



LAKE ONTARIO 300
July 16 – July 20, 2010
Port Credit Yacht Club (PCYC)
SAILING INSTRUCTIONS

www.lo300.org

1 RULES

- 1.1 The race will be governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.
- 1.2 Canadian Yachting Association (CYA) Prescriptions will apply, see www.sailing.ca/files/racing/rules/CYAPrescriptions2009-12.pdf
- 1.3 The provisions of Appendix Q (CYA Prescription) of the Racing Rules of Sailing shall apply to the period between 2000 EDT and 0600 EDT
- 1.4 The following documents will apply:
Mandatory equipment requirement for this event are listed in Appendix "A" to the Notice of Race found at www.lo300.org/registration-info/race-documents
- 1.5 This event is designated a Clean Regatta Bronze by the *Sailors for the Sea* (www.sailorsforthesea.org) By entering, all competitors agree to abide by Clean Regatta Bronze level certification requirements. Sailboats observed discharging garbage or black water (sewage with faeces) into Lake Ontario or harbours will be protested and the penalty is disqualification from the Lake Ontario 300 Race. Any such disqualification may be used by the Organizing Authority whether to accept future registrations by this sailboat or owner.
- 1.6 All sailboats must complete a LO300 Sail Plan as part of onsite registration prior to the Competitors' Meeting at 1900 EDT Friday, July 16, 2010. Once filed, each sailboat must close the Sail Plan by one of the following:
 1. Closing it at the post finish check in at PCYC
 2. Closing it as part of the withdrawal process, see SI 16
 3. If the sailboat did not start the race, by notifying the Race Committee of this and to close the Sail Plan
- 1.7 Sailboats shall only display a sail number registered specific to the sailboat at the time of its commission. Requests to display alternative sail numbers to the sailboat's commission may be approved by the Race Committee if filed, in writing, with the registrar prior to 1900 EDT Friday, July 16, 2010.
- 1.8 While racing, sailboats shall not fly an ensign, a club burgee or other flags unless required or permitted by the Racing Rules of Sailing, Notice of Race, Sailing Instructions, Class Rules or ISAF Regulations. See SI 16 Safety Regulations for withdrawals.
- 1.9 Each sailboat provided with bow stickers shall place these on the port and starboard bow of the sailboat prior to the race. Solo Challenge sailboats must also place a white 2' x 2' x 2' triangle on the leech of mainsail on both sides above any reefing points formed with Glofast™ luminous cloth tape supplied by the Organizing Authority.
- 1.10 All sailboats shall carry and use a transponder for tracking by Kattack (www.kattack.com). The cost of the transponder rental is included in the Entry Fee. The transponder should be picked up during check in prior to the Competitors' Meeting at 1900 EDT Friday, July 16, 2010.

- 1.11 All sailboats shall comply with the PCYC policies and regulations for visiting yachts while at PCYC before and after the race. This includes completing, in ample time, the LO300 – Visiting Yacht Registration Form at <http://pcyc.net/on-water-activities/lake-ontario-300-challenge/lo300-visiting-yacht-registration-form> and
- Contact the PCYC Harbour Master on VHF Channel 68 Canadian upon arrival for docking instructions
 - All yachts must have adequate fenders and lines for mooring and rafting
 - The Harbour Master may direct boats to be moved from time to time; crew must be available to move the boat when requested
- 1.12 Changes to the Racing Rules of Sailing are documented in the appropriate items below.
- 1.13 In case of differences between the Notice of Race and these Sailing Instructions, these Sailing Instructions shall apply.

2 NOTICES TO COMPETITORS

Notices to Competitors will be posted on the official notice board located in the tent adjacent to the PCYC club house.

3 CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted on the Lake Ontario 300 Official Notice Board prior to 0800 EDT July 17, 2010.

4 SIGNALS MADE ASHORE

Signals made ashore will be displayed on the main flag pole of the PCYC.

