



Lake Ontario 300 Challenge Race

LO300

July 10– July 14, 2026

Organizing Authority

Lake Ontario Offshore Racing of the Port Credit Yacht Club

www.loor.ca

& For LO300 Solo Challenge,

with the Great Lakes Singlehanded Society

www.solosailors.org

A component of

Ontario Sailing's Offshore Keelboat PHRF-LO & ORC Championships

Sailing Instructions

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LOOR Race Portal

racing.loor.ca

[**Official Notice Board**](#)

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These abbreviations are used in this document. (Not part of the Notice of Race)

CORDC	Crew Overboard Recovery Drill Certificate
DH	Double Handed
DP	Discretionary Penalty as defined in the RRS, Introduction, Terminology under Notation.
DSC	Digital Selective Calling. Part of the Global Maritime Distress Safety System. Developed by International Maritime Organization (IMO) and mandated for specific vessels under the Safety of Life at Sea Convention (SOLAS), and available to all vessels.
FC	Fully Crewed
FS	Flying Sails
GLMRA	Great Lakes Multihull Racing Association
GLSS	Great Lakes Singled Handed Society
GMDSS	Global Maritime Distress Safety System
LO300	Lake Ontario 300 Challenge Race
LO600	Biannual Lake Ontario Challenge Race that uses LO300 as the first half of the race.
LOOR	Lake Ontario Offshore Racing of Port Credit Yacht Club
LOOR OSR	World Sailing's Offshore Special Regulations with Sail Canada Prescriptions and as amended by Lake Ontario Offshore Racing
LOSHRS	Lake Ontario Shorthanded Racing Series
MDC	Main Duck Course
MMSI	Maritime Mobile Service Identity issued by boat's flag state's telecommunications area
NFS	No Flying Sails
NoR	Notice of Race
NP	In a rule means that a boat may not protest another boat for breaking that rule.
OA	Organizing Authority
ONB	Official Notice Board
ORC	Offshore Racing Congress
OSR	World Sailing's Offshore Special Regulations
PCYC	Port Credit Yacht Club
PiC	Person-in-Charge, AKA skipper
RRS	World Sailing's Racing Rules of Sailing version currently in place.
SBC	Scotch Bonnet Course
SH	Single Handed/Solo
SHTR	Susan Hood Trophy Race
SIs	Sailing Instructions
SP	<i>In a rule denotes a rule for which a standard penalty will be applied by the race committee without a hearing. The Standard Penalty assigned is listed in the applicable rule.</i>
TCF	Time Correction Factor to multiply actual elapsed time to obtain the corrected elapsed time. TCF is determined by the rating/handicap authority.

SAILING INSTRUCTIONS

*[DP] in a rule in the Notice of Race (NoR), Sailing Instructions (SIs) or other additional document denotes Discretionary Penalty as defined in the RRS, Introduction, Terminology under **Notation**.*

[NP] in a rule in the Notice of Race (NoR), Sailing Instructions (SIs) or other additional document denote a rule means that the penalty for a breach of that rule will not be grounds for a protest by a sailboat.

[SP] denotes a rule for which a standard penalty will be applied by the race committee without a hearing. The Standard Penalty assigned is listed in the applicable rule. This changes RRS 63 1(a), Appendix A4, and Appendix A5.

1 THE RULES

1.1 See Notice of Race (NoR).

1.2 Changes to RRS

1.2.1 *Waypoints* – RRS Appendix WP is invoked

1.2.1.1 Waypoint Quadrant

Each *waypoint* has an associated rounding/passing quadrant defined as the area enclosed between two bearing lines (with 90° between them) extending from the *waypoint*. The bearing lines are specified with each *waypoint* designated in these sailing instructions. A boat that provides a valid GNSS (GPS) fix within this quadrant is deemed to have rounded or passed the waypoint on the correct side.

See page 16 for diagram.

