



Lake Macquarie She SAILS Regatta 2025

SAILING INSTRUCTIONS

The Organising Authority will be:
Lake Macquarie Yacht Club (LMYC)
Royal Motor Yacht Club Toronto (RMYC)
Wangi Amateur Sailing Club (WASC)

Under the authority of Australian Sailing (AS)

1 RULES

- 1.1 Races will be governed by the Racing Rules of Sailing (RRS) as amended, including the Australian Sailing (SA) prescriptions.
- 1.2 Appendix T shall apply.
- 1.3 Competitors shall comply with the AS Special Regulations applicable for Category 7 or above and a current Equipment Audit Form shall be lodged with entry.
- 1.4 RRS 44.1 Penalty System is changed so that the Two Turns Penalty is replaced by the One Turn Penalty. (changes RRS44.1)

2 NOTICES TO COMPETITORS

Notices to competitors shall be posted on the official noticeboard at each club as well as the respective websites under [Sailing Amendments](#).

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Changes to the Sailing Instructions shall be issued no later than two hours prior to the warning signal and no later than 1800 hours on the preceding day for a change in the schedule of the race.
- 3.2 Changes to Sailing Instructions will be signaled by Code flag L displayed from the respective club's official flag mast.

4 SIGNALS MADE ASHORE

Signals made ashore will be displayed from the signal mast of the:

Race Committee Box on the south west corner of the LMYC Marina for race 1.

Race Committee Box on the balcony of the WASC clubhouse for race 2.

Race Committee Box on the northeast corner of the RMYC marina for race 3.

5 RACING CONDITIONS

- 5.1 Races will be conducted and scored per NOR section 7.
- 5.2 All boats shall carry a VHF radio (minimum 5 watt) and tuned to channel 71 for race1, 77 for race 2 and 73 for race 3.
- 5.3 A boat retiring before, during or after a race shall notify the RC of its intention to do so by calling the RO on mobile:
0414 450 022 or VHF (Channel 71) for race 1.
049754212 or VHF (Channel 77) for race 2.
0414652484 or VHF (Channel 73) for race 3, at the earliest opportunity.
The boat will be scored DNF. (Changes RRS 63.1 and A4).
- 5.4 Any boat retiring from a race and failing to advise the RC will be scored DNC. (Changes RRS 63.1 and A5.3).

6 PROHIBITED AREAS

- 6.1 A boat shall not pass between any permanent mooring, whether occupied or not, and the nearby shoreline. It shall keep a safe distance from boats that are anchored or not underway.
- 6.2 Unoccupied permanent moorings are obstructions for the purpose of RRS 19.2(a & b) and are prohibited areas. Boats moored to permanent moorings are continuing obstructions for the purpose of RRS 19.2(c).
- 6.3 A boat shall not come into contact with a permanent mooring or a boat moored on a permanent mooring. A boat that does so shall complete a one-turn penalty in compliance with RRS 44.2 (Changes RRS 44.1). If the incident resulted in any damage whatsoever, it shall be reported to the RC. If required, an incident report shall also be provided to Transport for NSW.
- 6.4 All Cardinal navigation marks shall be passed on their safe waterside.
- 6.5 For the on-water safety of junior sailors, the Belmont 16s Club will raise a 900mm x 900mm pink flag on its race control vessel when their starting and finishing lines are active. Any boat sailing through the active line will incur a DPI equal to 25% of starters without a hearing, (changes RRS Appendix A5.3).



7 MODIFICATIONS TO BE NOTIFIED

When a yacht, its equipment or sails is modified with a reasonable expectation of improving its performance, details of such modification shall be notified to the Race Committee (RC) 48 hours before the warning signal. No modifications will be accepted after this time.

8 SCHEDULE OF RACES

- 8.1 Racing will be conducted on
 - Sunday 12th January 2025 (LMYC)**
 - Sunday 23rd February 2025 (WASC)**
 - Sunday 16th March 2025 (RMYC)**
- 8.2 A re-sail for an abandoned race may be scheduled at the discretion of the Race Committee.
- 8.3 Abandonment of a race due to adverse weather shall be at the discretion of the Race Committee until 1 hour prior to the warning signal and thereafter at the discretion of the Race Officer as per RRS 32.1.
Notification of abandonment will be performed by the RC.

