

# SLSC 2026 Wednesday Night Racing Guide

Sylvan Lake Sailing Club  
(includes club races other than the End of Summer Hummer Regatta)

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## 1. PURPOSE

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This document is intended to provide competitors, race committee volunteers, and club members with a complete operational guide for Wednesday Night Racing at the Sylvan Lake Sailing Club (SLSC). It incorporates club-specific sailing instructions together with a practical summary of key racing rules and procedures commonly applied during club racing.

This guide is not a replacement for the official World Sailing Racing Rules of Sailing (RRS) 2025–2028. Competitors are encouraged to review the official rulebook.

## 2. GOVERNING RULES

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Wednesday Night Racing shall be governed by:

The Racing Rules of Sailing (RRS) 2025–2028

Prescriptions of Sail Canada

Applicable Transport Canada regulations

The rules and ratings of PHRF as adopted by SLSC

These Sailing Instructions

Where these Sailing Instructions modify a rule, the Sailing Instructions shall prevail.

## 3. COMPETITOR RESPONSIBILITIES

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### 3.1 Decision to Race

Each skipper is solely responsible for deciding whether to start, continue, or retire from a race.

### 3.2 Safety Equipment

All boats must carry legally required safety equipment including:

- Approved lifejackets/PFDs
- Sound signaling device
- Paddle or alternative propulsion
- Bilge pump or bailer
- Navigation lights where applicable
- Tow line
- Heaving line
- Fire extinguisher where required

### **3.3 Sportsmanship**

Competitors are expected to:

- Sail fairly
- Avoid dangerous maneuvers
- Respect race officials and volunteers
- Assist boats in distress
- Follow the principles of good seamanship

## **4. NOTICES TO COMPETITORS**

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Official notices shall be posted through official SLSC communication channels.

Changes to Sailing Instructions will normally be posted before 1700 hours on the day they take effect.

## **5. SIGNALS MADE ASHORE**

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Signals made ashore will be displayed from the club flag staff.

When AP is displayed ashore, “1 minute” is replaced with “not less than 30 minutes.”

## **6. SCHEDULE OF RACES**

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Wednesday Night Racing begins at 1900 hours

One or two races are intended each evening

Additional make-up races may occur on scheduled Fridays

The Race Committee may postpone or abandon racing due to weather or safety concerns

## 7. CLASS DIVISIONS

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Division 1

PHRF 198 and lower

Division 2

PHRF 199 and higher

Numeral pennants will identify divisions.

## 8. RACING AREA

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Racing will normally occur in the southeast portion of Sylvan Lake unless otherwise designated by the Race Committee.

## 9. COURSE CONFIGURATION

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Typical courses may include:

- Windward-leeward courses
- Triangle courses
- Modified Olympic-style courses
- Upwind or downwind finishes

Marks shall normally be left to port unless a gate is specified.

## 10. MARKS

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Marks 1A, 1B, 2, and 3 shall be yellow or orange tetrahedrons

Change marks shall be red buoys

Starting and finishing marks shall be orange buoys

Division 1 rounds Mark 1A. Division 2 rounds Mark 1B.

## 11. STARTING PROCEDURE

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Races will use the standard 5-minute sequence.

#### Typical Starting Sequence

Time Before Start	Signal	Meaning
5 minutes	Warning	Class flag raised
4 minutes	Preparatory	P, I, Z, or Black flag
1 minute	One-minute signal	Preparatory flag removed
Start	Starting signal	Class flag removed

5 minutes Warning Class flag raised

4 minutes Preparatory P, I, Z, or Black flag

1 minute One-minute signal Preparatory flag removed

Start Starting signal Class flag removed

Boats whose warning signal has not been made shall avoid the starting area.

A boat starting more than 4 minutes late may be scored DNS.

## 12. RECALLS

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### Individual Recall

If one or more boats are over early:

Code Flag X may be displayed

A sound signal may accompany the display

The recalled boat must restart correctly.

