



SheSAILS TRI SERIES

RACE 1

SAILING INSTRUCTIONS

14th January 2024

The Organising Authority will be:
Lake Macquarie Yacht Club (LMYC)
Under the authority of Australian Sailing (AS)
Hosted by LMYC located at ADA Street Belmont NSW 2280 Australia

1 RULES

- 1.1 Races will be governed by the 2021 - 2024 Racing Rules of Sailing (RRS) as amended, including the Australian Sailing (SA) prescriptions 2021-2024 and Appendix T shall apply.
- 1.2 Competitors shall comply with the AS Special Regulations applicable for Category 7 or above and a current Equipment Audit Form shall be lodged with entry.
- 1.3 RRS 44.1 Penalty System is changed so that the Two Turns Penalty is replaced by the One Turn Penalty. (changes RRS44.1)

2 NOTICES TO COMPETITORS

Notices to competitors shall be posted on the noticeboard at LMYC, located adjacent to the entrance to the club as well as the LMYC website under [Sailing Amendments](#).

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Changes to the Sailing Instructions shall be issued no later than two hours prior to the warning signal and no later than 1800 hours on the preceding day for a change in the schedule of the race.
- 3.2 Changes to sailing Instructions will be signaled by Code flag L displayed from the Flag mast at the entrance to the club, and also the signal mast of the Race Committee Box on the south western corner of the LMYC Marina.

4 SIGNALS MADE ASHORE

Signals made ashore will be displayed from the signal mast of the Race Committee Box on the south western corner of the LMYC Marina.

5 RACING CONDITIONS

- 5.1 The race will be conducted and scored per NOR 7.1 and 7.2.
- 5.2 All boats shall carry a VHF radio (minimum 5 watt) and tuned to channel 71.
- 5.3 A boat retiring before, during or after a race shall notify the RC of its intention to do so by calling the RO on mobile: 0414 450 022 or VHF (Channel 71) at the earliest opportunity. The boat will be scored DNF. (Changes RRS 63.1 and A4)
- 5.4 Any boat retiring from a race and failing to advise the RC will be scored DNC. (Changes RRS 63.1 and A5.3)

5 PROHIBITED AREAS

- 6.1 A boat shall not pass between any permanent mooring, whether occupied or not, and the nearby shoreline. It shall keep a safe distance from boats that are anchored or not underway.
- 6.2 Unoccupied permanent moorings are obstructions for the purpose of RRS 19.2(a & b) and are prohibited areas. Boats moored to permanent moorings are continuing obstructions for the purpose of RRS 19.2(c).
- 6.3 A boat shall not come into contact with a permanent mooring or a boat moored on a permanent mooring. A boat that does so shall complete a one-turn penalty in compliance with RRS 44.2 (Changes RRS 44.1). If the incident resulted in any damage whatsoever, it shall be reported to the RC. If required, an incident report shall also be provided to Transport for NSW.
- 6.4 All Cardinal navigation marks shall be passed on their safe waterside.

- 6.5 For the on-water safety of junior sailors, the Belmont 16s Club will raise a 900mm x 900mm pink flag on its race control vessel when their starting and finishing lines are active. Any boat sailing through the active line will incur a DPI equal to 25% of starters without a hearing, (changes RRS Appendix A5.3).

7 MODIFICATIONS TO BE NOTIFIED

When a yacht, its equipment or sails, is modified with a reasonable expectation of improving its performance, details of such modification shall be notified to the Race Committee (RC) 48 hours before the warning signal. No modifications will be accepted after this time

8 SCHEDULE OF RACES

- 8.1 Racing will be conducted on

Date: Sunday 14th January 2024

- 8.2 A re-sail for an abandoned race may be scheduled at the discretion of the Race Committee

- 8.3 Abandonment of a race due to adverse weather shall be at the discretion of the Race Committee until 1 hour prior to the warning signal and thereafter at the discretion of the Race Officer as per RRS 32.1.

Notification of abandonment will be performed by the RC.

