



**How to win races
without sailing any faster**



- How much time are you trying to gain?
 - 2 minutes takes you from mid-fleet to the front

- Sail faster
 - Very difficult, particularly in one-design classes

- Sail less slowly
 - Everybody is equal first before the start



- Check for wear and tear
 - It doesn't matter how fast you are if you don't finish

- Find out about the basic set up for your boat
 - Kicker
 - Cunningham
 - Outhaul
 - Rig tension

- Weather forecast
 - Wind
 - Direction
 - Increasing or decreasing?
 - Direction
 - Will sea-breeze affects be important?



- Check your boat is working
 - Hoist spinnaker (if you have one)

- Check that you are working
 - Practice beating, tacking, etc
 - Get used to the wind and waves

- Check the course layout
 - Identify the buoys
 - Is the first beat biased?
 - Which tack are you going to spend most time on?
 - How tight are the reaches
 - Is the transit pole on the start line?

- Think about the start
 - How are you going to approach the line
 - Do a practice approach



- Wear a watch
- Know when the start is

- Learn the flag sequence
 - There are only about 5 flags that affect you
 - Class flag
 - P flag
 - General Recall
 - Individual Recall
 - Shorten Course

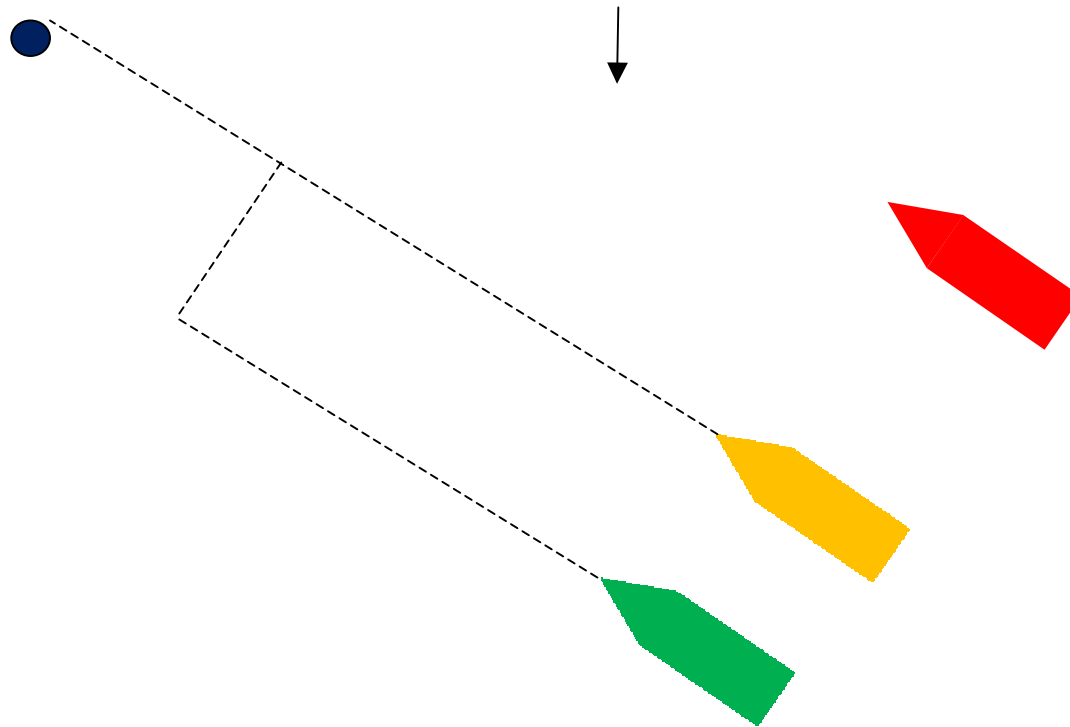
- At the start
 - Be close to the line
 - Sailing in the right direction



- Keep with the fleet
 - Particularly in off-shore winds
 - Wind shifts will make MUCH more difference than speed
 - Follow the guy you think will get it right until you know better

 - Don't sail in dirty air
 - Just behind
 - Just to leeward
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- Tacking
 - Smooth and reliable
 - Easy area to save time
 - Practice

- Don't overstand the mark
 - Difficult to judge from a long way away
 - Current
 - 1 kt tide = 30m / minute
 - Wind shifts



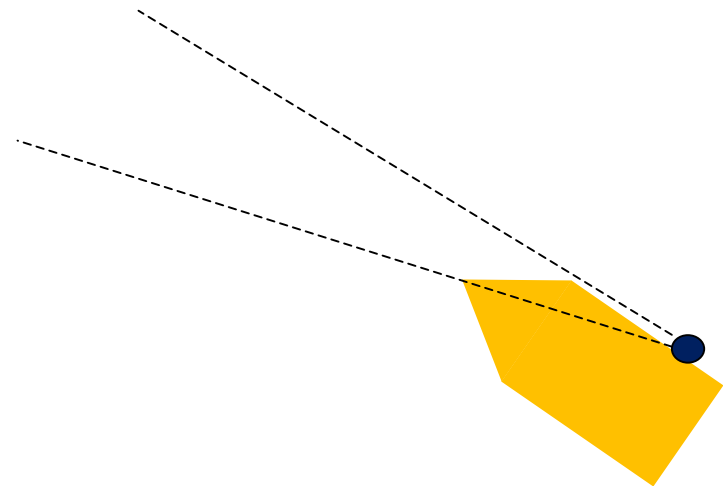


- Smooth rounding
 - Particularly in strong winds
 - Capsizing is SLOW

- Don't waste lots of time adjusting the rig
 - It probably won't make a lot of difference
 - Get up to speed before fiddling
 - Adjust while beating
 - Practice changing what you need to
 - Kicker
 - Cunningham
 - Centreboard
 - Leave the rest alone unless you are practiced!



- OK – forget the title of this talk
 - Learn to sail faster in waves
 - But that's the fun bit
- Concentrate
 - This is not the time to have a rest
 - Continually adjust the sheet(s)
 - Keep your weight forward
 - Unless planing
 - Or your bow is about to disappear into the wave in front
- Sail a straight course on reaches
- Don't forget the tide
 - 1 kt tide = 30m / minute





- Sign off
- Think about what went well
- And what went wrong
- Repair any damage
- Don't let sails flap for hours
- Now you can have your coffee and bread pudding
- Sign on for the next race



- On the line at the start
 - 12 tacks
 - Don't overstand – 6 laps
 - Straight down the 3 reaches
 - **TOTAL SAVING**
- 15 seconds
 - $12 * 2 = 24$ seconds
 - $6 * 10 = 60$ seconds
 - $3 * 10 = 30$ seconds
 - **129 seconds**