

# Start Racing



Redditch Sailing Club 2020

# Start Racing- Sessions

This series of 30 minute sessions is aimed at those new to racing.

Sessions:

1. **Overview of Races and Race Preparation**
2. The Start and the Beat
3. Mark Rounding and Offwind
4. Tactics, Strategy and Basic Rules

# Overview of Races and Race Preparation

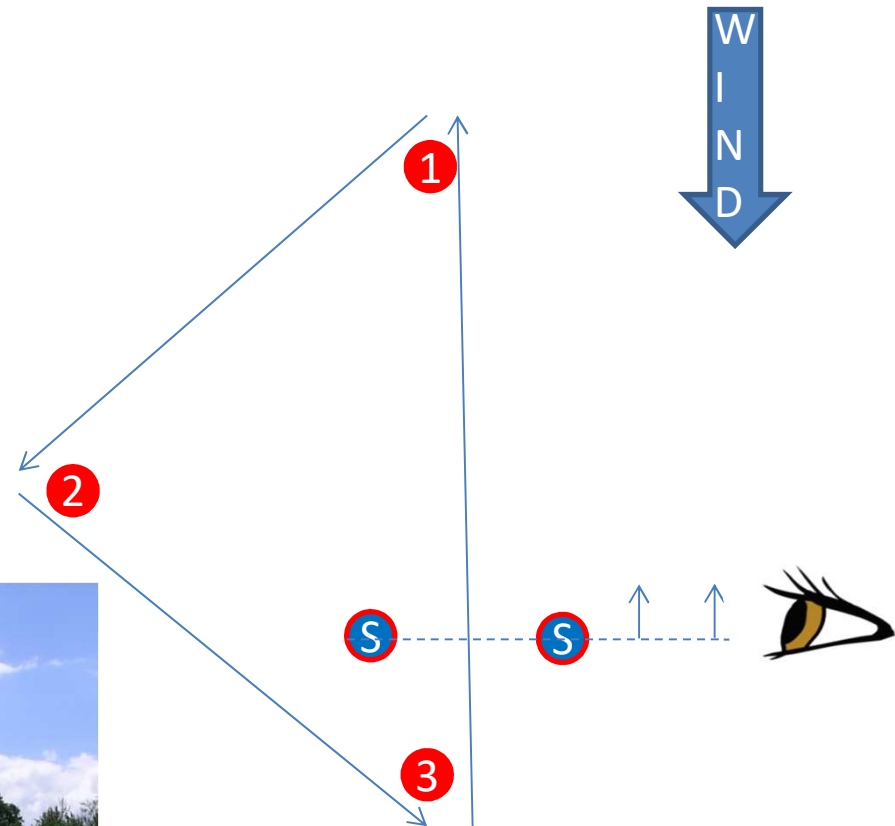
- Courses
- Types of Race
- Preparation
  - Boat
  - Self
- Importance of the Five Essentials
- Basic Rules

