

SAILING INSTRUCTIONS 2026



1 RULES

- 1.1 All races will be governed by current rules of Sail Canada (SC); {World Sailing Racing Rules of Sailing 2025-2028 (www.worldsailing.org) with the prescriptions of the SC}, the rules of each class concerned and by these sailing instructions.

2 ENTRIES

- 2.1 In order to participate in the FPSC race program you must:
- 2.1.1 Be a paid-up member of the club for the current year and supply the club with proof of current insurance.
 - 2.1.2 Have a valid PHRF - LO certificate
- 2.2 Failure to comply with the requirements of 2.1 will result in being scored DNC (Did Not Compete) in any race/series sailed when these conditions are not met

3 NOTICES TO COMPETITORS

- 3.1 All notices to competitors prior to racing will be sent via text message.
- 3.2 On the water, communication will be via **VHF channel 69**.

4 SCHEDULE OF RACES

Spring Tuesday Series: May 19, 26, June 2, 9, 16, 23, 30, July 7 (eight races)

Summer Tuesday Series: July 14, 21, 28, Aug. 4, 11, 18, 25, Sept 1 (eight races)

Makeup race: Sept 8

Club Championship: September 5th (Three races) (alternate date, Sept 6th)

- 4.1 For the Spring and Summer Series, warning signal will blast at 18:29 hrs. Start sequence will begin at 18:30 hrs.
- 4.2 All registered boats will be required perform Race Committee duties at least one night throughout the race season. The list is to be published.
- 4.3 If a boat is unable to cover their assigned night, they must find a suitable alternate to perform RC duties. A boat that fails to do this will score DSQ for the race they were assigned as well as the previous weeks race.

5 THE COURSE

- 5.1 Refer to the diagram in Appendix A of these instructions for the course layout and the approximate distance between marks.
- 5.2 The course will be decided by the Acting RC. The standard course will be two complete laps of the course unless otherwise communicated to the participants via VHF.
- 5.3 If a mark of the course is missing, a temporary mark may be placed in the approximate location of the missing mark. This change will be communicated to participants ahead of the start.

6 MARKS

- 6.1 The course marks are plastic pipes approximately 6" in diameter and 8' tall.

7 THE START

- 7.1 See Appendix B for start sequence and classes.
- 7.2 The start line will be between the fixed centre mark and a drop mark. The starting area is defined as the area surrounding the start line that extends three (3) boat lengths beyond the port and starboard ends of the line as well as three (3) boat lengths above and below the start line. All yachts whose preparatory signal has not been made shall keep clear of the starting area of all yachts whose preparatory signal has been made.
- 7.3 Any part of a boat's hull is on the course side of the starting line or its extensions during the minute before her starting signal, she shall thereafter sail from the course side across an extension to the pre-start side before starting. (SC 30.1).

8 RECALLS

- 8.1 Boats shall be responsible for self-declaring OCS.

9 CHANGE OF COURSE AFTER THE START

- 9.1 The acting race committee may elect to shorten or lengthen the course. Communication regarding course changes will be made via VHF 69.
- 9.2 Changes to the course will be signalled before the leading yacht has begun the leg.

10 THE FINISH

- 10.1 The finish line will be between the fixed centre mark and the dropped start line mark. The finish line is to be crossed in the direction from the previous mark. (The finish mark may be to port **or** starboard).

11 TIME LIMITS

- 11.1 The first mark must be round within *forty five (45) minutes* of starting. If no yacht has rounded the first mark within this time period, then the race will be abandoned. If possible, abandoned races may be made up at the end of the regular season.
- 11.2 The time limit for finishing the races will be two (2) hours elapsed time after the start of the fleet (ie, fleet flag down). Any yacht finishing after two hours will be scored DNF.
- 11.3 Curfew will be signalled with 3 horn blasts and dropping the RC flag.

12 PROTESTS

- 12.1 Protests must be submitted on a SC Protest Form within one (1) hour of the committee boat returning to harbour. On her return to harbour, the committee boat will make one (1) audible signal to indicate the beginning of the time period within which a protest may be lodged. Protest forms are available from the race committee.
- 12.2 All protests should be presented to the race chairman who, in turn, will take them to the protest committee.
- 12.3 The jury will attempt to hear protests on the same day/evening they are received.
- 12.4 In the event of boat damage or personal injury, a protest hearing may be conducted by an outside organization. Details of this protest meeting will be communicated to protest parties.

