



# Susan Hood Trophy Race Presented by driveHG

**May 31 – June 1, 2024**

**Organizing Authority**

**Lake Ontario Offshore Racing of the Port Credit Yacht Club**

[www.loor.ca](http://www.loor.ca)

## **NOTICE of RACE**

**Version 3**

**Published on 2024-04-28**

**With Amendments 1 & 2**

*A component of Ontario Sailing's Offshore Keelboat PHRF-LO & ORC Championships*

### **Amendments**

<b>#</b>	<b>DATE</b>	<b>SECTION</b>	<b>AMENDMENT</b>
1	2024-01-20	4.7 (10)	While context and requirement has not changed, the entry has been changed to reduce confusion.
2	2024-04-28	4.7 (10)	Added to support for a waiver to a boat if insufficient Personal Survival courses available before the event as follows:  When a LOOR waiver is used for the boat because insufficient courses available to have the necessary crew haven taken the required course
2	2023-04-28	8.2	Corrected Mandatory Participants Meeting time to 1745 EST.

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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
FC	Fully Crewed
GLMRA	Great Lakes Multihull Racing Association
GLSS	Great Lakes Singled Handed Society
LOOR OSR	World Sailing's Offshore Special Regulations with Sail Canada Prescriptions and as amended by Lake Ontario Offshore Racing
LOOR	Lake Ontario Offshore Racing of Port Credit Yacht Club
NoR	Notice of Race
OA	Organizing Authority
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
SH	Single Handed/Solo
SHTR	Susan Hood Trophy Race
SIs	Sailing Instructions

The [Event's YachtScoring Web Site](https://yachtscoring.com/emenu.cfm?eid=16290) is at <https://yachtscoring.com/emenu.cfm?eid=16290>

# The Notice of Race

The notation '[NP]' in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

[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 62.1(a), RRS 63.1, Appendix A4, and Appendix A5.

## 1 THE RULES

1.1 The event is governed by the *rules* as defined in The Racing Rules of Sailing (RRS).

1.2 The [Sail Canada Prescriptions](#) to the RRS apply for the entire race, including in US waters.

1.3 Sail Canada is the appeal authority for this event, including for incidents in US waters.

1.4 The event is also governed by the following documents.

### 1. LOOR Offshore Special Regulations

a. The event is a Category 3 Event under the World Sailing Offshore Special Regulations for Category 3 with prescriptions from Sail Canada and amended by LOOR, as documented in:

i. [LOOR Offshore Special Regulations for Category 3 Monohulls](#)

ii. [LOOR Offshore Special Regulations for Category 3 Multihulls](#)

These are available at the [Event's YachtScoring Web Site](#) under *Documents & Forms*

1.5 The Racing Rules of Sailing are changed as outlined below. The SIs may also change other *rules*.

### 1.5.1 RRS 41 Outside Help

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

This changes RRS 41.

### 1.5.2 RRS 42.3 (i) Propulsion

1. As permitted under RRS 42.3 (i).

2. 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.

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

4. Engine propulsion may be used to clear seaweed or fish netting from the keel, rudder, or propeller if the use does not improve the boat's position

All uses of the engine for propulsion must be logged and reported to the Race Committee after finishing the race.

These change RRS 42.3 (i).

### 1.5.3 RRS 51 Movable Ballast

Canting keels and water ballast are allowed if the applicable class/measurement/handicap *rules* permit them.

This changes RRS 51.

### 1.5.4 RRS 52 Manual Power

1. All movable ballast systems must be capable of manual operation if the powered systems are inoperable.

2. The use of power auto helm devices is allowed.

These change RRS 52.

### 1.5.5 [NP] RRS 62 Redress

1. The Race Committee may announce boats subject to RRS 29.1.

2. The Race Committee may announce a boat's successful completion at the finish.

The contents of these announcements, including order or whether they are made, are not grounds

for redress.

These change RRS 62.

1.5.6 RRS A4 & A5

A boat not starting within 18 minutes of her starting signal will be scored DNF. If Code Flag T was flown at or before her warning and she was in the starting area at her starting signal, then the 18-minute deadline is waved.