9 STARTING TIME AND SIGNALS

TIME	FLAGS	SIGNAL	MEANING
1255	WHITE	WHITE ↑	All Groups Warning
1256		I ↑	All Groups Preparatory
1259		I ↓	All Groups - Attention
1300	WHITE	WHITE ↓	Group A Start
	GREEN	GREEN ↑	Group B Preparatory
1310	GREEN	GREEN ↓	Group B Start
	YELLOW	YELLOW ↑	Group C Preparatory
1320	YELLOW	YELLOW ↓	Group C Start
	BLUE	BLUE ↑	Group D Preparatory
1330	BLUE	BLUE ↓	Group D Start

Note: Attention may be drawn to the above flag signals by sound signal. The absence of a sound signal shall be disregarded.

10 THE COURSES

- 10.1 Courses shall be those set out in Appendix A3. For a map showing the approximate locations of Marks, refer to Appendix A2.
- 10.2 An International code flag numeral shall be flown from the RCB prior to the warning signal to indicate the course number to be sailed. [Refer Appendix A3]

11 MARKS

11.1 All marks, including the start/finish marks, shall be:

LMYC marks are a lime green cylinder approximately 1300mm high and 300mm in diameter, with a yellow or lime green cap with a 150mm wide red band approximately 400mm down from the top and inscribed with the letters LMYC.

RMYC marks are a yellow cylinder approximately 1300mm high and 300mm in diameter, with a white cap and inscribed with the letters RMYC. (Start mark)

RMYC Start/Finish Mark is a yellow cylinder approximately 1300mm high and 300mm in diameter, with a **RED** cap and inscribed with the letters RMYC. (Start mark)

WASC marks are a lime green cylinder approximately 1300mm high and 300mm in diameter, with a lime green cap with a 150mm wide black band approximately 500mm down from the top and inscribed with the letters WASC.

11.2 The marks to be rounded in each course are described in Appendix A1.

CAUTION: - CARE MUST BE TAKEN TO CORRECTLY IDENTIFY MARKS

In some courses the 'Channel mark' may act as a passing mark rather than a rounding mark. Passing marks need not be looped.

12 THE START

12.1 Races will be started in accordance with RRS26.

12.2 **LMYC** The start line will be a line drawn between the Race Committee Box (RCB) on the SW corner of the LMYC marina and the start/finish mark moored approximately 200m to the west. A Lime Green inner distance mark shall be taken on the same hand as the RCB when starting.

RMYC The start line will be a line drawn between the Race Committee Box (RCB) on the NE corner of the RMYC marina and the start/finish mark moored approximately 200m to the east.

WASC The start line will be a line drawn between the official flagpole and the start/finish mark moored approximately 400m to the north.

12.3 Attention is drawn to RRS 23. - Yachts entered in a race while not racing and after finishing, shall keep clear of the starting line and finish line, both in front of and behind the line and for a reasonable distance along its extensions. The Protest Committee may apply a discretionary penalty for a breach of this SI.

13 RECALLS

13.1 Individual Recalls shall be in accordance with RRS 29.

13.2 In addition, the Race Officer (RO) may broadcast on VHF radio (Chan 71) LMYC, (Chan 77) WASC, (Chan 73) RMYC, the sail number of a boat that is On Course Side (OCS). A failure to make such broadcast or to receive such broadcast will not be considered as grounds for redress. (Changes RRS 62.1(a))

14 FINISH LINE

14.1 LMYC The Finish line will be a line drawn between the Race Committee Box (RCB) on the SW corner of the LMYC marina and the start/finish mark, moored approximately 200m to the west. A Lime Green inner distance mark shall be taken on the same hand as the RCB when finishing.

RMYC The Finish line will be a line drawn between the centre of the Race Committee Box (RCB) on the NE corner of the RMYC marina and the start/finish mark, moored approximately 200m to the east.

WASC The Finish line will be a line drawn between the official flagpole and the start/finish mark, moored approximately 400m to the north.

14.2 Yachts that have finished shall not re-cross the finish line from either direction. **Yachts that re-cross the finish line shall be penalised an additional two minutes to their elapsed time without a hearing.** (Changes RRS 63.1 and A5.3). The Race Committee may also protest a boat for a serious breach of SI 13.2.

15 TIME LIMIT

The time limit will be three and a half hours from the first start signal (Group A). Yachts not finishing within the time limit will be recorded as DNF. (Changes RRS 35)

16 PROTESTS AND REQUESTS FOR REDRESS

16.1 Protest and Request for Redress forms are available at the reception office of LMYC, the race office located upstairs at WASC and sailing notice board adjacent to the bar of RMYC, and shall be lodged within 1 hour of the finish time of the last boat.

Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.