1.2.1.2 Waypoint Zone Area

When the *mark* is a *waypoint*, and at all times, then:

The definition of *Zone* is changed to:

Zone The area around a mark within a distance of 200 metres of it. A boat is in the *zone* when any part of her hull is in the *zone*.

1.2.2 RRS Development Rule DR25-01 Tracking To Determine Starting and Finishing for 2025-2028 (b)

This development rule is invoked for *finishing* only and is available [HERE](#).

1.2.3 Race Signals

Use of the Blue Flag for *Finish* is deleted.

1.3 OA Supplied Flags

- While in harbour, from the forestay
- While racing, from the backstay. If the boat has no backstay, from the

starboard shroud. This identifies the boat as participating in the LO300.

1.4 OA Supplied Tracking Device

1.4.1 Competitors shall assume responsibility for the tracking device they receive during the Mandatory Check-in by completing the LO300 Tracker Agreement.

1.4.2 Competitors shall mount the tracking device at the stern and shall use it at all times during the race according to instructions provided with the tracking device.

2 CHANGES TO SAILING INSTRUCTIONS

2.1 Any change to the Sailing Instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

3 COMMUNICATIONS WITH COMPETITORS.

3.1 The online Official Notice Board is located on the [LOOR Race Portal](#) --- [HERE](#).

3.2 The Race Office is located virtually: 1-866-462-8828, racecommittee@loor.ca.

3.3 Radio Communications

3.3.1 Marine VHF Channel 71 Canadian will be used by the Race Committee for radio communication during the race.

3.3.2 [DP] Each boat shall monitor VHF Channel 71 from 30 minutes before her warning signal until one hour after her start, and from approximately one hour before finishing or five (5) NM from the Finish, which ever occurs later, until 30 minutes after finishing

3.3.3 Boats are encouraged to talk to other boats in the race on marine VHF channel 71 throughout the race, especially at 1000 and 2200 EDT.

3.3.4 [DP] Boats shall monitor marine VHF channel 16 at all other times.

4 CODE OF CONDUCT

4.1 [DP] Competitors and support persons shall comply with reasonable requests from race officials.

4.2 [DP] Competitors and support persons shall handle any equipment or place advertising provided by the organizing authority with care, seamanship, in accordance with any instructions for its use and without interfering with its functionality.

5 SIGNALS MADE ASHORE

5.1 Signals made ashore will be displayed on the main flagpole of the PCYC.

- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in Race Signals AP.

6 SCHEDULE OF RACES

- 6.1 The first warning signal for
Solo Challenge 1025 EDT, Saturday, July 11, 2026
Doubled Handed & Fully Crewed 1105 EDT, Saturday, July 11, 2026
- 6.2 Classes, division, and fleet splits and starting sequences, including class flags, for RRS 26, will be made available no later than 1000 EDT Friday, July 10, 2026, on the Official Notice Board on the [LOOR Race Portal](#) --- [HERE](#).
- 6.3 They may be published earlier. The assignment of boats to a division, fleet or class is subject to change.

7 CLASS FLAGS

- 7.1 See 6.2 for class flags for RSS 26.

8 RACING AREA

- 8.1 The race will occur in Lake Ontario.

9 THE COURSES

- 9.1 Main Duck Island Course

	START	
To	LOOR LO300 Dropped Mark	Left to port
To	Van Wagner Beach	Left to port
To	Grimsby ODAS 45139	Left to port
To	Gibraltar Point Lighted Spar Buoy (TE18)	Left to starboard
To	Ajax ODAS 45159	Left to starboard
To	K11	Left to starboard
To	M10	Left to starboard
To	PEP ODAS 45135	Left to starboard
To	FINISH (between) PCYC Buoy for Onshore Finish & AC Crookes Park Flag Pole	

The approximate distance is 300 NM.

Code Flag D will be flown to indicate the Solo fleets on the Main Duck Course are starting at or before the warning for the first such class.

Code Flag F will be flown to indicate the Fully Crewed and Double Handed fleets on the Main Duck Course are starting at or before the warning for the

first such class.

