

LaSalle Mariners Yacht Club  
**49th Annual Shakedown Race**  
May 17, 2025  
**Sailing Instructions**

**1 RULES**

- 1.1** This regatta shall be governed by the rules as defined in the Racing Rules of Sailing 2025-2028(RRS), except where modified by the Notice of Race and Sailing Instructions. The Prescriptions of Sailing Canada shall apply. These can be found at [www.sailing.ca](http://www.sailing.ca)
- 1.2** PHRF boats unable to meet a minimum crew requirement of 3 must race in the PHRF Short Handed Division.
- 1.4** The equipment rules of sailing shall be used.  
[www.sailing.org/documents/equipment/rules/index.php](http://www.sailing.org/documents/equipment/rules/index.php)
- 1.5** The Canadian Shipping Act - Small Vessel Regulation (required safety equipment) shall apply [laws-lois-justice.gc.ca/eng/regulations/SOR-2010-91](http://laws-lois-justice.gc.ca/eng/regulations/SOR-2010-91)
- 1.6** Boats shall carry proper sail numbers on main sails, spinnakers and any head sails attached having a luff perpendicular exceeding 130%. Boats without proper sail numbers attached may be subject to protest.

**1(a) PHRF SHORT HANDED RULES**

- 1(a).1** Section 1 “**RULES**” shall apply with the exception noted in 1(a).2.
- 1(a).2** Boats shall race with a maximum of 2 persons onboard.
- 1(a).3** The use of a self steering device is permitted.
- 1(a).4** Boats in the Short Handed Division are not eligible for the Avco Cup.

**2 NOTICES TO COMPETITORS**

- 2.1** Notices to competitors shall be posted on the official notice board inside the LaSalle Mariners Yacht Club. Notices will also be posted at [noticeofrace.net](http://noticeofrace.net)

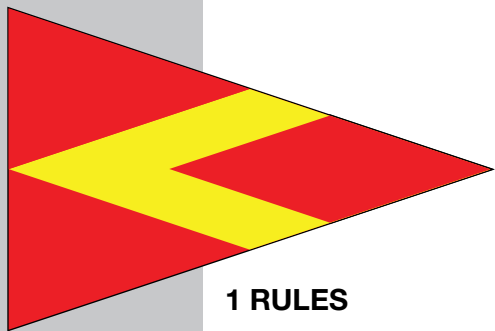
**3 CHANGES TO SAILING INSTRUCTIONS**

- 3.1** Any change to the sailing instructions will be posted before 0700 on Saturday May 17, 2025, on the official notice board inside LMYC. Changes will also be posted on [noticeofrace.net](http://noticeofrace.net)

**4 SCHEDULE OF RACES AND CLASS FLAGS**

- 4.1** The warning signal for the first class is scheduled for 0855AM.
- 4.2** The class starting order and pennant/flag colours are as follows:

Class	Pennant/Flag Colour
JOG/JAM	WHITE
PHRF C	ORANGE
PHRF B	GREEN
PHRF A	YELLOW
PHRF SHORT HANDED	PINK



**4.3** Ratings for splits shall be posted by 20:00hrs on Friday May 16, 2025, at LMYC on the official notice board. Ratings for splits will also be posted on [noticeofrace.net](http://noticeofrace.net) . Please check to verify splits.

## 5 COURSE AND MARKS

- 5.1** The Starting line will be off Bar Point and Willow Beach. (Approx 3/4 nm easterly of permanent light tower 33D). The Race Committee boat will be on station at approximately 42.02.3802.N x 083.06.785.W . Boats will leave the Colchester Reef light to Port for this race.
- 5.2** The approximate course is shown on the diagram on Attachment C
- 5.3** The course distance is 26NM.

## 6 THE START

- 6.1** Races shall be started using RRS 26
- 6.2** The starting line will be between a staff displaying an orange flag on the committee boat and the course side of the mark to the east of the race committee boat.

## 7 THE FINISH

- 7.1** The finish line will be between a staff displaying a blue flag on the race committee vessel and the course side of the western end of the break wall south of leamington harbour entrance. In the event that the race committee boat is not on station, competitors are instructed to sail to the above co-ordinates and record their finish time using a GPS clock. Finish times may then be handed into the race chairman at Leamington Harbour.
- 7.2** Boats may also locate the finish line by using the Marine Traffic app and Searching the vessel "Transit Dreams".

## 8 TIME LIMITS

- 8.1** There shall be no time limit. The race committee may leave the station 8 hours after the warning signal is made. All boats finishing after this time, must take their own time and report it to the race committee.

## 9 PROTESTS AND REQUESTS FOR REDRESS

- 9.1** Hearing request forms will be available from the race committee at the finish line.
- 9.2** A protesting boat shall advise the race committee at or before the finish line of any protest and through hailing or radio communication.
- 9.3** For each class the protest time limit is 60 minutes after the last boat has finished.
- 9.4** Notices will be posted no later than 30 minutes after the protest time limit to inform the competitors of hearings in which they are parties or named as witnesses and where the hearings will be held.
- 9.5** All provisions of RRS60 shall apply. Awards for any class and the overall race will not be presented where a pending protest may affect an award place.

