

## J109 – Jim Saltonstall Race Training 31 March / 1 April 2007

### Upwind:

- the flatter the water, the tighter/flatter the sails for pointing ability
- jib block positioned so sheet bisects clew angle, and then adjust for twist in jib
- focus on boom centreline up beat
- main starvation creases (from clew to mast at 45% to boom) if main is depowered too much - ease controls
- in flat water crew weight further forward, but still grouped together
- No2 jib points higher
- Use a more powerful headsail in choppy water.

### Tacking:

- tack is complete when borne away on to course
- when right of way is acquired i.e. from port to starboard tack, you must still give other boats room to take avoiding action

### Windward Mark:

- don't ease jib when bearing away to hoist A-sail
- ease clew & main halyard offwind to avoid roll
- ease vang to bear away
- when A-Sail is 75% hoisted start furling jib
- both tackline & A-sail sheet pulled in together to prevent wrap

### Downwind:

- Ease tackline downwind or in strong winds. Tackline hard in when shy reaching
- spin trimmer stand near helm & talk to each other.
- trimmer calls the course depending on pressure in the A-sail. Bear away in gusts luff up in lulls
- if A-sail over furls helm needs to bear away
- crew to sit down offwind
- one crew to look back and call pressure
- if broaching, blow spin halyard 40%. Pre mark the halyard.

### Gybing:

- over 6 kn True Wind Speed gybe A-sail around outside (will need longer sheets).
- gybe A-sail & set before gibing the main. This uses the speed from A-sail set to ease load on the Main.
- don't over steer in gybe - stay low in stronger winds & ease vang in gybe to prevent broach

### Leeward Mark rounding:

- jib out early at leeward mark.
- A-Sail drop, gather tack in first
- At the lee mark main in first, to help steer boat onto wind.
- windward drop for A-sail preferred if off wind.
- nominated string catcher after the A-sail drop

### Other:

- debrief with crew after race to review strengths & weakness
- keep transom from digging into the water - adjust crew weight & helm can sit in front of wheel