Competitor Check Out	Main Patio
	8:45 am	Coaches Mandatory Meeting	Tent
	10:00 am	1st warning signal	Racing Area
	3:00 pm	Latest time for Warning Signal	
	After Racing	Competitor Check In	Main Patio
	When scoring is complete	Awards	Tent

5.2 Number of races

- a) All Classes have a maximum of four (4) races per day, except Optimists who may race up to seven (7) per day.
- b) The maximum number of races in the series shall be seven (7) except for Optimist fleets whose maximum shall be nine (9).

6 VENUE

6.1 A map showing directions to the Port Credit Yacht Club can be found at www.pcy.net

6.2 Racing will be in the waters of Lake Ontario adjacent to Port Credit Yacht Club.

7 THE COURSES

The courses to be sailed will be Windward/Leeward and will be detailed in the Supplementary Sailing Instructions.

8 SCORING

8.1 The Low Point scoring system as described in RRS Appendix A4.1 will be used.

- 8.2 (a) When fewer than five (5) races have been completed, a boat's series score will be the total of her race scores.
(b) When five (5) or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

8.3 One race is required to be completed to constitute a series.

9 SUPPORT BOATS AND COACH BOATS:

Support and Coach Boats shall be identified and shall be equipped with VHF Radios. In a general emergency situation, all Support and Coach Boats shall be utilized as safety boats and shall be under the direction of the Race Committee.

10 BERTHING AND CAMPING

If you are planning on using a visitor's dock at PCYC during the Four Sisters Regatta, ensure that you book your spot. Use the following link until end of day July 17, 2019: [Port Credit Yacht Club – Event Registration](#).

Coach boats and dinghies must be kept in their assigned areas. Coach boats in the harbour, Dinghies in the harbour parking lot, and Optimists will be kept on the grass by the sailing school. All competitors and coaches must respect member's boats including wake reduction.

NOTE: Limited camping is available in designated areas only, on a first come first served basis. Anyone wishing to camp must register with the regatta committee by July 15, 2019 at youthregattas@pcyc.net. All groups camping must have an adult chaperone on site at all times and provide onsite contact information for the chaperone to the regatta committee. The committee reserves the right to deny camping privileges.

11 RADIO COMMUNICATION

A boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile phones and other devices.

12 PRIZES

There will be prize flags awarded to the first three finishers of each properly constituted class/division. Other prizes may be awarded at the discretion of the Organizing Authority.

12.1 Ontario Sailing Grand Prix Series winners will be presented at the Ontario Sailing Annual General Meeting.

12.2 The following trophies will also be awarded:

- The Marilea McAllister Corinthian Spirit Award
- Top Overall Optimist Dinghy Sailor

12.3 The following Lake Yacht Racing Association flags for Juniors will be presented to the top finishers in Laser Radial and 420 Spinnaker.

- Top Female Single handed
- Top Male Single handed
- Top Open Double handed

13 CODE OF CONDUCT

[Sail Canada Code of Conduct](#) will apply in addition to the [Code of Conduct](#) for guests of Port Credit Yacht Club.

14 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The Organizing Authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

15 MEDIA RIGHTS

All pictures, audio and video recordings, graphic logos and service names contained herein or produced during the race by or on behalf of the Organizing Authority or Port Credit Yacht Club, are the property of either the Organizing Authority or Port Credit Yacht Club or their respective members. No rights are granted to use pictures, graphic logos, and service names without permission.

Registrants, competitors, and participants grant the Organizing Authority or Port Credit Yacht Club (PCYC) the unrestricted right and permission to use the name and/or image for any text, photograph, or video footage of either themselves or the sailboat they are sailing during the event to be published or broadcast in any media whatsoever (including but not limited to press, TV advertisements, social media or internet), for either editorial or advertising purposes or to be used in press information.

16 INSURANCE

Each participating boat must be insured with valid third party liability insurance or the equivalent.

17 FURTHER INFORMATION

Port Credit Yacht Club
115 Lakefront Promenade,
Mississauga, ON, Canada, L5E 3G6
905-278-5578
Regatta Organizing Authority at youthregattas@pcyc.net