



18th Annual Four Sisters Regatta

July 21st to July 22nd, 2018

Port Credit Yacht Club

Ontario Sailing Grand Prix Development Series Event

District 3 Laser Class Gold Cup Event

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 For the 29er, RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

1.8 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.

1.9 RRS Appendix T will apply.

1.10 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 18, 2018.

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, 29er, RS Feva 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: [Regatta Toolbox](#), registration will open June 1, 2018. [Competitor & Parent/Guardian Declarations](#) (if applicable) *that include review of concussion awareness resources* are 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, 2018 and before the end of registration on July 18, 2018 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 18, 2018. All registered participants must check-in with the Registration Desk before 9:30 pm Friday July 20. Late check-in is allowed only by permission of the organizing authority.

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

3.6 Coaches shall submit a [Competitor List](#) verifying sail numbers and crew for all boats that they support before 9:30 pm July 20, 2018.

3.7 This regatta is part of the Ontario Sailing Grand Prix Development Series. The GPDS 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, 2018. The GDPS 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, 2018.

3.8 This regatta is designated as a District 3 Fogh Gold Cup event for the Laser & Laser Radial.

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 2018	\$115	\$14.95	\$129.95
	Late Registration	1-18 July 2018	\$140	\$18.20	\$158.20
Doublehanded Classes	Early Registration	on or before 30 June 2018	\$230	\$29.90	\$259.90
	Late Registration	1-18 July 2018	\$280	\$36.40	\$316.40
Coaches	Registration	on or before 18 July 2018	\$65	\$8.45	\$73.45
	Coach Boat Flag Deposit (refundable)	at registration desk	\$10	N/A	\$10.00

\$5.00 fee for replacement wristband

***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 16, 2018 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 9, 2018. A 50% refund of the registration fee will be granted to those entries cancelled before 9:30 pm Wednesday July 18, 2018. No refunds will be granted after 9:30 pm Wednesday July 18, 2018.

5. SCHEDULE

5.1 Schedule

Date	Time	Event	Location
Friday 20 July	4:30-9:30 pm	Coach & Competitor Check-In	Main Patio
	9:30 pm	Team Competitors List Submittal Deadline – Coaches	Main Patio
Saturday 21 July	8:00-9:00 am	Breakfast Pick-up	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
Sunday 22 July	8:30 am	Lunch Pickup Competitor Check Out	Main Patio
	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 29er and 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 29er and 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 more than five (5) 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 18, 2018: [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, 2018 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 Development Series winners will be presented at the Ontario Sailing Annual General Meeting.

12.2 District 3 ILCA Fogh Gold Cup Series winners

12.3 The following trophies will also be awarded:

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

13 CODE OF CONDUCT

Port Credit Yacht Club [Code of Conduct](#) for guests will apply.

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

By participating in the event, competitors automatically grant to the organizing authority and its sponsors the right in perpetuity to make, use and show, from time to time at their discretion, any still or motion pictures and live, taped or filmed televisions and other reproduction of the athlete during the period of the competition without compensation.

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