

LAKE
MACQUARIE
YACHT
CLUB

NSW Police & Emergency Services

Sailing Club - Australia



SAILING INSTRUCTIONS

2025 Emergency Services Regatta

Mon 17th & Tue 18th NOVEMBER 2025



**The Organising Authority (OA) is the Lake Macquarie Yacht Club (LMYC)
in conjunction with the
NSW Police & Emergency Services Sailing Club (NPSSC)**

**Under the authority of Australian Sailing
Hosted by LMYC Ada Street Belmont NSW 2280**

Note:

The notation '[DP]' in a rule in the NOR and SI's means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification. This change RRS 60.5(c).

The notation '[NP]' denotes that a breach of this rule will not be grounds for protest by boat. This changes RRS 60.1

The notation '[SP]' denotes a rule for which a standard penalty will be applied by the race committee without a hearing as allowed by RRS 60.5b(3).

Rules

- 1.1 Racing will be governed by the rules as defined in the current Racing Rules of Sailing (RRS).
- 1.2 The prescriptions and special regulations of Australian Sailing (AS), as may be amended [DP],
- 1.3 World Sailing's Equipment Rules of Sailing 2025-2028 (ERS) [DP]
- 1.4 In the event of conflict between any of the rules or regulations, other than RRS, the Sailing Instructions will prevail. This changes RRS 63.5(c).
- 1.5 The penalty for breaking a rule of Part 2 shall be a One Turn Penalty (one tack and one gybe in the same direction) except that for infringements within the Zone, as defined in the RRS, the penalty shall be a Two Turns Penalty (two tacks and two gybes in the same direction). This changes RRS 44.2.
- 1.6 This is a non-spinnaker Regatta - a boat may only use one headsail and one mainsail only. Spinnakers, Gennakers, Code Zeros etc. are not permitted to be used.
- 1.7 RRS Appendix T Arbitration will apply.

Schedule

2.1

EVENT SCHEDULE	TIME
Monday 17th November 2025	
Registration and Bacon & Egg Rolls	0800hrs-0900hrs
Competitors Briefing for Skippers, Crews & Guests	0900hrs-0930hrs
Warning Signal (Not Before) Race 1 – Bay Course (RCB)	1055hrs
Warning Signal (Not Before) Race 2 – Pulbah Course (RCB)	Asap after Race 1
Daily Results Presentation (approximately)	Asap after last boat has finished
Tuesday 18th November 2025	
Warning Signal (Not Before) Race 3 – Windward/Leeward Course (RCV)	1055hrs
Warning Signal (Not Before) Race 4 – Windward/Leeward Course (RCV)	Asap after Race 3
Warning Signal (Not Before) Race 5 – Bay Course (RCV Start / RCB Finish)	Asap after Race 4
Daily & Regatta Results Presentation (approximately)	Asap after last boat has finished

- 2.2 The Race Committee may make changes to this Schedule in case of vagaries in the weather or as required.

Groups / Class Flags (Warning Signals)

- | | | |
|-----|---------|-------------|
| 3.1 | Group 1 | Code Flag A |
| 3.2 | Group 2 | Code Flag B |
| 3.3 | Group 3 | Code Flag C |

Courses

- 4.1 The courses to be sailed shall be indicated on the **Race Committee Box (RCB)** or the **Race Committee Vessel (RCV)** prior to the first warning signal by displaying the appropriate course flag as set out in Appendix A1 for Windward Leeward courses and Appendix A3 for Bay & Pulbah courses.
- 4.2 A map showing the approximate locations of the course areas is included in Appendix A2.

Marks

- 5.1 For Bay & Pulbah Courses; LMYC permanent marks – a lime green cylinder approximately 1.2 m high x 300mm diameter with a red band and a yellow cone atop. Pulbah Island and Wangi Point are the landforms so named.
- 5.2 For Windward / Leeward Courses; Marks A & B will be a Yellow inflatable truncated marks 1250 mm high, 500 mm diameter at top and 1025 mm diameter at base with a red band 300 mm wide with LMYC logo in the middle. The Start & Finish Mark will also be Mark B.

