



*An event of the Quebec Circuit*

## **SAILING INSTRUCTIONS (SIs)**

*July 4 to July 6, 2025*

***Pointe-Claire Yacht Club, Pointe-Claire, Québec***

*Organising Authority: Pointe Claire Yacht Club (PCYC)*

The notation '[SP]' in a rule of the sailing instructions (SIs) means that the standard penalty for a breach of the rule may be applied by the race committee or technical committee without a hearing. This changes RRS A5.

### **1. RULES**

- 1.1. The event is governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2. If there is a conflict between languages, French will take precedence.

### **2. CHANGES TO SAILING INSTRUCTIONS**

Any change to the sailing instructions will be posted before 0800 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

### **3. COMMUNICATIONS WITH COMPETITORS**

- 3.1. The Official Notice Board is located on the veranda of the main clubhouse.
- 3.2. Notices to competitors will also be posted at this link:  
<https://www.pcyq.qc.ca/en/event/try-regatta-2025/>
- 3.3. The race office is located in the dining room area of Pointe Claire Yacht Club.

### **4. CODE OF CONDUCT**

[DP] Competitors and support persons shall comply with reasonable requests from race officials.

## 5. SIGNALS MADE ASHORE

- 5.1. Signals made ashore will be displayed on the official flagpole located south of the club house.
- 5.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 35 minutes' in Race Signals AP.
- 5.3. [DP] Flag D with one sound means 'Boats shall not leave the harbour until this signal is made. The warning signal will not be made before the scheduled time or less than 45 minutes after flag D is displayed.'

## 6. SCHEDULE OF RACES

### 6.1.

| Date                  | Event   | Class       |
|-----------------------|---|-------------|
| Friday July 4, 2025   | Coach Meeting: 10h45  |             |
|                       | Athletes Meeting: 11h15   |             |
|                       | Practice Race: 13h00  | All Classes |
|                       | Race 1 Warning Signal no sooner than 15 minutes after the finish of the last boat in the practice race. | All Classes |
| Saturday July 5, 2025 | Coach Meeting: 8h45   |             |
|                       | First Warning Signal: 10h00   | All Classes |
| Sunday July 6, 2025   | Coach Meeting: 8h45   |             |
|                       | First Warning Signal: 10h00   | All Classes |

- 6.2. To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.
- 6.3. On the last scheduled day of racing no warning signal will be made after 15h00.

## 7. CLASS FLAGS

| Class          | Class Flag |
|----------------|------------|
| Optimist       | Purple     |
| ILCA 4         | Turquoise  |
| ILCA 6         | Pink       |
| C420           | White      |
| Optimist Green | Green      |

## 8. RACING AREA

Attachment B shows the location of racing areas.

## 9. COURSES

- 9.1. The diagrams in Attachment A show the courses, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

| Class          | Course Type |
|----------------|-------------|
| ILCA 4 , 6     | 2           |
| C420           | 2           |
| Optimist       | 2           |
| Optimist Green | 1           |

- 9.2. Should either marks 2s or 2p be missing or significantly out of position, the remaining mark shall be left to port.

## 10. MARKS

10.1.

| Course Area | Mark Colour and Shape | Change Mark Colour and Shape |
|-------------|-----------------------|------------------------------|
| 1           | Yellow Tetrahedron    | Orange Tetrahedron           |
| 2           | Orange Tetrahedron    | Yellow Tetrahedron           |
| 3           | Yellow Cylinder       | n/a                          |

- 10.2. New marks, as required by SI 12, are given in the above table.

## 11. THE START

- 11.1. The starting line will be between the staff or halyard displaying an orange flag on the race committee boat at the starboard end of the line and the course side of the starting mark as shown on Attachment A.
- 11.2. [DP] Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 11.3. A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.

