



LaSalle Mariners Yacht Club

39th Annual Sail For Hospice

Sunday September 14, 2025

1 RULES

- 1.1 This regatta shall be governed by the Racing Rules of Sailing 2025-2028. The Prescriptions of Sail Canada located at www.sailing.ca shall apply.
- 1.2 The Equipment Rules of sailing shall be used. www.sailing.org
- 1.3 The Canadian shipping act - Small Vessel regulation (required safety equipment) shall apply.
<http://laws-lois.justice.gc.ca/eng/regulations/SOR-2019-91>
- 1.4 The MWPHRF handicap system shall be used for scoring.

2 SAILING INSTRUCTIONS

- 2.1 The Sailing Instructions will be available after September 11, 2025
- 2.2 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 in the LMYC Clubhouse. The Sailing Instructions will also be available at noticeofrace.net

3 COMMUNICATION

- 3.1 All boats shall carry a VHF Radio capable of communication on Channel 68. The race committee may make courtesy broadcasts on this Channel.

4 ELIGIBILITY AND ENTRY

- 4.1 This event is open to all PHRF and JAM class boats.
- 4.2 As this is a fun race, club ratings will be used for scoring purposes.

Class	Pennant Colour
PHRF	YELLOW
JAM	GREEN

- 4.3 Classes and starts will be defined as follows:
- 4.4 Eligible boats may enter by completing the entry form and submitting it together with the required fee no later than 11am on Sunday September 14, 2024
- 4.5 Boats may enter the event by registering online at noticeofrace.net . Online registrations shall be your electronic signature, initials and agreement to the terms on the registration form.

5 FEES

- 5.1 There will be a \$50.00 entry fee or a minimum of \$200.00 in pledges required to enter this event.

6 SCHEDULE

- 6.1 Sunday September 14, 2025 is the LMYC 39th Annual Sail for Hospice. The scheduled time of the 1st warning signal is 1:55pm.
- 6.2 There will be a skippers meeting scheduled at 1PM.

7 VENUE

- 7.1** After the race, all are welcome to LMYC where flags will be presented and a fundraising raffle will take place.
- 7.2** All are welcome to join for a BBQ lunch for purchase after the race with all proceeds going to Hospice.

8 COURSES

- 8.1** The courses to be sailed will be shown on Attachment A of the sailing instructions. Full size maps will be included with the Sailing Instructions. The starting area will be in the vicinity of DF27, on the NE area of Fighting Island, Across from Gil Maure Park in LaSalle.

9 SCORING

- 9.1** In accordance with RRS 90.3 - scoring, Appendix A will apply. A boats corrected time shall determine her position. The low points scoring system will then be used.

10 RISK STATEMENT

- 10.1** RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers and hers alone.' By participating in this event each competitor agrees that sailing is a 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. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.**

11 INSURANCE

- 11.1** Each participating boat shall be insured with valid third-party liability insurance. Proof of insurance is to be provided as part of the registration requirements.

12 PRIZES

- 12.1** The 1st, 2nd, and 3rd, positions in each class will be awarded flags.
- 12.2** There will be a Hospice flag awarded to the highest fundraiser.
- 12.3** The Grandpa P.H.R.F. Trophy will be presented to the boat with the best corrected elapsed time.

13 PHOTO AND VIDEO DISCLAIMER

- 15.1** By participating in the event, competitors give absolute right and permission for any photograph and video footage taken of themselves and the boat there are sailing during the event to be published in any media whatsoever, for editorial, advertising, or to be use in press information without compensation.

14 FURTHER INFORMATION

- 14.1** For further information, please contact:
Chris Wysynski (226) 996-9220 or cwysynski@yahoo.com