This changes RRS A4 & A5.

1.6 Changes to Class Rules

1.6.1 ORC

1.6.1.1 ORC 102

The following is added at the end of 102.

Fully crewed rating is based on declared or default crew weight. The maximum crew weight in certificates is converted to head count instead of weighing a named list of crews based on a nominal 85 kg or 187 lbs. per person. To comply, the owner is to determine the maximum crew weight for the purpose of the certificate based on the anticipated number of crews.

1.6.1.2 ORC 209

The following is added at the end of 209.

The number of ORC permitted spinnakers shall be increased by one additional sail. The sail inventory on the ORC certificate is exclusive of all storm and heavy weather sails required by the LOOR OSR for Category 3.

1.7 RRS Appendix RV, Reduced Visibility replaces RRS Part 2 between sunset and sunrise. Appendix is available at the [Event's YachtScoring Web Site](#) under *Other Documents & Forms*.

1.8 RRS Appendix WP, Rules for Racing Around Waypoints applies when waypoints are used. Appendix is available at the [Event's YachtScoring Web Site](#) under *Other Documents & Forms*.

1.9 World Sailing Test Rule DR21-01 is used, with the definition of *Start* changed as follows:

*Start* A boat starts when her hull having been entirely on the pre-start side of the starting line, and having complied with rule 30.1 if it applies, any part of her hull crosses the starting line from the Pre-start side to the course side either

(a) at or after her starting signal, or

(b) during the last eight minutes before her starting signal.

When a boat starts in accordance with item (b) of the definition *Start*, she may return to the pre-start side of the line to comply with item (a) of the definition of *Start*, but, if she does not, the starting penalty shall be: 10 minutes added to her elapsed time.

1.10 When RRS 20 applies, a boat may indicate her need for room to tack or her response by VHF radio on channels 16 and 71.

1.11 [NP] Boats shall maintain the LOOR Race Log, as specified in the SIs, and retain for submission, upon request, to the OA, Race Committee, or Protest Committee.

1.12 [NP] Within 120 minutes of finishing, boats shall electronically submit the LOOR Alternative Penalty Form or a report by a boat that she broke a rule subject to a discretionary penalty.

**2 SAILING INSTRUCTIONS**

2.1 The SIs will be available by May 21, 2024, on the [Event's YachtScoring Web Site](#).

**3 COMMUNICATION**

3.1 The online official notice board is located on the [Event's YachtScoring Web Site](#).

3.2 VHF-FM Marine Radio

3.2.1 In addition to the requirements in the applicable LOOR OSR, all boats shall carry a VHF radio capable of receiving courtesy broadcasts from the Race Committee on 68, 69, or 71 Canadian and being heard at the helm during the start and finish.

3.2.2 Regardless of the applicable LOOR OSR requirements around a VHF radio if a boat has an assigned MMSI, it shall be input as part of her online registration process.

3.3 [NP] The number of the cell phone carried onboard and kept charged at all times while racing shall be entered as part of the registration and updated in the registration as necessary.

**4 ELIGIBILITY AND ENTRY**

- 4.1 There is no limit on number of registrations.
- 4.2 Registration for new entries closes at the end of day, May 26, 2024 (The Registration Deadline). Registration for new entries can be reopened for an additional fee, see 5.3.
- 4.3 The OA, upon application and subsequent review of the boat’s technical evidence, as supplied by the owner, may, at their sole discretion, accept or reject such boat as suitable for this race. It is the responsibility of the owner to obtain and submit required technical evidence when requested by the OA, to review a boat for its suitability including stability characteristics.
- 4.4 A boat entered shall comply with the LOOR OSR Category applicable to the race.
- 4.4.1 Non-compliance to OSR for a boat’s VHF radio DSC capability. If the boat’s fixed 25 W VHF radio does not meet the OSR requirements for being DSC capable and was installed in 2015 or earlier, LOOR may grant an exemption. This must be requested via email to [racecommittee@loor.ca](mailto:racecommittee@loor.ca), supplying manufacturer, model, and date of installation.
- 4.5 The event is open to boats that meet one of the following stability measurements, in order of precedence, from highest to lowest.