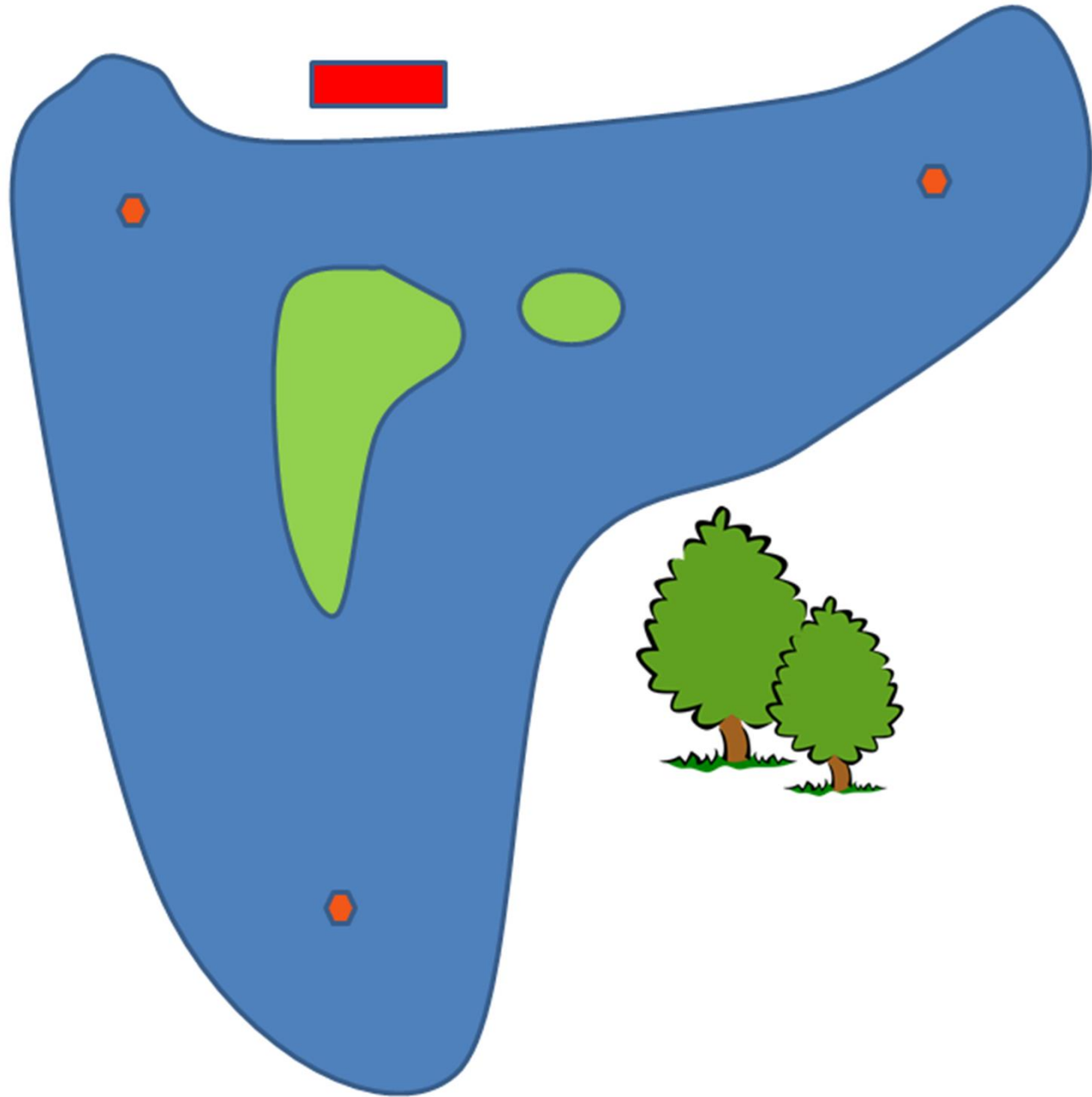


# Overview of Races and Race Preparation

- Courses

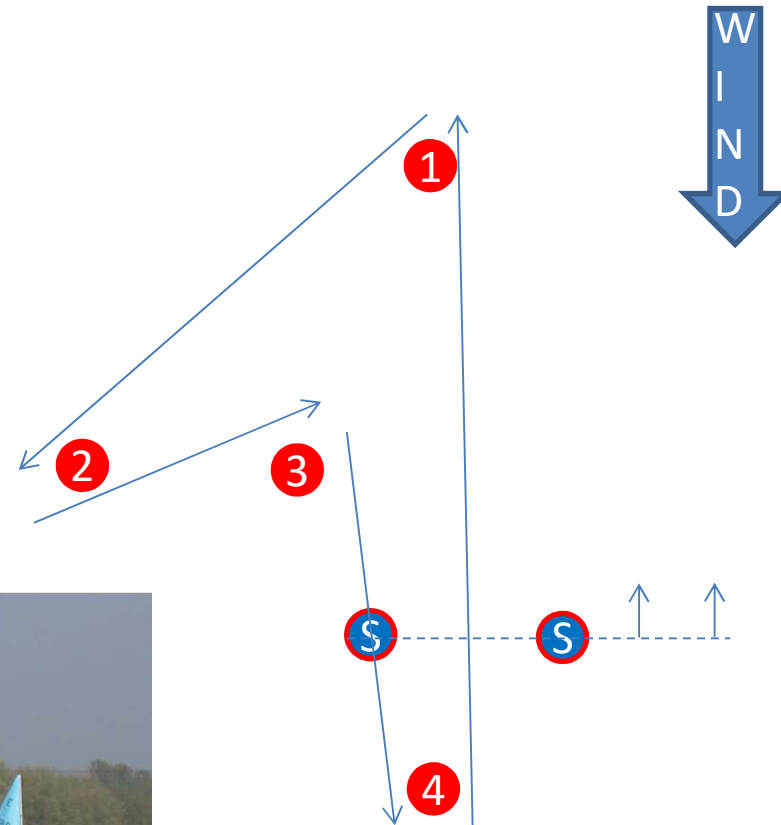
- Classic Triangle
- Start on a Beat
- Bear away at 1
- Gybe at 2
- Leeward Mark 3
- Familiar to trainees





