A QUICK GUIDE TO RACES

●Average Lap Time

- o 40 Minutes – approximately!
- o Idea is back markers and slow boats sail less laps but roughly the same duration as leaders.
    - ▪ The first boat you finish need not be the leader
- o Finish same place as start
    - ▪ ..need 'whole' numbers of laps.
    - ▪ ..but may have to move boat to prevent 'hook' finish
- o Tick off and time each boat each time it sails through finish line.
    - ▪ Use the times to monitor how the race is progressing.
    - ▪ If times are increasing wind is dropping (Tuesday evenings). You may need to start finishing people earlier than expected.
- o Around the time you decided, hoist 'S' and finish each boat next time it passes through line.
    - ▪ Different boats will do different numbers of laps
        - ● ..which is why you record them each time
- o **Be flexible.**
    - ▪ If necessary start finishing early.
        - ● Do not force a slow boat to sail an extra lap just because it sails through the line a few minutes before the time.
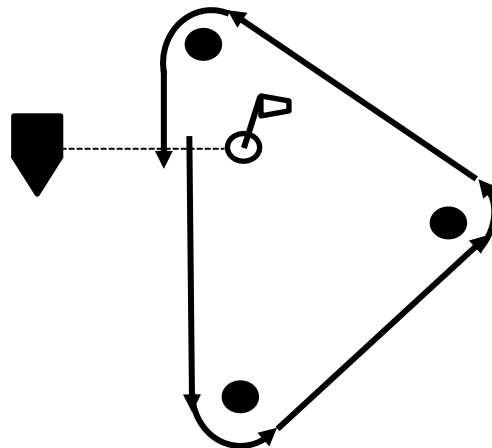
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• Pursuit

- o 50 minute duration
- o Each sailor/boat has start number.
    - ▪ Number is time after/before start that they start.
    - ▪ Numbers on sheet(s) in clubhouse
    - ▪ Pin one sheet on board, take other with you.
- o Start sequence as usual
    - ▪ Start is '0'.
    - ▪ Hold up flip board.
        - • Turn over numbers (+ sound signal) every minute until last boat started.
    - ▪ Negative numbers:
        - • Display and count down during start sequence if needed.
        - • If -5 or less use these as cue to start your sequence.
- o Finish line
    - ▪ Set at any buoy of the course, so that leader finishes slightly before 50 mins.
    - ▪ Hoist 'S', finish everyone as they go through line.
- o Or:
    - ▪ Hoist S with 2 hoots and motor back through the fleet from the leader giving everyone a finish as you go.
    - ▪ This is more fair – no overtaking after 50 mins. Does not work if fleet are on a beat.
    - ▪ Times not needed on results – just positions
        - • ..but tick off laps to keep yourself awake.
- o Return number sheets to clubhouse!

06/12/19

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- **Sprints**
  - Short 8-12 minute races.
  - 5 sailed back-to-back.
  - First start 5-4-1-Go.
    - Subsequent starts 3-2-1-Go.
  - Simple 1 lap course.
  - Start and finish same line
    - You do not have time to move boat.
  - Example of course/start line:

    - Can use buoy in shed for start/finish line.

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- **Normal 'Fixed Lap'**
  - Every boat sails the same number of laps.
  - Set course/number of laps to get 40-45 minute race.
  - Shorten course if necessary to achieve this.
  - Ideally don't use
    - 'Average Lap' is preferred, especially if there is a wide range of boat speeds.