



Cornish Hen Dinghy Regatta
Cornish Hen Trophy
Organizing Authority: Royal Hamilton Yacht Club (RHYC)
September 12&13, 2026
Royal Hamilton Yacht Club, Hamilton, ON, Canada

NOTICE OF RACE (NOR)

1. RULES

- 1.1 The event is governed by the rules as defined in The Racing Rules of Sailing (RRS 2025-2028).
- 1.2 The prescriptions of Sail Canada will apply and will be posted in full on the official Notice Board.
- 1.3 The Class Rules of all participating classes will apply, except those changed by the Notice of Race, the Sailing Instructions, and any properly posted amendments.
- 1.4 RRS 40.1 will apply.
- 1.5 RRS Appendix P5 will apply for the 29er class. The recommended wind speed for Class Rule C1.1 (b) is 10 knots.

2. SAILING INSTRUCTIONS

- 2.1 The sailing instructions will be available after 1700h on September 11, 2026, at RHYC and may also be found online at <https://rhyc.ca/regatta/AHnFeYU44n>
- 2.2 The sailing instructions will consist of the instructions in RRS Appendix S, Standard Sailing Instructions, and supplementary sailing instructions and will be posted on the official notice board and online at Cornish Hen Dinghy Regatta (rhyc.ca). <https://rhyc.ca/regatta/vcXkbcuweJ>

3. COMMUNICATION

- 3.1 The official notice board is located on the patio wall at the east end of the main club building. Race documents may also be found online at <https://rhyc.ca/regatta/vcXkbcuweJ>
- 3.2 On the water, the Race Committee will make courtesy broadcasts to support boats on VHF radio. The VHF channels will be listed in the Sailing Instructions.
- 3.3 From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data transmissions that are not available to all boats. Discretionary Penalty [DP],

4. ELIGIBILITY AND ENTRY

- 4.1 The event is open to all boats of the ILCA 4, ICLA 6, ILCA 7, 29er, 420, 420 white sail, and Optimist (including Green fleet) classes. Additional classes may be added if a minimum of 5 boats register.
- 4.2 Boats in the 420 class may use any recognized 420 hull form and the standard club training rig (with non-tapered mast) and shall have a minimum weight of 100 kg fully rigged for sailing and in dry condition but without sails and personal equipment.
- 4.3 Competitors must be a member of an Ontario Sailing/Sail Canada member club, a student in an Ontario Sailing/Sail Canada member club, or other MNA member in good standing to participate.
- 4.4 Eligible boats may only enter the event by registering online at <https://rhyc.ca/regatta/AHnFeYU44n> or at RHYC on Friday, September 11 from 1800-2100 or Saturday, September 12 from 0800-0930.
- 4.5 Competitors under the age of 18 years require a parent or guardian (the term 'guardian' can be extended to include a coach or chaperone travelling with the competitor) to sign a waiver form acknowledging and accepting the risks inherent in the competitor's participation in the event, whether on or off the water.
- 4.6 All competitors in age-restricted classes may be required to provide valid government-issued proof of age at registration.
- 4.7 To be considered an entry in the event, a boat shall complete all registration requirements and pay all fees.

5. FEES

- 5.1 The registration fee is \$140.00 CAD per/person (including HST), which includes a \$5.00 Ontario Sailing Regatta fee.
- 5.2 The registration fee is \$120.00 CAD per/person (including HST) for registrations paid in full prior to midnight on September 4th, 2026.
- 5.3 Entry fee refunds may be granted at the discretion of the OA. An administrative fee may be applied.
- 5.4 Onsite Camping, Friday to Sunday morning. (please contact RHYC for reservation).

6. SCHEDULE

- 6.1 Check in and pick-up registration materials:
Friday, September 11 from 1800 to 2000 hours

Saturday, September 12 from 0800 to 0930 hours

6.2 Dates of racing:

Saturday, September 12 - All classes

Sunday, September 13 - All classes

6.3 Number of races:

Class	Number	Maximum # of Races / day
All classes (except Green fleet)	12	8
Optimist Green Fleet	20	10

6.4 Competitors meeting is at 0945 hrs on Saturday, September 12th.

6.5 The scheduled time of the warning signal for the first race on Saturday, September 12th at 1100 hrs. The scheduled time of the warning signal for the first race on Sunday, September 13th is 1030 hrs.

6.6 On the last scheduled day of racing, no warning signal will be made after 1430 hrs.

7. EQUIPMENT INSPECTION

7.1 Competitors are responsible for ensuring their boats meet the measurement standards as prescribed by the class association.

7.2 Boats may be inspected at any time.

8. VENUE

8.1 Racing will take place in Hamilton Harbour.

9. COURSES

9.1 Courses to be sailed will be windward/leeward or windward/leeward/triangle.

10. PENALTY SYSTEM

10.1 For the 29er class only, RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

10.2 A boat that has taken a penalty or retired under RRS 31 or RRS 44.1 shall complete an acknowledgment form at the protest desk within the protest time limit.