Precedence	Measurement	Minimum Value
1	ISO 12217-2 Category	B
2	STIX AVS	23 130-0.0005m, but always > 95°
3	ORC Stability Index	103
4	SSS Base Value	15

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

- 4.6 Eligible boats may be entered in the race by registering at the [Event’s YachtScoring Web Site](#).
- 4.7 [NP] Supporting documentation for a complete entry includes all information requested in the online entry, as well as the following:
  1. \*\*\*Payment of the entry fee(s) online by the date in NoR 5 on page 6.
  2. \*\*\* LOOR Boat and PiC Agreement 2024 electronically signed by PiC as part of the online registration on the [Event’s YachtScoring Web Site](#).
  3. \*\*\*The Crew List on the [Event’s YachtScoring Web Site](#) shall accurately represent the crew onboard for the race and PiC shall always maintain the list. The PiC is crew and shall be included. The initial Crew List shall be completed by end of day on the Tuesday before the event.
  4. \*\*\* All crew shall agree to LOOR Crew Agreement 2024, part of the mandatory crew registration in the Crew’s Corner of the [Event’s YachtScoring Web Site](#).
  5. \*\*\* Boat Emergency Phone: Entered in YachtScoring registration field “Boat Emergency Phone,” the cell phone carried aboard the racing boat and is always charged.
  6. \*\*\* Answer: “MMSI - Enter MMSI (MMSI is Mandatory for CAT 3)” Question on YachtScoring Registration page. The MMSI assigned to the boat must be entered.
  7. \*\*\* Stability, measurement, and value for 4.5, for the specific boat or for a sister ship, submitted by email to [registrar@loor.ca](mailto:registrar@loor.ca) within five days of completion of the online registration.
  8. \*\*\* LOOR OSR CAT 3 Compliance Form, Denoted on YachtScoring as “Safety Document”, submitted by email to [registrar@loor.ca](mailto:registrar@loor.ca) by end of day Tuesday before the event. PiC’s email address is the signature.
  9. LOOR Crew Overboard Recovery Drill Certificate (“CORDC”). The completed form can be submitted by email to [registrar@loor.ca](mailto:registrar@loor.ca) by end of day on the Tuesday before the event, or at the Onsite Check-in. Actual signatures of the crew are needed whether submitted by email or in-person. At least 50% of the crew racing in the event shall participate in the Crew Overboard Recovery Drill and sign the LOOR CORDC.
  10. Each individual, that is used to meet the percentage of a boat’s crew required to have the necessary training under the LOOR OSR CAT 3 Training Requirement, as defined in the applicable LOOR OSR CAT 3 document, shall submit proof of the successful completion of the training and the boat they are racing on by end of day on the Sunday before the event to [registrar@loor.ca](mailto:registrar@loor.ca). The proof shall be as follows.

- When a Sail Canada Coastal Personal Survival Course is used, a copy of the certificate received.
- When a World Sailing approved Offshore Personal Survival Training Course, e.g., Sail Canada Offshore Personal Survival Course, is used, a copy of the certificate received.
- When a LOOR approved equivalency is used, a copy of the LOOR approval.
- When a LOOR waiver is used for the boat because insufficient courses available to have the necessary crew haven taken the required course.

If crew substitutions occur after that and impact compliance with the LOOR OSR CAT 3 Training Requirement, then details on the crew substitution and proof of meeting the necessary training requirement shall be emailed to [registrar@loor.ca](mailto:registrar@loor.ca) before the event or brought to the event's Mandatory In-Person Check-in

[SP] Items denoted by \*\*\* must be completed by the End of Day (EOD) of Tuesday before the race otherwise a Standard Penalty of up to 15 minutes may be added to the elapsed time. If more than one of the above items, marked by \*\*\* is missing by the deadline, only one applicable Standard Penalty will be applied.

