



**Lake Ontario 300 Challenge Race
including
Lake Ontario 600 Challenge Race
&
Ontario Sailing Offshore Keelboat IRC & PHRF
Championships**

July 11 – July 15, 2014

Lake Ontario Offshore Racing of the Port Credit Yacht Club
&

For LO300 & LO600 Solo Challenge Races
Jointly with the Great Lakes Singlehanded Society

NOTICE OF RACE

www.loor.ca

www.solosailors.org

Amendment 2 /2014-07-01

Amendment	Date	Section	Description
1	2014-05-19	1.8	Add at the end 1.8

			22.4.2 Sailboats may choose to use the maximum crew number printed on the certificate or the crew number multiplied by 85kg as the maximum crew weight
1	2014-05-19	1.10	Add as 1.10 The Person in Charge of a participating sailboat shall accurately and fully maintain the electronic crew list for the sailboat on the Race Document Web site.
2	2014-07-01	1.7.4	Replaced 1.7.4 with Is modified to allow canting keels and water ballast, assuming the applicable class/measurement/handicap rules permit them.

The Registration and Race Document Web Site is
www.yachtscoring.com/emenu.cfm?eID=967

For an Entry Checklist, see page 13

1 RULES

- 1.1 The race will be governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.
- 1.2 The prescriptions of the Sail Canada to the RRS apply for the entire race; including in US waters, see
www.sailing.ca/racing/rules_and_regatta_management/racing_rules_of_sailing/
- 1.3 Part 2 of the RRS will be replaced with the Right of Way Rules of the International Regulations for Preventing Collisions at Sea as amended by Transport Canada between 2000 and 0600 EDT.
http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,_c._1416/page-4.html
- 1.4 The Lake Ontario 300 is a Category 3 Event under the ISAF Offshore Special Regulations, www.sailing.org/documents/offshorespecialregs/index.php .
The Offshore Special Regulations for Category 3 apply with prescriptions from Sail Canada and amended by the Lake Ontario Offshore Racing as documented in:
Lake Ontario Offshore Special Regulations for Category 3 Monohulls
Lake Ontario Offshore Special Regulations for Category 3 Multihulls
These are available at the Registration and Race Document Web Site.

1.5 Applicable Class Rules

Doublehanded & Fully Crewed sailboats racing in

IRC IRC Rules 2014 Parts A, B and C shall apply and IRC is the Handicap Measurement Authority.

PHRF PHRF- LO Rules shall apply and PHRF-LO is the Handicap/Measurement Authority.

Multihull GLMRA Rules shall apply and GLMRA is the Handicap/ Measurement Authority.

Singlehanded sailboats (Solo Challenge) racing in

Monohull GLSS Monohull Rules shall apply and GLSS is the Handicap/ Measurement Authority.

Multihull GLSS Multihull Rules shall apply and GLSS is the Handicap Measurement Authority.

- 1.6 The Lake Ontario 300 Challenge Race is governed by *PCYC's Visiting Yachts' Policy*, including pre-registration, available under "Additional Event Links" (click on this) on the Registration and Race Document Web Site.
- 1.7 The Racing Rule(s) will be changed as outlined below. The changes will appear in full in the Sailing Instructions. The Sailing Instructions may also change other racing rules.
 - 1.7.1 RRS 28.1, RRS 29.1, RRS Appendix A5, and RRS 64.1 (a)

Are modified such that a sailboat that is OCS at the start of her class is assessed a thirty minute penalty. A sailboat starting before her Prep may be protested by the Race Committee, and the Protest Committee will apply an appropriate elapsed time penalty if the boat is found to have infringed this.
 - 1.7.2 RRS 41 Outside Help

"Outside Help" is modified herein to allow all forms of communication. Each sailboat may communicate with any person, competitor, sailboat or outside source of information available using any means available throughout the race.
 - 1.7.3 RRS 42.3 Exceptions

Is extended so an engine may be used for generating electrical power provided that such use does not advance the boat's position.
 - 1.7.4 RRS 51 Movable Ballast

Is modified to allow canting keels and water ballast on fully crewed sailboats only. Canting Keels and Water Ballast must be listed on the sailboat's certificate.
 - 1.7.5 RRS 52 Manual Power

Is modified to allow the use of stored power (electricity) to be used to cant the keel or move water ballast on fully crewed sailboats only.
All movable ballast systems must be capable of manual operation if the powered systems are inoperable.
 - 1.7.6 RRS 52 Manual Power