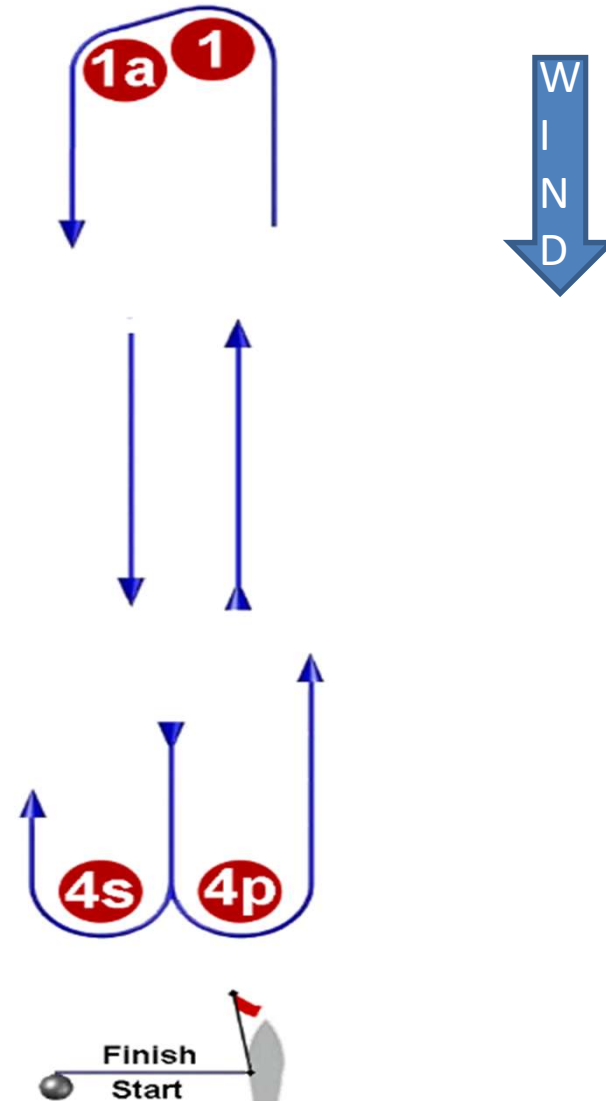
# Overview of Races and Race Preparation

- Courses –typical Redditch
  - Limited by Geography!
  - Start on a Beat
  - Bear away at 1
  - Gybe at 2
  - Reach or Beat to 3
  - Bear away to 4



# Overview of Races and Race Preparation

- Courses – more complex
  - Windward - Leeward
  - Start on a Beat
  - Bear away at 1
  - Offset mark at 1a
  - Choice of marks at 4
  - Finish from 4 downwind
  - Variants of this with wing marks, choice of windward marks etc



# Overview of Races and Race Preparation

- Types of Races

- Fleet racing

- No need to adjust performance for boat type – first across the line wins

- Handicap

- Time measured for each competitor and adjusted by boat handicap to see who has won

- Pursuit

- Start times adjusted for boat type. In theory the fast boats will have exactly caught up the slower boats when the fixed time of the race is complete. Leader wins.

- Redditch

- Personal handicaps – further handicap adjustments for experience of helm
- Triangulation – mass start and mass finish – different course length for each boat type!