13 SCORING

- 13.1 Yacht finish times will be handicapped using the PHRF - LO time-on-time scoring system.

Minimum number of races to score for a Series and Overall

Championship:

Spring Series - 8 races

Summer Series - 8 races

Club Championship Series - 3 Races (All races count).

Series scoring combined low point score best:

- **6 out of 7 or 8 races, raced (ie, 1 or 2 discards).**
- **5 out of 5 or 6 races, raced (ie, 0 or 1 discard).**
- **4 out of 4 races, raced (ie 0 discards).**

Yearly Overall Champion Combined LO Point score of best:

- **14 out of 18 or 19 races, raced (ie 4 or 5 discards).**
- **13 out of 16 or 17 races, raced (ie, 3 or 4 discards)**
- **12 out of 15 races, raced (ie, 3 discards).**
- **11 out of 13 or 14 races, raced (ie, 2 or 3 discards).**

Note: raced “refers to actual on water races started by the race committee”.

All races in which a yacht competes shall be scored.

13.2 Individual Series and Overall Score

13.3 Low point scoring system will be used.

13.4 DNF – Starters plus 1, DNS – Fleet plus 1, DSQ - Fleet plus 2

13.5 Ties will be broken as per SC Appendix A8

13.6 DSQ will be scored in series and overall results

14 MAKE UP RACES

14.1 A make up date is scheduled for the Tuesday following the last Summer series race.

14.2 Every attempt will be made to race equal numbers of races in each series (ie, if 7 races are sailed in Spring and 6 races in Summer, makeup race will be for Summer Race 7).

14.3 Races not started and races abandoned will take equal priority.

15 ONE AND TWO TURN PENALTIES

15.1 The ONE & TWO turn penalties in accordance with SC rule 44.2, will apply.

16 FLEETS

16.1 If possible, there will be two fleets, NFS and FS.

16.2 Each skipper will declare his/her yacht as ‘flying sails, FS’ or ‘non-flying sails, NFS’ for each of the series of races. He/she will maintain that designation until the series is completed. Yachts wishing to sail ‘NFS’ must make their intentions known prior to the first race in any series and are required to fly a visible white pennant from the backstay, otherwise she will be scored as a ‘FS’ yacht.

16.3 A minimum of five (5) yachts is required to constitute a fleet. If insufficient boats are available to make up a fleet, all boats will be scored as in one fleet using their FS rating.

17 MEASUREMENT AND HANDICAP RATING

- 17.1 Any yacht with unmeasured sails which could affect its PHRF - LO rating shall have its sails measured. New sails acquired throughout the year must be submitted to the club handicapper for measurement before they are used.
- 17.2 The race committee reserves the right to inspect any member's yacht to verify it's rating and compliance with club rules.
- 17.3 Measurement and handicap rating will be as per the current PHRF-LO handicapper's manual and by-laws.
- 17.4 Handicap grievances will be resolved in accordance with PHRF-LO by-laws.

APPENDIX 'A'

The compass headings will be from the centre mark.

All races will start from the centre mark.

All legs will be .50 miles at each point of the compass.



Mark	DD MM.MM
Centre	43°14.65' N, 79°39.000' W
1	43°15.15' N, 79°39.000' W
2	43°15.00' N, 79°38.515' W
3	43°14.65' N, 79°38.316' W
4	43°14.30' N, 79°38.515' W
5	43°14.15' N, 79°39.000' W
6	43°14.30' N, 79°39.484' W
7	43°14.65' N, 79°39.684' W
8	43°15.00' N, 79°39.484' W

APPENDIX 'B'

Starting Sequence

Time	Sound	Significance
18:29:00	3 short horns	Pre-race Warning
18:30:00	1 short horn	Start Warning
18:31:00	1 short horn	Start of sequence
18:34:00	1 short horn	1 min to Start
18:35:00	1 long horn	START!

Note: Unless otherwise noted, Rule 30.1 (the 'I' flag rule) is in effect.

Appendix 'C'

In the situation with no official RC boat on station, the club members will take turns on assigned weeks in performing the task of dropping a mark for the start line.

The weekly assigned RC boat will start the race using the radio to count down to the start.

Each boat will record their own times for starting and finishing using the GPS clock.

The times will be sent/given into the Scorer the same evening of the race. If times are not provided within 24 hours the boats will be marked DNC.

The next boat scheduled to act as RC is responsible for collecting the dropped mark and holding it until the next week.