16.2 Protests will be heard as determined by the Protest Committee following the race unless advised otherwise by the Protest Committee Chairperson.

Notices of protests by the race committee technical committee or protest committee will be posted to inform boats under RRS 61.1(b).

Issued on behalf of the combined Race Committee

Steven Ford
Rear Commodore, Lake Macquarie Yacht Club

Jake Howell
Sailing Master, Royal Motor Yacht Club

Tony Outteridge
Vice Commodore, Wangi Amateur Sailing Club

30th July 2024

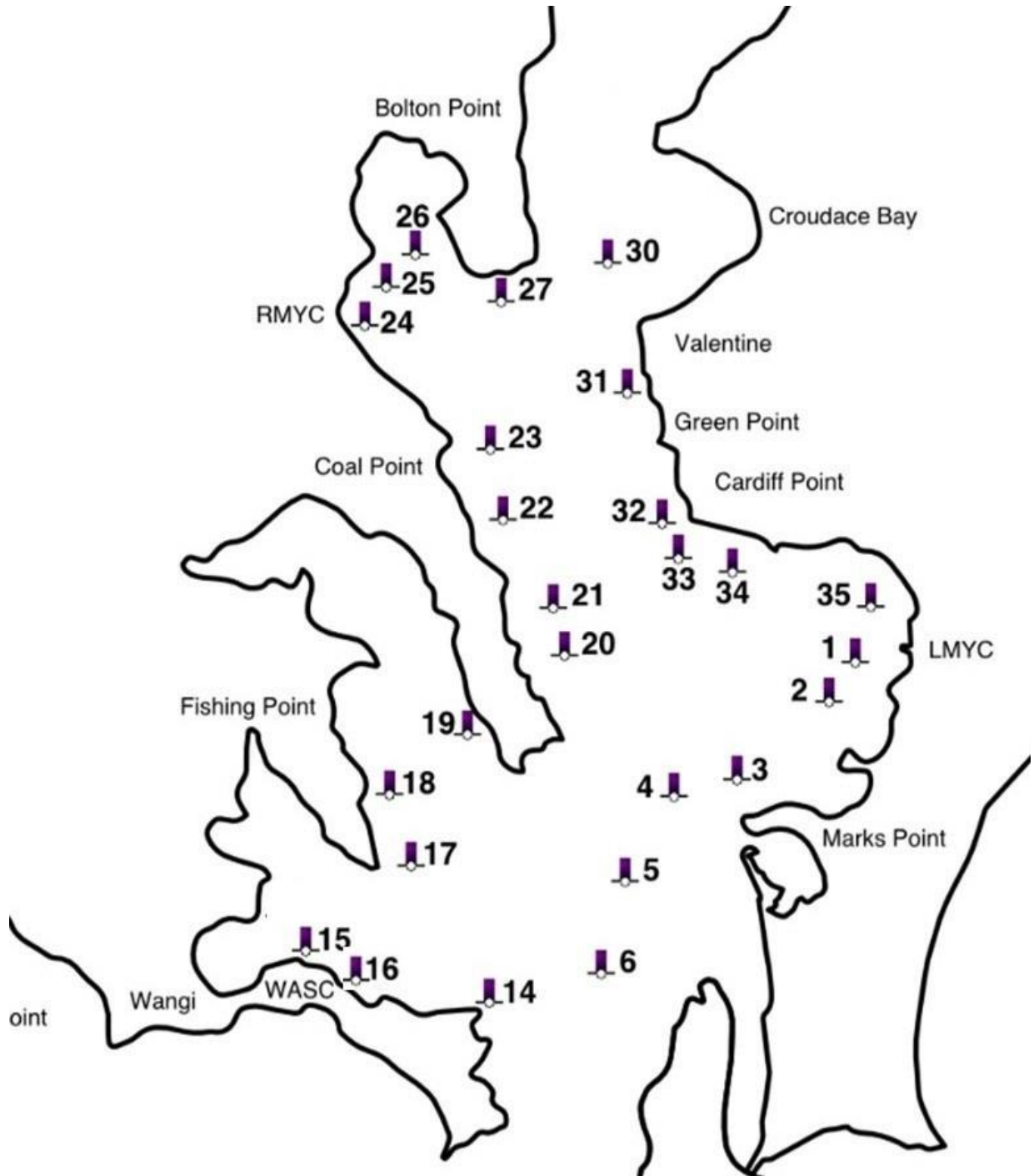
APPENDIX A1

MARKS NOMINATED IN THE SAILING INSTRUCTIONS

Special care should be taken to avoid rounding incorrect marks.

