



Lake Macquarie SheSAILS Regatta 2026

NOTICE OF RACE

The Organising Authorities (OA) will be:

Lake Macquarie Yacht Club (LMYC), located at Ada Street, Belmont, NSW and
Royal Motor Yacht Club Toronto (RMYCT), located at 6 Arnott Street Toronto, NSW and
Wangi Amateur Sailing Club (WASC), located at 275 Watkins Road Wangi Wangi NSW

Under the authority of Australian Sailing (AS)

1 RULES

- 1.1 The races will be governed by the Racing Rules of Sailing (RRS) of World Sailing and the Prescriptions and Special Regulations of Australian Sailing (AS).
- 1.2 Appendix T will apply.
- 1.3 RRS 44.1 is changed so that only one turn, including one tack and one gybe, is required.

2 ADVERTISING

Advertising is unrestricted as permitted by World Sailing Regulation 20.

3 ELIGIBILITY

- 3.1 Entry is open to ballasted mono-hulled yachts, multihull yachts and un-ballasted centre board yachts that are resistant to capsize.
- 3.2 All boats must have a current Category 7 safety certificate or above.
- 3.3 All boats must have a minimum of \$10 million in third-party insurance.
- 3.4 All boats must have a minimum crew of 2 female persons, including the helm.
- 3.5 The event is open to Spinnaker and non-spinnaker for boats entered for Category 1 and restricted to non-spinnaker yachts for boats entered for Category 2.
- 3.6 There are two categories for this event.
 - Category 1: a female helm and a minimum of 50% female crew members.
 - Category 2: a female helm with less than 50% female crew members, but minimum of 1 female crew-member other than the helm.
 - Categories 1 and 2 both qualify for the SheSAILS perpetual trophy.
- 3.7 A representative of an owner (maximum 1) may be on board for safety reasons but must not participate in the sailing of the boat during a race if the yacht is to qualify as all female crew. (for the extra prize if awarded at individual races)
- 3.8 Female helm may be interchanged for different races; however, notification must be sent to the Sailing Committee advising change before each race.

4 ENTRY

- 4.1 Series entries are to be lodged on the [LMYC On-Line Entry System](#).
- 4.2 The entry fee for the series will be:
If lodged prior to 24:00 hours on Monday 6th Jan 2025 \$90 per boat
Late lodgement but before 24:00 hours on Thursday 9th Jan 2025 \$105 per boat
- 4.3 Casual Entries for a race will be accepted up until 2400 hours on Thursday before the race on the host club's website, accompanied by a fee of \$45 per boat.

5 SCHEDULE OF RACES

5.1

Heat No	Day	Date	First Warning Signal	Venue
1	Sun	18 Jan 2026	12:55	LMYC - Belmont
2	Sun	1 Feb 2026	12:55	WASC - Wangi
3	Sun	1 Mar 2026	12:55	RMYC - Toronto

5.2 Each host club will provide the following on the day of each race:

Registration of crew members	1130 hours
Compulsory Briefing	1200 hours
Presentation of Prizes	ASAP after each race

6 COURSES

Courses to be sailed for each race will be in the vicinity of the host club and shall be described in the Sailing Instructions.

7 SCORING

- 7.1 The races will be run using a TCF method with group starts depending on the number of entrants. Results will be based on the fastest corrected time in each category. RRS A5.3 will apply.
- 7.2 Three races are scheduled, with a minimum of one (1) race to constitute a series.
- 7.3 All races will count in determining a yacht's series score.

8 HANDICAPS

Initial handicaps will be determined by the Combined Clubs handicapping committee. Handicaps will be adjusted after each race in accordance with the handicap method used for the RKR series.

9 PRIZES

- 9.1 An Overall SheSAILS perpetual trophy will be awarded to the boat with the lowest score at the end of the series. Presentation of the SheSAILS perpetual trophy will be made at the conclusion of the final race.
- 9.2 Individual race prizes presented on the day of each race will be as follows:
- first, second and third in each of the 2 categories
 - possible best performing all-female crew (at discretion of club).
- Additional prizes can be awarded at the discretion of each club.

10 DISCLAIMER

Each competitor participates in the Lake Macquarie She SAILS Regatta entirely at their own risk. LMYC, RMYCT and WASC will not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to or after the Regatta. Specific attention is drawn to RRS Fundamental Rule 3, which states: *"The responsibility for a boat's decision to participate in a race or to continue racing is hers alone"*

11 SAILING INSTRUCTIONS AND FURTHER INFORMATION.

- 11.1 Separate Sailing Instructions will be available on the following websites by Friday 3rd January 2026.
LMYC website ([http://www.lmyc.com.au/site/sailing instructions and regattas](http://www.lmyc.com.au/site/sailing_instructions_and_regattas)),
RMYCT website (<https://www.rmyctoronto.com.au/regattas>)
WASC website (<https://wangisailingclub.yachting.org.au/regatta/>)
- 11.2 For further information contact LMYC sailing office at racing@lmyc.com.au or phone 0411 652 533.

Issued under the authority of
Combined Clubs Sailing Committee.

P Cunningham
LMYC Rear Commodore

J Howell
RMYC Sailing Master

T Outteridge
WASC Vice Commodore

17th November 2025