



FOUR  
SISTERS  
OPEN



**24th Four Sisters Open**  
July 18<sup>th</sup> to July 20<sup>th</sup>, 2025  
**Port Credit Yacht Club**  
Mississauga, CANADA



**C420 Canadian Championship**

**Ontario Sailing Grand Prix  
Development Series**

**LYRA Junior Championships**



**District 3 Fogh Gold Cup**

## NOTICE OF RACE

### 1 RULES

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

1.2 The class rules of the participating classes will apply and are located online as follows:

Class	Class Rules Location
C420	<a href="https://club420.org/assets/documents/other_docs/c420-Class-Rules-02-03-2022.pdf_.pdf">https://club420.org/assets/documents/other_docs/c420-Class-Rules-02-03-2022.pdf_.pdf</a>
Optimist	<a href="https://www.optiworld.org/uploaded_files/Document_3023_20240202102732_en.pdf">https://www.optiworld.org/uploaded_files/Document_3023_20240202102732_en.pdf</a>

Class	Class Rules Location
ILCA 4, 6 and 7	<a href="https://www.laserinternational.org/wp-content/uploads/2025/02/Class-Rules-2025.pdf">https://www.laserinternational.org/wp-content/uploads/2025/02/Class-Rules-2025.pdf</a>
29er	<a href="https://d7qh6ksdplczd.cloudfront.net/sailing/wp-content/uploads/2022/03/07104831/29er_CR_07-02Feb-2024.pdf">https://d7qh6ksdplczd.cloudfront.net/sailing/wp-content/uploads/2022/03/07104831/29er_CR_07-02Feb-2024.pdf</a>

1.3 RRS 40.1 will apply.

1.4 RRS Appendix P will apply to all classes except 420 White Sail and Optimist Green and is amended as follows: P 2.3 is deleted, P2.2 will apply to the second and subsequent penalties.

1.5 RRS 63.1, A3 and A5 will be changed to permit scoring penalties for failure to comply with check-in/check-out procedures outlined in the Sailing Instructions.

1.6 RRS Appendix T will apply.

1.7 The Sail Canada prescriptions shall apply. [www.sailing.ca/wp-content/uploads/2025/01/Sail-Canada-Prescriptions-to-the-RRS-2025-2028\\_revfinal-1.pdf](http://www.sailing.ca/wp-content/uploads/2025/01/Sail-Canada-Prescriptions-to-the-RRS-2025-2028_revfinal-1.pdf)

1.8 Boats, including support boats, shall not fly drones over the racing areas.

## **2 ADVERTISING**

Advertising will be permitted in accordance with World Sailing Regulation 20 Section 2.

## **3 SAILING INSTRUCTIONS**

3.1 The Sailing Instructions will be available after 11:00 am on July 17, 2025 at <https://theclubspot.com/regatta/WCojIZff9M>

3.2 The Sailing Instructions will consist of the instructions in RRS Appendix S, Standard Sailing Instructions, and supplementary sailing instructions that will be on the official notice board located at <https://theclubspot.com/regatta/WCojIZff9M> and may be posted under the Event tent.

## **4 COMMUNICATION**

From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

## **5 ELIGIBILITY AND ENTRY**

5.1 The event is open to all boats of the ILCA 7, ILCA 6 and ILCA 4, Club 420 White Sail or Spinnaker, Optimist classes and any other class with at least five (5) entries.

5.2 To compete in the C420 Canadian Championship, both skipper and crew shall be current members of the C420 Class Association.

5.3 Registration for this event may **only be completed ONLINE** at <https://theclubspot.com/register/regatta/WCojIZff9M/class> that will open on or before June 1, 2025. *Competitor & Parent Waiver includes review of concussion awareness resources <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources> and PCYC Code of Conduct.*

*For the C420 Canadian Championship, completion of the Dinghy Regatta safety Checklist must also be completed and a paper copy presented at registration. All are required in addition to payment of the prescribed fees to be fully registered.*

5.4 **Online registration will close at 11:55 pm Thursday, July 17, 2025**

## 6 FEES

6.1 Required Fees are as follows:

Complete Entry Form Online			Fee	HST	Fee + HST
Singlehanded Classes	Early Registration	On or before June 27, 2025	\$155	\$20.15	\$175.15
	Late Registration	June 27– July 17, 2025	\$175	\$22.75	\$197.75
Doublehanded Classes	Early Registration	On or before June 27, 2025	\$285	\$37.05	\$322.05
	Late Registration	June 28– July 17, 2025	\$325	\$42.25	\$367.25
Coaches	Early Registration	On or before June 27, 2025	\$85	\$11.05	\$96.05
	Late Registration	June 28– July 17, 2025	\$90	\$11.70	\$101.70
	Coach and Support Flag Deposit	Refunded upon flag return	\$20	CASH ONLY	\$20.00

***\*Fees include lunch on both days, BBQ on Saturday and Post Race snack on Sunday. The first 275 entries will receive a regatta t-shirt.***

6.2 A full refund, less a \$25.00 processing fee, will be granted to those entries cancelled before July 8, 2025. A 50% refund of the registration fee will be granted to those entries cancelled before 11:59 pm Thursday, July 17, 2025. No refunds will be granted after 11:59 pm Thursday, July 17, 2025.