9.2

Scotch Bonnet Island Course

	START	
To	LOOR LO300 Dropped Mark	Left to port
To	Fogh (LSYC) Buoy	Left to port
To	Scotch Bonnet Island	Left to port
To	FINISH (between) PCYC Buoy for Onshore Finish & AC Crookes Park Flag Pole	

The approximate distance is 186 NM.

Code Flag E will be flown to indicate the Fully Crewed and Double Handed fleets on the Scotch Bonnet Course are starting at or before the warning for the first such class.

10

MARKS

10.1

Marks in Alphabetical Order

All locations are based on WGS84 chart datum. Positions are in degrees, minutes, decimal minutes. Other sources may display positions in different formats.

MARK REFERENCE	TYPE	DESCRIPTION
AC Crookes Park Flag Pole	Object	Located approximately at 43° 33.7752' N 079° 33.4453' W See picture on page 14.
Ajax ODAS 45159	Object	Located approximately at 43° 46.00' N 078° 59.10' W TC Lights List 505.5, Yellow marked "45159", FI (5) Y 20s
Fogh (LSYC) Buoy	Object	Located approximately at 43° 30.643' N, 079° 33.654' W
Gibraltar Point Lighted Spar Buoy (TE18)	Object	Located approximately at 43° 36.400' N 079° 23.505' W TC Lights List 511 Red, spar, marked "TE18"
Grimsby ODAS 45139	Object	Located approximately at 43° 15.538' N 079° 32.322' W TC Lights List 528.5, Yellow marked "45139", FI (5) Y 20s
LOOR LO300 Dropped Mark	Object	Located approximately at 43° 31.36' N

		079° 35.22' W Inflatable Mark
LOOR Start Area	Object	Located approximately at 43° 33.95' N 079° 32.32 W 0.9 NM on a bearing of 080° magnetic from the entrance to the harbour at PCYC
K11	Object	Located approximately at 43° 55.495' N 076° 47.767' W TC Lights List 426.5 Green, spar, marked "K11"
M10	Object	Located approximately at 43° 55.303' N 076° 43.100' W TC Lights List 426 Red, spar, marked "M10".
PCYC Buoy for Onshore Finish	Object	Located approximately at 43° 33.612' N 079° 33.386' W A white buoy with orange stripes and fixed low intensity flashing white light, lighted only overnight.
PECP ODAS 45135	Object	Located approximately at 43° 47.448' N 076° 52.422' W TC Lights List 489.5, Yellow marked "45135", FI (5) Y 20s
Scotch Bonnet Island	Object	Located approximately at 43°53.97' N, 77°32.55'W TC Lights List 491, A flashing white (4s.) light on a white skeleton tower (19.1m) located on a small island SW of Nicholson Island.
Van Wagners Beach	Object	Located approximately at 43° 16.222' N 079° 45.555' W TC Lights List 537.8, Yellow Tower, FI (5) Y 20s (Centre of research platform)

Mark-Obj

A *mark* that is an object.

Mark-WP

A *mark* that is a *waypoint*, see RRS Appendix WP, i.e., virtual.

10.2

Marks as listed, above, should be at the identified latitude and longitude location. If a mark is not at the identified latitude and longitude location, or otherwise cannot be seen due to poor visibility, then the boat shall round the identified latitude and longitude location as indicated in the Sailing Instructions and continue with the race.

10.3 A record shall be entered in the boat's log detailing the timeline and efforts made to find the mark and the time that the mark's identified latitude and longitude was deemed to have been rounded. This record shall be provided as per the Notice of Race (NoR).

10.4 The boat's GNSS (GPS) tracking record shall be saved and provided for evidentiary review by the Race Committee or Protest Committee on request. This includes substantiating the passing or rounding a *waypoint*.

