



Fogh Boorman Dinghy Regatta

Ontario Optimist Dinghy Championship
Organizing Authority: Royal Hamilton Yacht Club (RHYC)
July 25 & 26, 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).
- 1.3 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 July 24, 2026, at RHYC and may also be found online at <https://rhyc.ca/regatta/fOyZcHBFik>
- 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 Fogh Boorman Dinghy Regatta (rhyc.ca). <https://rhyc.ca/regatta/fOyZcHBFik>

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/fOyZcHBFik>
- 3.2 On the water, the Race Committee may 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, **Zest, 2.4mR** 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://rhy.ca/regatta/fOyZcHBFik> or at RHYC on Friday, July 24 from 1800-2000 or Saturday, July 25 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 July 17, 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, July 24: 1800 to 2000 hours
Saturday, July 25: 0800 to 0930 hours
- 6.2 Dates of racing:
Saturday, July 25 - All classes
Sunday, July 26 - All classes
- 6.3 Number of races:

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

- 6.4 Competitors meeting is at 0945 hrs on Saturday, July 25th.
- 6.5 The scheduled time of the warning signal for the first race on Saturday is 1100 hrs. The scheduled time of the warning signal for the first race on Sunday 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 on Hamilton Harbour. Optimist Green fleet and Zest classes to race inside the breakwall inner basin.

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 14 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.

- 13.2 All dollies must display the boat's sail number, using the identification slip provided at registration, prior to launch.

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 **Fogh Boorman** 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

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 J8L 1H1
Phone: (905) 528-8464 Fax: (905) 528-2622

PRACTICAL INFORMATION (NOT PART OF THE NOTICE OF RACE)

RHYC will adhere to all government restrictions and policies that are in place at the time of the Cornish Hen Regatta.

1. Accommodations

For accommodation information in the Hamilton area: www.tourismhamilton.com.

2. Food

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

3. 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.

4. 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.

5. 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.

6. What is "Green Fleet"?

It is a separate fleet that welcomes brand new, and still-learning, racers of Optimists, Zest or other compatible club beginner dinghies of any age (below 14) which we offer at RHYC. Our regatta begins onshore with a land lesson to review important things all racers need to know: how to read and understand the Sailing Instructions; the meanings of and timing of signal flags that are used by the Race Committee to communicate with racers on the water; the starting sequence of a race; and to read diagrams in the SI's to know the course they will be racing. We practice that by running through the courses onshore before doing it on the water. We also do our sailing inside the breakwall, which allows for many short races so beginners can get lots of practice honing or learning their skills, and avoids the long sail out to the courses on the Bay. The sailors also get a break coming onshore for lunch. The view for parents watching their new sailors is ideal from our front dock. We hope you come to race with us.