

Introduction to Racing



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What were going to cover

- Why we race
- The basics
 - Flags, courses
- Starting
- Rules
- A few tips
- On-the-water session
- De-brief

Racing – why bother?

- **Why Race**

- Social Focus

- Improve sailing skills

- The challenge is fun

- Any reasons to not race?

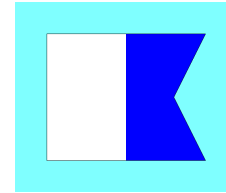


Before you go afloat

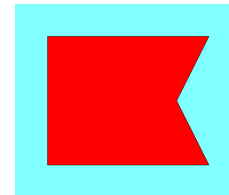
- Know your fleet
 - (A, B, FF, Laser, Solo, Topper)
- Know your flag
- Sign on
- Get the course

Flags – Classes

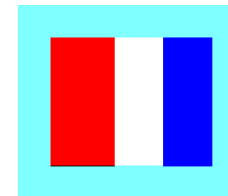
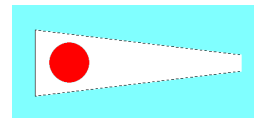
- Fast Handicap (A fleet)
 - boats faster than PY 1089



- Slow Handicap (B fleet)

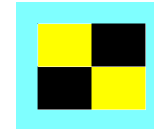


- Flying Fifteen, Lasers, Solos, Toppers

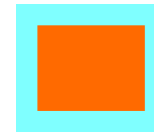


Other Flags (1)

- Lake Start



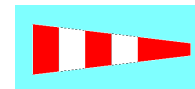
- The orange flag



- The blue flag

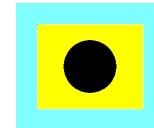


- Postponement

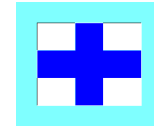


Other Flags (2)

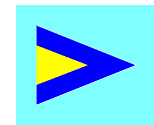
- Preparatory (Round the ends)



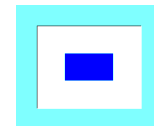
- Individual Recall



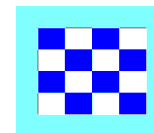
- General Recall



- Shortened Course

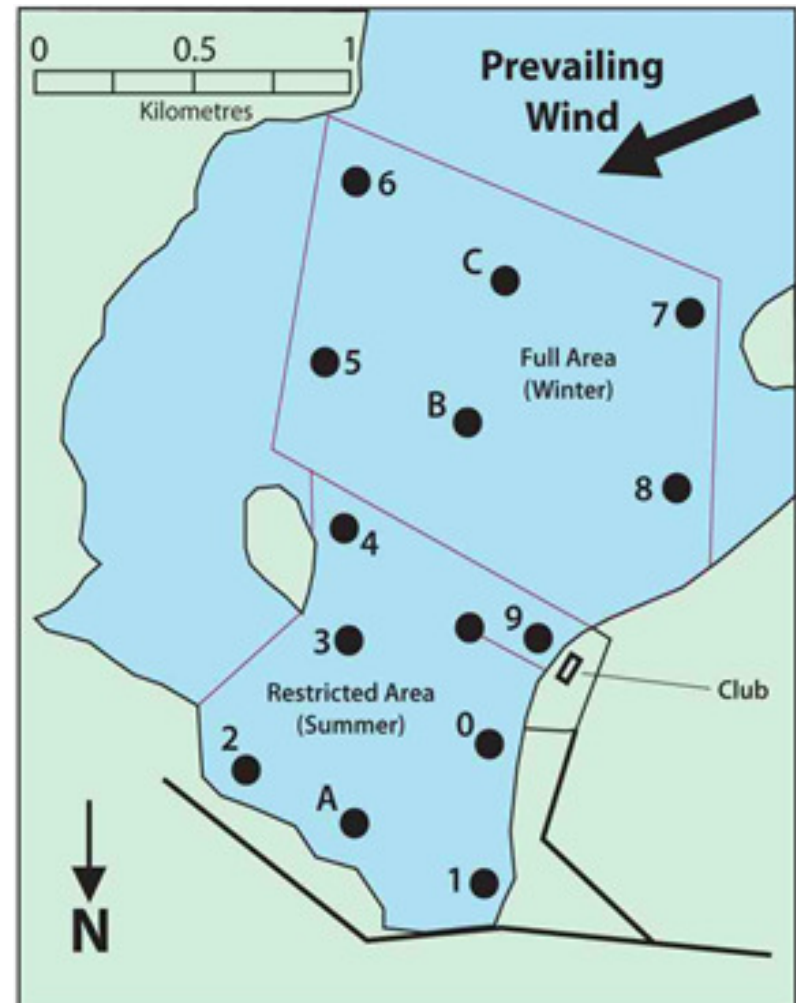


- Abandoned!



The Course

- Write stuff on the boat!
- Work out where the marks are.
- To port or starboard?
- Gate?