Is modified to allow the use of power auto helm devices.
 - 1.7.7 RRS 61.A

Breaches of specific Sailing Instructions, as denoted in the Sailing Instructions, will not be grounds for a protest by a sailboat.
 - 1.7.8 RRS 62.1

Is modified to allow the Race Committee the ability to announce sailboats subject to RRS 29.1 .
Is modified to allow the Race Committee the ability to announce a sailboat's successful completion at the finish.
 - 1.7.9 RRS 64.1

Is modified that for infringements of the rules other than Part 2, the Jury may award a lesser penalty than DSQ, unless stated otherwise in the Notice of Race or Sailing Instructions.
 - 1.7.10 RRS A4 & A5

Is modified such that a sailboat not starting within 180 minutes of her starting signal will be scored DNF.

1.7.11 Changes applicable to *only* Singlehanded (Solo Challenge)

1.7.11.1 RRS 41

Is modified to add

A boat may anchor or tie to a dock.

During the LO300 Solo Challenge, including when a boat is anchored or moored, the following is specifically prohibited:

(A) Any prearranged transmissions for the advantage of the Person in Charge.

(B) Communications with non-participants for the purpose of a position fix.

(C) Outside physical assistance, an example of which is to free a grounded boat.

(D) Materials, equipment or supplies of any sort shall not be taken aboard the boat.

(E) No materials shall leave the boat except that accidentally fall overboard or are supplied to others in distress.

If a Person in Charge feels that it is necessary to withdraw from the Challenge temporarily, he or she shall attempt to continue to be as self-sufficient as he or she would be if he or she were still on the course and remain on the boat except to attend to docking.

1.7.11.2 RRS 42 Propulsion

Is modified to add:

(A) Engine propulsion may be used to avoid a collision with commercial traffic providing that such usage does not advance the boat's position from its original position just prior to the hazardous incident.

(B) A boat may temporarily withdraw from the Challenge. In order to safely enter or leave a harbour, and motoring from a minimum safe distance for the conditions is acceptable. Any motoring that would be necessary must not improve the sailboat's position.

(C) An engine may be used for generating electrical power provided that such use does not advance the boat's position.

(D) All uses of the engine for propulsion must be logged and reported to the Race Committee when registering after the Challenge.

(E) Engine propulsion may be used to clear seaweed or fish netting from the keel, rudder, or propeller as long as the use does not improve the boat's position.

1.8 Class rule(s) will be changed as follows:

21.6.1 IRC

Sailboats are allowed to carry one additional spinnaker over the number listed in the sailboat's IRC certificate

1.9 This event is designated a Clean Regatta Bronze by the *Sailors for the Sea* (www.sailorsforthesea.org) By entering, all competitors agree to abide by Clean Regatta Bronze level certification requirements. Sailboats observed discharging garbage or black water

(sewage with faeces) into Lake Ontario or harbours will be protested and the penalty is disqualification from the Lake Ontario 300 Challenge Race.

All sailboats shall comply with Ontario Environmental Protection Act Regulations #343 as documented at

http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_900343_e.htm

Any such disqualification may be used by the Organizing Authority whether to accept future registrations by this sailboat or owner.

- 1.10 The Person in Charge of a participating sailboat shall accurately and fully maintain the electronic crew list for the sailboat on the Race Document Web site.

2 ADVERTISING

Sailboats may be required to display advertising chosen and supplied by the organizing authority.

3 ELIGIBILITY AND ENTRY

- 3.1 The Lake Ontario 300 Challenge Race is open to any sailboat that meets one of the following stability measurements.

Precedence	Measurement	Minimum Value
1	ISO 12217-2 Category	B
2	STIX AVS	23 130-0.005m , but always >95°
3	STBIX	103
4	SSSN	15

Where m is the Minimum Sailing Weight

For entries, 2 through 4, the sailboat must have a Minimum Sailing Weight of 1500kg as well as the minimum value.

The Organizing Authority, upon application and subsequent review of the vessel's technical evidence, as supplied by the owner, may, at their sole discretion, accept or reject such vessel as suitable for this race. It is the responsibility of the owner to obtain and submit required technical evidence when requested by the Organizing Authority in order to review a sailboat for its suitability including stability characteristics.