5 SCHEDULE OF RACES

- 5.1 The first warning signal is at 1055 EDT, Saturday, July 17, 2010.
- 5.2 The starting sequence will be posted by 0800 EDT Saturday, July 17, 2010 on the Official Notice Board.

6 CLASS FLAGS

Class flags, for RRS 26, will be posted by 0800 EDT Saturday, July 17, 2010 on the Official Notice Board.

7 RACING AREA

The race will occur in Lake Ontario; see Diagrams 1 and 2.

8 THE COURSES

8.1 Main Duck Island Course (Diagram 1)

	Start	
To	Gibraltar Point Mark	Left to starboard
To	Main Duck and Yorkshire Islands	Left to starboard
To	Ford Shoal Buoy	Left to starboard
To	Niagara Mark	Left to starboard
To	PCYC Mark	Left to starboard
To	Finish	

The approximate distance is 300 NM.

8.2 Scotch Bonnet Island Course (Diagram 2)

	Start	
To	Gibraltar Point Mark	Left to starboard
To	Scotch Bonnet Island	Left to starboard
To	Niagara Mark	Left to starboard
To	PCYC Mark	Left to starboard
To	Finish	

The approximate distance is 200 NM.

9 MARKS

Start Area	Approximately 2.7 NM at 135°mag from the PCYC harbor entrance, 43° 32.14' N, 79° 30.26' W
Gibraltar Point Mark	A red buoy with a flashing red light located just off the Toronto Islands located at approximately 43°36.32'N, 79°23.50'W
Main Duck and Yorkshire Islands	Sailboats must round both Main Duck and Yorkshire islands including shoal marker buoys MM2, a red buoy with a flashing red light (4s.) located at approximately 43°54.56' N, 76°35.68' W and M9, a green buoy with flashing green light (4s.) located at approximately 43° 55.02' N, 76° 40.53' W (Main Duck Island Course only)
Ford Shoal Buoy	A flashing green (4s.) mark located east of Oswego located at approximately 43° 26.95' N, 76° 35.34' W (Main Duck Island Course only) (<i>Lighted Buoy 1</i>)
Scotch Bonnet Island	A flashing white (4s.) light on a white skeleton tower (19.1m) located on a small island SW of Nicholson Island at approximately 43°53.97'N, 77°32.55'W (Scotch Bonnet Island Course only)
Niagara Mark	A red buoy marked "2", with a flashing red light (4s.), located at approximately 43°19.04'N, 79°04.23'W, 3.4 NM north of the light at Fort Niagara. (<i>Niagara Bar light buoy 2</i>)
PCYC Mark	A white buoy with orange stripes and flashing amber (yellow) light, lite only overnight, appromximately 200° magnetic and 1200 yards (0.6nm) from the PCYC Harbor entrance light approximately at 43°33.20'N 079°33.50'W. See Diagram 4, The Finish.
Distance Mark	A yellow tetrahedron, located on a bearing of 140° magnetic from the Race Committee Shore Station and approximately at 43°33.72'N 079°33.38'W. See Diagram 4, The Finish
Finish Mark	A white buoy with orange stripes and fixed low intensity amber (yellow) light, lighted only overnight, appromximately 140 mag and 240 yards (0.12nm) from the shore station approximately at 43°33.69'N 079°33.32'W. See Diagram 4, The Finish.
Race Committee Shore Station	A mast flying an orange flag, located on the headland immediately west of the entrance to the harbour at PCYC appromximately at 43°33.76'N 079°33.45'W. See Diagram 4, The Finish.

- 9.1 Marks as listed, above, should be at the identified latitude and longitude location. In the event that a mark is not at the identified latitude and longitude location, or otherwise cannot be seen due to poor visibility, then the sailboat shall round the identified latitude and longitude location as indicated in the Sailing Instructions, and continue with the race.
- 9.2 A record shall be entered in the sailboat's log detailing the timeline and efforts made to find the mark and the time that the mark's identified latitude and longitude was deemed to have been rounded. This record must be submitted as per 11.3. The sailboat's GPS tracking record shall be saved and provided for evidentiary review by the Race Committee on request.

