

MOOLOOALBA YOUTH SAILING PROGRAM 2017

Week 6

Detail notes

Topic: - Downwind legs

Pre- race information.

- angle of course to wind
- wind – oscillating, persistent, random shifts
- tide
- wind strength variations across course.

Objectives

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Ahead

- Stay ahead
- keep clear air
- minimise distance sailed.

Behind

- pass or close up onto transom
- - set up to block air on longer gybe
- minimise distance sailed.

Strategy leader

1. If more than 3 lengths ahead set up to keep clear air on longer gybe
2. If majority of run is stbd gybe, try and gybe onto it before trailer
3. In close race with at least 20% run on stbd, better to stay on port exiting top mark
4. If they follow on port the gybe to stbd is critical
 - in light air gybe well before stbd layline because if trailing boat simo gybes and rolls you we don't want them to be able to sail into the zone on stbd. This means when they gybe back you can simo gybe them, roll them and lead into the zone on port.

In med air gybe 8-10 lengths from starboard layline because it is harder for trailing boat to simo gybe and roll you then get down in front of you.

- in heavy air lead boat can wait until 6-8 lengths from starboard layline because it get increasing harder for trailer to simo gybe and roll you.
5. Never sail in disturbed air, particularly the longer gybe.
 6. Better to defend the left side early (looking downwind) for the starboard advantage
 7. Try and approach bottom mark on starboard for easier rounding.

Strategy trailer

1. Know that if you are within 3 boat lengths at the top mark you can catch them and pass them.
2. Unless you can easily roll the leader on port, better to soak to leeward of leader and simo gybe to take their air and roll them.
3. If well above the stbd layline, better to pass on their left, the closer the the stbd layline the better to pass to their right.
4. Know when you round the top mark whether you will gybe before, with or after the leading boat.

- before them to gain control of the right side (looking downwind) which can lead to inside position at the bottom mark.

- Simo gybe gives you chance to block their wind and catch or pass them

- gybing after them, you gain control of left side and have starboard advantage. Good for strong winds, final leg and when within 1 boat length.

5. Block the air of the leader on the longer gybe. To do this look at the other boats telltales and wind indicators.

6. Position yourself to get best wind pressure first.

7. Try to approach leeward mark on starboard for easier rounding.