- 3.2 Eligible sailboats may be entered in the race by registering online at the Registration and Race Document Web Site.
- 3.3 Supporting documentation for a complete entry includes all information requested in the online entry, at the Registration and Race Document Web Site, as well as the following:
- 1 Payment of the entry fee (s), paid online by the date in 5.1.
 - 2 Sailboat's valid rating certificate number as soon as available for the year and before the date in 5.1 by uploading it to the Registration and Race Document Web Site.
 - 3 Stability, measurement, and value for 3.1, for the specific for the sailboat or for a sister ship, submitted by email to LO300@LOOR.CA within 48 hours of completion of the online registration.

- 4 Crew information filed and maintained electronically at the Registration and Race Document Web Site. This includes identification of the Person in Charge as per RRS 46 and compliance with the Sail Canada's prescription to RRS 46. The crew information shall accurately represent the crew onboard for the race and the Person in Charge shall update as necessary.
 - 5 Signed *Crew Overboard Recovery Drill Certificate* to be submitted at event registration and available at the Registration and Race Document Web Site.
 - 6 Applicable, completed and signed *Lake Ontario Offshore Special Regulations Certificate*, to be submitted at event registration and available at the Registration and Race Document Web Site.
 - 7 *LO300 Sail Plan*, to be submitted at event registration and available at the Registration and Race Document Web Site.
- 3.4 The race is open to monohull and multihull sailboats that meet the eligibility and entrance requirements.

Monohull sailboats divisions will be

- Fully Crew - Flying Sails (FS) and No Flying Sails (NFS),
- Doublehanded - Flying Sails (FS) and No Flying Sails (NFS),
- Solo Challenge - Flying Sails (FS) only

Multihull Classes - Flying Sails (FS) only

Divisions may be sub-divided into fleets based on handicap system and rating or One Design Classes.

The Organizing Authority may assign sailboats to divisions and fleets based on the number of sailboats registered.

Sailboats participating in the LO600 shall participate and be scored in the LO300.

The following table lists the allowable Divisions by Course.

Monohull Divisions

	Main Duck Course	Scotch Bonnet Course	LO600
PHRF-LO No Flying Sails – Doublehanded	NA	Only	NA
PHRF-LO No Flying Sails – Fully Crewed	NA	Only	NA
PHRF-LO Flying Sails with rating of 186 or greater – Doublehanded	NA	Only	NA
PHRF-LO Flying Sails with rating of 186 or greater – Fully Crewed	NA	Only	NA
PHRF-LO Flying Sails with rating between 171 and 183 inclusive – Doublehanded	Either	Either	Yes
PHRF-LO Flying Sails with rating between 171 and 183 inclusive – Fully Crewed	Either	Either	Yes
PHRF-LO Flying Sails with rating of 168 and smaller – Doublehanded	Only	NA	Yes
PHRF-LO Flying Sails with rating of 168 and smaller – Fully Crewed	Only	NA	Yes
IRC – Fully Crewed	Only	NA	Yes
IRC – Doublehanded	Only	NA	Yes

Multihull Divisions

	Main Duck Course	Scotch Bonnet Course	LO600
Multihull with Flying Sails only – Full Crewed	Only	NA	Yes

Singlehanded (Solo Challenge) Divisions

	Main Duck Course	Scotch Bonnet Course	LO600
Monohull with GLSS Flying Sails rating over 183	Only	NA	NA
Monohull with GLSS Flying Sails rating 183 and under	Only	NA	Yes
Multihull with Flying Sails	Only	NA	Yes

3.5 Required Handicap Certificates

Double handed & Fully Crewed sailboats racing in

GLMRA

Must have a valid GLMRA Certificate, see NOR 17

IRC	Must have a valid IRC Certificate, see NOR 17
PHRF	Must have a valid PHRF-LO Certificate, see NOR 17

Singlehanded sailboats (Solo Challenge) racing in

Monohull	Must have a valid GLSS Certificate, see NOR 17
Multihull	Must have a valid GLSS Certificate, see NOR 17

For sailboats racing under PHRF from outside the PHRF-LO area, arrangements shall be made in advance to obtain a PHRF-LO certificate. Contact PHRF-LO, www.phrf-lo.org, well in advance of the event, to obtain details on accomplishing this.

For sailboats racing singlehanded (Solo Challenge) for the first time, they shall contact GLSS to obtain the necessary GLSS rating.