11 OBSTRUCTIONS & EXCLUSION ZONES

11.1 [DP] The following area is designated as an obstruction and an exclusion, keep out area: USA waters

12 THE START

12.1 Races will be started by using *Rule 26*, with an interval of at least one minute between a starting signal and the warning signal for the next start.

12.2 The starting line will be between an inflatable mark and the halyard carrying an orange flag on the Race Committee signal vessel.

12.3 After the first warning signal and prior to her warning signal, a boat shall keep clear of the starting area that extends one-quarter of the length of the starting line ahead of and behind the starting line. It shall also extend one-quarter of the length of the starting line past both ends of the starting line; see Diagram - The Starting Area.

12.4 *If and only if, code flag "L" is displayed*, on the Race Committee Signal Vessel, boats shall sail on starboard tack close to the stern of the Race Committee Signal Vessel and shall report its sail number. Check in will not be complete until the Race Committee acknowledges the boat. Check in by VHF radio or cell phone may not be accepted.

12.5 [NP] Any boats starting within the starting time window, as amended in the NoR, and if the Race Committee is no longer on station, shall radio the Race Committee VHF Channel 71 Canadian when she is starting.

13 THE FINISH

13.1 The finish is between the **PCYC Buoy for Onshore Finish** and the **AC Crookes Park Flag Pole** onshore.

13.2 Finishing will be done under RRS Development Rule DR25-01 Tracking To Determine Starting and Finishing for 2025-2028 (b) using the OA provided tracker units.

In case of failure of the technology, boats shall record and retain their *finish* time and the boat *finishing* ahead and behind them.

13.3 There will be no acknowledgement of *finishings*. The recorded *finish* time will be posted within several minutes on the Race Portal's results page for the course.

- LO300 MDC --- [HERE](#)
- LO300 SBC --- [HERE](#)

14 PENALTY SYSTEM

- 14.1 The Scoring Penalty, RRS 44.3, applies as amended in the Notice of Race.
- 14.2 The additional items listed in the Notice of Race under PENALTY SYSTEM apply.

15 TIME LIMITS

- 15.1 There is no time limit.

16 HEARING REQUESTS.

- 16.1 Protests or Requests for Redress shall be filed, within two hours of a boat's finish. using online submission feature available for this event at
- LO300 MDC --- [HERE](#)
 - LO300 SBC --- [HERE.](#)
- 16.2 Notices of Protests or Requests for Redress by the Committees will be posted to inform boats under rule 61.1(b) on the Notice Board for this event as below. The time limit for filing Protests or Requests for Redress by the Race or Technical Committee is two (2) hours after the last boat to finish or retire, whichever is later. This changes RRS 60.3 (b).
- LO300 MDC --- [HERE](#)
 - LO300 SBC --- [HERE.](#)
- 16.3 Hearings will take place at 1900 EDT, Tuesday July 21, 2026, or otherwise scheduled by the Protest Chair at PCYC.

17 SCORING

- 17.1 Solo/Single-Handed (SH), Double-Handed (DH) & Fully Crewed (FC) boats will race under the following rating/handicap systems:
- | | |
|-----------|---|
| Multihull | GLMRA Rule applies |
| ORC | Single number system using time on time ratings |
| PHRF-LO | Time on Time from PHRF-LO P2P Rating |
- 17.2 Boats will be scored in their own classes for the LO300.
- 17.3 Scoring Inquiries may be submitted using online submission feature available for this event at
- LO300 MDC --- [HERE](#)
 - LO300 SBC --- [HERE.](#)

18 SAFETY REGULATIONS

- 18.1 Boats are encouraged to implement their own check-in process and with individuals ashore via phone email or other mechanism.
- 18.2 [DP] A boat withdrawing from the race shall wear her ensign and keep clear of other competitors.
- 18.3 [DP] The Race Committee shall be notified of a boat's withdrawal at the earliest possible opportunity on VHF Channel Canadian 71, at the following telephone number 1-866-462-8828, or at the email address of racecommittee@loor.ca.
- 18.4 Boats may check in with the Race Committee at any time during the race to advise the Race Committee of their position at 1-866-462-8828 or the email address of racecommittee@loor.ca .
- 18.5 Failure of a boat to make every reasonable effort, under the circumstances, to comply with SI 18.3, may result in protest by the Race Committee. The results of this hearing may be used by the Organizing Authority whether to accept future registrations by this boat or owner.
- 18.6 [DP] All boats racing shall maintain a log of significant events, mark rounding, calls to the Coast Guard or similar organization, and engine on and off, with reason. This record shall be provided as per Notice of Race (NoR).

