

FLYING HIGH

RACING



2026 FLYING HIGH OPEN CATAMARAN REGATTA 5o5 ONTARIO PROVINCIAL CHAMPIONSHIP SAILING INSTRUCTIONS

AUGUST 22 - 23, 2026

Organizing Authority (OA) – Etobicoke 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. RRS G1.1 (b) will not apply. This changes RRS 77.

2. CHANGES TO SAILING INSTRUCTIONS

- 2.1. Any change to the sailing instructions will be posted before 0900 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. COMMUNICATION

- 3.1. The online official notice board is located at: <https://theclubspot.com/regatta/fG2a6QmA1E> .
- 3.2. On the water, the race committee intends to monitor and communicate on VHF radio channel 08.
- 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. SIGNALS MADE ASHORE

- 4.1. Signals made ashore will be displayed on the Race Committee signal vessel at its mooring.
- 4.2. When flag AP is displayed ashore, "1 minute" is replaced with "not less than 30 minutes" in race signal AP. This changes Race Signal AP.

5. SCHEDULE OF RACES

- 5.1. Racing schedule:

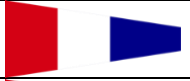
Date	Time	Event
Friday, August 21	1600 - 1900	Check-in at EYC dry sail building
Saturday, August 22	0800 - 0930	Check-in at EYC dry sail building
	0930	Competitors' Meeting by EYC dry sail building
	1100	Warning signal of first race of the day (5 races scheduled)
	After Racing	BBQ Dinner
Sunday, August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

- 5.2. To alert boats that a race or sequence of races will begin soon, the orange flag will be displayed with one sound at least five minutes before a warning signal is made.

6. CLASS FLAGS

- 6.1. Class flag assignments will be as follows:

5o5 class	
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Open Dinghy class	
Standard Catamaran class	
Spinnaker Catamaran class	

7. THE COURSES

- 7.1. The diagram in Appendix 'A' show the course, the order in which marks are to be passed, and the side on which each mark is to be left.

8. MARKS

8.1

Mark	
Starting	Green Inflatable
Marks 1, 2p, 2s	Orange Inflatable
New mark as provided in SI 11.1	Yellow Inflatable
Finish	Red Inflatable

- 8.2 The leeward gate may be replaced by a single mark; in this case, the mark will be left to port.

9. THE START

- 9.1. The start line will be between a staff displaying an orange flag on the signal vessel and the course side of the start mark.
- 9.2. [DP][NP] Boats whose warning signal has not been made shall avoid the starting area.
- 9.3. A boat starting later than 4 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes RRS A5.
- 9.4. For the 5o5 class, Appendix 'B', Gate Start Procedure may apply.

10. CHANGE OF THE NEXT LEG OF THE COURSE

- 10.1. 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.
- 10.2. When Mark 1 has been changed, Mark 1a is no longer a mark of the course. It will be removed as soon as practicable. This changes RRS 33.

11. THE FINISH

- 11.1. The finish line will be between the staff displaying the blue flag on the signal vessel and the course side of the finish mark.
- 11.2. If the Race Committee determines that the finishing order in a race is unlikely to change, it may use reasonable discretion to score boats still racing, points equal to their position in the race. This changes RRS A3, A4 and A5.2.

12. PENALTY SYSTEM

- 12.1. RRS 44.1 is changes so that the Two-Turns Penalty is replaced by a One-Turn Penalty.

13. TIME LIMITS AND TARGET TIMES

13.1.

Class	Starting Window	Finish Window	Target Time
5o5 class	4 minutes	20 minutes	60 minutes
Open Dinghy	4 minutes	25 minutes	45 minutes
Standard Catamaran class	4 minutes	20 minutes	45 minutes
Spinnaker Catamaran class	4 minutes	20 minutes	45 minutes

- 13.2. Boats failing to finish within their Finish Window after the first boat in their class sails the course will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35, A5.1 and A5.2.
- 13.3. Failure to meet target time will not be grounds for redress. This changes RRS 61.

14. HEARING REQUESTS

- 14.1. For each class, the protest time limit is 30 minutes after the signal vessel docks.
- 14.2. Notices will be posted within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the clubhouse, beginning at the time posted.
- 14.3. Notices of protests by a committee to inform boats under RRS 60.2(a)(2) will be posted online at <https://theclubspot.com/regatta/fG2a6QmA1E>.