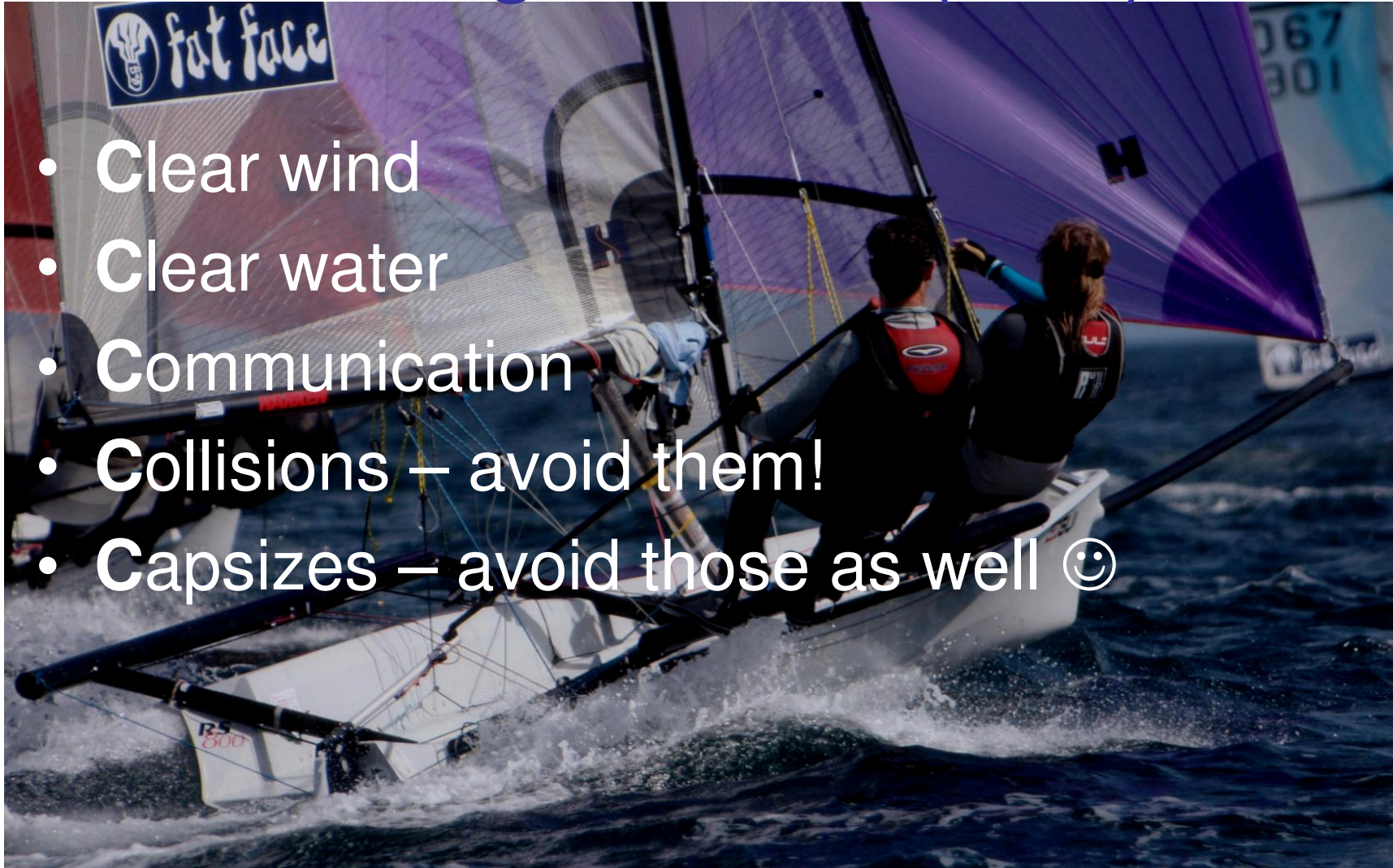


The Start Sequence

- 6 minute warning – class flag
 - 3 minute – round the ends flag
 - 1 minute whistle
 - GO!
-
- **Stay out of the way of earlier starts**

Starting to Race (5Cs)

- Clear wind
- Clear water
- Communication
- Collisions – avoid them!
- Capsizes – avoid those as well ☺



Win the Race (someone will!)

- Gain Control (Starting)
- Strategy
 - Fastest Speed & Shortest Distance
- Tactics
 - Clear Wind & Clear Water
 - Win Conflicts - Rules & Tricks (mainly shouting)
- Boat Speed
 - Set-up
 - Handling

A photograph of a sailboat with a white hull and a blue and white sail, sailing on a choppy blue sea. Two people are visible on the deck. The text is overlaid on the image.

Perfect Race (fictional)

Never close to another boat, so no conflict:

- Free to stick 100% to Strategy
- Sail Shortest Distance, Fastest Speed
 - Hit line full speed at gun
 - Perfect Beats, Reaches and Runs
- Best sailors minimise the interference of other boats on their perfect race.
 - Maximise clear wind, clear water

Starting



Techniques

- Slow boat handling (practice these skills)
- Aggressive sailors fight for the biased end
- Safe options (clear wind, clear water)
 - Mid-line space
 - RH end late start, tack out

