

AHMEN RACING 2025

June 21 to September 28, 2025
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, 2025 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 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:

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	Light Blue
3	138 and higher [FS]	Start 3	Pennant 3	Dark Blue
4	85 to 137 [FS]	Start 4	Pennant 4	Yellow
5	84 and lower [FS]	Start 5	Pennant 5	Yellow + Black Stripe

NFS = Non-Flying Sails [White Sail] FS = 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 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 the registrar 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 To participate in AHMEN RACING, **each** person designated or acting as Person-in-Charge (skipper) shall register by completing an online ENTRY FORM, available at www.ahmen.ca under the **Race Information** tab. 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

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

5. FEES

- 5.1 There are no entry fees. 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 for any flags won.

6. SCHEDULE OF RACES

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

RACE DAY	EVENT DATE	RACE COMMITTEE
1	Sat – June 21, 2025	Royal Canadian Yacht Club
2	Sat – June 28, 2025	Queen City Yacht Club
3	Sun – August 10, 2025 Incorporates ARGOSY ROSE BOWL Trophy	National Yacht Club
4	Sat – August 16, 2025	Etobicoke Yacht Club
5	Sat – August 23, 2025	Royal Canadian Yacht Club
6	Sun – September 7, 2025	Mimico Cruising Club
7	Sat – September 13, 2025	Alexandra Yacht Club
8	Sun – September 21, 2025	Toronto Sailing and Canoe Club
9	Sun – September 28, 2025	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 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.
- 9.2 Nine 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 2025 flag to the top three boats in each class.
 - b) For a series overall, an AHMEN 2025 OVERALL flag to the top three boats in each class.
 - c) For races on August 10, 2025 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.
- 12.2 An AHMEN AWARDS DINNER is scheduled for Friday, March 6, 2026. The location has yet to be decided.

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	John Baron	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	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@gmail.com

