

INTRODUCTION TO SAILBOAT RACING

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Seacoast Yachts

FUN ON THE WATER

- A Great Way To Meet New People
- Improve Your Overall Sailing Skills
- Camaraderie
- Teamwork
- Mental Stimulation

SAFETY GEAR AND EQUIPMENT

- PFD (Vest Style Saline Activated)
- MOB Pole And Jim Bouy Horse Throwable Device
- Individual EPIRB
- Whistle
- Sailing Gloves
- Foul Weather Gear
- Get Warm, Stay Warm / Get Cold Stay Cold
- Safety Tethers

POSITONS ON THE BOAT

- Driver
- Main Trim
- Headsail Trim
- Foredeck (2) (Start Spotter)
- Pit
- Mast
- “Rail Meat”
- Tactician
- The Importance of Cross Training

13 WAYS TO MAKE YOUR CRUISER FASTER

- Practice, Practice, Practice
- Lose Weight And Windage
- Telltales: What Are They And What Do They Do
- Service Your Deck Gear
- Tune Your Rig
- Clean Your Boats Bottom
- Windex
- Whisker Pole
- Cunningham
- Add Adjustable Genoa Cars
- New Halyards
- Backstay Adjusters
- Feathering Or Folding Propeller

THE CONVENTIONAL RACE START IT'S NOT AS SCARY AS IT LOOKS!!

- A Simple Sequence Of Flag Hoists, Douses And Sounds
- Two Flags Are Involved
- Preparatory “P” / Class Flag
- Class Flag Is Unique To Each Section Or Group Taking Part In The Regatta

THE STARTING LINE, COURSES AND FINISH LINE

- CHECK IN WITH THE COMMITTEE BOAT!!!!
- The Line Is “Always” Set Perpendicular To The Eye Of The Wind
- Boat End And Pin End
- Windward / Leeward Course
- Random Leg Courses
- Finish Line

THE STARTING SEQUENCE

- First Horn Starts The Sequence Indicating 5 Minutes Till The Beginning Of The Race
- Start Your Timer Same Time As The Horn
- Second Horn 4 Minutes The RC Will Sound Another Horn And Hoist The “P” Flag
- At One Minute To Start The “P” Flag Will Come Down Accompanied By Another Horn
- One Minute Later The Class Flag Will Come Down Accompanied By Another Horn Indicating The Start Of The Race
- And We Are Off!!!!

BASIC RULES OF THE ROAD OF RACING

- Port / Starboard
- Windward / Leeward
- An Overtaking Boat From Astern Always Gives Way To The Overtaken Boat
- Outside Boat Is To Yield Right Of Way To The Inside Boat While Rounding The Mark
- Provided The Inside Boat Has A Clearly Established Overlap On The Outside Boat Typically 3 Boat Lengths From The Mark

BASIC SAIL TRIM

- To Windward Sail To The Mark – Always Close Hauled
- Adjust Main With Sheet And Traveler
- Adjust Headsail With Sheets And Adjustable Genoa Cars For Optimal Trim
- “When In Doubt Let It Out”
- Adjust To Wind Shifts – Headers And Lifts
- The Wind Is Constantly Changing Adjust With Sail Trim And Helm
- Telltales
- “Feel The Heel”

QUESTIONS AND ANSWERS

- RECCOMENDED READING
- Peter Isler's "Little Blue Book Of SAILING SECRETS"