## **12. CHANGE OF THE NEXT LEG OF THE COURSE**

To change the next leg of the course, the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

## **13. THE FINISH**

The finish line will be between the staff or halyard displaying a blue flag on the race committee boat and the course side of the finishing mark as shown on Attachment A.

## **14. TIME LIMITS [AND TARGET TIMES]**

14.1. The Mark 1 Time Limit, Race Time Limit, and the Finishing Window are shown in the table below.

| Class          | Mark 1 Time Limit | Race Time Limit | Finishing Window | Target Time |
|----------------|-------------------|-----------------|------------------|-------------|
| Optimist       | 30 Minutes        | 70 Minutes      | 15 Minutes       | 45 Minutes  |
| Optimist Green | 30 Minutes        | 45 Minutes      | 10 Minutes       | 25 Minutes  |
| ILCA           | 30 Minutes        | 70 Minutes      | 15 Minutes       | 45 Minutes  |
| C420           | 30 Minutes        | 70 Minutes      | 15 Minutes       | 45 Minutes  |

14.2. If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned.

14.3. The Finishing Window is the time for boats to finish after the first boat sails the course. Boats starting but failing to sail the course within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place two more than the finishing place of the last boat that sailed the course within the Finishing Window and was not penalised under RRS 30.3 or 30.4. This changes RRS 35, A5.1, A5.2 and A10.

14.4. Failure to meet the Target Time will not be grounds for redress. This changes RRS 61.

## **15. HEARING REQUESTS**

- 15.1. For each class, the protest time limit is 45 minutes after the time the RC boat docks following the last race of the day or the race committee signals no more racing today, whichever is later. The time will be posted on the official notice board.
- 15.2. Hearing request forms are available from the race office located in the dining room of the Pointe Claire Yacht Club.
- 15.3. Notices will be posted on the official notice board no later than 10 minutes after a hearing request is filed to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the 'protest room', located near the shear legs adjacent to the flag pole.

## **16. SCORING**

- 16.1. A boat's series score is the total of her race scores excluding her worst scores as follows:
  - a. When fewer than 5 races have been completed, a boat's series score is the total of her race scores.
  - b. When from 5 or more races have been completed, a boat's series score is the total of her race scores excluding her worst score.

## **17. SAFETY REGULATIONS**

- 17.1. All competitors shall wear approved lifejackets at all times while afloat. The Y flag will not be displayed. This changes RRS 40.1
- 17.2. [SP] Each day all boats shall check-out and check-in at the desk near the sail shed and west ramp.
  - a. Failure to Check-Out will result in a 10% point penalty for the next race completed even if no further race is completed on the day of the infringement.
  - b. Failure to Check-In will result in 10% point penalty for the last race completed even if no race is completed on the day of the infringement.
  - c. Only one 10% point penalty for infringements of SI 17.2 will be applied by race committee without a hearing to any one race on the day. A competitor shall not be scored worse than a disqualified competitor.
  - d. The 10% penalty is calculated according to RRS 44.3c .
  - e. Special provisions for Check-In requirements may be arranged in advance with the Organizing Authority on the last day of the event. The process for this will be provided to the coaches at the Sunday coach meeting and posted on the Official Notice Board.
- 17.3. [DP] A boat that retires from a race shall notify the race committee as soon as possible.

## **18. REPLACEMENT OF CREW OR EQUIPMENT**

- 18.1. Substitution of competitors is not allowed without prior written approval of the Race Committee.
- 18.2. [DP] Substitution of damaged or lost equipment is not allowed unless authorized in writing by the Race Committee. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.

## **19. EQUIPMENT AND MEASUREMENT CHECKS**

A boat or equipment may be inspected at any time for compliance with the class rules, notice of race and sailing instructions.

## **20. OFFICIAL VESSELS**

Judges boat will display a white flag showing the letter J.  
Race Committee vessels will display their course area number pennant.

