



**LAKE ONTARIO 300**  
**July 15 – July 19, 2011**  
**Port Credit Yacht Club (PCYC)**  
**SAILING INSTRUCTIONS**  
**Amendment 1 - July 12, 2011**  
[www.lo300.org](http://www.lo300.org)

**REPLACE 1.5A with**

1.5A Racing rule(s) will be changed as follows:

The provisions of Appendix Q (CYA Prescription) of the Racing Rules of Sailing shall apply to the period between 2000hrs and 0600hrs

Rule 41 – Outside Help

Is modified to add

e) help to recover a crew member from the water and return the crew member to the boat before the boat continues racing.

f) to communicate with any person, competitor, sailboat or outside source of information available using any means available throughout the race.

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

52 MANUAL POWER

Is modified to allow the use of power auto helm devices

Other changes to the Racing Rules of Sailing are documented in the appropriate items below.