



**Monday Night Midweek Racing**  
**And**  
**Women on the Helm Racing**

**2024 EVENT RULES (NOTICE OF RACE & SAILING INSTRUCTIONS)**

**Organizing Authority – Port Credit Yacht Club, Mississauga, Ontario**

*The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).*

*The notation [DP] in a rule means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.*

**1 RULES**

- 1.1 The event is governed by the rules as defined in the Racing Rules of Sailing (RRS).
- 1.2 The prescriptions of Sail Canada shall apply: [https://www.sailing.ca/uploads/2020/10/Sail-Canada-Prescriptions-to-the-RRS\\_2021-2024.pdf](https://www.sailing.ca/uploads/2020/10/Sail-Canada-Prescriptions-to-the-RRS_2021-2024.pdf)
- 1.3 RRS A5.3 will be in effect.
- 1.4 RRS Appendix T, Arbitration, applies.

**2 CHANGES TO EVENT RULES**

Any change to the 2024 Event Rules will be posted before 1300 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.

**3 COMMUNICATION WITH COMPETITORS**

- 3.1 Notices to competitors will be posted on the online Official Notice Board located at [CLICK HERE](#)
- 3.2 [DP] All boats shall carry a VHF radio capable of communicating on VHF 6,9,16,68,71,72 and 73.
- 3.3 [NP] [DP] On the water, the race committee intends to monitor and communicate with competitors on VHF radio channel 71.
- 3.4 [DP] From the first warning signal until the end of the race, 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.

**4 ELIGIBILITY AND ENTRY**

- 4.1 The event is open to all mono hull boats racing **Non-Flying Sails** and must be entered by a member who is eligible for a mooring for that boat.
- 4.2 A club member as described in the Club's By-laws (Senior, Honourary, Life, Associate, etc.) or an immediate family member of a Club member must be in charge while racing.
- 4.3 All eligible boats must register ONLINE at [CLICK HERE](#)
- 4.4 Boat should have a valid PHRF-LO certificate. Boats with out a valid PHRF-LO certificate shall contact the Club Handicapper at [handicapper@pcyc.net](mailto:handicapper@pcyc.net).
- 4.5 Boats must register by 3 p.m. on the first day they intend to race in order to be scored.
- 4.6 [NP] Each competitor participating in the race shall submit an online **Liability Waiver** prior to racing.

**5 CREW LIMITATIONS**



**Monday Night Midweek Racing**  
**And**  
**Women on the Helm Racing**

**2024 EVENT RULES (NOTICE OF RACE & SAILING INSTRUCTIONS)**

- 5.1 There are no number of crew limitations.
- 5.2 Those boats participating in the “Women on the Helm” series must have a Women on the helm at the start, mark roundings, at least one leg of the course and the finish.

**6 SCHEDULE**

6.1 Dates of Racing:

Series A

May 13<sup>th</sup> – Practice Starts

*May 21 <sup>rd</sup>	June 3 <sup>rd</sup>	*July 2 <sup>nd</sup>	August 12 <sup>h</sup>
	June 17 <sup>th</sup>	July 15 <sup>th</sup>	August 26 <sup>th</sup>
		July 29 <sup>th</sup>	

Series B

May 27 <sup>th</sup>	June 10 <sup>th</sup>	July 8 <sup>th</sup>	*August 6 <sup>th</sup>
	June 24 <sup>th</sup>	July 22 <sup>nd</sup>	August 19 <sup>th</sup>

Women On The Helm

May 27 <sup>th</sup>	June 10 <sup>th</sup>	July 8 <sup>th</sup>	*August 6 <sup>th</sup>
	June 24 <sup>th</sup>	July 22 <sup>nd</sup>	August 19 <sup>th</sup>

\*Note: These races are held on the Tuesday as the Monday for that week is a Public Holiday.

**Crew Race: Tuesday, September 3<sup>rd</sup>**

**Note:** The helmsperson must be a regular crew member during the season. The results do not count towards the overall seasonal results. The awards will be presented immediately after racing. Awards will be presented to the first three finishes in each division. Additional awards may be presented at the discretion of the race committee.

*Rum Runners:*

September 9<sup>th</sup>  
September 16<sup>th</sup>

- 6.2 For all races held prior to August 25<sup>th</sup>, the first warning signal will be at 1830.
- 6.3 For all races held after August 25<sup>th</sup>, the first warning signal will be at 1815.
- 6.4 One race will be completed each day.