4.8 The race is open to monohull and multihull boats that meet the eligibility and entrance requirements. Monohull classes/fleets will be:

- Flying Sails (FS) and No Flying Sails (NFS) - Fully Crewed (FC)
- Flying Sails (FS) and No Flying Sails (NFS) – Double Handed (DH)
- Flying Sails (FS) - Single Handed/Solo Challenge (SH) only

Multihull classes/fleets will be:

- Fully Crewed (FC) - Flying Sails (FS) only

Classes may be sub-divided into divisions based on handicap system and rating or One Design Classes. The OA may assign boats to classes/fleets and divisions based on the number of boats registered. If sufficient boats in a one design class register, a fleet for scoring purposes may be created for them.

4.9 Handicap/Rating Certificates Required

Boats racing in:

- GLMRA Must have a current GLMRA Certificate, valid for racing.
- ORC Must have a current ORC Certificate, Club or International, valid for racing.
- PHRF Must have a current PHRF-LO Certificate, valid for racing.

For boats racing under PHRF from outside the PHRF-LO area, arrangements shall be made in advance to obtain a PHRF-LO certificate by contacting PHRF-LO, [www.phrf-lo.org](http://www.phrf-lo.org).

See NoR 19 for contact information.

4.10 Boats shall only display a sail number registered specific to the boat at the time of its commission unless Alternative Sail Numbers have been declared under Sail Inventory on the [Event's YachtScoring Web Site](#).

## 5 FEES

5.1 For a registration to be complete, full payment and all other entry requirements, must be met.

5.2 Fees are as follows and payable online at [Event's YachtScoring Web Site](#), based on the date that payment in full is completed.

5.2.1 Fee for all boats

Until April 30, 2024	\$85.00 CAD	+\$11.05 CAD HST =	\$96.05 CAD
May 1, 2024, and later	\$120.00 CAD	+\$15.60 CAD HST =	\$135.60 CAD

5.3 The following fee will be added for reopening registration after the registration instructions has passed.

Reopen registration	\$50.00 CAD	+\$6.50 CAD HST =	\$56.50 CAD
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5.4 Payment in full is required by May 24, 2024. Registrations made after that date must include payment in full. Registrations without payment in full by that date will be removed.

5.5 LOOR will provide refunds as follows:

1. If LOOR cancels the event by May 24, 2024, LOOR will refund fee paid less \$15.00 CAD + HST

- to cover committed costs.
- 2. If LOOR cancels the event after May 24, 2024, LOOR will refund fee paid less \$25.00 CAD + HST to cover committed costs.
- 3. If the event is held, a 50% refund will be granted for requests received by LOOR by the end of day May 24, 2024. No refunds will be provided after this. Written requests must be sent by mail to LOOR SHTR c/o PCYC or emailed to [registrar@loor.ca](mailto:registrar@loor.ca).

**6 CREW LIMITATIONS & REQUIREMENTS**

6.1 The following limitations apply to crew, in addition to those in the applicable LOOR OSR and class rules. The PiC is part of the crew, so all limitations and requirements on crew apply to the PiC.

CREWING CLASSES	LIMITATIONS & REQUIREMENTS
ALL	<ul style="list-style-type: none"> <li>• All souls onboard are counted as crew.</li> </ul>
Single Handed/Solo (SH)	<ul style="list-style-type: none"> <li>• PiC shall be 18 years of age or older.</li> </ul>
Double Handed (DH)	<ul style="list-style-type: none"> <li>• All members of the crew shall be 18 years of age or older.</li> </ul>
Fully Crewed (FC)	<ul style="list-style-type: none"> <li>• The PiC and at least one other crew shall be 18 years of age or older.</li> </ul>

**7 ADVERTISING**

- 7.1 Boats may be required to display advertising chosen and supplied by the OA.
- 7.2 Boats may carry advertising as permitted by RRS with no additional fee. The OA may reject any advertising that may conflict with any required advertising or with the interests of the OA or sponsors.

**8 SCHEDULE**

- 8.1 [NP] Registration online until 2359 EDT, Sunday, May 26, 2024, the registration deadline.
- 8.2 [NP] The Mandatory Event Onsite Check-in at PCYC from.  
1900 to 2100 EDT, Thursday, May 30, 2024  
1000 to 1730 EDT, Friday, May 31, 2024.
- 8.3 [NP] The Mandatory Participants' Meeting is at 1745 EDT, Friday, May 31, 2024, at PCYC. A representative from each boat shall attend this meeting and it is also open to all participants. The Meeting also be available online.
- 8.4 Class Organization (Splits) and Starting Sequences Document will be posted before 1700 EDT May 30, 2024.
- 8.5 The warning signal will be 1940 EDT, Friday, May 31, 2024.