## 7 CREW LIMITATIONS

To compete in the C420 Canadian Championship, both skipper and crew shall be members in good standing with the C420 Class Association. Those competitors who are not members of the C420 Class Association will not be scored for the C420 Canadian Championship, only the Four Sisters Open.

## 8 SCHEDULE

### 8.1 Schedule

Date	Time	Event	Location
Friday July 18	4:30-9:30 pm	Boat Drop off	PCYC Yard & Tent
Saturday July 19	7:00-9:00 am	Boat Drop off	PCYC Yard & Tent
	9:00 am	Competitor Meeting	Regatta Tent
		Coaches Mandatory Meeting	Regatta Tent
		Coach flag deposit/Lunch Pickup/Safety Check-Out	Regatta Tent
	11:00 am	1st warning signal	Racing Area
	After Racing	Competitor Safety Check-In	PCYC Patio
	5:30 pm	Dinner	PCYC Patio/Tent
Sunday July 20	8:30 am	Lunch Pickup & Competitor Safety Check-Out	PCYC Patio
	8:30 am	Coaches Mandatory Meeting	Regatta Tent
	10:00 am	1st warning signal	Racing Area
	3:00 pm	Latest time for Warning Signal	
	After Racing	Competitor Safety Check-in & Post-race snack	PCYC Patio
	When scoring is complete	Awards	PCYC Front Lawn

8.2 All Classes have a maximum of four (4) races per day, except Optimists may race up to seven (7).

## 9 VENUE

9.1 The racing areas will be on the waters of Lake Ontario adjacent to the Port Credit Yacht Club Harbour entrance and will be detailed in the Supplementary Sailing Instructions.

9.2 Directions to the Port Credit Yacht Club can be found at <https://pcyc.net/by-land>.

## 10 COURSES

Courses to be sailed will be detailed in Appendix S and the Supplementary Sailing Instructions.

## 11 SCORING

11.1 One race is required to be complete to constitute a series.

11.2

- (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) to (9) races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
- (c) When ten (10) or more races have been completed, a boat's series score will be the total of her race scores, excluding her two worst scores.

11.3 Results will be available online at <https://theclubspot.com/regatta/WCojIZff9M> and may also be posted under the Event Tent.

## 12 SUPPORT BOATS AND COACH BOATS

12.1 [DP] **Support and Coach boats shall be identified and equipped with working and monitored VHF Radios.** When Code flag V is displayed, all Support and Coach Boats shall be utilized as Safety Boats and shall be under the direction of the Race Committee.

12.2 [DP] Coach and Support boats will be provided with an identifying flag which shall be displayed on their boat at all times while on the water. **A \$20 CASH, refundable deposit is required for the coach flag.**

## 13 BERTHING AND CAMPING

13.1 [DP] Coach boats and dinghies must be kept in their assigned areas which will be designated in the Supplementary Sis and/or found at <https://theclubspot.com/regatta/WCojIZff9M>.

All competitors and coaches must respect member's boats including wake reduction when leaving and entering the harbour.

13.2 [NP] If you are planning on using a visitor's dock at PCYC during the event, ensure that you book your spot with the Harbourmaster at [harbourmaster@pcyc.net](mailto:harbourmaster@pcyc.net) as space is limited.

13.3 [NP] Fuel may be obtained at Lakefront Promenade Marina from **9am - 7pm Friday to Sunday.**

13.4 [NP] Limited camping is available in designated areas only on a first come first serve basis. Anyone wishing to camp must complete the Camping Registration Application by July 17, 2025 at <https://pcyc.net/camping> and be accepted. Refer to the Info to Sailors and Parents document.

**All groups camping must have an adult chaperone on site at all times and provide onsite contact information. The committee reserves the right to deny camping privileges.**

Additional accommodation options may be found in the information package at <https://theclubspot.com/regatta/WCojIZff9M>.

## 14 DISCLAIMER OF LIABILITY/RISK STATEMENT

The Racing Rules of Sailing 3 states, "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone."

By participating in this event, each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds, rough seas,

sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on unstable platforms and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent injury or death by drowning, trauma, hypothermia or other causes.

The Organizing Authority will not accept any liability for material damage, personal injury or death sustained in conjunction with or prior to, during or after the event.

## **15 INSURANCE**

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

## **16 PRIZES**

16.1 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.

16.2 There will be prize flags for both skipper and crew awarded to the first three finishers and Top Juniors (both skipper and crew under 16 years) in the C420 Canadian Championship.

16.3 The following trophies will also be awarded:

- The Marilea McAllister Corinthian Spirit Award
- Fogh Top Overall Optimist Dinghy Sailor
- Ontario Sailing Grand Prix Development Series winners will be presented at the Ontario Sailing Annual General Meeting.
- LYRA top female and male ILCA 6 sailors and top 420 Spinnaker sailors

## **17 MEDIA RIGHTS**

All pictures, audio and video recordings, graphic logos and service names contained herein or produced during the event 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.

## **18 FURTHER INFORMATION**

Port Credit Yacht Club  
115 Lakefront Promenade, Mississauga, ON, Canada, L5E 3G6  
905-278-5578  
Event Organizing Authority at [youthregattas@pcyc.net](mailto:youthregattas@pcyc.net)