10.3 RRS Appendix P will apply to all classes and is amended such that RRS P2.3 is deleted and RRS P2.2 will apply to the second and subsequent penalties.

11. SCORING

11.1 One race is required to be completed to constitute a series.

11.2 (a) When fewer than five races have been completed, a boat's series score will be the total of her race scores.

(b) When from five to nine races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

(c) When from 10 to 15 races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.

(d) When 15 or more races are completed, a boat's series score will be the total of her race scores excluding her three worst scores.

12. SUPPORT PERSON VESSELS

12.1 Support person vessels shall register with the organizing authority and shall be marked with a flag.

12.2 All support person vessels shall carry a VHF radio capable of communication on the course radio channel that they are monitoring. In the event of a safety issue on the course, support person vessels will be contacted by and will be required to follow the instructions of the RHYC safety officer, the principal race officer, or the course race officer.

12.3 Support person vessels will be assigned a berth or mooring area for the duration of the event. Such berth or mooring is subject to the terms and conditions for all boats using RHYC-controlled facilities.

13. BERTHING

13.1 Boats shall be kept in their assigned places while at the RHYC.

14. RISK STATEMENT

14.1 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 an 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.

15. INSURANCE

- 15.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of \$1,000,000 CAD per incident or the equivalent.

16. PRIZES

- 16.1 Prizes will be given to boats placing first, second, and third in each class with five or more entries: to those placing first and second in classes with four entries, and to the first place in classes with three entries.
- 16.2 The Optimist Class will receive prizes for Red, Blue, White and Green fleets.
- 16.3 The Cornish Hen Trophy will be presented to the first place overall Optimist sailor in the Red, Blue and White fleets.
- 16.4 Other prizes may be awarded.

17. CONCUSSION AWARENESS

- 17.1 Certain aspects of Rowan's Law are in effect. To review current information and requirement, check the Ontario Sailing website: <https://ontariosailing.ca/concussion-information/>
- 17.2 Competitors and Support Persons under the age of 26, need to:
Confirm they have read a Ministry Approved Concussion Awareness Resource.
Confirm you have reviewed, and committed to, the Ontario Sailing Athlete Concussion Code of Conduct.

18. SAFE SPORT

- 18.1 All Participants, coaches, volunteers and parents at the regatta are expected to practice, compete, play, work, volunteer, and interact in an environment free from Maltreatment following guidelines outlined under Safe sport (Universal Code of Conduct to Prevent and Address Maltreatment in Sport 2025). The guidelines can be found on the Ontario Sailing website at <https://cces.ca/sites/default/files/content/docs/2025-01/CCES-UCCMS-Final-E.pdf>

19. FURTHER INFORMATION

- 19.1 Contact: Royal Hamilton Yacht Club,
Foot of MacNab Street North (555 Bay Street North) Hamilton, Ontario L8L 1H1
Phone: (905) 528-8464 Fax: (905) 528- 2622 website: <https://www.rhyc.ca>

PRACTICAL INFORMATION (NOT PART OF THE NOTICE OF RACE)

1. Clothing

This is a late-season event and the water can be very cold. Competitors are reminded to bring appropriate clothing and equipment.

2. Accommodations

Limited Camping is allowed on the club front lawn. Camping reservation is necessary and sites are provided in the order of request received. Please go to <https://rhyc.ca/regatta/vcXkbcuweJ> for reservation information. For accommodation information in the Hamilton area: www.tourismhamilton.com

3. Food

Lunches are not included.

Hotdogs will be available at no cost, post-racing on Saturday.

Food and Beverages will be available at the clubhouse as per the menu and prices.

4. Water Bottles

Please bring refillable water bottles. An outdoor water refilling station is located by the main harbour side entrance to the Royal Hamilton Yacht Club.

5. Trailer Parking

Trailer Parking will be at the HOPA building on James St. North. The entrance to the parking lot is located off Guise St. Please do not block the garage door at the parking lot. Each trailer should have a tongue and box lock. No trailers are to be left in the RHYC parking area.

6. Clean Regatta

Competitors are reminded of Rule 47 from the Racing Rules of Sailing which states: competitors and support persons shall not intentionally put trash in the water. Single-use water bottles have been eliminated. Please bring your own permanent water bottle to the refill station located by the pool. We encourage all green boating practices.

7. Opti Green Fleet

The Green Fleet welcomes new and learning racers under age 14. The regatta begins onshore with a lesson reviewing race instructions: understanding signal flags used by the Race Committee, the starting sequence and how to read racecourse diagrams in the SI's. The Green Fleet racecourse will be inside the break wall, which permits many short races for beginners to practice honing their skills. Sailors will come ashore for a lunch break. Parents and guardians can view the races from the front walkway of the club.

8. Post Racing Swim

Time in the club pool to be determined.