- 3.6 Crew overboard procedures shall be practised aboard the yacht at least once annually. A certificate of such practice (*Crew Overboard Recovery Drill Certificate* available on the Registration and Race Document Web Site) shall be signed by crew members and submitted as part of the registration. (Refer to Appendix D of the ISAF Offshore Special Regulations for more details on COB Recovery). At least 50% of the crew shall participate in the Crew Overboard Recovery Drill.
- 3.7 Sailboats entered in a Doublehanded Division shall be crewed only by a Person in Charge and one other crew, both of whom shall be not less than 18 years of age. The Person in Charge in the Fully Crewed Division shall be not less than 18 years of age and at least one other crew member shall not be less than 18 years of age.
- 3.8 Sailboats competing in the Solo Challenge must meet the eligibility requirements of the Great Lakes Singlehanded Society.
 - 3.8.1 Shall be a member of the Great Lakes Singlehanded Society, or
 - 3.8.2 Meet the following
 - 3.8.2.1 An entrant shall be 18 years of age or older and must have at least 1000 miles of sailing experience on a water body equal to or greater than the magnitude of Lake Ontario.
 - 3.8.2.2 Submit a completed GLSS Sailing Experience Resume Form showing that they meet these qualification requirements.
 - 3.8.2.3 In addition, new entrants shall document that they have made at least one nonstop singlehanded passage under sail on the boat being entered in the Challenge, covering a distance of no less than 100 statute miles and requiring a passage time of no less than 24 hours. If a different boat is used for the solo qualification passage, a complete description of the type of boat is to be provided for GLSS Director for consideration and approval.
- 3.9 Competitors on the LO600 Course shall meet the following addition items.
 - Racing in Fully Crewed – The Person in Charge shall have completed a previous year’s LO300 Main Duck Island Course or similar race, minimum length of 270 NM, as the Person in Charge. Information on this race must be submitted to Organizing Authority.
 - Racing in Double Handed – The Person in Charge shall have completed a previous year’s LO300 Main Duck Island Course or similar race, minimum length of 270 NM, as the Person in Charge, racing Double Handed. Information on this race must be submitted to Organizing Authority.
 - Racing in Single Handed – The Person in Charge shall be a recognized member of the Great Lakes Singlehanded Society (GLSS).

- 3.10 Competitors' sailboats shall only display a sail number registered specific to the sailboat at the time of its commission. Requests, on the *Alternate Sail Number Form*, available on the Registration and Race Document Web Site, to display alternative sail numbers to the sailboat's commissioned sail number may be approved by the Organizing Authority and must be filed with the registrar prior to the Mandatory Participants' Meeting.
- 3.11 Each competitor provided with bow stickers, shall place the stickers on the port and starboard bow of the yacht prior to the race. Solo Challenge sailboats must also place a white 2' x 2' x 2' triangle on the leech of mainsail on both sides above any reefing points formed with Glofast™ luminous cloth tape supplied by the Organizing Authority.
- 3.12 Sailboats shall carry and use a transponder supplied by the Organizing Authority. The cost of the transponder rental is included in the Entry Fee. The transponders shall be picked up during check-in prior to the Competitors' Meeting at 1900 EDT Friday, July 11, 2014. The use of transponders will be outlined in the Sailing Instructions.

4 FEES

- 4.1 Required fees are as follows and payable on line

All Classes

Until Feb. 28 th	\$225.00 CAD	+\$29.25 CAD HST =	\$254.25 CAD
On and after Mar. 1 st	\$290.00 CAD	+37.70 CAD HST =	\$327.70 CAD

- 4.2 LO600 additional fee \$100.00 CAD +13.00 CAD HST = \$113.00 CAD
- 4.2 Refund - LO300 will allow a 50% refund upon written request up until the registration deadline. Written requests must be sent by mail to LO300 c/o PCYC or emailed to LO300@LOOR.CA . The retained amount covers incurred expense. No refunds will be allowed after the registration deadline.
- 4.3 Solo Challenge Fees - all boats wishing to participate in the Solo Challenge or race in the L0600 Single Handed shall pay a separate fee to GLSS. For details, see www.solosailors.org, including any refund policy. All the requirements for a complete GLSS entry must be completed by June 30, 2014.