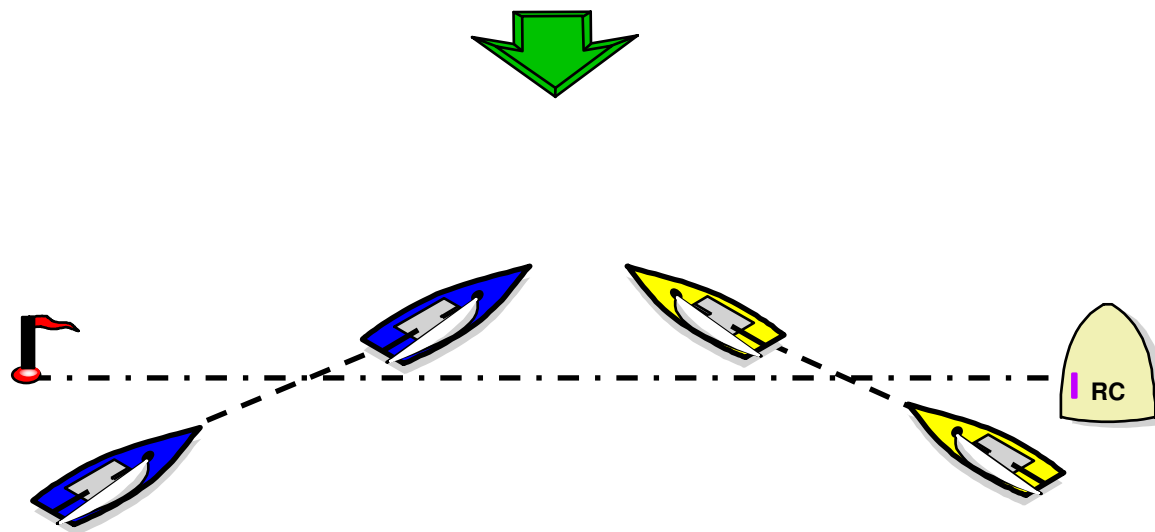


Starting

- Stay close to the line
- Have a plan
- Know the rules - Room and Opportunity
- Take transits
- Stay cool



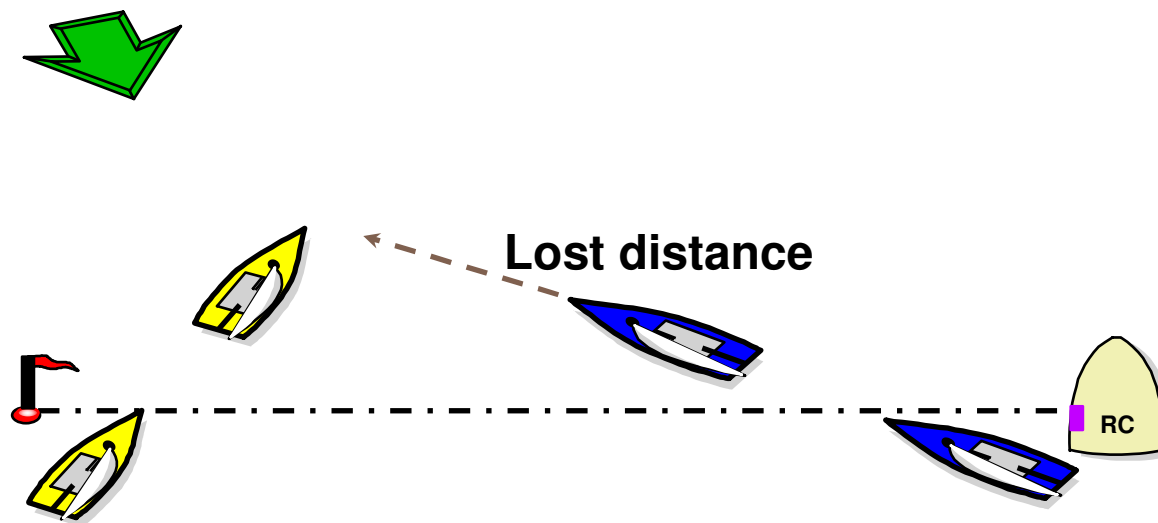
Square Line Starts



Square Line

A Square line is perpendicular to the wind direction. All boats get an even start.