Start/Finish Line's

- 6.1 *Monday 17th November 2025*
The start/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 (Marks). A lime green inner distance mark shall be taken on the same hand as the RCB when starting or finishing.
- 6.2 *Tuesday 18th November 2025*
The start/finish line will be between a mast displaying an orange flag on the Race Committee Vessel (RCV) and Mark B.

Recalls

- 7.1 Individual Recalls shall be in accordance with RRS 29.
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))

Communications

- 8.1 All Race Communications shall be broadcasted on VHF Radio (Chan 71).
- 8.2 A boat retiring before, during or after a race shall notify the RO 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)
Any boat retiring from a race and failing to advise the RC will be scored DNC. (Changes RRS 63.1 and A5.3)

Target Times & Time Limits

- 9.1 The target time for the first boat in each Windward/Leeward race will be 40 minutes.
- 9.2 Failure to meet the target time will not be grounds for protest.
- 9.3 Time limits from each Groups Starting Signal:
Windward Leeward races shall be 1.0 hour;
Pulbah & Bay courses shall be 3.5 hrs.
- 9.4 Yachts not finishing within their time limit will be recorded as TLE (which is equal to numbers of finishers +1). This changes RRS35.

Prohibited Areas

- 10.1 A Boat shall not pass between any permanent mooring, whether occupied or not, and the nearby shoreline.
- 10.2 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).
- 10.3 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 This 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.
- 10.4 All Cardinal navigation marks shall be passed on their safe waterside.
- 10.5 For the on-water safety of junior sailors, the Belmont 16s Club will raise a 900mm x 900mm pink flag on its RCV when their start and finish lines are in active operation. Any boat sailing through the active line will incur a DPI equal to 25% of starters without a hearing. This changes RRS 63.1 and Appendix A5.2. The Race Committee may also protest a boat for a serious breach of SI 14.5.

Race results and scoring

- 11.1 Results will be calculated on TCF handicap with the lowest corrected time scored first, the next lowest corrected time second, and so on. (Refer RRS A4, A5.2)

Prizes

- 12.1 Prizes will be awarded at the Results Presentation and at the discretion of the NSW Police & Emergency Services Sailing Club.

Issued on behalf of the LMYC Race Committee




P Cunningham LMYC Rear Commodore

15th November 2025

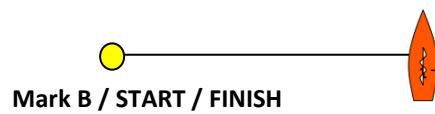
WINDWARD / LEEWARD

COURSES

APPENDIX A1

Numeral 1		Start – A(p) - Finish
2		Start –A(p) -B(p) – A(p) - Finish
3		Start - A(p)- B(p) - A(p) - B(p) – A(p) - Finish