**7 RISK STATEMENT**

- 7.1 RRS 3 states: ‘The responsibility for a boat’s decision to participate in a race or to continue to race is hers alone.’ By participating in this event, each competitor agrees and acknowledges that sailing is a



**Monday Night Midweek Racing**  
**And**  
**Women on the Helm Racing**

**2024 EVENT RULES (NOTICE OF RACE & SAILING INSTRUCTIONS)**

potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury.

7.2 Competitors voluntarily assume the risks associated with communicable diseases including but not limited to COVID-19.

**8 INSURANCE**

Each participating boat shall be insured with an adequate and valid third-party liability insurance with minimum coverage of Two (2) million dollars.

**9 SIGNALS MADE ASHORE**

9.1 The vessel carrying the Race Officer shall make one courtesy sound signal upon departure from the harbour on the way to the race area.

9.2 Signals made ashore will be displayed on the signal vessel at its mooring.

9.3 When flag AP is displayed ashore, '1" minute is replaced with 'not less than 30 minutes" in Race Signals AP.

**10 DIVISIONS AND CLASS FLAGS**

10.1 The class flags are as follows:

	<i>Class</i>	<i>Flag</i>
Start 1	NFS IV	Numeral Pennant 4
Start 2	NFS III	Numeral Pennant 3
Start 3	NFS II	Numeral Pennant 2
Start 4	NFS I	Numeral Pennant 1

**11 VENUE**

11.1 Racing will take place on a bearing of 145 degrees and a distance of 1.2 nautical miles from the entrance to the harbour.

11.2 [NP] Course location will be at the discretion of the race officer.

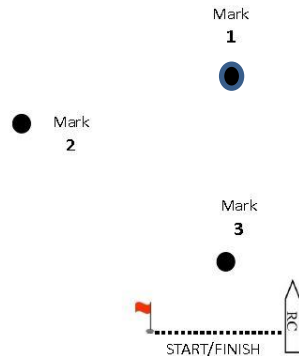
**12 COURSES AND MARKS**

12.1



**Monday Night Midweek Racing**  
**And**  
**Women on the Helm Racing**

**2024 EVENT RULES (NOTICE OF RACE & SAILING INSTRUCTIONS)**



When **Code Flag W is displayed** at the Five Minute Warning  
NFS I and NFS II: Start – Mark 1 – Mark 3 – Mark 1 – Mark 3 – Mark 1 - Finish

When **Code Flag W is not displayed** at the Five Minute Warning:  
NFS I and NFS II: Start – Mark 1 – Mark 3 – Mark 1 - Finish  
NFS III and IV: Start – Mark 1 – Mark 2 – Mark 3 – Mark 1 - Finish

12.2 Inflatable marks will be used.

**13 THE START**

- 13.1 The starting line will be between a staff displaying an orange flag on the signal vessel and the course side of the starting mark.
- 13.2 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 13.3 If any part of a boat's hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to hail her sail number. Failure to hail her number, failure of her to hear such a hail, or the order in which boats are hailed will not be grounds for a redress for request. This changes RRS 62.1(a).
- 13.4 A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.
- 13.5 No later than the warning signal, the race committee signal vessel may display the approximate compass bearing of the first leg.
- 13.6 [NP] The race committee, at its discretion, may combine starts.

**14 THE FINISH**

- 14.1 The finishing line will be between a staff displaying a blue flag on the signal vessel and the course side of the mark nearest the signal boat.



**Monday Night Midweek Racing**  
**And**  
**Women on the Helm Racing**

**2024 EVENT RULES (NOTICE OF RACE & SAILING INSTRUCTIONS)**

14.2 If the race committee is absent when a boat finishes, she should record her finishing time (GPS time), and her position in relation to nearby boats, to the race committee at the first reasonable opportunity.

**15 TIME LIMITS [AND TARGET TIMES]**

15.1 The Finishing Window of 30 minutes is the time for boats to finish after the first boat in each division sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing.

15.2 A boat scored TLE shall be scored points for the finishing place one more than the points scored by the last boat that finished within the Finishing Window. This changes RRS 35, A5.1, A5.2 and A10.

15.3 Overall time limit for each race is not to exceed the time from the warning signal to 15 minutes prior to sunset. Sunset Times are provided in Appendix A.

**16 HEARING REQUESTS**

16.1 The protest time limit is 60 minutes after the signal vessel docks. The time will be posted on the online official notice board.

16.2 Hearing request forms are available outside of the Communications Station or online from <https://www.sailing.ca/protests-appeals/>.

16.3 A boat intending to protest another boat or boats under a rule of Part 2 or RRS 31 shall provide the information required by RRS 61.2 by completing a hearing request form within 60 minutes of the signal boat docking. The protestor and protestee(s) will be contacted by the Chief Judge for an arbitration hearing. The arbitration hearing will be held on-line or in-person.