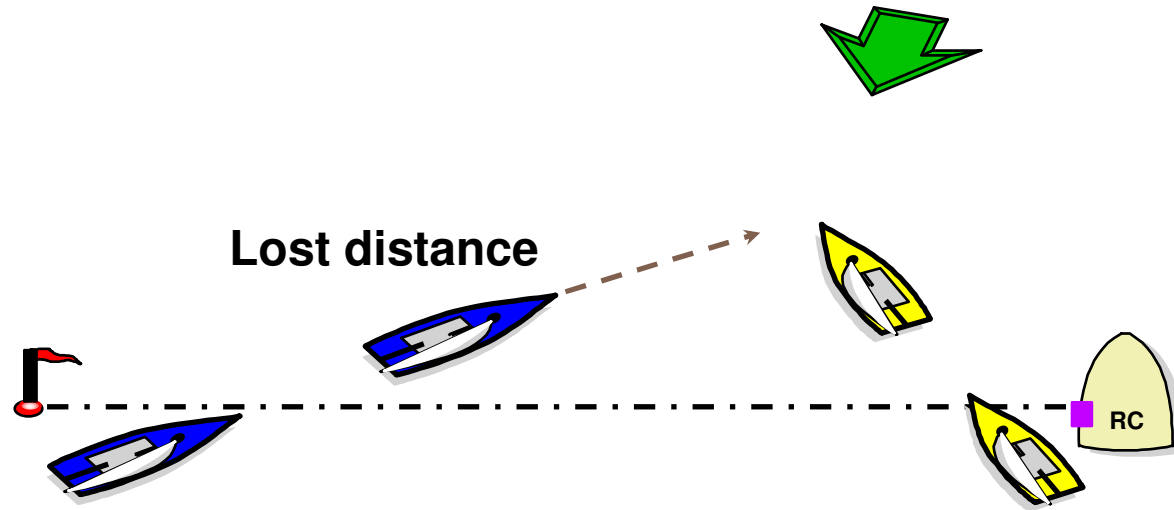
Port Bias Starts



Port end favoured

Starboard tack boat starts 1 length behind boat from port end.

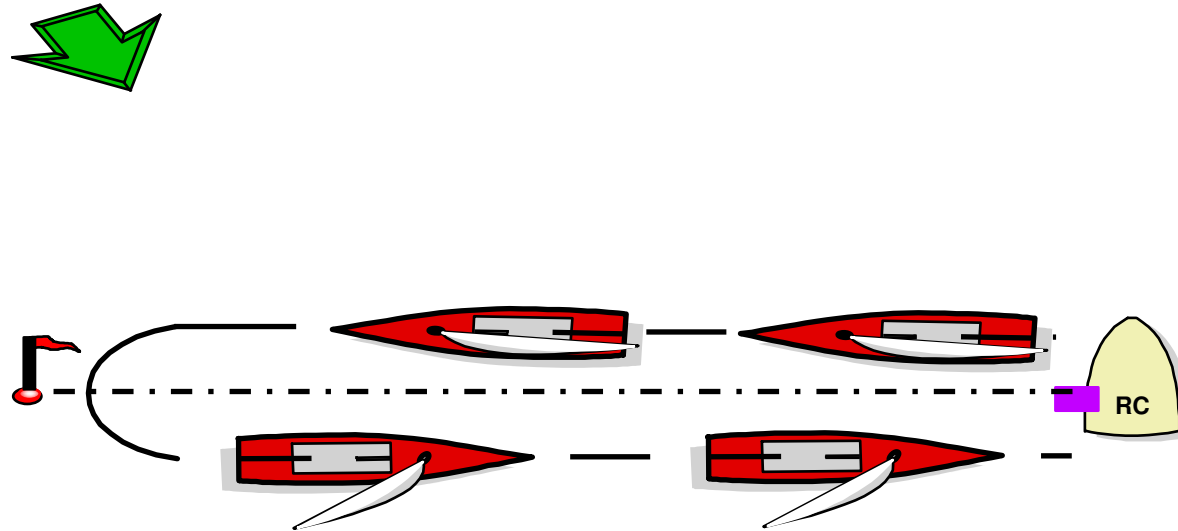
Starboard Bias Starts



Starboard end favoured

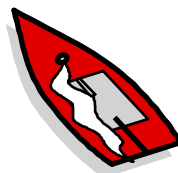
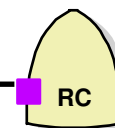
Port tack boat starts 1 length behind boat from starboard end.

Determining Favoured End (1)



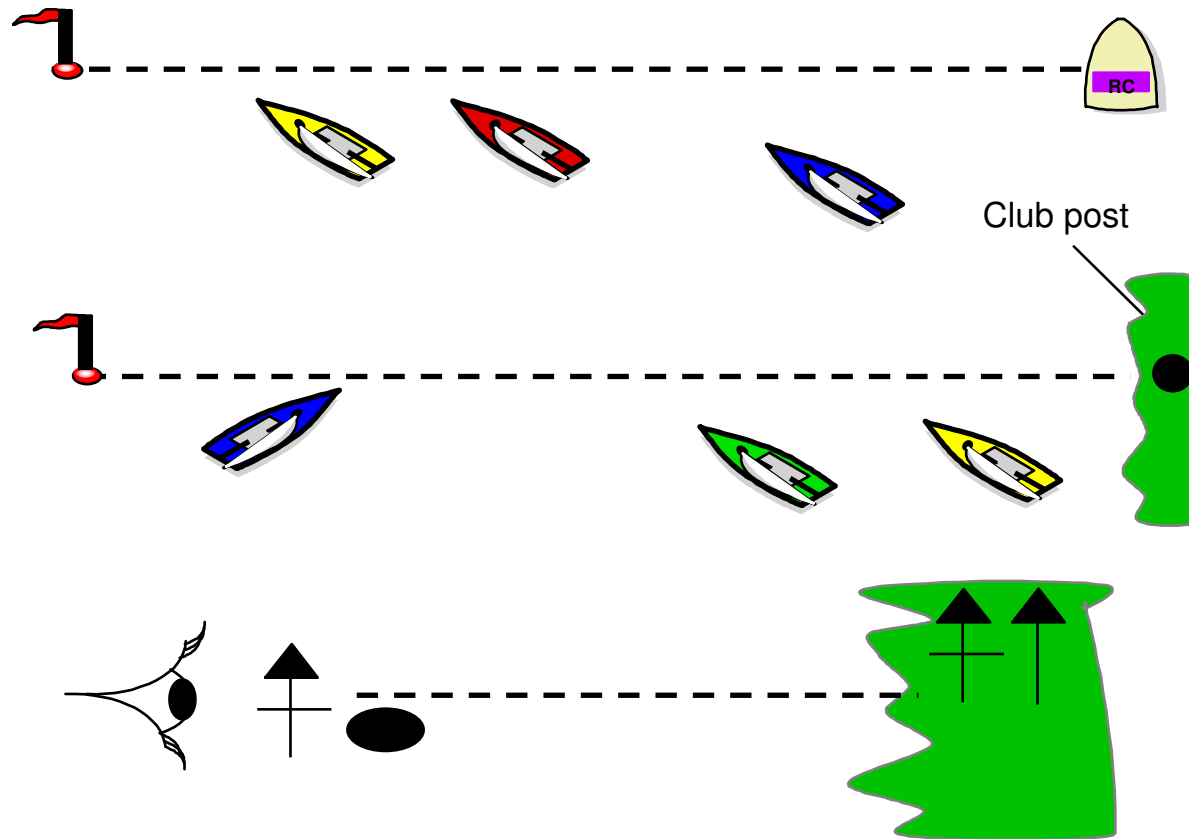
Sail along start line, set sail accurately. Start at the end you sail away from on broadest point of sailing. (Start buoy end in diagram).

