



Ladies on the Lake Charity Regatta
January 12, 2025
Lake Monroe Sailing Association
Notice of Race



LMSA will be collecting food and donations for **Harvest Time International** in Sanford, FL. The Regatta is formatted to encourage all women to come out and steer! Anyone can crew, but **ONLY ladies can steer!** Dinner, Awards and a 50/50 Raffle will be held after the Race at the LMSA Club house. **Don't forget your canned goods and donations can be made direct to HTI thru the Evite link below.**

1. RULES

1.1. The event is governed by the rules as defined in The Racing Rules of Sailing 2021-2024.

2. SAILING INSTRUCTIONS

2.1. The competitors shall use RRS Appendix S, Standard Sailing Instructions, in The Racing Rules of Sailing 2021-2024. Any supplementary sailing instructions will be posted on the official notice board located at east doorway at the LMSA.

3. COMMUNICATIONS

3.1. While racing, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

3.2. On the water, the VHF channel will be stated at the Skippers Meeting.

4. ELIGIBILITY AND ENTRY

4.1. The event is open to all boats with a lady that steers. <https://www.evite.com/event/009BPFHXRGEH4GO2EPOFGHXFSG6HA>

4.2. To be considered an entry in the event, a boat shall complete all registration requirements and pay all fees.

5. FEES

5.1. Eligible competitors may register online at Regatta Network:

5.2. Early Entry fee is **\$85.00 plus 10 cans of food per person** for all non-singlehanded boats, includes two dinner tickets.

5.3. Early Entry fee is **\$65.00 plus 10 cans of food per person** for all singlehanded boats, includes one dinner ticket.

5.4. Additional meal vouchers may be purchased for **\$15.00 each plus 10 cans of food per person.**

5.5. Online early registration will close on **January 4, 2025.**

5.6. Late Fee/Walk-up late registration is: **\$100.00 plus 10 cans of food per person** for non-singlehanded boats.
\$ 80.00 plus 10 cans of food per person for singlehanded boats.

7. SCHEDULE

7.1. January 12, 2025

7.2. Registration and Check in 1130-1230 at LMSA Club House

7.3. Skipper's Meeting 1230

7.4. 1st Warning 1330

7.5. Dinner, 50/50 Raffle and Awards at the LMSA Club House after racing

8. VENUE

8.1. Lake Monroe located in Sanford Florida.

9. COURSE

9.1. The course will be a circuit around Lake Monroe with Race committee starting and finishing the fleet. The course and all marks to be used will be decided and discussed during the Skipper's Meeting the day of racing.

10. PENALTY SYSTEM

10.1. RRS 44.3 is changed so that the Two-Turn Penalty is replaced by the One-Turn Penalty.

11. SCORING

11.1. Appendix A as prescribed in the RRS 90.3(a).

11.2. One race is required to be completed to constitute a Regatta.

11.3. A class with four or more boats may be scored separately based on elapsed time

12. RISK STATEMENT

12.1. RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' 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 boats, 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.

13. CONTACT

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