15. SCORING

- 15.1. The Portsmouth Yardstick Rating System shall be used to score boats racing in the open dinghy class (<https://www.ussailing.org/wp-content/uploads/2018/01/2017-Portsmouth-Precalculated-Classes.pdf>).
- 15.2. The open catamaran fleet will be scored using the Small Catamaran Handicap Rating System (www.schrs.com).
 - 15.2.1. Provisionally Rated boat will be included.
 - 15.2.2. Boats from established classes with class rules must comply with their class rules and can use the ratings on the SCHRS list <https://www.schrs.com/ratings/>.
 - 15.2.3. 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.

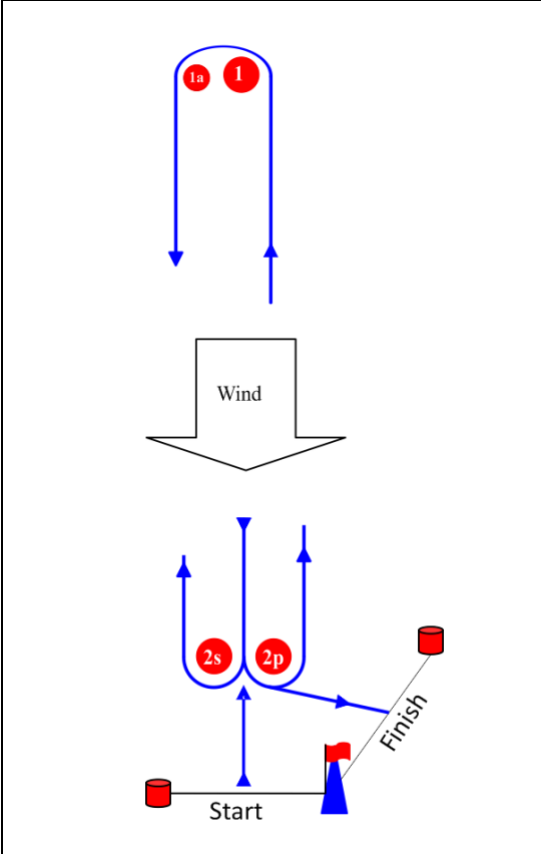
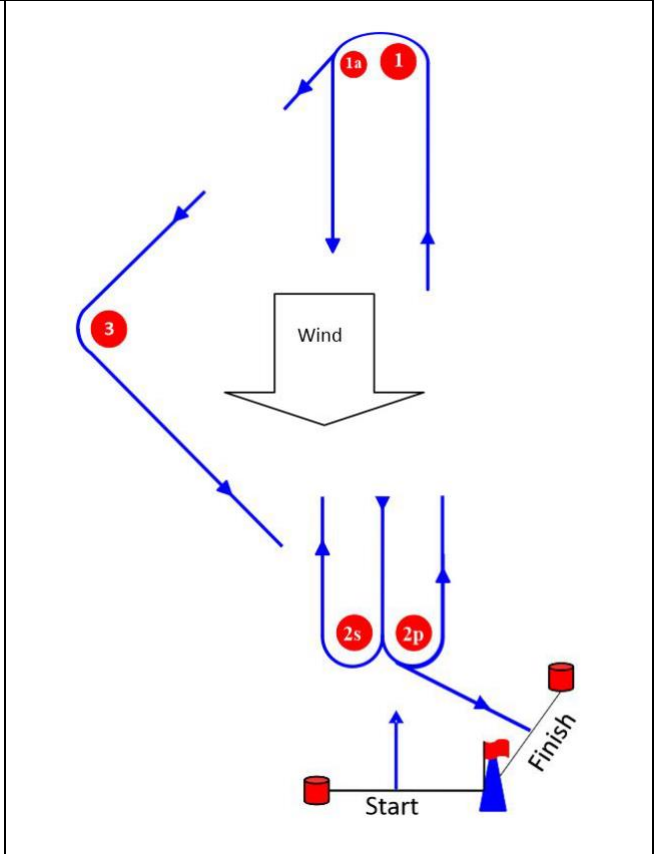
16. [DP] SAFETY REGULATIONS

- 16.1. All competitors must check in with Race Committee before the start of the first race each day and the first race following any postponement ashore.
- 16.2. A boat that retires from a race shall notify a member of the Race Committee as soon as possible.
- 16.3. The owner of the boat and the crew are responsible for adhering to the "Concussion Codes of Conduct for both Participants and Leaders", 'Removal from Sport Protocols' and 'Return to Sport Protocols'. <https://ontariosailing.ca/concussion-information/>.