## **21. [DP] SUPPORT TEAM**

- 21.1. [DP] **Except on the Optimist Green Fleet course**, team leaders, coaches and other support persons shall stay outside areas where boats are racing from the time of the preparatory signal for the first start until all boats have finished or retired or the race committee signals a postponement, general recall or abandonment.

## **22. TRASH DISPOSAL**

Trash may be placed aboard official [or support person] vessels.

## **23. PRIZES**

Prizes will be awarded for each class except Opti-Green Fleet. (Participants in the Optimist Green Fleet will receive participation prizes.

## **24. RISK STATEMENT**

RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges 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.**

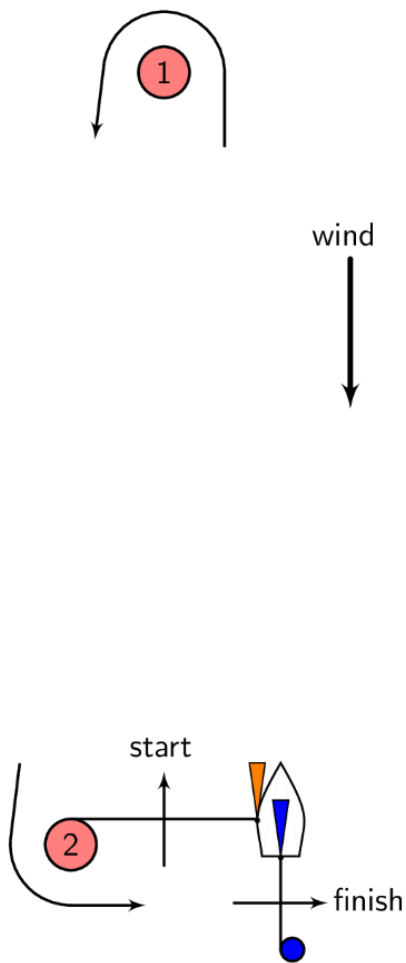
## **25. INSURANCE**

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of CAD500,000 per incident or the equivalent.

**ATTACHMENT A**  
**ILLUSTRATION OF THE COURSES**

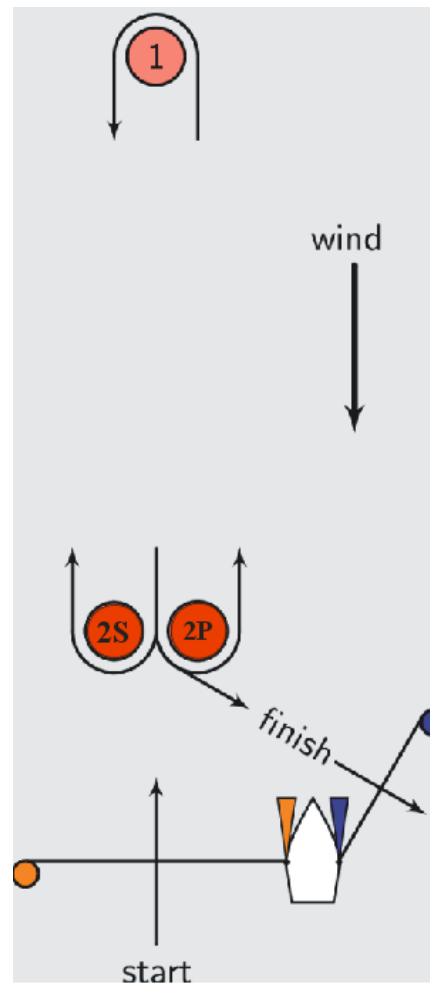
**Course 1**

**Start-1-2-Finish**  
**Optimist Green Fleet**



**Course 2**

**Start-1-2S-2P(gate)-1-2P-Finish**  
**All classes except Optimist Green Fleet**







| Class          | Racing Area |
|----------------|-------------|
| Optimist       | 1           |
| ILCA 4         | 2           |
| ILCA 6         | 2           |
| C420           | 2           |
| Optimist Green | 3           |