

2026 AHMEN RACE SERIES

June 20 to October 4, 2026
Humber Bay, Toronto, Ontario, 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]*.
- 1.2 For the PHRF fleets, PHRF Lake Ontario handicap rules (PHRF-LO) apply.
- 1.3 The prescriptions of Sail Canada shall apply.
- 1.4 As permitted by rule 86, the following *RRS* will be changed:
 - 1.4.1 The notation '[NP]' in a rule of the Notice of Race (NoR) or the Sailing Instructions (SI) means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a);
 - 1.4.2 A boat that does not start within 20 minutes after her starting signal will be scored **Did Not Start** without a hearing. This changes RRS A4 and A5;
 - 1.4.3 Failure to hail her number, failure of her to hear such a hail, or the order in which boats are hailed, will not be grounds for a request for redress. This changes RRS 62.1(a);
 - 1.4.4 Boats will be scored according to: RRS A5.3; and
 - 1.4.5 Failure of the race committee to make a broadcast, the timing of the broadcast, or failure of a boat to hear the broadcast, shall not be grounds for redress. This changes RRS 62.1 (a).
- 1.5 Boats shall be aware of and comply with the Province of Ontario's **Rowan's Law**: See <http://www.ontario.ca/page/rowans-law-concussion-awareness-resources> NOTE: ***A banged head could mean death or dementia. Get the injured, however slightly, to medical assessment.***
- 1.6 The organizing authority for each race day is the corresponding host club listed in 6.1 below.
- 1.7 AHMEN RACING, comprised of representatives from among the following clubs, functions as the coordinator for the event:
 - Alexandra Yacht Club
 - Ashbridge's Bay Yacht Club
 - The Boulevard Club
 - Etobicoke Yacht Club
 - Harbour City Yacht Club
 - Humber Bay Sailing Centre
 - Mimico Cruising Club
 - National Yacht Club
 - Port Credit Yacht Club
 - Queen City Yacht Club
 - Royal Canadian Yacht Club
 - Toronto Sailing and Canoe Club

2. SAILING INSTRUCTIONS

- 2.1 The *Sailing Instructions* will be available by 1800 on May 15, 2026 at www.ahmen.ca under the **Race Documents** heading.

3. COMMUNICATION

- 3.1 The online notice board is available under the heading **AHMEN News** at www.ahmen.ca.
- 3.2 [DP] From the first warning signal until the end of the last race of the day, except in an emergency, a boat may not make voice or data transmission and shall not receive voice or data transmission that is not available to all boats.
- 3.3 On race day, the race committee will broadcast on VHF channel **8**, at 1030; 1045; 1100; and 1115, one of the following messages:
- a) This is the AHMEN race committee. Today's races start at "Mark X" [*repeated once*]; or
- b) This is the AHMEN race committee. Today's races are postponed. We will advise further at [*time reference*] [*message repeated once*]; or
- c) *This is the AHMEN race committee. Today's races are cancelled [repeated once].*
- 3.4 The Organizing Authority or race committee may, at their discretion, communicate course information and other updates via the Announcements page of the AHMEN WhatsApp group. Failure of the race committee to provide information in this fashion shall not be grounds for redress. Participants can sign up for the AHMEN WhatsApp group using the QR code on the AHMEN website.

4. ELIGIBILITY AND ENTRY

- 4.1 The event is open to boats in good standing with any of the twelve coordinating clubs, and from other clubs at the discretion of the registrar.
- 4.2 The PHRF-LO handicap system applies to boats racing in five classes (Starts 1 through 5) as follows:

Star t	Division	Class Flag	Backstay Flag
1	Non-flying sails - PHRF 185 and higher	Pennant 1	White
2	Non-flying sails - PHRF Rating 184 and lower	Pennant 2	Orange
3	Flying Sails - PHRF Rating 138 and higher	Pennant 3	Blue
4	Flying Sails - PHRF Rating 85 to 137	Pennant 4	Yellow
5	Flying Sails - PHRF Rating 84 and lower	Pennant 5	Green

Note: Non-Flying Sails = White Sail Flying Sails = Spinnaker

- 4.3 PHRF boats shall fly the appropriate coloured backstay flag. See **Backstay Flag Colours** on www.ahmen.ca, under the **Race Documents** heading.
- 4.4 A boat changing from one class to another during the series (FS to NFS or NFS to FS) shall by 1800 the Wednesday prior to the race inform the registrar, and declare their division when checking with Race Committee and fly the appropriate backstay flag on race day.

- 4.5 Each boat in the PHRF fleet shall have a valid PHRF-LO rating certificate. If a valid rating is not available a temporary rating may be assigned, at the discretion of the registrar. Such a rating shall only be permitted for a maximum of two races.
- 4.6 To participate in AHMEN RACING, **each** person designated or acting as Person-in-Charge (skipper) shall register by completing an online ENTRY FORM, available in various locations at www.ahmen.ca. Registration is a two-step process which includes (1) completing the ENTRY FORM and (2) providing proof of valid third-party liability insurance with minimum coverage of three million Canadian dollars (\$3,000,000) per incident or equivalent. The owner or skipper must **email proof of insurance** to AHMENregistrar@gmail.com. Boats for which proof of adequate and appropriate insurance has not been provided will not be considered to be racing and will not be scored.
- 4.7 Entries must be received by 1800 Wednesday, prior to the boat's first race. A late entry may be accepted at the discretion of the registrar.
- 4.8 A list of registered boats is available in several locations at www.ahmen.ca.

