

AHMEN RACING 2023

May 14 to October 1, 2023
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 <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.***
- 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 April 30, 2023 at www.ahmen.ca under the **Race Information** tab.

3. COMMUNICATION

- 3.1 The online notice board is available on the **front page** 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 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]*.

4. ELIGIBILITY AND ENTRY

- 4.1 The event is open to boats in good standing of 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:

Start	PHRF-LO Rating	Class	Class Flag	Backstay Flag
1	188 and higher [NFS]	Start One	Pennant 1	White
2	187 and lower [NFS]	Start Two	Pennant 2	Light Blue
3	138 and higher [FS]	Start Three	Pennant 3	Dark Blue
4	85 to 137 & R-Class boats [FS]	Start Four	Pennant 4	Yellow
5	84 and lower [FS]	Start Five	Pennant 5	Yellow + Black Stripe

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

- 4.3 PHRF boats shall fly the appropriate colour backstay flag. See **Backstay Flag Colours** on www.ahmen.ca, under **Race Information** tab. That file provides samples of colours and states flag size, so you can make your own.
- 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 register@ahmen.ca and fly the appropriate backstay flag.
- 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 **Each person designated or acting as Person-in-Charge (skipper) of a boat shall register** by completing an on-line ENTRY FORM, available at www.ahmen.ca under the **Race Information** tab.

- 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 current list of registered boats is available on www.ahmen.ca under **Race Information**.

5. FEES

- 5.1 There are no entry fees. Each club pays for its participating members' share of AHMEN RACING expenses.

6. SCHEDULE OF RACES

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

RACE DAY	EVENT DATE	ORGANIZING AUTHORITY & RACE COMMITTEE
1	Sun – May 14, 2023 AHMEN ICICLE	Royal Canadian Yacht Club
2	Sat – June 24, 2023	Queen City Yacht Club
3	Sun – August 13, 2023 Incorporates ARGOSY ROSE BOWL Trophy	National Yacht Club
4	Sat – August 19, 2023	Etobicoke Yacht Club
5	Sun – September 10, 2023	Mimico Cruising Club
6	Sat – September 16, 2023	Alexandra Yacht Club
7	Sun – September 24, 2023	Toronto Sailing and Canoe Club
8	Sun – October 1, 2023	Mimico Cruising Club

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

7. THE COURSES

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

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 except in the determination of the **R-Class** overall series winner where level scoring will apply.
- 9.2 Eight races have been scheduled and four or more completed races constitute a series.
- 9.3 For determining the scoring of the overall series, one score will be excluded if six or more races are completed. This applies to the overall scoring of all classes and the overall scoring of the **R-Class**, and changes *RRS A2.1*.
- 9.4 *RRS A5.3* will apply.
- 9.5 For the purposes of overall series scoring of the **R-Class**, the number in the series equals the number of R-Class boats racing in the series.
- 9.6 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 two million Canadian dollars [\$2,000,000] per incident or the equivalent.
- 11.2 Registrants may be required to provide evidence of valid third-party liability insurance.

12. PRIZES

- 12.1 Prizes, funded by the participating clubs, will be awarded as follows:
 - For each race, an AHMEN 2023 flag to the top three boats in each class.
 - For the series overall, an AHMEN 2023 OVERALL flag to the top three boats in each class.
 - For races on August 13, 2023 all boats will also be scored for the lowest PHRF-corrected time over an identical course and the winner awarded the National Yacht Club **ARGOSY ROSE BOWL** perpetual trophy.
 - An AHMEN AWARDS DINNER is scheduled for Friday evening, March 1, 2024. The location has to be decided.

13. FURTHER INFORMATION

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

CLUB	AHMEN REPRESENTATIVE	CONTACT DETAILS
Alexandra Yacht Club	Stephen Brown	fleetcaptain@ayc.ca
Ashbridge's Bay Yacht Club	Lauren Stephens	elle.stephens88@gmail.com
The Boulevard Club	Charles Rishor – Yachting Director	416.532.3341 x 109 yachtingdirector@boulevardclub.com
Etobicoke Yacht Club	John Baron	905.826.8442 [H] baronjc@3web.com
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	Darin Sameshima	dsameshima@gmail.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
Registrar	Michelle Tan	ahmenregistrar@gmail.com
Scorer	Tom Stiernerling	ahmenscoring@gmail.com
Treasurer	Laurel Green	laurel.green@sympatico.ca
Chair	Stephen Faller	905.822.0474