5 SCHEDULE

- 5.1 Registration online, at the Registration and Race Document Web Site until 2359 EDT, Wednesday, July 2, 2014, the registration deadline
- 5.2 The Mandatory Onsite Check-in at PCYC
Start 1000 EDT, July 11, 2014
End 1800 EDT, July 11, 2014
- 5.2 The Mandatory Participants' Meeting is at 1900 EDT, Friday, July 11, 2014 at Port Credit Yacht Club. A representative from each sailboat shall attend this meeting and it is also open to all participants.
- 5.3 Division Organization (Splits) and starting sequences will be posted before 0945 EDT July 11, 2014 on the Official Notice Board. Preliminary versions may be posted before, at the Registration and Race Document Web Site.
- 5.4 The warning signal will be at 1025 EDT, Saturday, July 12, 2014.

6 MEASUREMENTS AND INSPECTIONS

- 6.1 All sailboats shall be reviewed for the equipment listed in the *applicable Lake Ontario Offshore Special Regulations*, available at the Registration and Race Document Web Site. This review will be undertaken by the person in charge of the sailboat. A sailboat must successfully complete this review prior to the start of the race. It must be completed and the front page submitted as part of the entry to the registrar during the check-in.
- 6.2 A sailboat 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 sailboat 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 Race Committee.
- 6.3 All sailboats registered in the LO600 shall be inspected by Equipment Inspectors appointed by the Race Committee at PCYC between 1800 EDT, Thursday, July 10, 2014 to 1600 Friday, July 11, 2014. The competitor must arrange for this inspection at least 96 hours prior to requested inspection time by emailing SAFETY@LOOR.CA. This pre-race inspection does not apply to sailboats registered for only the LO300.

7 SAILING INSTRUCTIONS

The Sailing Instructions will be available at the Registration and Race Document Web Site by June 30, 2014. Sailing Instructions will only be available on the Registration and Race Document Web Site.

8 VENUE AND THE COURSE

- 8.1 Main Duck Island Course is a 300 nautical mile course on Lake Ontario, starting at Port Credit, then on to Gibraltar Point Mark, Ford Shoal Buoy, Main Duck and Yorkshire Islands, Niagara Mark, PCYC Mark and the Finish Mark. See Diagram 1 on page 13.
- 8.2 The LO600 Course is a 600 nautical mile course, consisting of a "Twice Around" sailing of the LO300 Main Duck Island Course. See Diagram 1 on page 11. All yachts will complete the LO300 course, by crossing the finish line of the LO300 Course, being scored for the LO300 Race. Yachts will be scored for the LO300 Race regardless of whether they the finish the second lap of the LO600 Challenge. The LO600 Challenge shall be scored when the yachts cross the finish line at PCYC following the second lap of the course.
- 8.2 Scotch Bonnet Island Course is a 190 nautical mile course starting at Port Credit, then on to Gibraltar Point Mark, Scotch Bonnet Island, Niagara Mark, PCYC Mark and the Finish Mark. See Diagram 2 on page 13.

9 PENALTY SYSTEM

The Scoring Penalty, rule 44.3, will apply.

10 SCORING

Double handed & Fully Crewed sailboats racing in

PHRF PHRF- LO time on time formula applies

IRC IRC Rule applies

Multihull GLMRA Rule applies

Singlehanded sailboats (Solo Challenge) racing in

Monohull GLSS time on time formula applies

Multihull GLSS time on time formula applies

Sailboats will be scored in their own Fleets and Divisions. The Organizing Authority reserves the right to adjust the scratch sailboat when converting the PHRF-LO Time on Distance to Time on Time based on the registrations received by the deadline. The Time on Time ratings will be published along with the division splits.

11 BERTHING

Sailboats berthing at PCYC before or after the race shall follow *PCYC's Visiting Yachts' Policy*, including pre-registration, available from under "Additional Event Links" (click on this) on the Registration and Race Document Web Site.

12 RADIO COMMUNICATION

Each yacht may communicate with any person, competitor, yacht or outside source of information available using any means available throughout the race.

13 PRIZES

Trophies and/or flags will be awarded to the winning yachts in each Division and Fleet.

A list of the trophies awarded, their eligibility requirements and selection methodology is available at www.loor.ca/lo300/awards.

To be eligible for the Ontario Sailing's Offshore Keelboat IRC or PHRF-LO Championship, the sailboat must be representing a yacht club that is a member of Ontario Sailing.