9 STARTING TIME AND SIGNALS

TIME	FLAGS	SIGNAL	MEANING
1225		A ↑	All Groups Warning
1226		I ↑	All Groups Preparatory
1229		I ↓	All Groups - 1 minute
1230		A ↓	Group A Start
		B ↑	Group B Preparatory
1235		B ↓	Group B Start
		C ↑	Group C Preparatory
1240		C ↓	Group C Start
		D ↑	Group D Preparatory
1245		D ↓	Group D Start
		E ↑	Group E Preparatory
1250		E ↓	Group E Start
		F ↑	Group F Preparatory
1255		F ↓	Group F Start
		G ↑	Group G preparatory
1300		G ↓	Group G Start

Note: Attention may be drawn to the above flag signals by sound signal. The absence of a sound signal shall be disregarded.

10 THE COURSES

- 10.1 Courses shall be those set out in Appendix A3. For a map showing the approximate locations of Marks, refer to Appendix A2.
- 10.2 An International code flag numeral shall be flown on the RCB prior to the warning signal to indicate the course number to be sailed. [Refer Appendix A3]

11 MARKS

- 11.1 All marks, including the start/finish mark, shall be a lime green cylinder approximately 1300mm high and 300mm in diameter, with a yellow or lime green cap with a 150mm wide red band approximately 400mm down from the top and inscribed with the letters LMYC.
- 11.2 The marks to be rounded in each race are described in Appendix A1.

CAUTION: - CARE MUST BE TAKEN TO CORRECTLY IDENTIFY MARKS

In some courses the 'Channel mark' may act as a passing mark rather than a rounding mark. Passing marks need not be looped.

12 THE START

- 12.1 Races will be started in accordance with RRS26.
- 12.2 The start line will be a line drawn between the Race Committee Box (RCB) on the SW corner of the LMYC marina and the start/finish mark moored approximately 200m to the west. A Lime Green inner distance mark shall be taken on the same hand as the RCB when starting.
- 12.3 Attention is drawn to RRS 23. - Yachts entered in a race while not racing and after they have finished shall keep clear of the starting line and finish line, both in front of and behind the line and for a reasonable distance along its extensions. The Protest Committee may apply a discretionary penalty for a breach of this Sl.

13 RECALLS

- 13.1 Individual Recalls shall be in accordance with RRS 29.
- 13.2 In addition, the Race Officer (RO) may broadcast on VHF radio (Chan 71) the sail number of a boat that is On Course Side (OCS). A failure to make such broadcast or to receive such broadcast will not be considered as grounds for redress. (Changes RRS 62.1(a))

14 FINISH LINE

- 14.1 The Finish line will be a line drawn between the Race Committee Box (RCB) on the SW corner of the LMYC marina and the start/finish mark, moored approximately 200m to the west. A Lime Green inner distance mark shall be taken on the same hand as the RCB when finishing.
- 14.2 Yachts that have finished shall not re-cross the finish line from either direction. **Yachts that do re-cross the finish line shall be penalised an additional two minutes to their elapsed time without a hearing.** (Changes RRS 63.1 and A5.3). The Race Committee may also protest a boat for a serious breach of Sl 13.2.

15 TIME LIMIT

The time limit will be four hours from the first start signal (Group A). Yachts not finishing within the time limit will be recorded as DNF. (Changes RRS 35)

16 PROTESTS AND REQUESTS FOR REDRESS

- 16.1 Protest and Request for Redress forms are available at the reception office of LMYC, and shall be lodged within 1 hour of the finish time of the last boat.

Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.

- 16.2 Protests will be heard at LMYC as determined by the Protest Committee at 1830 hrs on the Tuesday following the race unless advised otherwise by the Protest Committee Chairperson.

Notices of protests by the race committee technical committee or protest committee will be posted to inform boats under RRS 61.1(b).

