



REGATTA ROUTINE - BEFORE REGATTA

6 MONTHS BEFORE CHAMPIONSHIP

- ☐ Review notice of race
- ☐ Shipping arrangements
- ☐ Flight reservations
- ☐ Accommodation
- ☐ Enter

1 MONTH BEFORE SHIPPING

- ☐ Check entire boat carefully
- ☐ Fix all major stuff
- ☐ Funding applications
- ☐ Seat assignments

INFLIGHT TO REGATTA

- ☐ Review this list
- ☐ Read past regatta notes
- ☐ Review regatta history

JUST BEFORE CHAMPIONSHIP

- ☐ Read sailing instructions
- ☐ Meet officials and jury
- ☐ Establish time for team meetings
- ☐ Find 3 local knowledge sources
- ☐ McLube everything
- ☐ Check entire boat again
- ☐ Complete work list

GENERAL STRATEGY

- ☐ Identify single most important issue or trend of the regatta
- ☐ Helm look around every 15 seconds to stay engaged mentally
- ☐ Take no rules risks and if protested do turns
- ☐ Always ask what should we do to improve our performance
- ☐ Talk to other competitors, ask questions, look at photographs of their boats and sails



REGATTA ROUTINE - RACE DAYS

RACE DAY MORNINGS

- ☐ Stretch
- ☐ Food and water for boat
- ☐ Read notice board
- ☐ Weather and local forecast
- ☐ Frames of mind
- ☐ Discuss what we know about the conditions anticipated today
- ☐ What would be the ideal course sailed
- ☐ Tally out

ON THE WATER BEFORE START

- ☐ Get a tuning partner to sail out with
- ☐ Frame of mind
- ☐ Discuss: side, shifts, pressure and current
- ☐ Check current and discuss affects on starting and laylines
- ☐ Continually sail upwind and down checking line, headings, pressure and setup
- ☐ Predetermine what changes you would first make if not fast
- ☐ Keep watching all marks
- ☐ Get all RC signals/flags

RACING

- ☐ Right after start Speed input from crew
- ☐ Equal or slower speed is unacceptable
- ☐ Begin assessing which side is better
- ☐ Driver notes heading and land sights and looks around every 15 seconds
- ☐ Crew should always be looking around for pressure, layline distance, fleet orientation
- ☐ Constantly discuss next tack/jibe: shift, pressure, traffic or layline.
- ☐ Discuss next leg. Winning side for shift or pressure. Opposite side for current.
- ☐ Pre-determine which tack or jibe you want to exit the next mark
- ☐ Approach windward mark from low density side and below layline if behind.
- ☐ Anticipate and plan for clear lanes
- ☐ Set boat up for next leg

AFTER RACING

- ☐ Tally in
- ☐ Inspect boat
- ☐ Make all repairs now
- ☐ Debrief: Setup, Tactics, Boathandling and Communication
- ☐ Check notice board
- ☐ Ask the fast guys what they are doing and look at their boats