Flags for the Main Duck Island and Scotch Bonnet Island courses will be awarded to the winning yachts in each Division and Fleet at 1900 Tuesday, July 15, 2014 at Port Credit Yacht Club.

Flags for the LO600 will be presented on Saturday, September 20, 2014 at the Port Credit Yacht Club.

Trophies will be presented on Saturday, September 20, 2014 at the Port Credit Yacht Club.

14 DISCLAIMER OF LIABILITY

Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk; *see RRS 4, Decision to Race*. The race organizers (organizing authority, race committee, protest committee, host club, sponsors, or any other organization or official) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained as a result of participation in this event. By participating in this event, each competitor agrees to release the race organizers from any and

all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

15 **INSURANCE**

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

16 **PHOTOGRAPH & VIDEO RIGHTS**

All pictures, audio and video recordings, graphic logos and service names contained herein or produced during the race by or on behalf of the Organizing Authorities or Port Credit Yacht Club, are the property of either the Organizing Authorities or Port Credit Yacht Club or their respective members. No rights are granted to use pictures, graphic logos and service names without permission.

17 **FURTHER INFORMATION**

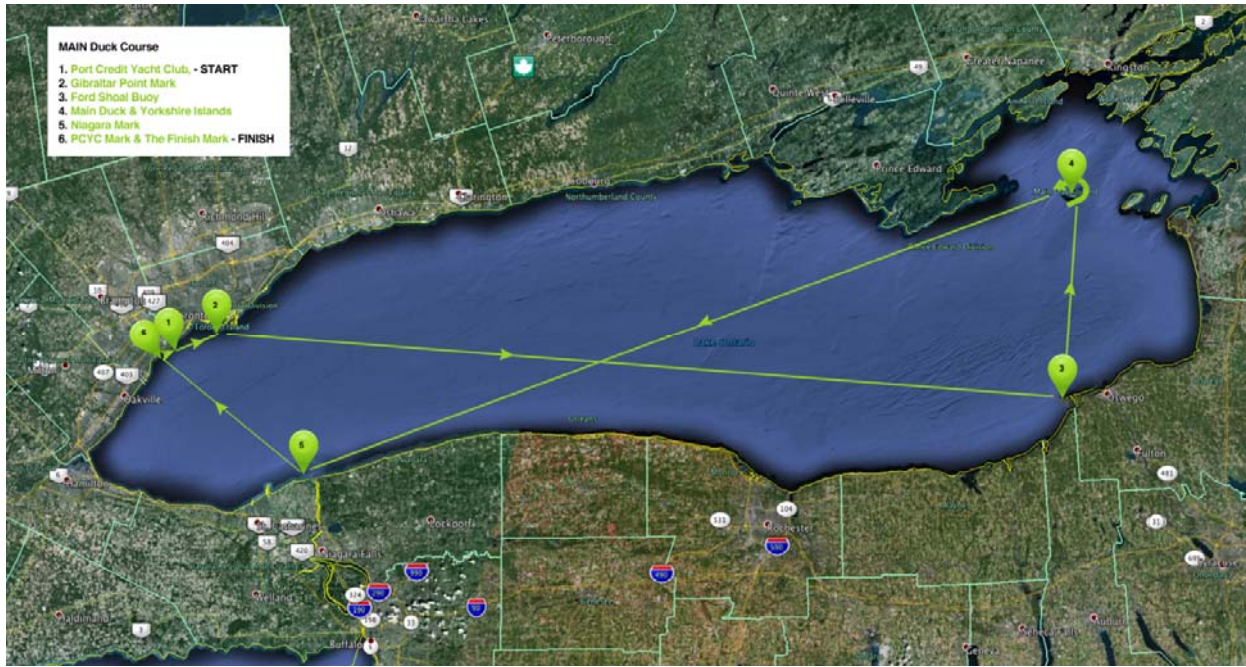
For further information, including social events and for docking arrangements, please see www.loor.ca or email LO300@LOOR.CA.