Determining Favoured End (2)



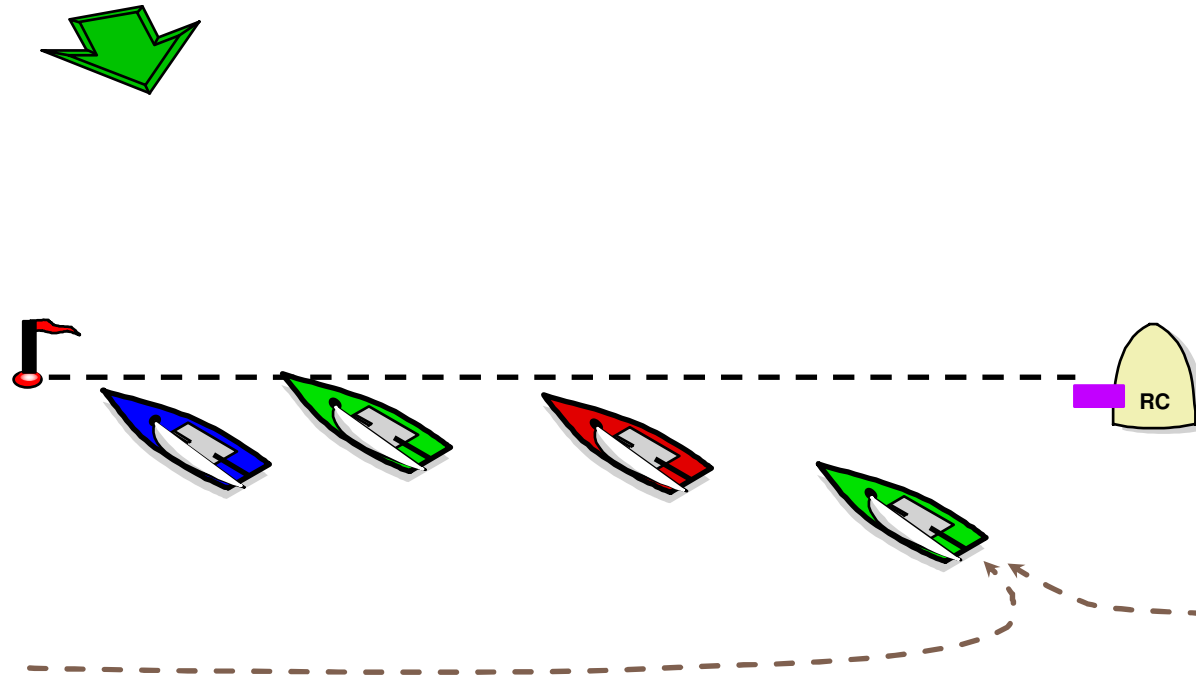
Put boat head to wind - start at the end the bow points to. (Buoy end).

