

AHMEN RACING 2026

Sailing Instructions (SI)

1. RULES

- 1.1 Skippers shall be aware of and comply with the Province of Ontario's **Rowan's Law**:
<https://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.**

2. CHANGES TO SAILING INSTRUCTIONS

- 2.1 Changes to the *Sailing Instructions* will be posted on www.ahmen.ca, by 1800 on the day before they take effect, unless this time is changed in an amendment to the *SI*. Any change to the schedule of races will be posted by 1800 on the day before it will take effect.
- 2.2 Oral changes to the *Sailing Instructions* shall be communicated on the VHF race frequency, only on the water and before a boat's warning signal.
- 2.3 Changes may also be posted by the Organizing Authority via the Announcements page of the AHMEN WhatsApp group as a courtesy.

3. COMMUNICATIONS WITH COMPETITORS

- 3.1 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 ID" [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].*
- 3.2 On the water, the race committee intends to monitor and communicate with competitors on VHF radio channel **8**.
- 3.3 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)*.
- 3.4 The Organizing Committee or the race committee may, at their discretion, communicate course information and other updates via the Announcements page of the AHMEN WhatsApp group as a courtesy. 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. SCHEDULE OF RACES

4.1 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

4.2 The scheduled time of the warning signal for **Start 1** is 1130.

5. CLASS FLAGS

5.1 PHRF fleet boats will be divided into five classes as follows and shall fly the appropriate backstay flag:

Start	PHRF-LO Rating	Class	Class Flag	Backstay Flag
1	185 and higher [NFS]	Start 1	Pennant 1	White
2	184 and lower [NFS]	Start 2	Pennant 2	Orange
3	138 and higher [FS]	Start 3	Pennant 3	Blue
4	85 to 137 & R-Class [FS]	Start 4	Pennant 4	Yellow
5	84 and lower [FS]	Start 5	Pennant 5	Green

NFS = Non-Flying Sails [White Sail] FS = Flying Sails [Spinnaker]

6. THE COURSES

- 6.1 The race area and coordinates of marks are posted at www.ahmen.ca in the **Race Course** tab under the **Race Documents** heading.
- 6.2 No later than the warning signal, the race committee signal vessel shall designate the course to be sailed.
- 6.3 If the course includes the letter "X" followed by a number, boats shall sail that number of laps around the course.
- 6.4 All marks of the course shall be left to port.
- 6.5 When Mark 7 is a mark of the course, boats sailing to or from it shall pass south of G.

- 6.6 Separate courses may be designated for NFS [White Sail] and FS [Spinnaker] classes, except for the NYC ARGOSY Rose Bowl trophy when all boats shall sail the same course.

7. MARKS

- 7.1 The following is a description of marks and their abbreviations from which a course will be selected:
- D** 'T' (red/white vertical stripes) Toronto West Entrance (Dufferin) Fairway Buoy [No. 513]
 - G** 'TE 18' (red spar) Gibraltar Point Lighted Buoy [No. 511]
 - 0** NYC Racing Mark No. 0 [PRIV] – white spar
 - 1** MCC Racing Mark No. 1 [PRIV] – white (or yellow) spar with FOGH logo
 - 2** NYC Racing Mark No. 2 [PRIV] – white spar
 - 3** TS&CC Racing Mark No. 3 – white spar
 - 5** MCC Racing Mark No. 5 [PRIV] – white (or yellow) spar with FOGH logo
 - 6** Dropped inflatable mark - position announced by race committee.
 - 7** 'T1' (green spar) – Toronto Harbour Outer Approach Buoy [No. 508]
 - 9** MCC Racing Mark No. 9 [PRIV] – white (or yellow) spar with FOGH logo
- 7.2 Any mark may be replaced by a temporary inflatable mark.
- 7.3 The starting mark may be any mark, excluding Mark 7, and shall be announced by the race committee by broadcasting on VHF channel **8** at their 1030, 1045, 1100, and 1115 broadcasts. At the discretion of the race committee, the starting mark may also be announced via the Announcements page of the AHMEN WhatsApp group.
- 7.4 The finishing mark will be the last mark of the course.
- 7.5 When a mark of the course is missing, boats shall round that mark's GPS coordinates.

8. THE START

- 8.1 [DP] Prior to the **Start 1** sequence, all boats shall report to the race committee by sailing past the signal vessel's transom and hailing boat details. Boats failing to report may be considered **DNC**.
- 8.2 The warning signal for each class will be its Class Flag as listed in *SI 5.1*.
- 8.3 The starting line will be between a staff displaying an orange flag on the signal vessel and the course side of the starting mark.
- 8.4 Races will be started using *RRS 26* with the warning signal made five minutes before the starting signal.
- 8.5 After Start 2 there will be a 5-minute gap in the starting sequence.
- 8.6 After Start 2, there may be a course change for the FS [Spinnaker] classes.
- 8.7 [DP] **A boat whose warning signal has not been made shall stay clear of the starting area during the starting sequence for other races.** The starting area extends the length of the starting line ahead and behind the starting line, and extends one-half the length of the starting line beyond either end of the starting line.
- 8.8 If any part of a boat's hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to hail her sail number. 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)*.

9. THE FINISH

- 9.1 The finishing line will be between a staff displaying a blue flag on the signal vessel and the course side of the finishing mark.
- 9.2 If the race committee is not present at the finish, boats shall sail to the finishing mark and call the RC on the designated VHF channel and relay the following: **boat name**, her **sail number**, the **GPS time** at which she reached the finishing mark, as well as the sail number and GPS time of the next boat to reach the finishing mark; and subsequently email the above information to ahmenregistrar@gmail.com

10. PENALTY SYSTEM

- 10.1 If a boat has a spinnaker flying at the time of an incident, a One-Turn Penalty shall satisfy the penalty, provided that the boat flies the spinnaker again immediately after the turn. This changes *RRS 44.1*.

11. TIME LIMITS

- 11.1 If no boat in a class finishes by 1600, the race for that class shall be abandoned. This changes *RRS 35, A4 and A5*.
- 11.2 Boats that fail to finish by 1600 will be scored **Did Not Finish** without a hearing. This changes *RRS 35, A4 and A5*.

12. HEARING REQUESTS

- 12.1 Hearing Request Forms are available at www.ahmen.ca and from Sail Canada at www.sailing.ca.
- 12.2 A boat intending to protest shall advise the race committee promptly after finishing or retiring, by hail or VHF radio channel **8**.
- 12.3 The completed protest form shall be delivered electronically to protest@ahmen.ca by 11:59 am on the day following race day.
- 12.4 Notice of the time and place of protest hearings will be posted at www.ahmen.ca and communicated by email or phone, as soon as practically possible, to inform competitors of hearings in which they are parties.
- 12.5 Notices of protests under *RRS 61.1(b)* will be posted on the front page of www.ahmen.ca and this posting shall be the notice as required by *RRS 61.1(b) and 61.3*. Protest hearings may be conducted via a video link.

13. SAFETY REGULATIONS

- 13.1 A boat that retires from a race, or has checked-in but intends not to start, shall notify the race committee as soon as possible, by hail or by VHF radio channel **8**. Failure to do so may result in a 20% penalty for the next race, or if it is their last race to their immediately previous race result.