17. REPLACEMENT OF CREW OR EQUIPMENT

- 17.1. Substitution of competitors will not be allowed without prior written notice to the Race Committee.
- 17.2. [DP] Substitution of damaged or lost equipment or changes of sail number will not be allowed unless approved by the Race Committee. Requests for substitution must be made in writing at the Regatta Office upstairs in the Clubhouse building.

APPENDIX 'A'

			
Course	Mark Rounding Order	Course	Mark Rounding Order
L2	Start-1-1a-2s/2p-1-1a-2p-Finish	T2	Start-1-1a-2s/2p-1-3-2p-1-1a-2p-Finish
L3	Start-1-1a-2s/2p-1-1a-2s/2p-1-1a-2p-Finish		

APPENDIX 'B'

Gate Start Procedure

1. THE START

- 1.1 To alert boats that a race using a Gate start will begin soon, the race committee signal vessel will display flag G, with one sound at least five minutes before a warning signal is displayed.
- 1.2 The starting line (except for the pathfinder) will be between the port limit (finish) mark and the pathfinder. The pathfinder is deemed to have started when she has fulfilled her obligations under 2.3, 2.4, 2.5 and 2.6 below.
- 1.3 All boats (except for the pathfinder) shall start by crossing the starting line on starboard tack after the starting signal and before the gate closes.

2. THE PATHFINDER

- 2.1 The race committee will appoint a pathfinder and a reserve pathfinder for the first race of the event. The reserve pathfinder shall replace the pathfinder if the pathfinder is unable to perform the function because of a breakdown.
- 2.2 Thereafter, the pathfinder will be the fifth boat in the preceding race.
- 2.3 When she is unable to race, or has been the pathfinder previously in the event, the pathfinder will be the sixth boat in the preceding race and so on. The reserve pathfinder will be the next boat that has not previously served as a pathfinder in the event.
- 2.4 The sail numbers of pathfinder and reserve for the first race of each day will be posted on the official notice board and will be displayed on the race committee signal vessel before flag G is displayed.
- 2.5 If more than one race is sailed on the same day, the numbers will be displayed on the race committee signal vessel before flag G is displayed for each successive race.
- 2.6 The pathfinder and reserve shall report to the race committee signal vessel after their numbers are displayed and before the warning signal is displayed. A pathfinder or reserve that fails to report will be scored Did Not Start. This changes RRS A5.
- 2.7 **[NP]** Prior to the preparatory signal being removed, the pathfinder shall report to the race committee signal vessel and follow the race committee's instructions. If the pathfinder breaches this rule and is identified, she will be disqualified without a hearing, even if the race is restarted, re-sailed, or rescheduled. This changes RRS 36 and A5.
- 2.8 **[NP]** Shortly before the starting signal the pathfinder will position itself near the port limit mark and shall sail as close as possible to the starting signal (not before and within 10 seconds after) from the port limit mark on a close-hauled port tack.
- 2.9 **[NP]** The pathfinder shall sail a close-hauled course until the fleet has sailed through the gate or for **40** seconds when at that time it is released, after which the pathfinder may continue or tack.
- 2.10 In the event of a general recall, the appointed pathfinder in SI Appendix 'B' must continue as pathfinder for any restarts.
- 2.11 From the time the pathfinder is approaching the port limit mark to start until the pathfinder ceases to be a starting mark, a boat shall not touch the pathfinder or obstruct the pathfinder or gate boat in any way that causes the start to be abandoned.
- 2.12 Failure to comply with instruction 2.11 and the boat is identified, she will be disqualified without a hearing, even if the race is restarted, re-sailed, or rescheduled. If a general recall is signaled or the race is abandoned after the starting signal, the race committee will display the boat's sail number for at least **3 minutes** before the next warning signal for that race, and if the race is restarted or re-sailed, she shall not sail in it. However, a boat may participate in the restarted race providing she notifies the race committee prior to the warning signal that she intends to protest another boat and/or request redress in connection with the incident. If she sails in the race and does not file a valid protest or request for redress, she shall be scored DNE. If her protest is dismissed or her request for redress is denied, she shall be scored DSQ. This changes RRS 36, 60.5(b) and A5.1.
- 2.13 A boat that makes contact with the gate boat shall retire from the race, but not if the race is restarted, re-sailed, or rescheduled.