5. FEES

- 5.1 There are no entry fees due upon registration. Each AHMEN club pays for its participating members' share of AHMEN RACING expenses.
- 5.2 For non-AHMEN club entries, podium winners will be asked to contribute to any flags won.

6. SCHEDULE OF RACES

6.1 Below are event dates and the corresponding organizing authority and race committee.

RACE	RACE DATE	ORGANIZING AUTHORITY & RACE COMMITTEE
1	Sat June 20, 2026	Royal Canadian Yacht Club
2	Sat June 27, 2026	Queen City Yacht Club
3	Sun August 9, 2026 ARGOSY ROSE BOWL Trophy	National Yacht Club
4	Sat August 15, 2026	Etobicoke Yacht Club
5	Sun September 13, 2026	Mimico Cruising Club
6	Sat September 19, 2026	Alexandra Yacht Club
7	Sun September 27, 2026	Toronto Sailing and Canoe Club
8	Sun October 4, 2026	Alexandra Yacht Club

- 6.2 For each class there will be one race per day.
- 6.3 The scheduled time for **the warning signal of Start 1 is 1130.**

7. THE COURSES

- 7.1 A Google Earth image showing the race area with GPS coordinates of the marks and with distances/bearings between them is available at www.ahmen.ca in the **Race Course** tab under the **Race Documents** heading.

8. PENALTY SYSTEM

- 8.1 If a boat has a spinnaker flying at the time of the incident, a One-Turn Penalty shall satisfy the penalty, provided that the boat flies the spinnaker again immediately after the turn. This changes *RRS44.1*

9. SCORING

- 9.1 AHMEN scoring shall be under the **PHRF-LO Time-on-Time** handicap system.
- 9.2 Eight races have been scheduled and four or more completed races constitute a series.
- 9.3 For determining the scoring of an overall series, one score will be excluded if six or more races are completed. This applies to the overall scoring of all classes and changes *RRS A2.1*.
- 9.4 *RRS A5.3* will apply.
- 9.5 Race results will be posted on www.ahmen.ca.

10. RISK STATEMENT

- 10.1 *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 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.**

11. INSURANCE

- 11.1 Each participating boat shall be insured with valid third-party liability insurance with minimum coverage of three million Canadian dollars \$3,000,000 per incident or the equivalent.
- 11.2 As part of the registration process, participants will be required to provide evidence of suitable and valid third-party liability insurance.

12. PRIZES

- 12.1 Prizes, funded by the participating clubs, will be awarded as follows:
 - a) For each race, an AHMEN 2026 flag to the top three boats in each division.
 - b) For a series overall, an AHMEN 2026 OVERALL flag to the top three boats in each division.
 - c) For races on August 9, 2026 all boats will sail an identical course. In addition to division flags, all boats will be scored with the winner awarded the National Yacht Club **ARGOSY ROSE BOWL** perpetual trophy.
- 12.2 An AHMEN AWARDS DINNER will be held in early 2027. The exact date, time and location have yet to be decided. Information on the AHMEN Awards Dinner will be distributed to competitors and posted on the AHMEN website when it becomes available

13. FURTHER INFORMATION

13.1 For additional information, please contact one of the AHMEN RACING representatives listed below:

CLUB	AHMEN REPRESENTATIVE	CONTACT DETAILS
Alexandra Yacht Club	Chris Bryce	fleetcaptain@ayc.ca
Ashbridge's Bay Yacht Club	David Holmes	david_holmes@rogers.com
The Boulevard Club	Charles Rishor	yachtingdirector@boulevardclub.com
Etobicoke Yacht Club	Michael Brown	mike@tkg.ca
Harbour City Yacht Club	Paul Bedford	fleetcaptain@hcy.ca
Humber Bay Sailing Centre	Kirsten Agrell	kagrell@iueolocal793.org
Mimico Cruising Club	Bill Bevan	bill.bevan@sympatico.ca
National Yacht Club	Andrew James	ahmenracing@thenyc.com
Port Credit Yacht Club	Anne Sanderson	sandersonam@outlook.com
Queen City Yacht Club	Frank Bushe	fbscribe@gmail.com
Royal Canadian Yacht Club	Colin Clark – Director of Fleet	colin.clark@rcyc.ca
Toronto Sailing & Canoe Club	Nicolas Greenland	fleet.captain@tscc.net
Treasurer	Laurel Green	laurel.green@sympatico.ca
Registrar	Michelle Tan	ahmenregistrar@gmail.com
Scorer	Tom Stiemerling	ahmenscoring@gmail.com
Chair	John McLeod	ahmenchair@icloud.com