19 EQUIPMENT AND MEASUREMENT CHECKS

[NP] [DP] A boat may be inspected at any time during the period from the Mandatory Participants' Meeting until three hours after her finish. The Race Committee may, at the finish of the race, direct a boat to proceed directly to a designated location at Port Credit Yacht Club. A boat which fails to follow such directions, or which subsequently fails the inspection may be protested by the Technical Committee.

20 PRIZES

- 20.1 Prizes will be given as listed in the NoR or at www.loor.ca.
- 20.2 Flags will be presented at the Lakeshore Yacht Club (LSYC) Saturday night, July 18, 2026.
- 20.3 The trophies will be presented at the LOOR Combined Trophy Banquet on Friday, November 13, 2026, at Port Credit Yacht Club (PCYC).

21 RISK STATEMENT

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 vessels, 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. By participating in this event, each competitor agrees to release the race organizers, volunteers, and sponsors from all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

The Person-in-Charge/Skipper/Owner of the boat is responsible for the safety of the crew and the boat, and it is solely at their discretion to participate in any events

22 INSURANCE

- 22.1 [DP] Each participating boat shall be insured with a valid third-party liability insurance policy with a minimum cover of \$2,000,000 CAD per event for Canadian boats and an adequate level of third-party liability insurance applicable in Canadian and US waters for non-Canadian boats.

FURTHER INFORMATION

The Official Notice Board is on the [LOOR Race Portal](#) --- [HERE](#) and includes the Event's Class Organization (Splits) and Starting Sequences Document

And the following documents:

- LOOR Offshore Special Regulations for Monohulls
- LOOR Offshore Special Regulations for Multihulls
- LOOR Crew Overboard Recovery Drill Certificate (CORDC)
- GLSS Sailing Experience Resume

are available under Annual Notices on the [LOOR Race Portal](#) --- [HERE](#).

CONTACTS

ORGANIZING AUTHORITY CONTACTS		
LO300	registrar@loor.ca	www.loor.ca
LO300 Race Committee	racecommittee@loor.ca	www.loor.ca
GLSS	glss@loor.ca	www.solosailors.org
PCYC		www.pcy.net
HANDICAP SYSTEMS CONTACTS		
GLMRA	GLMRA.ratings@gmail.com	glmra.org
ORC – Ontario District	can3005@aol.com	www.orc-canada.org
PHRF-LO	Contact your club's PHRF-LO Handicapper, list HERE	www.phrf-lo.org

DIAGRAMS (Start Area & Onshore Finish)

THE STARTING AREA



The Starting Area

After the first warning signal for a race and prior to her warning signal, a sailboat shall keep clear of the starting area that extends one-quarter of the length of the starting line ahead of and behind the starting line. It shall also extend one-quarter of the length of the starting line past either end of the starting line