Issued on behalf of the race committee

Steven Ford
Rear Commodore Lake Macquarie Yacht Club
30th July 2023

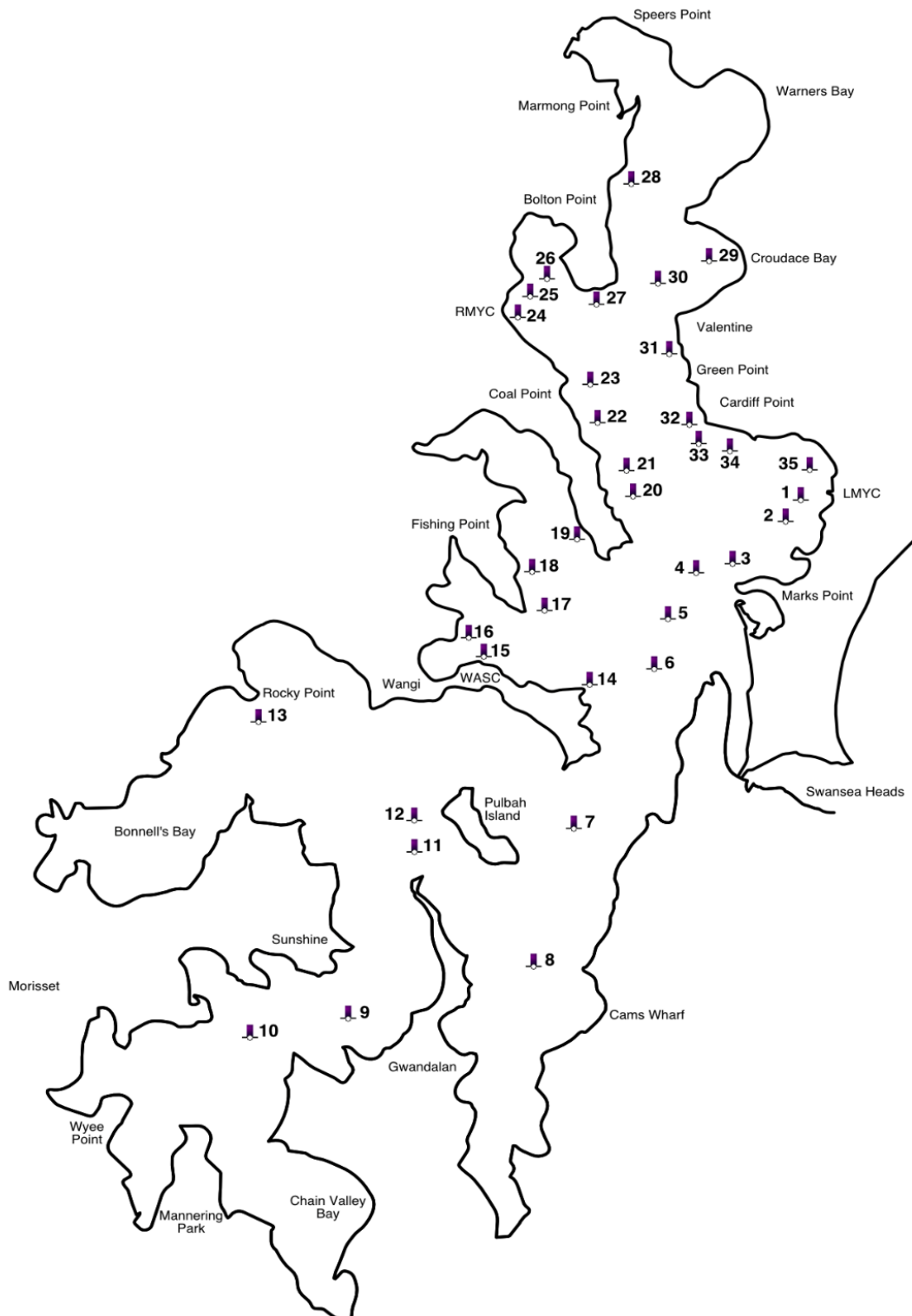
APPENDIX A1

MARKS NOMINATED IN THE SAILING INSTRUCTIONS

Special care should be taken to avoid rounding incorrect marks.