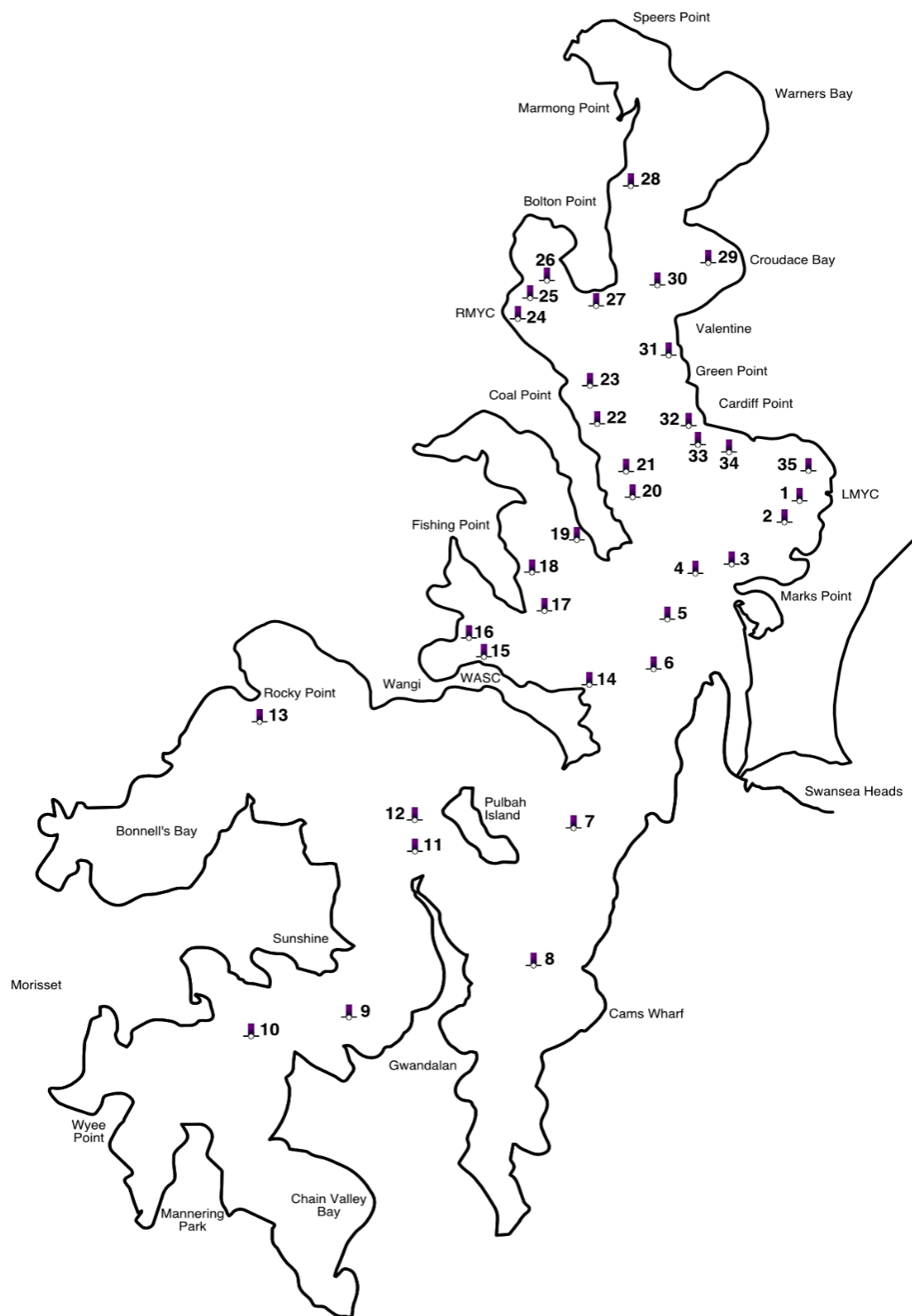
Mark A



BAY & PULBAH COURSES

APPENDIX A2

Mark Location Map



BAY & PULBAH COURSES






APPENDIX A2

Mark Location Map






Mark ID	NAME	CLUB	Approximate 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 03.872 E151 37.440
6	Swansea	LMYC	S33 04.149 E151 37.421
7	Galgabba	WASC	S33 05.656 E151 36.540
8	Crangan Bay (Laid mark)	LMYC	S33 07.000 E151 36.000
10	Mannering Park (Laid mark)	LMYC	S33 07.750 E151 33.000
11	Mid Channel	SLMASC	S33 05.704 E151 34.753
14	Wangi Pt	WASC	S33 04.211 E151 36.711
17	Fishing Point	LMYC	S33 03.486 E151 36.186
18	Rathmines	WASC	S33 03.120 E151 36.057
19	Skye Point	WASC	S33 03.026 E151 36.640
20	Coal Point	LMYC	S33 02.377 E151 37.192
21	Mayo	RMYCT	S33 02.183 E151 37.102
22	Carey Bay	LMYC	S33 01.658 E151 36.896
32	Cardiff Point	LMYC	S33 01.672 E151 37.785
34	Slip	LMYC	S33 01.936 E151 38.227
35	Albert	LMYC	S33 02.102 E151 39.116
	Pulbah Island		Landform
	Wangi Point		Landform