**9 EQUIPMENT INSPECTION**

- 9.1 All boats shall be reviewed for the equipment listed in the applicable LOOR OSR. The PiC will undertake this review. Confirmation shall be submitted on LOOR OSR Compliance Form, see NoR 4.7 (9).
- 9.2 [DP] A boat may be inspected at any time during the period from the Participants' Meeting until three hours after her finish. At the finish of the race the Race Committee may direct a boat to proceed directly to a designated location. A boat, which fails to follow such directions, or which subsequently fails the inspection, may be protested by the Technical Committee.
- 9.3 The Technical Committee may request a Pre-Race Inspection of a boat. 48-hour notice will be provided.

**10 VENUE**

10.1 Port Credit Yacht Club (PCYC), 115 Lakefront Promenade, Mississauga, ON L5E 3G6.

**11 COURSES**

See page 10 for course charts.  
The course is  
Start, driveHG (Fogh) Mark, Niagara Buoy R2, Burlington Weather Tower, Finish and is ~ 77 NM.

**12 PENALTY SYSTEM**

- 12.1 The Scoring Penalty, RRS 44.3, applies with 44.3 (c) replaced with:  
The elapsed time for a boat taking a scoring penalty shall be increased by five minutes.
- 12.2 In addition to any *Rule* denoted by [DP], the Protest Committee, at its discretion, may assess a



penalty that is less than disqualification for any *rule* except:

- RRS Part 1, excluding RRS 6
- RRS Part 2
- RRS Part 3

12.3 The process to report that a boat has broken a rule subject to a discretion penalty is to submit the report to [protests@loor.ca](mailto:protests@loor.ca) to invoke RRS 64.6 within 120 minutes of finishing.

12.4 Post-Race Penalty, Part 2 or Rule 31

12.4.1 After a race, a boat that may have broken one or more *Rules* of Part 2 or *Rule 31* in an incident while racing may take a Post-Race Penalty for that incident. A boat takes the penalty by delivering a written notice via email to [protests@loor.ca](mailto:protests@loor.ca) or in-person at a scheduled hearing, before its start. The notice must identify the race number and when and where the incident occurred. The penalty shall be a 30% Scoring Penalty, calculated as stated in rule 44.3(c). However, rules 44.1(a) and (b) apply, and the penalty shall not be taken after a protest hearing involving the incident has begun.

12.4.2 A boat accepting the Post-Race penalty will be ineligible for any award, or trophy using the elapsed or corrected time of the boat for the race.

### 13 SCORING

13.1 Single Handed/GLSS Solo Challenge (SH), Double Handed (DH) & Fully Crewed (FC) boats racing under the following rating/handicap systems, with boats scored in their own class.

- Multihull GLMRA Rule applies
- ORC Single number system using time on time ratings
- PHRF-LO Time on Time from PHRF-LO P2P Ratings.

### 14 CHARTERED OR LOANED BOATS

14.1 A chartered or loaned boat may carry national letters or a sail number in contravention of her class rules, provided that the Race Committee has approved her sail identification before the first race.

### 15 RIGHTS & DATA PROTECTION

15.1 [NP] All pictures, audio and video recordings, graphic logos and service names contained herein or produced during the race by or on behalf of the OA or PCYC, are the property of either the OA or PCYC or their respective members. No rights are granted to use pictures, graphic logos, and service names without permission.

15.2 [NP] Registrants, competitors, and participants grant the OA or PCYC the unrestricted right and permission to use the name and/or image for any text, photograph, or video footage of either themselves or the boat they are sailing during the event to be published or broadcast in any media whatsoever (including but not limited to press, TV, social media, or internet), for either editorial or advertising purposes or to be used in press information.

### 16 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 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. 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 is solely at their discretion to participate in any events.

### 17 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 boats and an adequate level of third-party liability insurance applicable in Canadian and US waters for non-Canadian boats.