## 11 DISCLAIMERS OF LIABILITY

- 11.1** Competitors participate in this regatta entirely at their own risk. See RRS 3 Decision to race. The organizing authority will not accept any liability for material damage, or personal injury, or death sustained in conjunction with, prior to, during, or after the regatta.

## 12 RADIO COMMUNICATIONS

- 12.1** The race committee will monitor VHF Channel 68.
- 12.2** While racing, 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. This restriction also applies to mobile telephones.
- 12.3** If a boat retires from the race, it is the boats responsibility to inform the race committee as soon as safely possible, preferably over VHF channel 68. If a boat receives no response from the RC, the boat may then reach out via email to [lmmycracing@gmail.com](mailto:lmmycracing@gmail.com) or via text/ phone to (519)562-7210.

## 13 FURTHER INFORMATION

**13.1** For further information, please reach out to Regatta Chairperson Brayden Uttley at (519)971-3050 or [brayden.uttley@gmail.com](mailto:brayden.uttley@gmail.com)

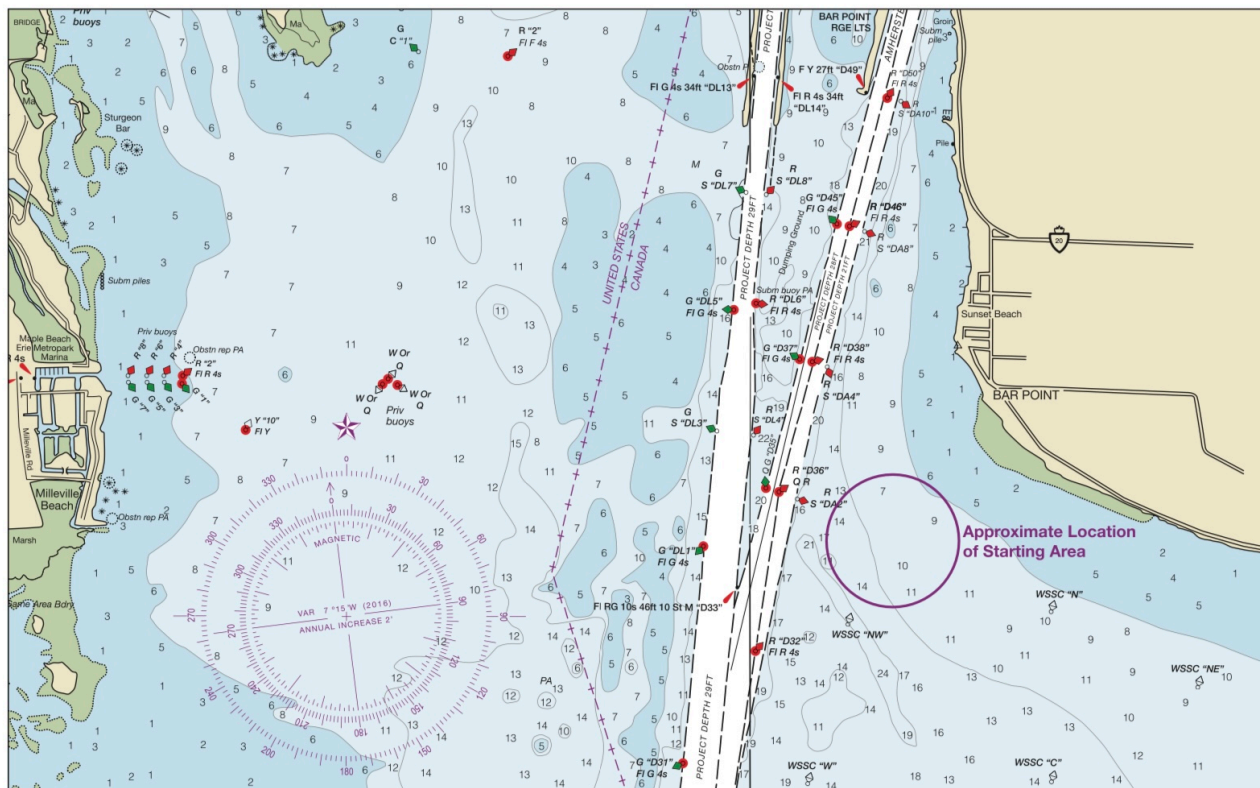
### ATTACHMENT A

Shows the location of LMYC



### ATTACHMENT B

Shows the chart locations of the racing start and finish areas.



# SHAKEDOWN - SAILING INSTRUCTIONS - 2025

The diagram in attachment C shows the approximate course.



From the Start off Bar Point and Willow Beach. (Approx 3/4 nm easterly of permanent light tower 33D, boats shall head towards Colchester Reef Light and round to Port then head towards Leamington Harbour to the finish line between a staff displaying a blue flag on the race committee vessel and the course side of the western end of the break wall south of leamington harbour entrance. Lines on map are approximate.

26 Nautical Miles.