Mark ID	NAME	CLUB	Approx GPS Position
1	LMYC Club	LMYC	S33 02.418 E151 39.048
2	Andersons	LMYC	S33 02.609 E151 38.854
3	Marks Point	LMYC	S33 02.992 E151 38.345
4	Channel	LMYC	S33 03.117 E151 37.854
5	Pelican	WASC	S33 03.557 E151 37.561
6	Swansea	LMYC	S33 04.149 E151 37.421
7	Galgabba	WASC	S33 05.656 E151 36.000
14	Wangi Point	WASC	S33 04.211 E151 36.711
15	WASC Club	WASC	S33 03.884 E151 35.290
16	Little Wangi Bay	WASC	S33 04.074 E151 35.911
17	Fishing Point	LMYC	S33 03.486 E151 36.186
18	Rathmines	WASC	S33 03.120 E151 36.057
20	Coal Point	LMYC	S33 02.377 E151 37.192
21	Mayo	RMYCT	S33 02.183 E151 37.102
22	Carey Bay	LMYC	S33 01.633 E151 36.765
23	Dewey	RMYCT	S33 01.420 E151 36.720
24	RMYCT Club	RMYCT	S33 00.620 E151 35.907
25	Toronto	RMYCT	S33 00.539 E151 35.999
26	Figtree	RMYCT	S33 00.233 E151 36.224
27	Boughton	RMYCT	S33 00.507 E151 37.205
30	Hartley	RMYCT	S33 00.355 E151 37.440
31	Green Point	RMYCT	S33 01.119 E151 37.475
32	Cardiff Point	LMYC	S33 01.672 E151 37.785
33	Belmont	RMYCT	S33 01.850 E151 37.905
34	Slip	LMYC	S33 01.936 E151 38.227
35	Albert	LMYC	S33 02.102 E151 39.116

APPENDIX A2



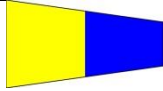


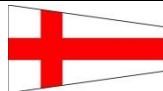
APPENDIX A3

SheSAILS COURSES 2025

LMYC

							
COURSE 1		COURSE 2		COURSE 3		COURSE 4	
North		North-East		East		South-East	
Start N to S		Start N to S		Start N to S		Start S to N	
Marks Pt (3)	S	Channel (4)	S	Marks Pt (3)	S	Albert (35)	P
Cardiff Pt (32)	S	Coal Pt (20)	S	Coal Pt (20)	S	Slip (34)	P
LMYC Club (1)	S	Albert (35)	S	Andersons (2)	P	Andersons (2)	S
Channel (4)	S	Club (1)	S	Coal Pt (20)	S	Coal Pt (20)	P
Cardiff Pt (32)	S	Andersons (2)	S	Club (1)	S	Channel (4)	P
Albert (35)	S	Coal Pt (20)	S	Andersons (20)	S	LMYC Club (1)	P
FINISH		Albert (35)	S	Slip (34)	S	Slip (34)	P
		FINISH		Albert (35)	S	Andersons (2)	P
				FINISH		Albert (35)	S
						FINISH	

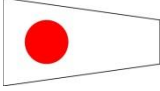
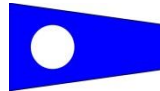
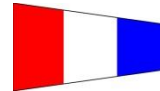
APPENDIX A3 (cont)

							
COURSE 5		COURSE 6		COURSE 7		COURSE 8	
South		South-West		West		North-West	
Start S to N		Start S to N		Start S to N		Start N to S	
Albert (35)	P	Albert (35)	P	Albert (35)	P	Marks Pt (3)	S
Cardiff Pt (32)	P	Channel (4)	S	Carey Bay (22)	P	Carey Bay (22)	S
Marks Pt (3)	P	Cardiff Pt (32)	S	LMYC Club (1)	S	LMYC Club (1)	S
LMYC Club (1)	P	Albert (35)	S	Coal Pt (20)	S	Andersons (2)	S
Cardiff Pt (32)	P	LMYC Club (1)	S	Albert (35)	S	Cardiff Pt (32)	S
Marks Pt (30)	P	Channel (4)	S	FINISH		Albert (35)	S
Albert (35)	S	Cardiff Pt (32)	S			FINISH	
FINISH		Albert (35)	S				
		FINISH					

