

FLYING HIGH



RACING



2026 FLYING HIGH REGATTA

NOTICE OF RACE

5o5 Ontario Provincial Championship

AUGUST 22 - 23, 2026

Organizing Authority (OA) – Etoibcoke Yacht Club, Toronto, Canada

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1 .

1. RULES

- 1.1. The event is governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2. The Sail Canada prescriptions shall apply. <https://www.sailing.ca/rules-prescriptions/>
- 1.3. The measurement rules of the 5o5 Class will apply.
- 1.4. For the open dinghy class, the applicable class rules will apply.
- 1.5. For the open catamaran class, the rules of the Small Catamaran Handicap Rating System (www.schrs.com) will apply.
- 1.6. RRS 40.1 will apply at all times while afloat.
- 1.7. RRS 60.4(a)(2) is changed as follows: "(2) if it alleges a breach of a rule of Part 2 or rule 31 and is from a boat that was not involved in, and did not see, the incident, or
- 1.8. Appendix T, Arbitration, will apply.

2. SAILING INSTRUCTIONS

- 2.1. The sailing instructions will be available on the official notice board located at <https://theclubspot.com/regatta/fG2a6QmA1E> prior to 1200 Friday, August 21, 2026.

3. COMMUNICATION

- 3.1. The official notice board is located online at <https://theclubspot.com/regatta/fG2a6QmA1E>.
- 3.2. On the water, the race committee may make courtesy broadcasts to competitors on VHF radio. The channel will be stated in the sailing instructions.
- 3.3. [DP] 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.

4. ELIGIBILITY AND ENTRY

- 4.1. The event is open to all boats of the International 5o5, one design dinghies and open catamaran classes. Expected one design dinghy classes include 470, C420, ILCA 6 and ILCA 7.
- 4.2. **For the 5o5 class:**
 - 4.2.1 Each competitor shall be a member of their national 5o5 class association.
- 4.3. **For the Open Catamaran class:**
 - 4.4.1 Boats from established classes with class rules must comply with their class rules and can use the ratings on the SCHRS list (www.schrs.com/ratings).
 - 4.4.2 For boats not included in the SCHRS list a Provisional Rating will be assigned (on a best-efforts basis) for the duration of this event at the discretion of the organizing authority.
 - 4.4.3 The organizing authority reserves the right to group similar boats together to form two classes. Low-SCHRS multihull and High-SCHRS multihull.
- 4.4. Boats may only enter the event by registering online at <https://theclubspot.com/regatta/fG2a6QmA1E/class>. Registration will be accepted until 0900 Saturday, August 22, 2026.
- 4.5. To be considered an entry in the event, a boat shall complete all registration requirements and pay all fees.

5. FEES

- 5.1. Entry fees are as follows:

Entry Fee
\$80.00+ 13% HST for single handed boat
\$90.00+ 13% HST tax for double handed boat

5.2. Entry fee includes a morning light breakfast for both days of racing and an after-racing BBQ on Saturday.

6. SCHEDULE

6.1. Schedule:

Date	Time	Event
Friday, August 21	1600 - 1900	Check-in at EYC dry sail building
Saturday, August 22	0800 - 0930	Check-in at EYC dry sail building
	0930	Competitors' Meeting by EYC dry sail building
	1100	Warning signal of first race of the day (5 races scheduled)
	After Racing	BBQ dinner
Sunday, August 23	1000	Warning signal of first race of the day (5 races scheduled)
	1430	No warning signal after this time
	After Racing	Awards

7. VENUE

7.1. The racecourse is located on Lake Ontario, approximately 1 nautical mile south-east of the entrance to the Etobicoke Yacht Club harbour.

8. COURSES

8.1. The course will be a windward/leeward or triangle configuration. The courses will be stated in the sailing instructions.

9. SCORING

- 9.1. One (1) race is required to be completed to constitute a series.
- 9.2. When fewer than four (4) races have been completed, a boat's series score shall be the total of her race scores.
- 9.3. When four (4) to seven (7) races have been completed, a boat's series score will be the total of her race scores excluding her worst score.
- 9.4. When eight (8) or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.

10. DATA PROTECTION

10.1. Competitors grant, at no cost, the Etobicoke Yacht Club, the absolute right and permission to use their name, voice, image, likeness, biographical material as well as representations of the boats in any Club related media (including print and internet media), including video footage, for the sole purpose of advertising promoting, reporting, and disseminating information regarding Club events.

11. RISK STATEMENT

11.1. 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.

12. INSURANCE

- 12.1. Each participating boat shall be insured with valid third-party liability insurance with a minimum coverage of \$2,000,000. (CAD) per incident.
- 12.2. The organizing authority does not accept any responsibility for verifying that a boat has valid third-party insurance.

13. PRIZES

- 13.1. The top placed 5o5 boat in the event will be declared the 2026 Ontario Provincial Champion.
- 13.2. Prizes will be awarded to boats placing first, second and third in each class at the conclusion of racing on the last day of the regatta.
- 13.3. Additional prizes may be awarded.

14. FURTHER INFORMATION

- 14.1. For general information on the EYC, please visit the club's website at www.eyc.ca or call 416-259-1159.
- 14.2. For further information, please contact: Open Catamaran - Beata Sejane (416)886-7277, 5o5 – Joshua Abush, (905)453-7336 or Flying High Event - Brendan Fifield (416)770-5225.

OTHER PRACTICAL INFORMATION (NOT PART OF THE NoR)

Limited camping is available in designated areas only on a first come first serve basis. All groups camping must always have an adult on site. Camping registration application form is available at <https://theclubspot.com/regatta/fG2a6QmA1E>.

To drop off boats on the Friday prior to the start of the event please email info@eyc.ca to make arrangements in advance.

A dinner hosted by Etobicoke Yacht Club for its members followed by a live music band is scheduled for Friday August 21th 1800 to 2300. All event participants are invited. Dinner tickets for this event must be purchase in advance; menu and instruction will be posted by August 18th on <https://theclubspot.com/regatta/fG2a6QmA1E>.

EMERGENCY PLAN:

In the event of damage or injury:

1. Contact Toronto Police Services Marine Unit
2. Contact the Race Committee VHF 16 or 08

Emergency Phone Numbers

Toronto Emergency Services	For emergencies ONLY – 911 BE PREPARED TO TELL 911: - Current location of injured person - Where you plan to bring injured person - Age/gender/number of injured people - Type of injury/situation - Your name and call back number
Toronto Police Services Marine Unit	VHF 16 or 12 416-808-5800
Canadian Coast Guard (Trenton)	VHF 16 1-800-267-7270
Etobicoke Yacht Club	VHF 68 416-259-1159
Signal Vessel Charles McKeon	VHF 08

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