Mark ID	NAME	CLUB	Approx GPS Position
1	LMYC Club	LMYC	S33 02.418 E151 39.048
2	Andersons	LMYC	S33 02.609 E151 38.854
3	Marks Point	LMYC	S33 02.992 E151 38.345
4	Channel	LMYC	S33 03.117 E151 37.854
5	Pelican	WASC	S33 03.557 E151 37.561
6	Swansea	LMYC	S33 04.149 E151 37.421
14	Wangi Point	WASC	S33 04.211 E151 36.711
15	WASC Club	WASC	S33 03.884 E151 35.290
17	Fishing Point	LMYC	S33 03.486 E151 36.186
18	Rathmines	WASC	S33 03.120 E151 36.057
20	Coal Point	LMYC	S33 02.377 E151 37.192
21	Mayo	RMYCT	S33 02.183 E151 37.102
22	Carey Bay	LMYC	S33 01.633 E151 36.765
23	Dewey	RMYCT	S33 01.420 E151 36.720
24	RMYCT Club	RMYCT	S33 00.620 E151 35.907
25	Toronto	RMYCT	S33 00.539 E151 35.999
26	Figtree	RMYCT	S33 00.233 E151 36.224
27	Boughton	RMYCT	S33 00.507 E151 37.205
30	Hartley	RMYCT	S33 00.355 E151 37.440
31	Green Point	RMYCT	S33 01.119 E151 37.475
32	Cardiff Point	LMYC	S33 01.672 E151 37.785
33	Belmont	RMYCT	S33 01.850 E151 37.905
34	Slip	LMYC	S33 01.936 E151 38.227
35	Albert	LMYC	S33 02.102 E151 39.116

APPENDIX A2

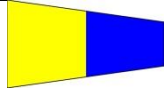


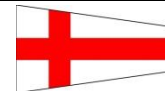


APPENDIX A3

SheSAILS COURSES 2024

							
COURSE 1		COURSE 2		COURSE 3		COURSE 4	
North		North-East		East		South-East	
Start N to S		Start N to S		Start N to S		Start S to N	
Marks Pt (3)	S	Channel (4)	S	Marks Pt (3)	S	Albert (35)	P
Cardiff Pt (32)	S	Coal Pt (20)	S	Coal Pt (20)	S	Slip (34)	P
LMYC Club (1)	S	Albert (35)	S	Andersons (2)	P	Andersons (2)	S
Channel (4)	S	Club (1)	S	Coal Pt (20)	S	Coal Pt (20)	P
Cardiff Pt (32)	S	Andersons (2)	S	Club (1)	S	Channel (4)	P
Albert (35)	S	Coal Pt (20)	S	Andersons (20)	S	LMYC Club (1)	P
FINISH		Albert (35)	S	Slip (34)	S	Slip (34)	P
		FINISH		Albert (35)	S	Andersons (2)	P
				FINISH		Albert (35)	S
						FINISH	

APPENDIX A3 (cont)

							
COURSE 5		COURSE 6		COURSE 7		COURSE 8	
South		South-West		West		North-West	
Start S to N		Start S to N		Start S to N		Start N to S	
Albert (35)	P	Albert (35)	P	Albert (35)	P	Marks Pt (3)	S
Cardiff Pt (32)	P	Channel (4)	S	Carey Bay (22)	P	Carey Bay (22)	S
Marks Pt (3)	P	Cardiff Pt (32)	S	LMYC Club (1)	S	LMYC Club (1)	S
LMYC Club (1)	P	Albert (35)	S	Coal Pt (20)	S	Andersons (2)	S
Cardiff Pt (32)	P	LMYC Club (1)	S	Albert (35)	S	Cardiff Pt (32)	S
Marks Pt (30)	P	Channel (4)	S	FINISH		Albert (35)	S
Albert (35)	S	Cardiff Pt (32)	S			FINISH	
FINISH		Albert (35)	S				
		FINISH					