The Onshore Finish

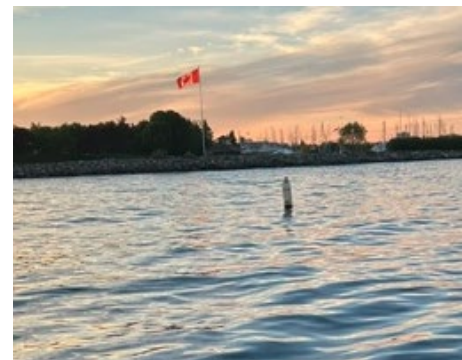
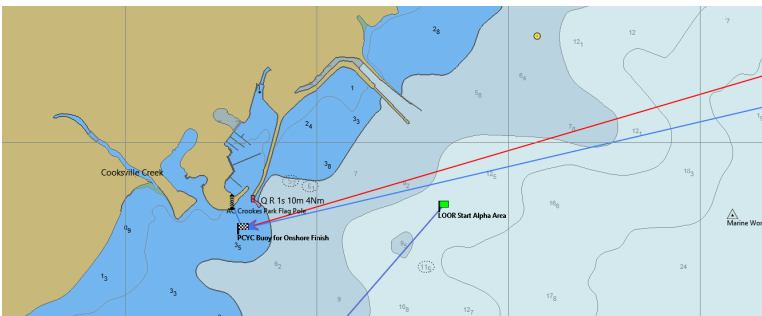
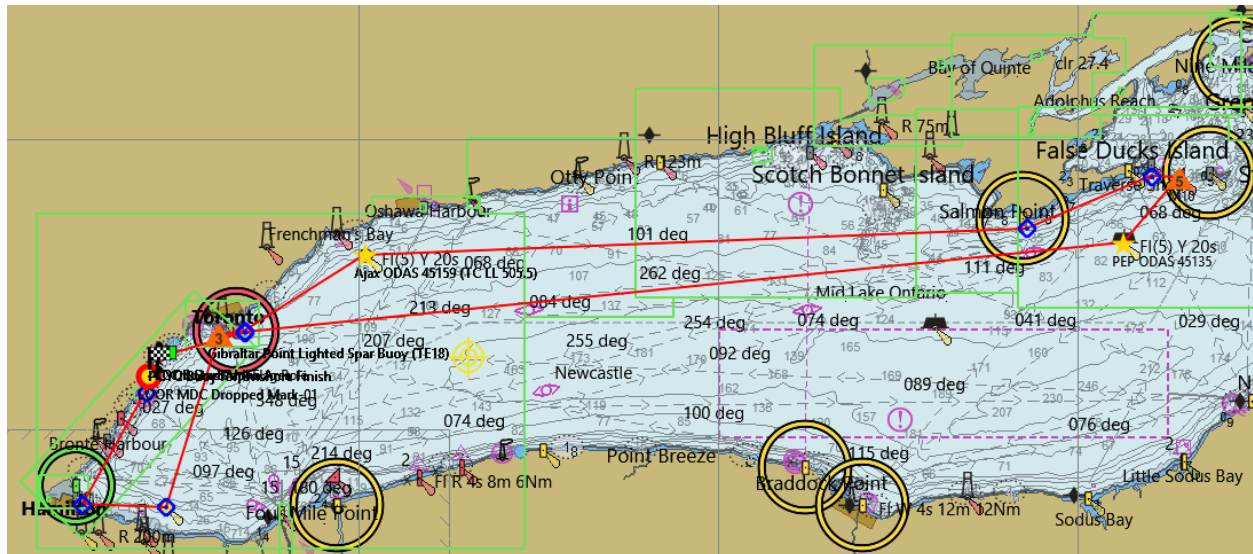


DIAGRAM (The Courses)

(Not for Navigation)

LO300 Main Duck Course (MDC)



LO300 Scotch Bonnet Course (SBC)