Start Lines



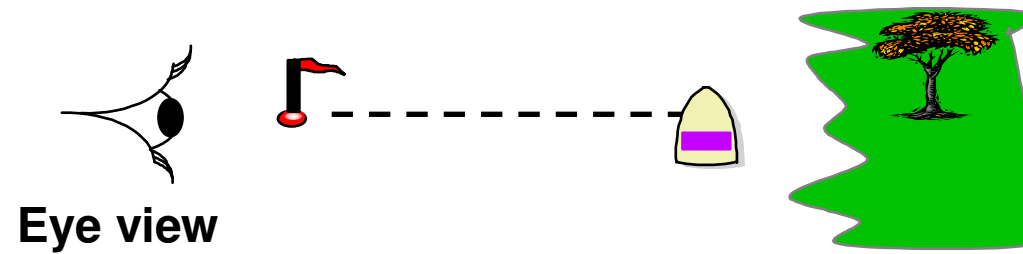
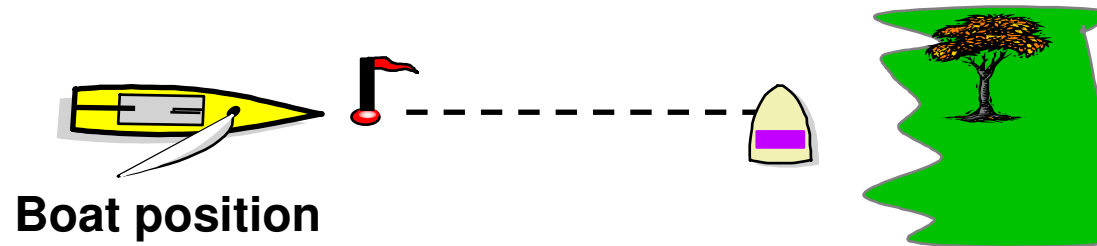
Outer distance marker may not
be on start line

Starting strategy

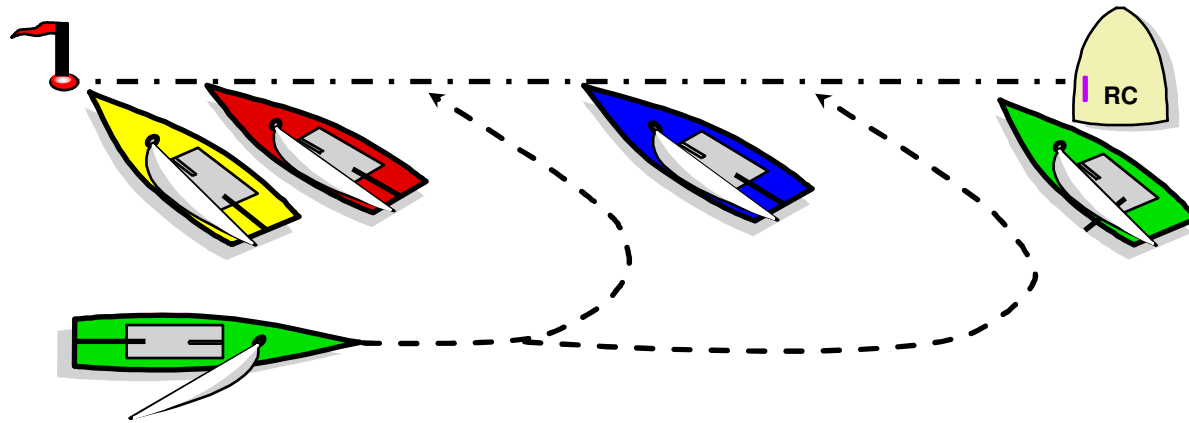


Don't always start at the favoured end - think about being able to tack / tide / bends (Lake Garda) etc.

Establishing a Transit



Port Tack Approach



If you approach on Port then you keep your options open (particularly in an oscillating breeze). The problem is that this will only work in a small fleet. Large fleets will line up well in advance of the start.



Rules



The Major Rules

- No marks involved:
 - Port / Starboard
 - Windward / Leeward
 - Overtaking
- No special rules for Windward marks (take it away)
- Gybe & Leeward Marks:
 - Water at the Mark

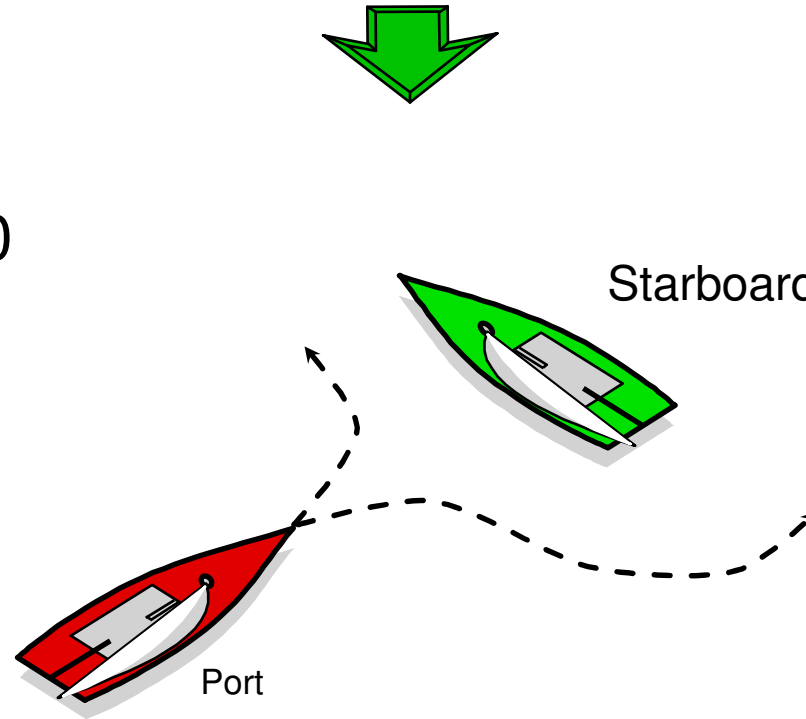
Avoiding Collisions



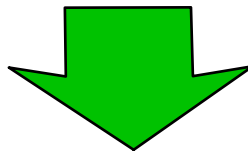
- Talk about where other boats are!
- Options for Avoiding Boats

