



# **SAILING INSTRUCTIONS**

## **Coastal Cup 5 Long Lake - Loudon Park**

### **Nanaimo B.C. July 19th**



#### **1. Organizing Authority**

The West Coast Radio Sailing Club (OA) invites IOM sailors to the 2025 Coastal Cup 5 Long Lake - Loudon Park. Nanaimo, B.C.

The regatta will be governed by the rules as defined in The Racing Rules of Sailing (The RRS) as modified by Appendix E, the Prescriptions of Sail Canada, the Equipment Rules of Sailing, The IOM Class Rules and the current version of HMS. Links to these documents may be found on the CRYA Web site <https://crya.ca/racing-documents/>.

#### **2. Eligibility:**

Entrants must be current members of the CRYA, or their National Authority. Yachts must comply with the IOM Class Rules and have valid registration and measurement certificates. Proof of membership and Registration/Measurement Certificates may be presented at check-in.

Competitors with a disability who require any form of help, or special requirements should, prior to entry, get in touch with the club contact to confirm that suitable arrangements can be made. The onus is on the competitor to establish whether the available facilities are suitable and, if necessary, provide a suitable support person.

- **Schedule: THIS IS A ONE DAY EVENT**
- Skippers meeting: 10 AM Saturday July 19th
- 1st warning signal: 10:30
- No Heat will begin after: 3:30 PM
- There is no maximum number of races and a minimum of six races must be completed to constitute this event.

#### **3. Entry and Fees**

You must submit your registration online no later than **July 14th, 2025**. Spaces will be allocated on a first come first served basis. Entry fees (\$5) may be paid online or at the event venue however, your entry is not confirmed and your spot allocated to you until your entry fee has been paid. If you have already paid the \$40 series entry fee the \$5 daily fee is waived.

The entry fees for this event are outlined on the West Coast Radio Sailing Association web site. Entry in this event shall be made using the form available on the West Coast Radio Sailing Association website. <https://westcoastradiosailing.ca>

Late entries may be accepted at the discretion of the Regatta Chairman.

**Entry is limited to 18 competitors.**

Sail number conflicts will be resolved based on the date of receipt of entries including those accepted after the entry deadline. This overrides Personal Sail Numbers.

#### **4. Contacts:**

**Don Martin: 604-671-9199 [dam242@telus.net](mailto:dam242@telus.net)**

#### **5. Parking:**

Public parking is available at Loudon Park.

#### **6. Race Management**

Racing will take place on the Loudon Park fishing float.

As part of the Coastal Cup series, race management will be run on a casual basis as directed by the Principal Race Officer. **A skippers meeting will be held at 10:00 AM Saturday.** At this meeting the PRO will advise where the race area is, the Control Area, the start timing sequence, and the expected courses. The PRO may change the sailing instructions at any time by oral instructions given on the dock.

Any person using the rescue boat is required to wear the provided PFD or other PFD.

### **11. Protests**

Protests will be accepted after notification to the PRO as per RRS E6 except that they need not be in writing and notification to the PRO must be within 2 minutes of the last boat finishing or earlier. The PRO will make arrangements for a protest hearing at a place, time and constitution of his discretion.

### **12. Conduct & Dock Use**

The Loudon Park is public facility which we have been generously permitted to use as our regatta venue. We share the facility with other user groups. Please respect these other user groups. Use of any foul language or other abusive behavior will be penalized by the Race Organizers under the Racing Rules of Sailing.

### **DISCLAIMER OF LIABILITY**

**All those entering or taking part in this event do so at their own risk and responsibility. (See RRS 3). West Coast radio Sailing Club and any other parties involved in the organization of this event disclaim:**

**“Any and every responsibility whatsoever for loss, material damage, personal injury or death, or inconvenience that might occur to persons and goods, both ashore and on the water, prior to, during or after the regatta, as a consequence of entering or participating in the event covered by this Notice of Race and Sailing Instructions.”**

**At all times the responsibility for the safety of their boat and themselves plus the decision to participate or continue must rest solely with and remain at all times with the competitors.**

**By entering this event, the competitor confirms that they are a member in good standing of their National Authority and agrees to be bound by the Racing Rules of Sailing and accepts the rules and conditions as they appear on the NOR and Sailing Instructions and amendments, for this event.**