



Muskoka Lakes Association (MLA)
Aphrodite Cup
420 Youth Sailing Regatta
Wednesday July 26, 2023

Notice of Race and Sailing Instructions

Organizing Authority: Muskoka Lakes Association (MLA)
Host Club: South Muskoka Sailing Club (SMSC)
Location: McVittie Island, Lake Muskoka

1. Rules

This regatta will be governed by the current Racing Rules of Sailing (RRS) <http://www.sailing.ca/rules-prescriptions> including:

- the prescriptions of Sail Canada,
- these Sailing Instructions, &
- The rules of Class Rules and By-Laws of the Club 420 Association.

2. Eligibility and Entry

2.1 The regatta is open to youth sailors under the age of 19 who are part of a participating sailing school sailing program.

2.2 Every participating sailor must complete and sign the Registration and Liability Release Form.

2.3 The regatta is sponsored by the Muskoka Lakes Association and there is no entry fee.

3. Notice to Competitors

Notices to Competitors will be posted on the Official Notice Board at Club or the MLA website (mla.on.ca).

4. Changes to the Sailing Instructions

Any change in the Sailing Instructions will be posted by 11:30am on the Official Notice Board on the day it will take effect, except that a change to the schedule of races will be posted by 8:00pm on the day before it is to take effect on the MLA website (www.mla.on.ca).

5. Signals

5.1 Signals Made Ashore

Signals made ashore will be displayed at the main sailing flagpole.

The displaying of code flag "AP" from the flagpole, accompanied by 2 sound signals will indicate racing has been postponed. The removal of code flag "AP" from the flagpole, accompanied by 1 sound signal, shall indicate a further Signal on the water will be made in not less than 30 minutes. This changes race signal AP.

5.2 Signals on the Water

The displaying of code flag "AP" from the Race Committee (RC) boat, accompanied by 2 sound signals will indicate racing has been postponed. The removal of code flag "AP" from the RC boat, accompanied by 1

sound signal, shall indicate a further Signal on the water will be made shortly.

Flag 'AP' with 2 sound signals means *"All races have been postponed."* The warning signal will be made not less than 1 minute after the "AP" is lowered (one sound signal).

"N" over "H" with 3 sound signals means

"The abandoned race may be re-sailed today." The warning signal will be made not less than 15 minutes after "N" over "H" is lowered. This changes RRS 27.3

6. Schedule

If Arriving by car:

9:30am Arrive at George Street Boat Launch, Bracebridge.

If Arriving by boat:

10:30am McVittie Island, Lake Muskoka

10:30-11am Rig Boats

10:45am Coaches meeting to review Sailing Instructions

11:15am Barbeque Lunch

11:30am Welcome & Sailing Instructions

12:30-3:30pm Racing

3:30-4:15pm De-rig boats

4:15-4:30pm Awards Ceremony

7 Racing

7.1 Racing area is on Lake Muskoka west of McVittie Island

7.2 3-5 Races are planned for each sailboat class, weather permitting.

7.3 Course configuration will be a triangle, windward leeward course, leaving buoys to port. Finish line will be the original start line finishing the last mark to starboard. See Diagram below.

7.4 A race may be shortened at the discretion of the RC.

7.5 Before the first race, competitors must sail past the RC and hail their sail number.

7.6 The Individual Recall flag will be flown if there are premature starters, and the RC will attempt to notify the premature starters to return and reenter the race course through the start line.

7.7 General Recalls – If there are a significant number of premature starters the General Recall flag will be used (flag First Substitute with 2 sound signals). If after 2 general recalls in a fleet, the RC may move to a D flag (sudden death).

8 Time Limit

The time limit for each race will be 40 minutes. Boats failing to finish within 10 minutes of the finishing time of the first boat in their class or within the time limit whichever is later will be scored DNF. The RC has the sole discretion to finish and score the placing of boats that are unlikely to complete the race in time. This changes RRS 35.

9 Boats Abandoning a Race or leaving the Racing area

A boat that retires from a race shall notify the RC boat as soon as possible. Failure to inform may result in protest & disqualification or such other penalty as may be assessed at the discretion of the RC.

10 Protests & Requests for Redress

Immediately after finishing, a protesting boat will advise the RC of the sail number(s) of the boat(s) protested. Protests & requests for redress to be written and submitted to the RC within 15 minutes after the RC Boat arrives at the Club dock. The same protest time applies to all protests by the race committee, jury & to requests for redress. This changes rules 63.1 & 62.2. Sail numbers of protestors, protestees, & witnesses, the location of the hearings & the time of the first hearing will be posted at the

Club within 30 minutes of the protest time limit. This will constitute official notice to all protested parties as required by RRS 63.2. A Protest Committee will be formed with independent representatives and a Protest Meeting will be immediately scheduled. If there is a protest regarding Class Rules, the protestor must submit the relevant Class Rules with the protest.

15 Penalties

15.1 The 720 degree turns penalty in RRS 44.2 is changed as follows: a boat which is flying a spinnaker will complete only a single 360 degree turn if the spinnaker is flown again immediately after the penalty, otherwise boats shall do a 720 degree turn to exonerate the rule infraction. Boats accepting a penalty under RRS 44.2 shall also advise the RC at the conclusion of the race & receive an acknowledgement. Failure to do so may result in protest & disqualification for the infringement.

15.2 Hitting a mark shall entail a 360 degree rotation, in an area clear of other boats (you don't need to go around the mark again).

16 Sail Numbers

Boats shall register & use only one sail number, except when prior agreement is obtained from the RC prior to 12:00 noon on the day of the Regatta, a boat may use a second sail with a different sail number. It is the responsibility of the competitor to notify the RC & to ensure that the sail in question complies with the respective class rules/handicap certificate.

17 Official class brand sails are encouraged; however, comparable non-class compliant sails are permitted for racing and scoring (including awards).

18 Scoring

18.1 All sailors will sail as one fleet and be scored on their placing in the one fleet.

18.2 The Low Point Scoring System, RRS Appendix A will apply. If there are 3 or less races there will be no drop races, all races will count. If there are 4 or more races there will be one race dropped.

18.2 Only 1 race needs to be completed for the championship to be valid.

19 Awards

19.1 There will be two categories for awards. The spinnaker fleet and the non-spinnaker fleet, as registered before the start of the first race. Top 3 teams in each fleet will be receive awards.

19.2 The Aphrodite Cup will be awarded to the club with the most 1st, 2nd and 3rd finishes with weightings of 3, 2, 1 respectively to calculate total points.

20 Safety

20.1 Sailboats shall be seaworthy and equipped in accordance with the safety regulations of Canada and as set out by the Canadian Safe Boating Guide. Boats shall also be equipped in accordance with their sailboat Class Rules.

20.2 Competitors sailing Dinghies or Sailboards are required to wear their approved Personal Flotation Device/ Lifejacket at all times on the water.

COURSE