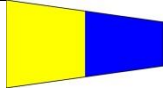


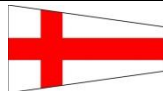
APPENDIX A3

SheSAILS COURSES 2025

WASC

							
COURSE 1		COURSE 2		COURSE 3		COURSE 4	
North		North-East		East		South-East	
Start N to S		Start N to S		Start N to S		Start S to N	
Marks Pt (3)	S	Channel (4)	S	Marks Pt (3)	S	Albert (35)	P
Cardiff Pt (32)	S	Coal Pt (20)	S	Coal Pt (20)	S	Slip (34)	P
LMYC Club (1)	S	Albert (35)	S	Andersons (2)	P	Andersons (2)	S
Channel (4)	S	Club (1)	S	Coal Pt (20)	S	Coal Pt (20)	P
Cardiff Pt (32)	S	Andersons (2)	S	Club (1)	S	Channel (4)	P
Albert (35)	S	Coal Pt (20)	S	Andersons (20)	S	LMYC Club (1)	P
FINISH		Albert (35)	S	Slip (34)	S	Slip (34)	P
		FINISH		Albert (35)	S	Andersons (2)	P
				FINISH		Albert (35)	S
						FINISH	

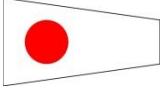
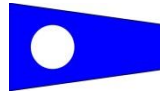
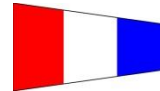
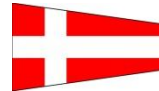
APPENDIX A3 (cont)

							
COURSE 5		COURSE 6		COURSE 7		COURSE 8	
South		South-West		West		North-West	
Start S to N		Start S to N		Start S to N		Start N to S	
Albert (35)	P	Albert (35)	P	Albert (35)	P	Marks Pt (3)	S
Cardiff Pt (32)	P	Channel (4)	S	Carey Bay (22)	P	Carey Bay (22)	S
Marks Pt (3)	P	Cardiff Pt (32)	S	LMYC Club (1)	S	LMYC Club (1)	S
LMYC Club (1)	P	Albert (35)	S	Coal Pt (20)	S	Andersons (2)	S
Cardiff Pt (32)	P	LMYC Club (1)	S	Albert (35)	S	Cardiff Pt (32)	S
Marks Pt (30)	P	Channel (4)	S	FINISH		Albert (35)	S
Albert (35)	S	Cardiff Pt (32)	S			FINISH	
FINISH		Albert (35)	S				
		FINISH					

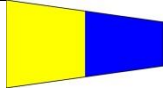


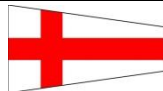
APPENDIX A3

SheSAILS COURSES 2025

RMYC

							
COURSE 1		COURSE 2		COURSE 3		COURSE 4	
North		North-East		East		South-East	
Start N to S		Start N to S		Start N to S		Start S to N	
Marks Pt (3)	S	Channel (4)	S	Marks Pt (3)	S	Albert (35)	P
Cardiff Pt (32)	S	Coal Pt (20)	S	Coal Pt (20)	S	Slip (34)	P
LMYC Club (1)	S	Albert (35)	S	Andersons (2)	P	Andersons (2)	S
Channel (4)	S	Club (1)	S	Coal Pt (20)	S	Coal Pt (20)	P
Cardiff Pt (32)	S	Andersons (2)	S	Club (1)	S	Channel (4)	P
Albert (35)	S	Coal Pt (20)	S	Andersons (20)	S	LMYC Club (1)	P
FINISH		Albert (35)	S	Slip (34)	S	Slip (34)	P
		FINISH		Albert (35)	S	Andersons (2)	P
				FINISH		Albert (35)	S
						FINISH	

APPENDIX A3 (cont)

							
COURSE 5		COURSE 6		COURSE 7		COURSE 8	
South		South-West		West		North-West	
Start S to N		Start S to N		Start S to N		Start N to S	
Albert (35)	P	Albert (35)	P	Albert (35)	P	Marks Pt (3)	S
Cardiff Pt (32)	P	Channel (4)	S	Carey Bay (22)	P	Carey Bay (22)	S
Marks Pt (3)	P	Cardiff Pt (32)	S	LMYC Club (1)	S	LMYC Club (1)	S
LMYC Club (1)	P	Albert (35)	S	Coal Pt (20)	S	Andersons (2)	S
Cardiff Pt (32)	P	LMYC Club (1)	S	Albert (35)	S	Cardiff Pt (32)	S
Marks Pt (30)	P	Channel (4)	S	FINISH		Albert (35)	S
Albert (35)	S	Cardiff Pt (32)	S			FINISH	
FINISH		Albert (35)	S				
		FINISH					