16.4 Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the Boardroom, located on the second floor of the east end of the clubhouse as soon as is feasible. ~~18.5~~ RRS 62.2(a) and do not apply.

16.5 RRS 66.2(a) does not apply.

**17 SCORING**

17.1 The scoring system is the PHRF Lake Ontario Time on Time formula.

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

17.3 When fewer than 5 races have been completed, a boat's series score will be the total of her race scores.

17.4 When 5 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

17.5 Women on the Helm (WOTH) will be scored in the applicable Monday Series B for each Fleet.

**18 [DP] [NP] SAFETY REGULATIONS**

18.1 [DP] A boat that retires from a race shall notify the race committee at the first reasonable opportunity.



**Monday Night Midweek Racing**  
**And**  
**Women on the Helm Racing**

**2024 EVENT RULES (NOTICE OF RACE & SAILING INSTRUCTIONS)**

- 18.2 The owner of the boat and the crew are responsible for adhering to the 'Concussion Codes of Conduct for both Participants and Leaders', 'Removal from Sport Protocols' and 'Return to Sport Protocols'.  
<https://ontariosailing.ca/concussion-information/>.
- 19 DATA PROTECTION**  
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.
- 20 TRASH DISPOSAL**  
Trash may be placed aboard official vessels.
- 21 DIVING RESTRICTIONS AND PLASTIC POOLS**  
Underwater breathing apparatus and plastic pools or their equivalent shall not be used around keelboats between preparatory signal of the first race and the end of the event.
- 22 PRIZES**  
22.1 Prizes will be awarded to the first three boats in each class for classes with five or more boats entered.  
22.2 Additional awards may be presented.
- 23 Further Information**  
For further information, please contact:  
Anne Sanderson – [clubracing@pcyc.net](mailto:clubracing@pcyc.net) 416 602 7337
- 

**APPENDIX A**

**Time of Sunset**

**PORT CREDIT YACHT CLUB**  
115 Lake Promenade, Mississauga, Ontario



**Monday Night Midweek Racing**  
**And**  
**Women on the Helm Racing**

**2024 EVENT RULES (NOTICE OF RACE & SAILING INSTRUCTIONS)**

<b>May 13</b>	<b>2035</b>
<b>May 21</b>	<b>2043</b>
<b>May 27</b>	<b>2049</b>
<b>June 3</b>	<b>2054</b>
<b>June 10</b>	<b>2058</b>
<b>June 17</b>	<b>2101</b>
<b>June 24</b>	<b>2103</b>
<b>July 2</b>	<b>2102</b>
<b>July 8</b>	<b>2100</b>
<b>July 15</b>	<b>2056</b>
<b>July 22</b>	<b>2050</b>
<b>July 29</b>	<b>2043</b>
<b>August 6</b>	<b>2033</b>
<b>August 12</b>	<b>2024</b>
<b>August 19</b>	<b>2013</b>
<b>August 26</b>	<b>2002</b>
<b>September 3</b>	<b>1948</b>
<b>September 9</b>	<b>1937</b>
<b>September 16</b>	<b>1924</b>

---

**(NOT PART OF NOTICE OF RACE OR SAILING INSTRUCTIONS)**

**EMERGENCY PLAN:**

In the event of damage or injury:

1. Contact Peel Region Marine Unit VHF 16
2. Contact the Race Committee VHF 71

Emergency Phone Numbers



**Monday Night Midweek Racing**  
**And**  
**Women on the Helm Racing**

**2024 EVENT RULES (NOTICE OF RACE & SAILING INSTRUCTIONS)**

Peel Region Emergency Services	For emergencies ONLY – 911
Peel Region Marine Unit	VHF 16
Canadian Coast Guard (Trenton)	VHF 16 1-800-267-7270
Port Credit Yacht Club	(905) 278-7911
Signal Boat	VHF 71

**1 CONCUSSION GUIDELINES**

Those participants, including both Skippers and Crew should familiarize themselves with the information provided below.

- 1.1 Ontario Sailing Concussion Code of Conduct – Athletes and Participants  
<https://ontariosailing.ca/wp-content/uploads/2021/10/OS-Concussion-Code-of-Conduct-Athlete.pdf>
- 1.2 Ontario Sailing Concussion Management and Return to Play <https://ontariosailing.ca/member-services/concussion-information/>
- 1.3 Rowan’s Law  
<https://www.ontario.ca/page/rowans-law-concussion-safety>
- 1.4 Ontario Ministry Provided Concussion Resources  
<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

**2 VENUE PARKING**

- 2.1 Parking is available free of charges for all participants.