- Race Series

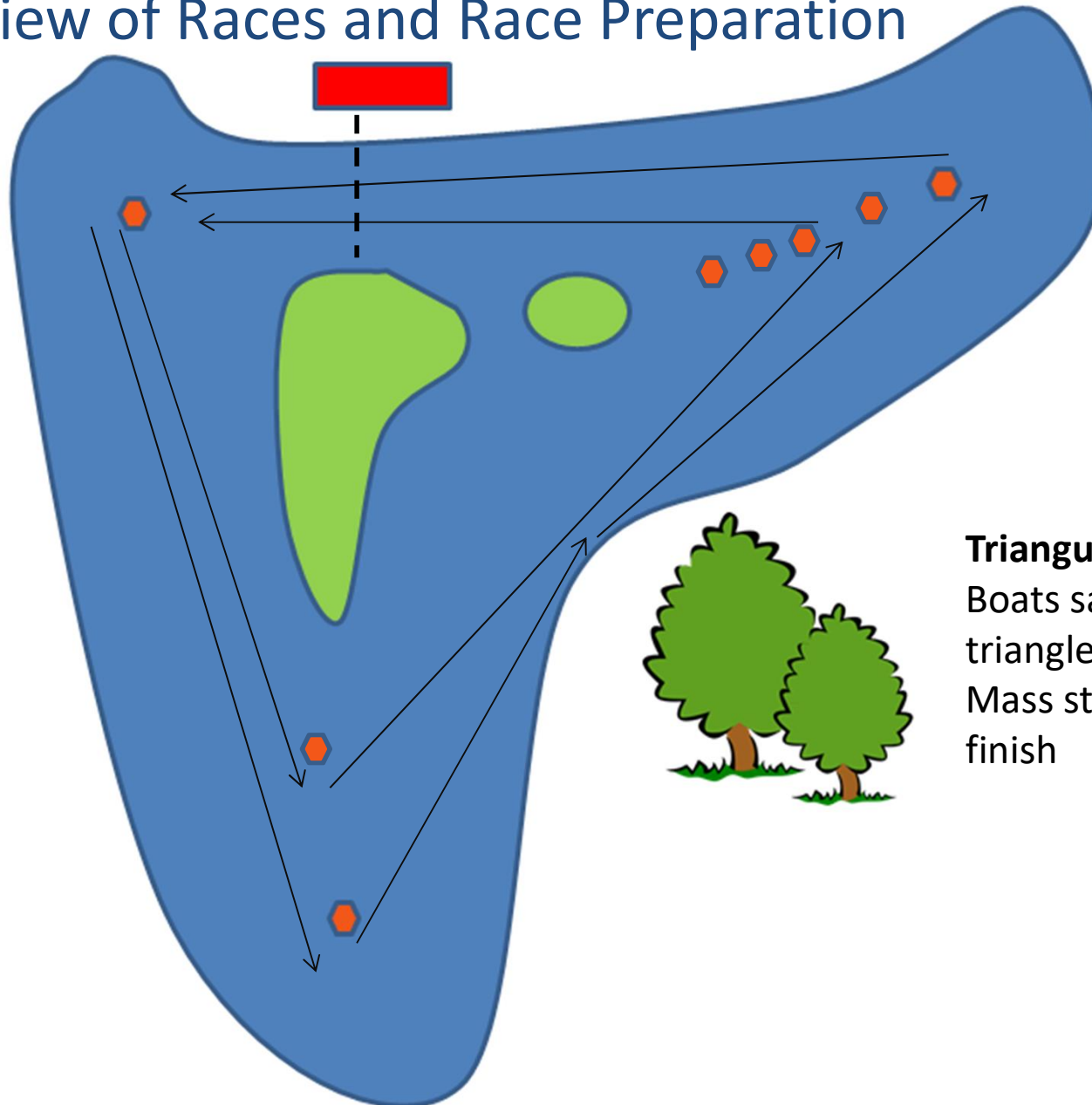
- Series of races combined to establish overall winner
- Races within races! Gold, Silver & Bronze at Redditch

- Starts and Finishes

- Start and finish format can vary depending on race type



# Overview of Races and Race Preparation



## Triangulation

Boats sail different triangles  
Mass start and mass finish

# Overview of Races and Race Preparation

**QUESTIONS SO FAR???**

# Overview of Races and Race Preparation

- Preparation – Physical and Mental

- Boat Preparation

- Is the rig tension correct?
- Is the main fully hoisted?
- Do you have a burgee and / or tell-tales, wind indicator?



- Mental preparation

- Study the course and understand your start time

- Importance of the “Five Essentials

- Can you remember them?
- Understand how to apply them to each leg of the course

- Basic rule knowledge

- Port v Starboard
- Windward v Leeward
- Mark rounding
- Get yourself a good rules book!