Port/Starboard

Rule10

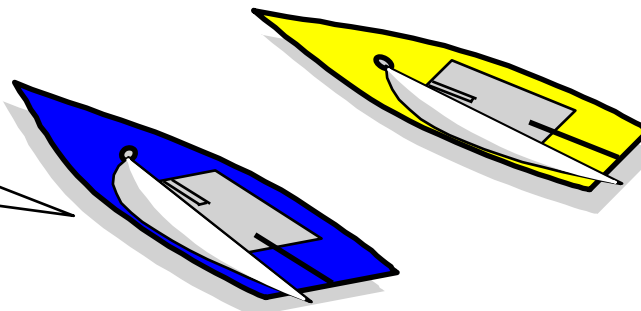


Windward / Leeward



Rule 11

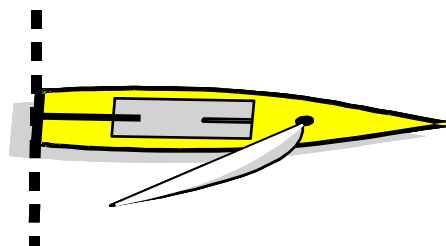
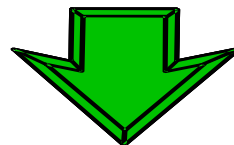
Windward boat keep
clear



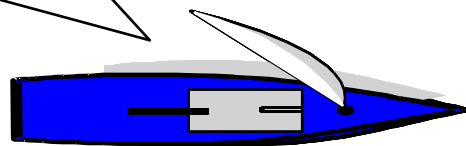
Overtaking

Overtaking Rule 12

I'm clear astern on
the same tack, so I
have to keep clear.

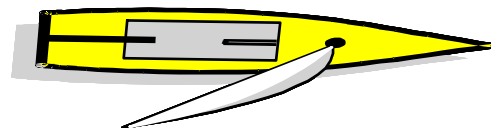


2. No, on opposite tacks;
port keeps clear



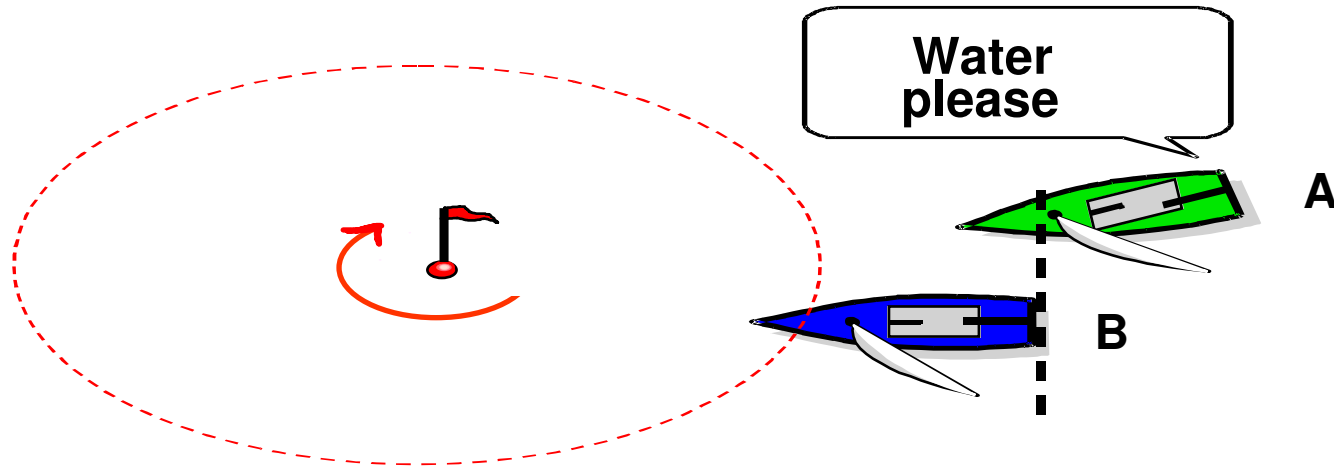
1. You are astern,
keep clear.

3. OK, I will keep clear



Mark Rounding

Rule 18.2 (a)