BAY & PULBAH COURSES

APPENDIX A3

COURSE SIGNAL	NUMERAL 	NUMERAL 	NUMERAL 	NUMERAL 	NUMERAL 
	N° 1	N° 2	N° 3	N° 4	N° 5
Wind	Northerly	N-Easterly	Easterly	S-Easterly	Southerly
Start Line	Nth to Sth	Nth to Sth	Nth to Sth	Sth to Nth	Sth to Nth
RCB CLUB START	Marks Pt S Cardiff Pt S Club S Channel S Cardiff Pt S Albert S	Channel S Coal Pt S Albert S Club S Andersons S Coal Pt S Albert S	Marks Pt S Coal Pt S Andersons P Coal Pt S Club S Andersons S Slip S Albert S	Albert P Slip P Andersons S Coal Pt P Channel P Club P Slip P Andersons P Albert S	Albert P Cardiff Pt P Marks Pt P Club P Cardiff Pt P Marks Pt P Albert S
RCB/RCV Finish	Nth to Sth	Nth to Sth	Nth to Sth	Nth to Sth	Nth to Sth

Starting Line	NW of Marks Pt	NE of Coal Pt.	Vicinity of Coal Pt. Mark.	Vicinity of Cardiff Pt.	Vicinity of Cardiff Pt
RCV BOAT START	Cardiff Pt P Marks Pt S Cardiff Pt S Club S Channel S Cardiff Pt S Albert S	Club S Channel S Coal Pt S Albert S Club S Andersons S Coal Pt S Albert S	Club S Marks Pt S Coal Pt S Andersons S Coal Pt S Club S Andersons S Slip S Albert S	Andersons S Coal Pt P Channel P Club P Slip P Andersons P Albert S	Marks Pt S Cardiff Pt P Marks Pt P Club P Cardiff Pt P Channel P Albert S
RCB/RCV Finish	Nth to Sth	Nth to Sth	Nth to Sth	Nth to Sth	Nth to Sth

Course Signal	NUMERAL 	NUMERAL 	NUMERAL 	NUMERAL 	NUMERAL 
	N° 6	N° 7	N° 8	N° 9D	N° 9E
Wind	S-Westerly	Westerly	N-Westerly	Pulbah	Pulbah
Start Line	Sth to Nth	Sth to Nth	Nth to Sth	Nth to Sth	Nth to Sth
RCB CLUB START	Albert P Channel S Cardiff Pt S Albert S Club S Channel S Cardiff Pt S Albert S	Albert P Carey Bay P Club S Coal Pt S Albert S	Marks Pt S Carey Bay S Club S Andersons S Cardiff Pt S Albert S	Channel (PM) P Pulbah Island P Channel (PM) S Albert S	Channel (PM) P Pulbah Island S Channel (PM) S Albert S
RCB/RCV Finish	Nth to Sth	Nth to Sth	Nth to Sth	Nth to Sth	Sth to Nth

	NW of Clubhouse	West of Clubhouse	SW of Clubhouse	SW of Cardiff Pt.	SW of Cardiff Pt.
RCV BOAT START	Channel S Cardiff Pt S Albert S Club S Channel S Cardiff Pt S Albert S	Carey Bay P Club S Coal Pt S Albert S	Cardiff Pt P Marks Pt S Carey Bay S Club S Andersons S Cardiff Pt S Albert S	Channel (PM) P Pulbah Island P Channel (PM) S Albert S	Channel (PM) P Pulbah Island S Channel (PM) S Albert S
RCB/RCV Finish	Nth to Sth	Nth to Sth	Nth to Sth	Nth to Sth	Sth to Nth

