LORD STRATHCONA CUP
LONG-DISTANCE NO.1
Sailing Instructions (SI)
ROYAL ST LAWRENCE YACHT CLUB

Dorval Qc Canada
JUNE 24, 2026

1 RULES
1.1 See the Royal St Lawrence Yacht Club Standing Sailing Instructions (SSI).

2 CHANGES TO SAILING INSTRUCTIONS
2.1 See the SSI.

3 COMMUNICATIONS WITH COMPETITORS
3.1 See the SSI.

4 CODE OF CONDUCT
4.1 See the SSI.

5 SIGNALS MADE ASHORE
5.1 See the SSI.

6 BOAT DEWEEDING
6.1 See the SSI.

7 SCHEDULE OF RACES
7.1 Detailed Schedule:

Date	*Lord Strathcona Cup*	*Time*
June 24	Skipper's meeting	8:30 AM
June 24	Racing	10:00 AM

8 CLASS FLAGS
8.1 The Class flag: Numeral Pennant 1.

9 RACING AREA
9.1 Lake St Louis.

10 COURSES
10.1 The course will be provided at the skipper's meeting.

11 MARKS
11.1 The marks that may be used are as follows: orange balls, government and SLVYRA marks.

12 THE START
12.1 See the SSI.

13 CHANGE OF THE NEXT LEG OF THE COURSE

13.1 Once the race is started, no change to the course is permitted. This changes the SSI.

14 THE FINISH

14.1 See the SSI.

15 PENALTY SYSTEM

15.1 See the SSI.

16 TIME LIMITS

16.1 The Race Time Limit (see RRS 35), and the Finishing Window are shown in the table below.

Race Time Limit	Finishing Window
6 hours	*1 hour*

16.2 See the SSI.

17 HEARING REQUESTS

17.1 See the SSI.

18 SCORING

18.1 See the SSI.

19 SAFETY REGULATIONS

19.1 See the SSI.

20 TRASH DISPOSAL

20.1 See the SSI.

21 PRIZES

21.1 The Lord Strathcona Cup will be awarded to the winner at the RStLYC Annual Prize Giving Ceremony.

21.2 On the day of the event, after the race is completed, all racers are encouraged to meet on the front lawn of RStLYC, where prizes will be awarded to the top 3 boats.

22 RISK STATEMENT

22.1 See the SSI.

23 INSURANCE

23.1 See the SSI.