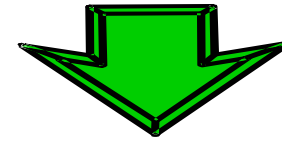




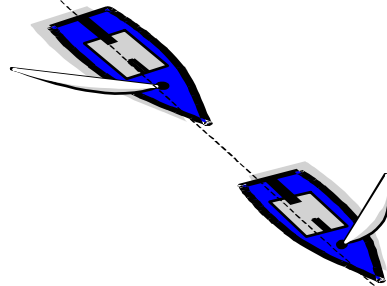
Tacking / Gybing

Rule 13 Tacking

Keep clear
when
tacking



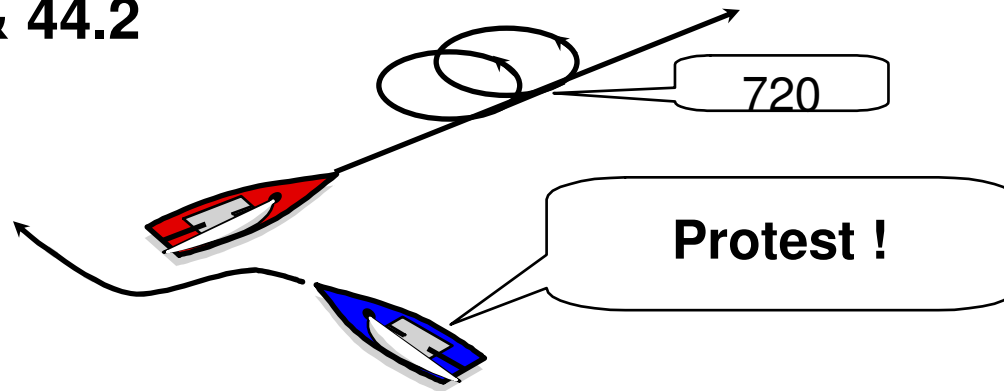
Rule 15 Acquiring Right of Way - Gybing



Give me
room to
keep clear!

Alternative Penalties

**Rule infringement
Rule 44.1 & 44.2**

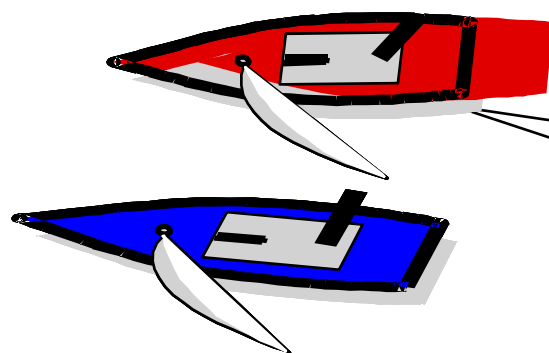


**Hitting a mark
Rule 31.2**



Changing Course

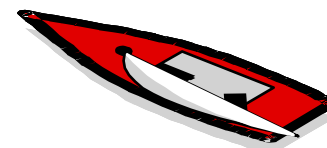
Rule 16.1 Room to Keep Clear



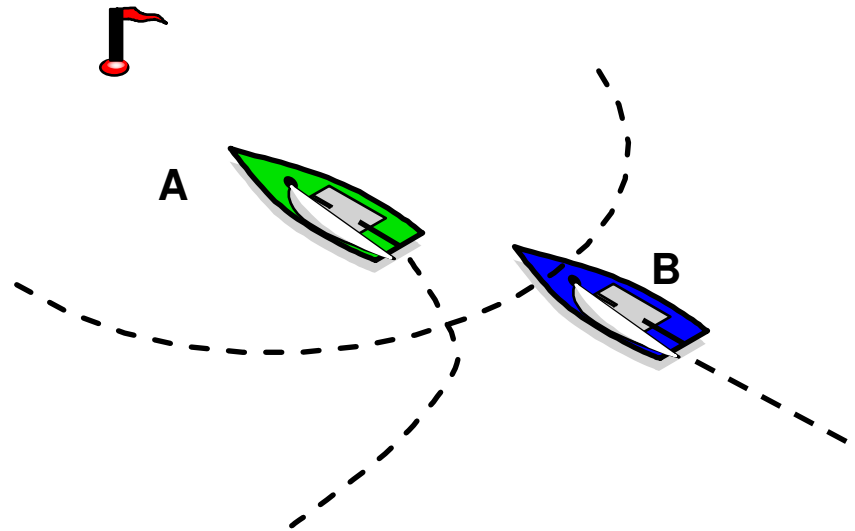
**Don't luff - that won't give
me room to keep clear**

Rule 16.2 Obstructing

**I'm keeping clear - don't
bear away and obstruct
me**



Approach to windward mark



A must not tack inside the three boat length circle if by doing so B is forced above close hauled.

Rules: Special Situations

- Startline
- WWM – Port Rounding
 - On Port Layline avoid reach/run boats
- Shorelines & Sailing Boundaries
- Fishing Boats
- Rule 14 – A boat shall avoid contact with another boat if reasonably possible.

Rules

- Get a rules book
- Arbitration at Chew
- Rule quiz on web sites
 - Google “sailing rules quiz”
- Protest-Time limit.
- Don't always enforce your rights

Handicap Fleets & Club Courses

- Speed Differences
- Sailing Angle Differences
- Asymmetric Kites – Poor Visibility, Limited Options
- Different fleets, different courses

Exercises

- Practice Start
- Practice Race
- De-brief

What we've done ...

- Why we race
- The basics
 - Flags, courses,
- Starting
- Rules
- Racing

Reading List

- Start to Win – Eric Twiname
- RYA Tactics – Mark Rushall
- ISAF Racing Rules of Sailing (on-line)
- Racing rules explained – RYA/Bryan Willis
- Lots of free stuff on the Web

Novice Racing Series

- Saturday 5th June
- Contact John Shimell for more details or just turn up at 1.30pm