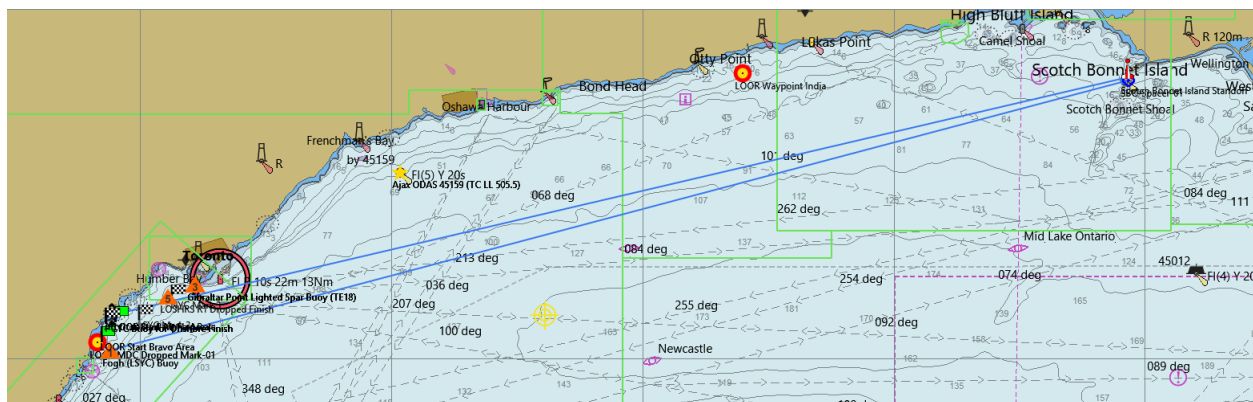
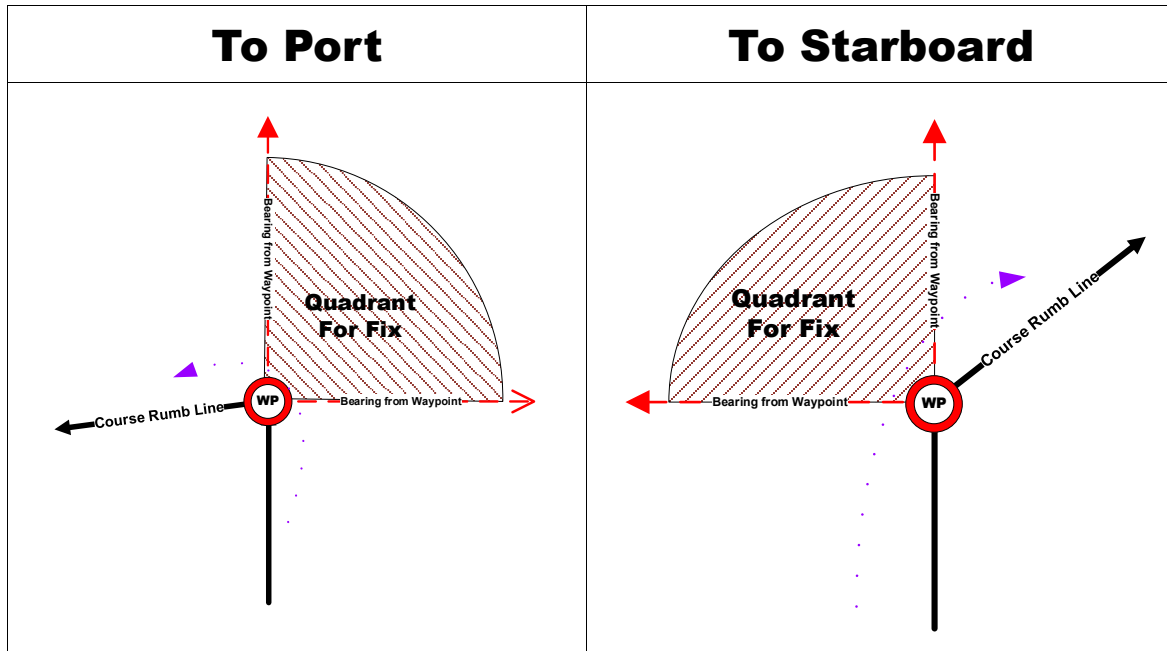


DIAGRAM (Fix in a Quadrant for Waypoint)

A boat that provides a valid GPS fix within the *quadrant* is deemed to have rounded or passed the waypoint on the correct side.



Diagrams styled after diagrams in World Sailing *Guidance on Racing Around Waypoints* available at <https://tinyurl.com/LOORWSWPG>