For specific questions on the following, please contact listed individual:

LO300		LO300@LOOR.CA
Safety		SAFETY@LOOR.CA
Registration		LO300@LOOR.CA
Race Committee		RACECOMMITTEE@LOOR.CA
Handicap systems		
GLMRA		www.lake-eriemultihull.com
GLSS	Brent Hughes	GLSS@LOOR.CA
IRC	John Crawley	JCCRAWLEY@GMAIL.COM
PHRF-LO	Contact your club's PHRF-LO Handicapper or see	www.phrf-lo.org

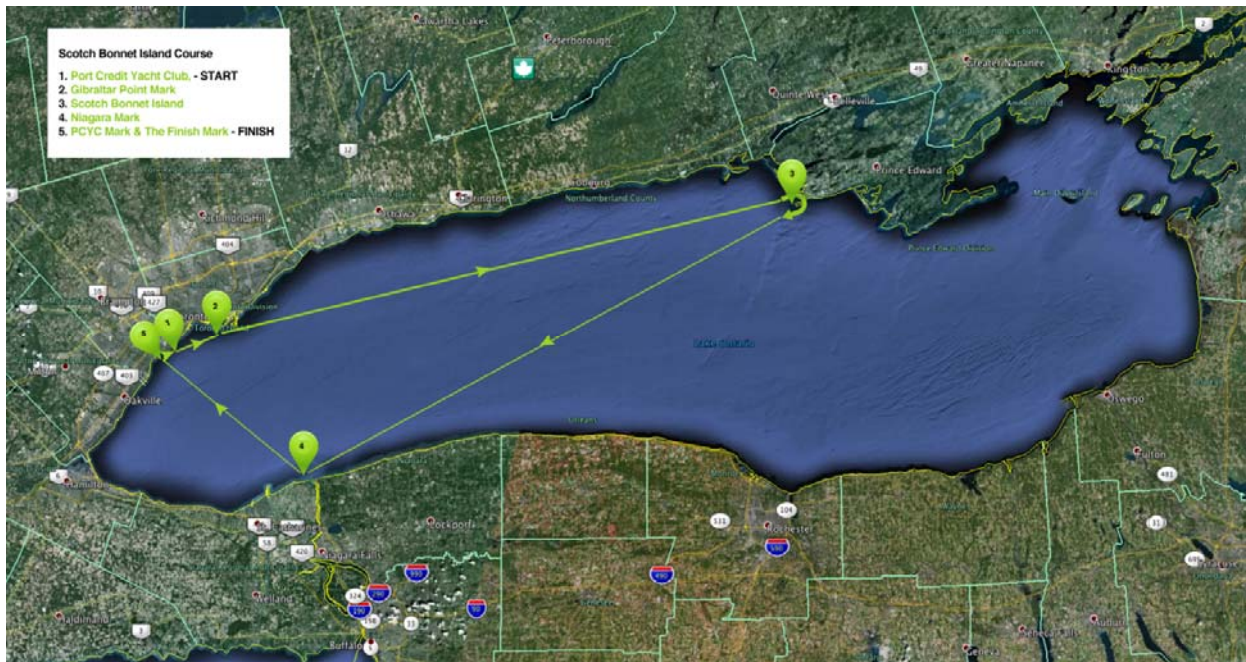
Courses

**Diagram 1
Main Duck Island Course**



Not be used for navigation

**Diagram 2
Scotch Bonnet Island Course**



Not be used for navigation

**Lake Ontario 300 Challenge Race
 Lake Ontario 600 Challenge Race
 &
 Ontario Sailing Offshore Keelboat IRC & PHRF
 Championships**

July 11 – July 15, 2014
ENTRY CHECKLIST

www.loor.ca
www.solosailors.org

**The Registration and Race Document Web Site is
www.yachtscoring.com/emenu.cfm?eID=967**

Please refer to the Notice of Race, at Registration and Race Document Web Site, for official requirements and applicable deadlines.

Requirement	How	Comments
1. Registration	On the Registration and Race Document Web Site	
2. Payment	On the Registration and Race Document Web Site	
3. Rating Certificate	Upload to Registration and Race Document Web Site	
4. Stability data	By email to LO300@LOOR.CA	
5. Crew information	On the Registration and Race Document Web Site	Must reflect current information for actual crew participating in race
6. Crew Overboard Recovery Drill Certificate	Download from Registration and Race Document website and submit at race check-in	
7. Signed <i>Lake Ontario Offshore Special Regulations Certificate</i>	Download from Registration and Race Document website and submit at race check-in	
8. <i>LO300 Sail Plan</i>	Download from Registration and Race Document website and submit at race check-in	
9. <i>LO600 Previous Race Prerequisite</i>	Submit to LO300@LOOR.CA	Only required for LO600