# Overview of Races and Race Preparation



Tell-tales are parallel  
Sail is working well

Tell-tales are stalled to leeward  
Sail will be down on power  
Sail is over-sheeted or boat can  
point closer to the wind



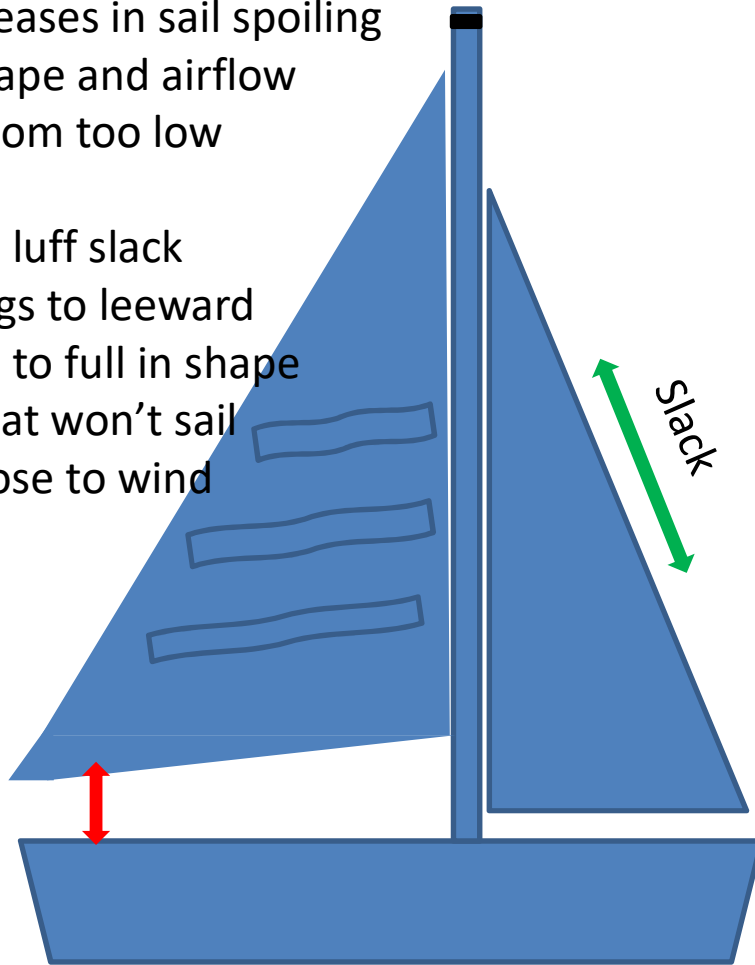
## Overview of Races and Race Preparation



Leech tell tales show what the air is doing as it leaves the sail  
Folding back to leeward indicates the leech is too tight or the sail is over sheeted

# Overview of Races and Race Preparation

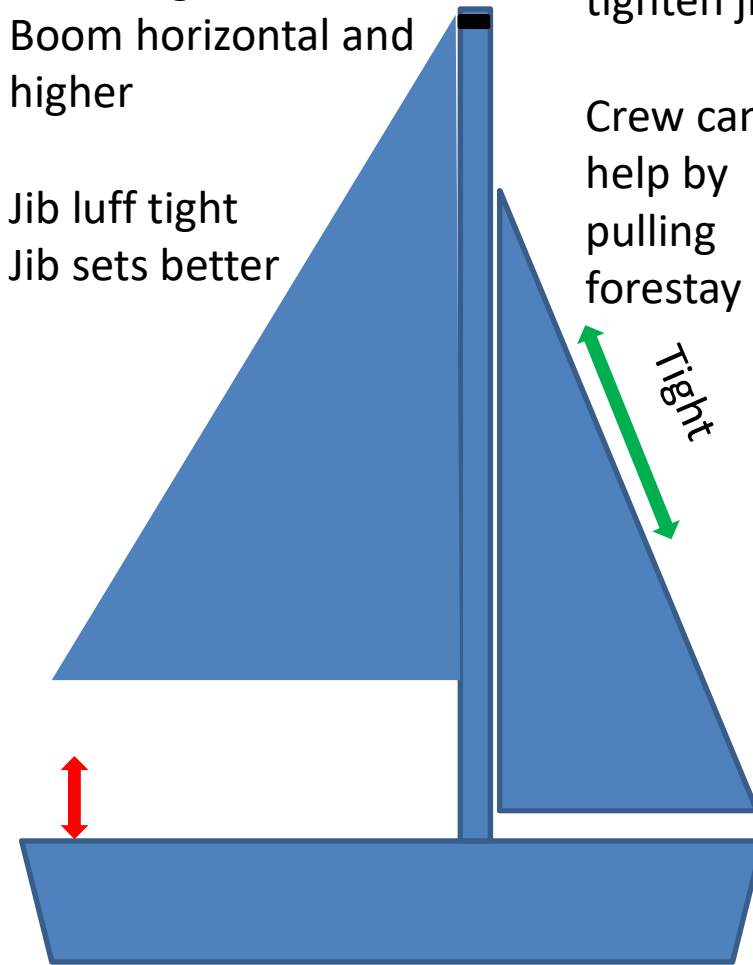
- Main not fully hoisted
- Creases in sail spoiling shape and airflow
- Boom too low
- Jib luff slack
- Sags to leeward
- Jib to full in shape
- Boat won't sail close to wind