### 18 PRIZES

18.1 Details on Flag and Awards ceremonies will be announced later.

18.2 A list of the trophies awarded, and their eligibility requirements are available at [www.loor.ca](http://www.loor.ca).



18.3 To be eligible for the Ontario Sailing's Offshore Keelboat PHRF-LO or ORC Championship, the boat must be representing an Ontario yacht club that is a member of Ontario Sailing/Sail Canada and raced in both the Susan Hood Trophy Race and the Lake Ontario 300 Challenge Race.

**19 FURTHER INFORMATION, OTHER DOCUMENTS, OTHER LINKS AND FORMS AVAILABILITY**

19.1 Event Checklist is available at: <https://yachtscoring.com/emenu.cfm?eid=16290> under *Documents & Forms* and does not constitute a rule.

19.2 The [Event's YachtScoring Web Site](https://yachtscoring.com/emenu.cfm?eid=16290) is:  
<https://yachtscoring.com/emenu.cfm?eid=16290>

19.3 The Official Notice Board is:  
[https://yachtscoring.com/notice\\_board.cfm?eid=16290](https://yachtscoring.com/notice_board.cfm?eid=16290)

19.4 Other Documents Availability: The following documents:

- [RRS Appendix RV, Reduced Visibility](#)
- [RRS Appendix WP, Rules for Racing Around Waypoints](#)
- [LOOR Offshore Special Regulations for Category 3 Monohulls](#)
- [LOOR Offshore Special Regulations for Category 3 Multihulls](#)
- [Event's Class Organization \(Splits\) and Starting Sequences Document](#)

are available at the [Event's YachtScoring Web Site](https://yachtscoring.com/emenu.cfm?eid=16290) under *Documents & Forms* at <https://yachtscoring.com/emenu.cfm?eid=16290>

19.5 Other Links Availability: The Other Links are:

- Sail Canada Prescriptions: [https://www.sailing.ca/wp-content/uploads/2022/06/sail\\_canada\\_prescriptions\\_2021\\_2024\\_14\\_03\\_2022.pdf](https://www.sailing.ca/wp-content/uploads/2022/06/sail_canada_prescriptions_2021_2024_14_03_2022.pdf)

19.6 The following forms that are or may be required for a complete entry:

- LOOR Crew Overboard Recovery Drill Certificate (CORDC)
- LOOR OSR Compliance Form (Denoted on YachtScoring as "Safety Document")

are available at <https://yachtscoring.com/emenu.cfm?eid=16290>.

19.7 Contacts

<b>ORGANIZING AUTHORITY CONTACTS</b>		
LO300	<a href="mailto:registrar@loor.ca">registrar@loor.ca</a>	<a href="http://www.loor.ca">www.loor.ca</a>
LOOR Race Committee	<a href="mailto:racecommittee@loor.ca">racecommittee@loor.ca</a>	<a href="http://www.loor.ca">www.loor.ca</a>
LOOR Safety	<a href="mailto:safety@loor.ca">safety@loor.ca</a>	<a href="http://www.loor.ca">www.loor.ca</a>
LOOR	<a href="mailto:info@loor.ca">info@loor.ca</a>	<a href="http://www.loor.ca">www.loor.ca</a>
GLSS	<a href="mailto:glss@loor.ca">glss@loor.ca</a>	<a href="http://www.solosailors.org">www.solosailors.org</a>
PCYC		<a href="http://www.pcy.net">www.pcy.net</a>
<b>HANDICAP SYSTEMS CONTACTS</b>		
GLMRA		<a href="https://www.facebook.com/groups/219017828480581">www.facebook.com/groups/219017828480581</a>
ORC – Ontario District	<a href="mailto:can3005@aol.com">can3005@aol.com</a>	<a href="http://www.orc-canada.org">www.orc-canada.org</a>
PHRF-LO	Contact your club's PHRF-LO Handicapper	<a href="http://www.phrf-lo.org">www.phrf-lo.org</a>

## COURSES

Susan Hood Trophy Race Course

***Not for Navigation***



**Figure 1 Susan Hood Trophy Race (SHTR)**