### General Recall

If the start cannot be fairly executed:

First Substitute flag will be displayed

The race start sequence will restart shortly afterward

## 13. RIGHT-OF-WAY RULES SUMMARY

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### Port vs Starboard

A port-tack boat shall keep clear of a starboard-tack boat.

### Windward vs Leeward

A windward boat shall keep clear of a leeward boat.

Overtaking

A boat clear astern shall keep clear of a boat clear ahead.

Tacking

A boat tacking shall keep clear until on a close-hauled course.

Mark Room

Boats entitled to mark-room shall be given sufficient space to round safely.

## 14. MARK ROUNDING

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Boats shall:

Round marks in the proper order

Leave marks on the required side

Avoid touching marks

A boat touching a mark may exonerate itself by completing a One-Turn Penalty.

## 15. PENALTIES

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The standard Two-Turn Penalty is modified to a One-Turn Penalty.

A penalty turn consists of:

One tack

One gybe

Conducted promptly and safely

## 16. CHANGE OF COURSE

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The Race Committee may:

- Move marks
- Shorten course
- Abandon racing
- Change finishing locations

A red buoy may be used as a change mark.

## 17. SHORTENED COURSE

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The Race Committee may shorten the course:

Due to changing weather

Time constraints

Diminishing wind

Safety concerns

The S flag will indicate a shortened course.

## 18. FINISHING

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The finish line shall normally be between:

An orange staff on the committee boat

An orange buoy

The Race Committee may implement On Course Finish (OCF) procedures.

## 19. TIME LIMITS

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Overall Time Limit

120 minutes

Mark 1 Time Limit

30 minutes

Target Race Duration

45–75 minutes

## 20. PROTEST PROCEDURES

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Filing a Protest

A protesting boat shall:

Hail "Protest" when practical

Display a red protest flag where required

Submit a written protest within 30 minutes of docking

Hearings

Hearings may be conducted:

In person

By designated protest committee

Informally for club racing where appropriate

## **21. SCORING**

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Scoring shall use:

PHRF corrected time

Low-point scoring system

Throw-Out Scores

Less than 5 races: no throw-outs

5 or more races: 1 discard

10 or more races: 2 discards

Additional discards may apply every 5 races thereafter.

## **22. RADIO COMMUNICATION**

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VHF Channel 09 shall be used.

Competitors should:

Monitor the channel before racing

Avoid unnecessary transmissions

Respond promptly to safety communications

## **23. RETIREMENT**

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A boat retiring from racing shall notify the Race Committee as soon as practical.

## **24. ENVIRONMENTAL RESPONSIBILITY**

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Competitors shall:

Not throw garbage into the lake

Protect the shoreline

Respect wildlife and public lake users

## **25. INSURANCE**

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All participating boats shall maintain third-party liability insurance of at least:

\$2,000,000 CAD per incident.

Proof of insurance may be requested.

## **26. DISCLAIMER OF LIABILITY**

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Competitors participate entirely at their own risk.

SLSC, race officials, volunteers, and affiliated organizations accept no responsibility for:

Injury

Death

Property damage

Equipment loss

Consequential damages

## **27. COMMON RACING FLAGS**

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Flag Meaning

AP Postponement

X Individual Recall

First Substitute General Recall

S Shortened Course

C Course Change

L Come within hail / Notice posted

## **28. RACE COMMITTEE GUIDELINES**

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Race Committee volunteers should:

Maintain consistent starting sequences

Record finishing times accurately

Communicate clearly on VHF 09

Monitor weather and safety conditions

Ensure fair competition

## **29. SAFETY RECOMMENDATIONS**

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Competitors are encouraged to:

- Wear PFDs at all times
- Reef early in heavy weather
- Monitor approaching storms
- Carry waterproof communication devices
- Sail conservatively during thunderstorms

## **30. FINAL NOTES**

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Wednesday Night Racing is intended to:

- Promote participation
- Improve sailing skills
- Encourage fair competition
- Build club community
- Provide safe and enjoyable racing for all skill levels

Competitors are reminded that courtesy, safety, and sportsmanship are essential components of successful club racing.