- Main fully hoisted
- Creases gone
- Boom horizontal and higher
- Jib luff tight
- Jib sets better

Use lever to tighten jib

Crew can help by pulling forestay

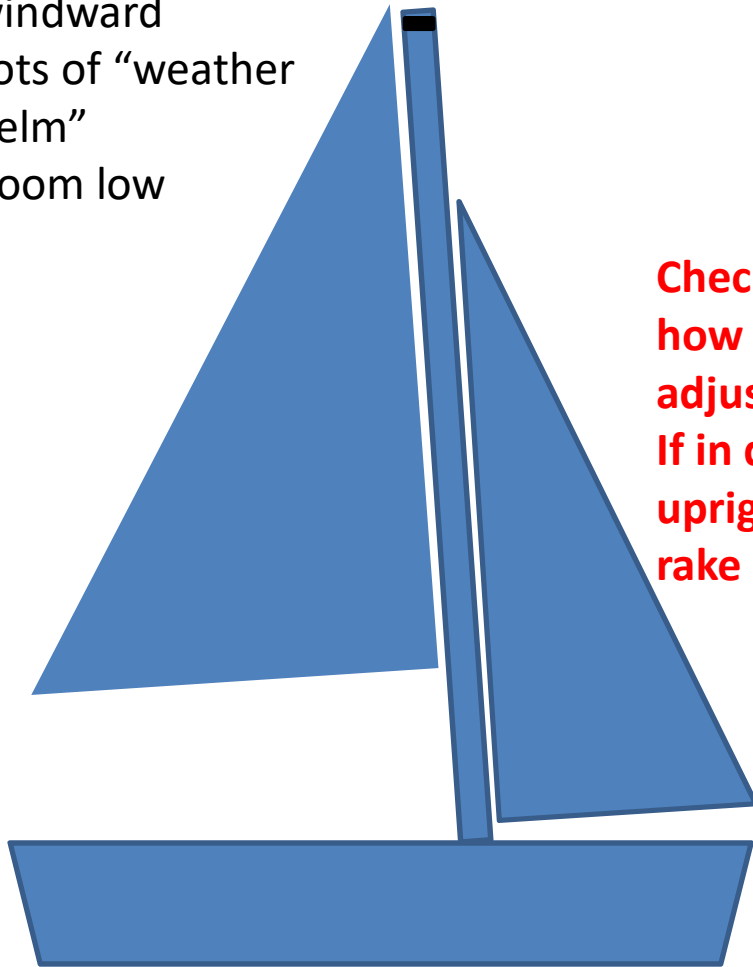


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- **Tell-tales are parallel**
  - **Good jib tension has stopped the jib sagging to leeward**
  - **Boat is nicely upright**
  - **Spot the crew...?**

