



CAPRICORNIA CRUISING YACHT CLUB INC

JAKUES COASTAL MEATS THREE ISLANDS RACE

Saturday 8th July 2023

NOTICE OF RACE & SAILING INSTRUCTIONS

version 1 8/5/23

The Three Island Race is a race for sailors and runners. It is essentially a fun race involving a test of sailing and running.

Yachts will start at various times during Saturday morning, depending on the kindness of the Club Handicapper and will sail to Conical Island, North Keppel Island and thence to Great Keppel Island. At each of these venues the runners will complete the required course and re-join their yacht for the next sailing leg. The first yacht in each Division to cross the finish line at Great Keppel Island off the Resort shall be the winner.

Entries

To enter this race yachts shall complete and lodge their Entry in Sailsys with **\$25.00 entry fee** by 17:00 Friday 7th July.

This is important to allow the Club Handicapper to calculate the staggered start times.

1.	THE RULES	
1.1.	The race will be sailed under the rules of World Sailing., the prescriptions of the Australian Sailing Special Safety Regulations and the race Sailing Instructions.	
2.	DIVISIONS	
2.1.	Division 1,2,3,and 4 (Allocation by Handicapper)	
2.2.	Suggested crew: At least 2 crew + 1 runner	
	Extra runners are welcome	
2.3.	Fun/Cruising Division:	By arrangement.
3.	THE COURSE	
3.1.	LEG 1	From the start at Rosslyn Bay sail to Conical Island and put runners ashore, who will run to the top of the Island and return to their yacht. (See Map 1)
3.2.	LEG 2	Sail to Considine Beach, on the north west side of North Keppel Island, and enter the beach area through the two marker buoys. The runners will then go ashore and follow the course as per (Map 2) and return to their yacht.
3.3.		The yachts will leave Considine Beach through the marker buoys

3.4.	LEG 3	Sail south to Great Keppel Island, entering the Leek's Beach area through the marker buoys. The runners will go ashore and complete the final running leg, as per (Map 3) and return to their yacht. On completion of the final run, yachts will leave Leek's Beach through the marker buoys.
3.5.	LEG 4	With the full complement of crew and runners, all yachts shall then sail to the Finish at Fisherman's Beach, passing between Middle (to Port) and Miall Island to Starboard.
4.	THE START	
4.1.	Start times for all yachts will be posted on the club notice board by 0800hrs on race day.	
4.2.	A handicap start will be used - each yacht will be given a start time.	
4.3.	A sailor and runner from each yacht will assemble on the yacht Club verandah and at their starting time they may join their yacht.	
4.4.	Yachts may be anywhere inside Rosslyn Bay Boat Harbour at the start including being tied up at the Club Pontoon.	
4.5.	Yachts will then proceed under power and/or sail to the start line.	
4.6.	The Start Line is an imaginary line 100m east of the Harbour entrance .	
4.7.	Vessels must cross the start line under sail with their engine off in a safe manner.	
5.	THE FINISH	
5.1.	The finish will be an imaginary line from the Water Sports Hut to the west for 0.3nm. Boats should take their own time.	
5.2.	Alternate: TBA by radio (Ch 73)	
6.	SHORTEN COURSE & TIME LIMIT	
6.1.	If it appears that yachts will not be able to complete the course by the designated time limit, the following options will be considered by the Principal Race Officer (PRO) on Channel 73, or other means	
6.1.1.	Remove the last running leg on Great Keppel Island	
6.1.2.	Remove Leg 3. (The last running leg on Great Keppel Island and the last sailing leg will be amended from Considine Beach to the finish.	
6.2.	PRO will contact the lead yacht on VHF channel 73 . If the course is to shortened then the PRO will advise all competing yachts on VHF Channel 73.	
6.3.	A time limit of 17:00 hrs will apply to all yachts. After this time all yachts not finished will be scored Did Not Finish (DNF).	
7.	ALTERNATIVE PENALTIES	
7.1.	The 720 turn penalty (Rule 44.2) of the Racing Rules of Sailing will apply.	
8.	PROPULSION (Exceptions of Rule 42)	
8.1.	Yachts are permitted to motor to the start line but must cross the start line with their engines off.	
8.2.	No form of transport (dispatching or collecting runners to shore) is to be motorised.	
8.3.	Two oars may be used, in yacht or dinghy.	
9.	SAFETY	
9.1.	All yachts shall comply with AS Special Regulation -Safety Category 5 (Inshore Races in Partially Smooth Waters)	
9.2.	Each yacht shall carry sufficient fuel to motor 10 nm	
9.3.	Yachts retiring from the race must inform the Race Committee immediately, by any means possible, preferably VHF Ch 73	
9.4.	Skippers must sign on before the race, and sign off within 2 hours of completing the race.	

9.5.	Participants under the age of 12 years of age, whilst on deck, shall wear a lifejacket compliant with AS4758 Level 100.	
10.	RADIO	
10.1.	It is preferred that all communications with yachts participating in the "Jaques Coastal Meats Three Islands Race" shall be made on VHF Channel 73 .	
11.	TROPHIES	
11.1.	Major sponsor:	Jaques Coastal Meats.

Crew List Form and Indemnity Form
Jaques Coastal Meats 3 Island Race

NAME OF VESSEL _____ **TOTAL NUMBER ON BOARD VESSEL** _____

The consideration of the above yacht and it's crew being accepted as competitors in the above race, I/we hereby indemnify and hold harmless the Race Director and Executive officers of the Capricornia Cruising Yacht Club, its agents and or representatives and agree that this indemnity may be placed in bar to any action, suit or proceedings which maybe instituted by me or on my behalf in respect of any loss sustained through personal injury or damage arising out of or in connection with the participation of the said yacht, skipper and crew in the race.

Each crew person or legal guardian is to print their name and sign this document to validate the entry of the yacht nominated above.

	Skipper	AS Number	Address	Contact phone	Contact Person	SIGNATURE of Crew Member
	Crew	AS Number	Address	Contact phone	Contact Person	SIGNATURE of Crew Member
1						
2						
3						
4						
5						

(Skipper's Signature)

Date: __/__/2023



Overall Map of Jaques Coastal Meats Three Island Race- 2023

Map 1- Conical Island Run-approx. 350m



Map2-Considine Beach Run-approx. 2km



Map 3- Great Keppel Island Run- approx. 5.5 km



Map 4- Final Sailing Leg to finish