10 THE START

- 10.1 The starting area shall be located approximately 2.7 nm south of the entrance to the PCYC harbour
- 10.2 After the first warning signal for the race and prior to her warning signal, a sailboat shall keep clear of the starting area that extends one-quarter of the length of the starting line ahead of and behind the starting line. It shall also extend one-quarter of the length of the starting line past either end of the starting line; see Diagram 1, The Starting Area.
- 10.3 When code flag "L" is displayed sailboats shall sail on starboard tack close to the stern of the Race Committee Signal Boat. Check in will not be complete until the Race Committee acknowledges the sailboat. Sailboats checking in must comply with 10.2. Check in by VHF radio or cell phone will not be accepted.
- 10.4 Races will be started by using rule 26.
- 10.5 The starting line will be between an inflatable orange mark and the halyard carrying an orange flag on the Race Committee signal vessel.
- 10.6 A sailboat starting later than 180 minutes after her starting signal will be scored Did Not Start without a hearing. This changes rules A4 and A5. Any sailboats starting within the time limit and

if the Race Committee is no longer on station, shall radio the Race Committee VHF Channel 71 Canadian when she is starting.

- 10.7 If any part of a sailboat's hull, crew or equipment is on the course side of the starting line during the minute before her starting signal or she is subject to RRS 29.1 "Individual Recall", the Race Committee may announce this on the VHF Channel 71 Canadian. Failure to make a broadcast or its order will not be grounds for a request for redress. This changes rule 62.1(a).

11 THE FINISH

- 11.1 The finish is between the Finish Mark and the Race Committee Shore Station.

Note: Sailboats shall not sail between the Distance Mark and the Race Committee Shore Station, and this Distance Mark shall be considered a "bounding" mark as described in Rule 31.1. See Diagram 2, The Finish.

- 11.2 Each sailboat shall call/hail the Race Committee Shore Station approximately 5 NM from the finish on VHF Channel 71 Canadian. Sailboats are required to maintain radio contact with the shore station throughout the finish to ensure correct identification of the finishing sailboat, until they are docked at PCYC, whether day or night. When finishing between sunset and sunrise, all sailboats shall announce their sail numbers, immediately prior to finishing, and record their finish time.
- 11.3 Sailboats are required to return to PCYC after finishing the race. L0300 race logs, finish time and any Alternative Penalty Forms shall be submitted no later than 90 minutes after finishing the race to the Race Check-in Desk located on the PCYC Clubhouse ground floor. When returning to PCYC, sailboats shall comply with 1.11.

12 PENALTY SYSTEM

- 12.1 The Scoring Penalty, rule 44.3, will apply, with 44.3 (c) is changed so that the penalty assessed will be 30 minutes added to her elapsed time.
- 12.2 A sailboat On the Course Side (OCS) at the start of the sailboat's class that fails to return and start properly, shall be penalized by having thirty (30) minutes added to her elapsed time without a hearing. This changes RRS 28.1, RRS 29.1, RRS Appendix A5, and RRS 64.1 (a).
- 12.3. A sailboat starting before her Prep Signal will be protested by the Race Committee and the Protest Committee will apply an appropriate elapsed time penalty if the boat is found to have infringed this requirement. This changes RRS 64.1 (a).

13 TIME LIMITS AND TARGET TIMES

- 13.1 There is no time limit. The finish line will be attended from prior to the arrival of the first boat until 16:00 hrs on Tuesday July 20. All boats finishing after that time must record their own finish time and submit this to the Race Committee upon arrival at PCYC. The Race Committee has the option of extending the time that the finish line is attended in four-hour increments until 23.59 on Tuesday July 20 and will advise boats still on the course of any such an extension on VHF Channel 71.
- 13.2 See SI 16 for withdrawals.