# Overview of Races and Race Preparation

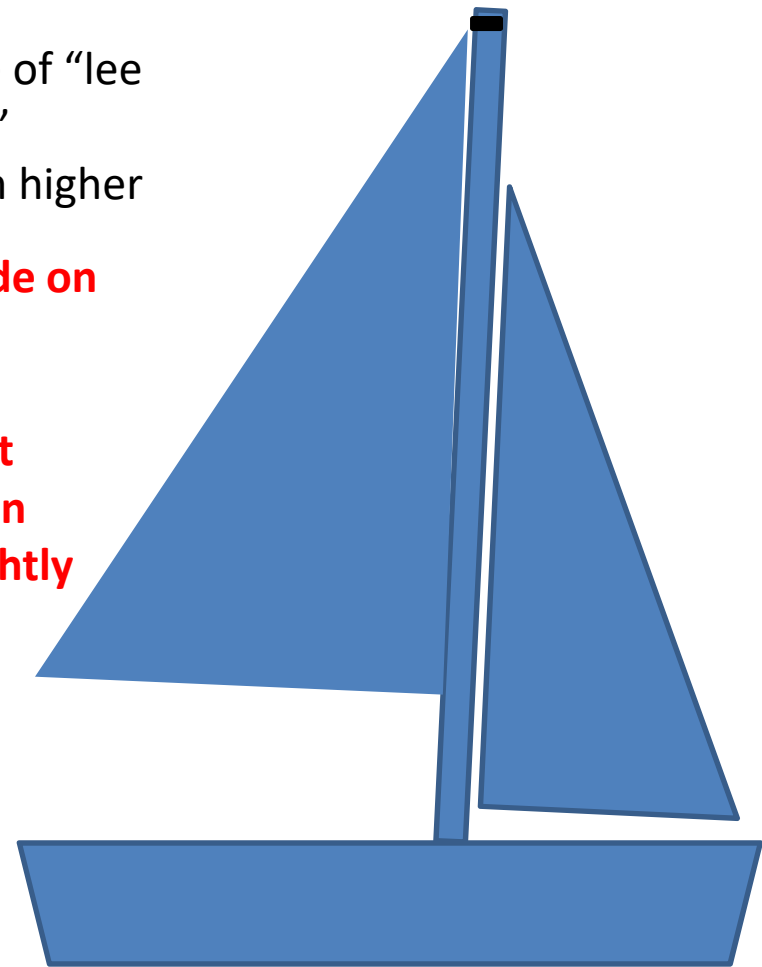
## Mast raked back

- Goes well to windward
- Lots of “weather helm”
- Boom low



## Mast raked forwards

- Goes better off wind
- Some of “lee helm”
- Boom higher



**Check class guide on  
how to set and  
adjust rake  
If in doubt, start  
upright and then  
rake it back slightly**



**Main fully raised  
Mast raked slightly back  
Weight well forward so  
"Trim" is good**



**Good jib tension  
Lots of concentration and  
eyes on the tell-tales**



## Overview of Races and Race Preparation

- Rig tuning – there are lots of videos on YouTube to help you
  - Try these:
    - <https://www.youtube.com/watch?v=QfkVcCz5InA>
    - <https://www.youtube.com/watch?v=mVFnnHGUIOs>
  - Or search for one for your own dinghy class
- Other things to think about...
  - Rudder and tiller should be a positive feel – not sloppy
  - How to control your sail shape

# Overview of Races and Race Preparation

**QUESTIONS SO FAR???**

## Overview of Races and Race Preparation

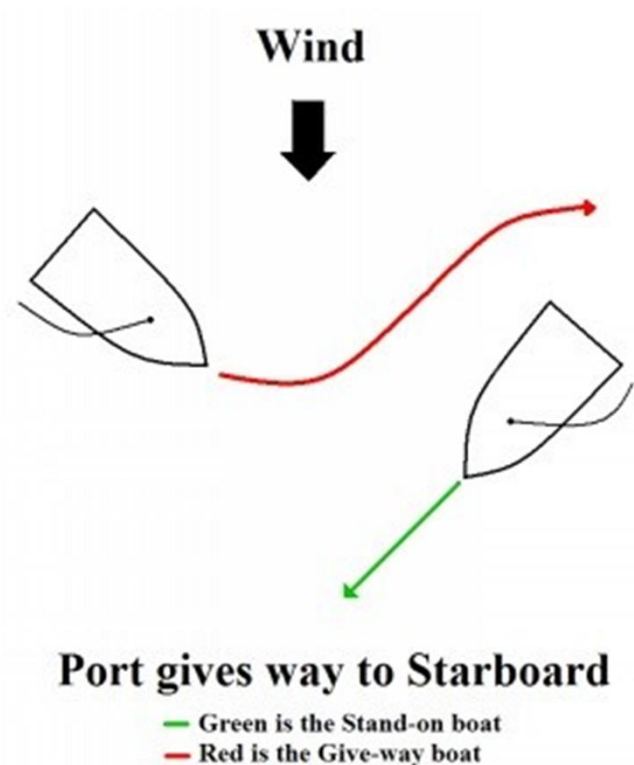
- Mental Preparation
  - Make sure you arrive in time
  - Rig the boat carefully
  - Understand the course and points of sailing for each leg (and relevance of the Five Essentials)
  - Know when your start is and what the signals will be
  - Believe you can do better than last time
  - Learn and take tips from others
  - Most learners lose the most time making 2 or 3 big errors each race. Cut these out and you will shoot up the fleet

## Overview of Races and Race Preparation

- Five Essentials – Get these right and you will do well!
  - Course Steered
    - Know where you are going
    - Sail “close to the wind” when beating
  - Sail Trim
    - Pull sails in when beating, otherwise trim out until sails lift or flap
  - Balance
    - Sail upright where possible or you will be fighting the rudder to keep straight. Gentle heel allowed when wind is light to maintain sail shape.
  - Trim
    - Weight forward when beating
  - Centreboard
    - Must be fully down for beating. Raise off-wind to reduce drag and limit tendency to luff up.

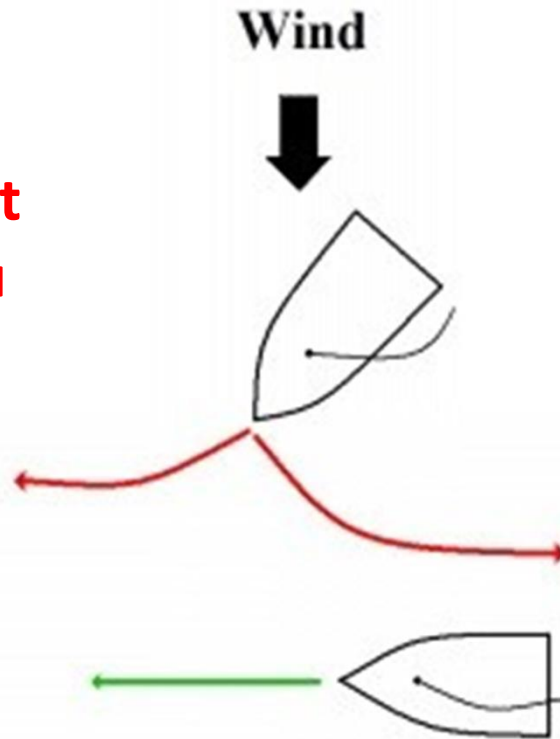
## Basic Rules

There are 3 basic rules, which are mainly to do with avoiding contact with other boats



Port gives way to starboard. This is most commonly used when you're tacking on your way to the first mark – although the rule also applies when two boats are running downwind. "If you are sitting on the right, you're alright"

If you have to look under your boom at the other boat, you are the Windward boat and must give way



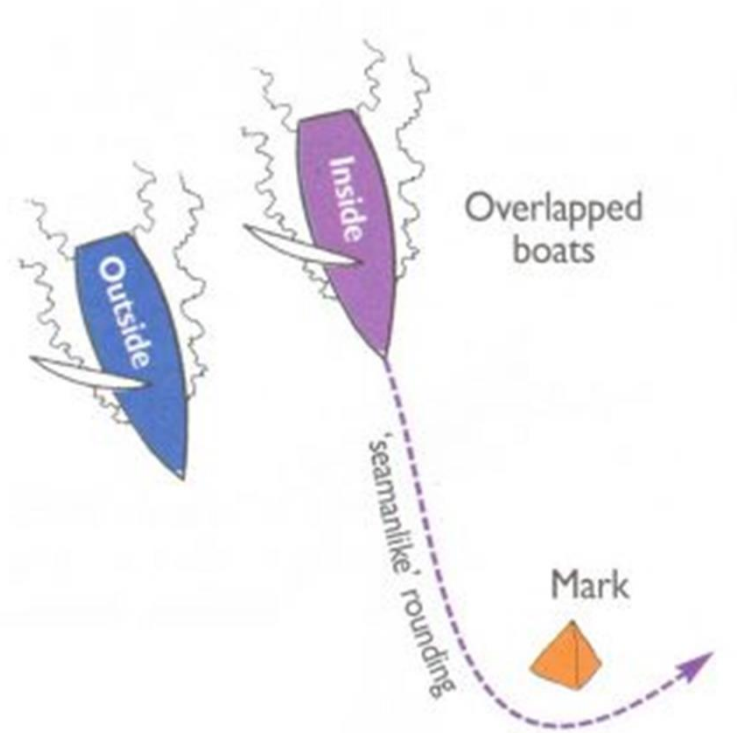
### Same tacks - Windward boat gives-way

- Green is the Stand-on boat
- Red is the Give-way boat

Windward boat gives way. If both boats are on the same tack, then the boat closer to the wind gives way. There are various exceptions, but this is the basic rule



Video of mark rounding at Redditch



Rounding a mark. When you're approaching a mark and you're within 3 boat lengths, then you need to allow room for any boat that also wants to go round the mark on your inside if they're overlapped with you (i.e. if the front of their boat is ahead of the rear of your boat.) You can usually tell as they'll be yelling "water" at you!



## Overview of Races and Race Preparation

- Next Time.... The Start and The Beat
  - Same time, same place!