14 PROTESTS AND REQUESTS FOR REDRESS

- 14.1 Protest forms are available at the Race Check-in Desk located on the ground floor of the PCYC clubhouse. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 14.2 Protests shall be filed at the Race Check-in Desk.
- 14.3 Notices of protests by the Race Committee or Protest Committee will be posted to inform boats under rule 61.1(b) on the official notice board.
- 14.4 Breaches of instructions 1.6, 1.7, 1.8, 1.9, 1.10, 1.11, 10.2, 16, 17 and 21 will not be grounds for a protest by a sailboat. This changes rule 60.1(a). Penalties for these breaches may be less than disqualification if the Protest Committee so decides. The scoring abbreviation for a discretionary penalty imposed under this instruction will be DPI.
- 14.5 Hearings will take place at 1900 EDT, Thursday, July 22, 2010 at PCYC.

15. SCORING

PHRF-LO Time on Time (TOT) formula, IRC Rule and GLMRA will be used. Sailboats will be scored in their own Fleets and Divisions.

16 SAFETY REGULATIONS

- 16.1 Sailboats are encouraged to implement their own checkin process and schedule during the race with individuals ashore via phone email or other mechanism.
- 16.2 A sailboat withdrawing from the race shall wear her ensign and keep clear of other competitors.
- 16.3 The Race Committee shall be notified of a sailboat's withdrawal at the earliest possible opportunity on VHF Channel Canadian 71, at the following telephone number 1-866-462-8828 or at the email address of racecommittee@lo300.org.
- 16.4 Sailboats may check in with the Race Committee at any time during the race to advise Race Committee of their position at 1-866-462-8828 or the email address of racecommittee@lo300.org.
- 16.5 Failure of a sailboat to make every reasonable effort, under the circumstances, to comply with 16.3, may result in protest by the Race Committee. The results of this hearing may be used by the Organizing Authority whether to accept future registrations by this sailboat or owner.
- 16.6 All sailboats racing shall be required to maintain a log of significant events; mark rounding, calls to the Coast Guard and engine on and off for charging only. This record must be submitted as per 11.3.
- 16.7 Racers are reminded to remain vigilant of participants in the Solo Challenge whose sailboats will be identified by a white 2' x 2' x 2' triangle on the leech of mainsail on both sides formed with Glofast™ luminous cloth tape.

17 EQUIPMENT AND MEASUREMENT CHECKS

- 17.1 A sailboat or equipment may be inspected at any time for compliance with the class rules and sailing instructions. On the water, a sailboat can be instructed by the Race Committee or measurer to proceed immediately to a designated area for inspection.
- 17.2 All sailboats shall be reviewed for the mandatory equipment requirements referenced in 1.4. The review may be undertaken by a Safety or Flag Officer of the entrant's Sailboat Club, or by arrangement with the Lake Ontario 300 Safety Officer. A sailboat must successfully complete this review prior to Wednesday, July 14th.

18 COMMUNICATION

- 18.1 Marine VHF Channel 71 Canadian shall be used by the Race Committee for radio communication during the race.
- 18.2 Each sailboat shall monitor VHF Channel 71 from 1 hour before her warning signal until rounding Gibraltar Point/Toronto Mark, and from approximately 30 minutes before finishing until secured at PCYC.
- 18.3 Sailboats are encouraged to talk to other sailboats in the race on marine VHF channel 71 throughout the race, especially at 1000 and 2200 EDT. Sailboats shall monitor marine VHF channel 16 at all other times.
- 18.4 Rule 41 "Outside Help" is modified herein to allow all forms of communication. Each sailboat may communicate with any person, competitor, sailboat or outside source of information available using any means available throughout the race.

19 PRIZES

Prizes will be given as listed at <http://www.lo300.org/registration-info/trophies>.

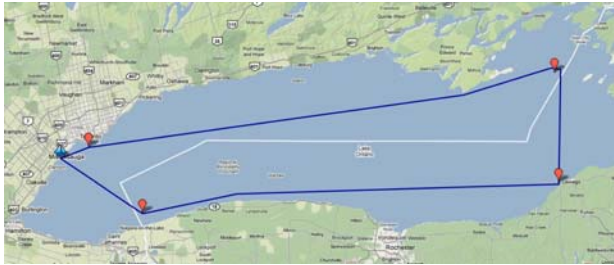
20 DISCLAIMER OF LIABILITY

Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk. See RRS 4, Decision to Race. The race organizers (organizing authority, Race Committee, Protest Committee, host club, sponsors, or any other organization or official) will not be responsible for damage to any sailboat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

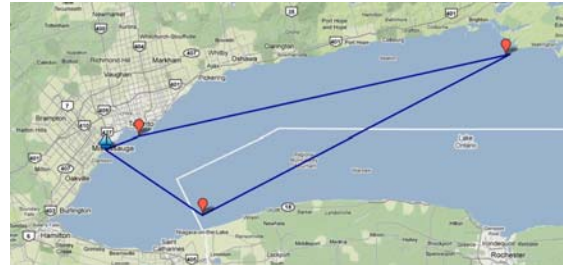
21 **INSURANCE**

Each participating sailboat shall be insured with a valid third-party liability insurance policy with a minimum cover of \$2,000,000 CAD per event for Canadian boats and an adequate level of third-party liability insurance applicable in Canadian and US waters for non-Canadian sailboats.

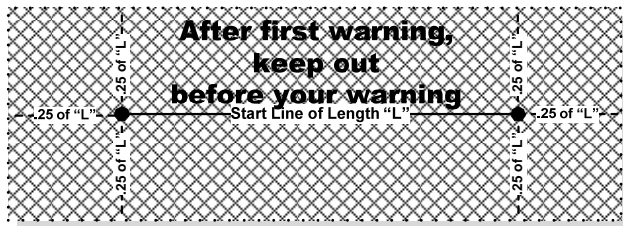
**Diagram 1
Main Duck Course**



**Diagram 2
Scotch Bonnet Island Course**



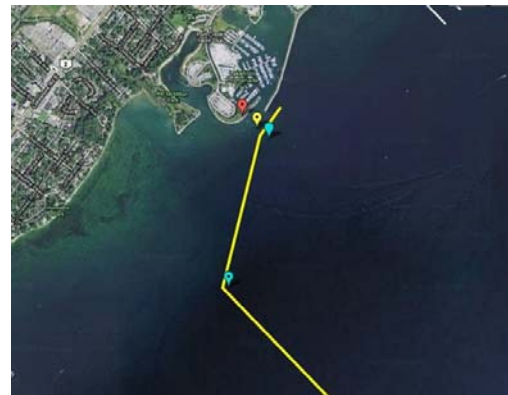
**Diagram 3
The Starting Area**



The Starting Area

After the first warning signal for a race and prior to her warning signal, a sailboat shall keep clear of the starting area that extends one-quarter of the length of the starting line ahead of and behind the starting line. It shall also extend one-quarter of the length of the starting line past either end of the starting line

**Diagram 4
The Finish**



Contact Information

L0300

Web site www.lo300.org
Email racecommittee@lo300.org
Phone 1-866-462-8828

PCYC

Web site www.pcy.net
Phone 905-278-7911
FAX 905-278-2519



Special Mention of our Sponsors

- Sperry Top-Sider
- Skippers Plan Insurance
- North Sails
- Gill
- Pitney Bowes
- Canadian Yachting
- HUB Insurance
- The Rigging Shoppe
- The Store Masons Chandlery
- Harken
- Standard Horizon
- Air Canada
- Evolution Sails
- Sail World Canada