

# **Racing, from Start to Finish**

April 22, 2008

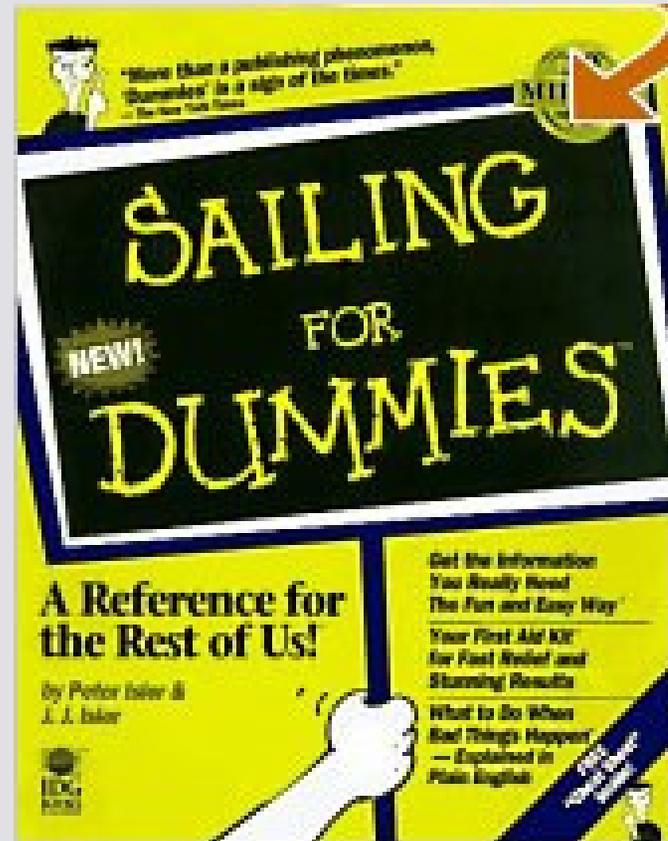
Starting

Stephen Smeulders

## Foreword

### Image Credits

1. Bill Gladstone
2. Brad Dellenbaugh
3. Dick Rose
4. Daniel Forster
5. Rolex
6. Walter Cooper
7. Wally Cross



## Topics

1. Preparation prior to the start
2. Starting Systems and Sequences
3. Rules prior to and at the Start
4. How to decide where to start
5. What does it mean to "start well"?

## CheckList: Days Before

- Boat in working order
- Sail Inventory
- Frayed Lines
- Lubricate moving parts
- Tell-Tales
- Remove Dead Weight
- Crew Availability
- Lunch, Beer, Tylenol
- Sponge off Hull
- Sailing Gear, Chart, Rules



## CheckList: Morning of the regatta

- Show up on Time
- Register
- Read SIs
- Launch Boat
- Rig Boat
- Skippers Meeting
- Check Notice Board
- Last Bio-Break
- Leave Dock



Off to the races

## While Sailing towards the Starting Line

- Warm up crew
- Spinnaker tapes run?
- Are marks set?
- Is R.C. on station?
- Are there code flags up?
- Sequence in progress?
- Talk about sail choice
- Note Wind conditions
- Stay clear of boats who are racing! RRS.22.1

# Now what?

## Definitions/Framework

### *Race Committee:*

“Shall Conduct Races as directed by ... the rules.” RRS.89.1

### *Starting Line:*

Always defined in the Sailing Instructions (RRS. App.L Art.11)

### *Communication:*

The R.C. always uses code flags for Signaling

Code flags shall/may be accompanied by Sound Signals

If the Sailing Instructions so indicate:

Verbal Hails

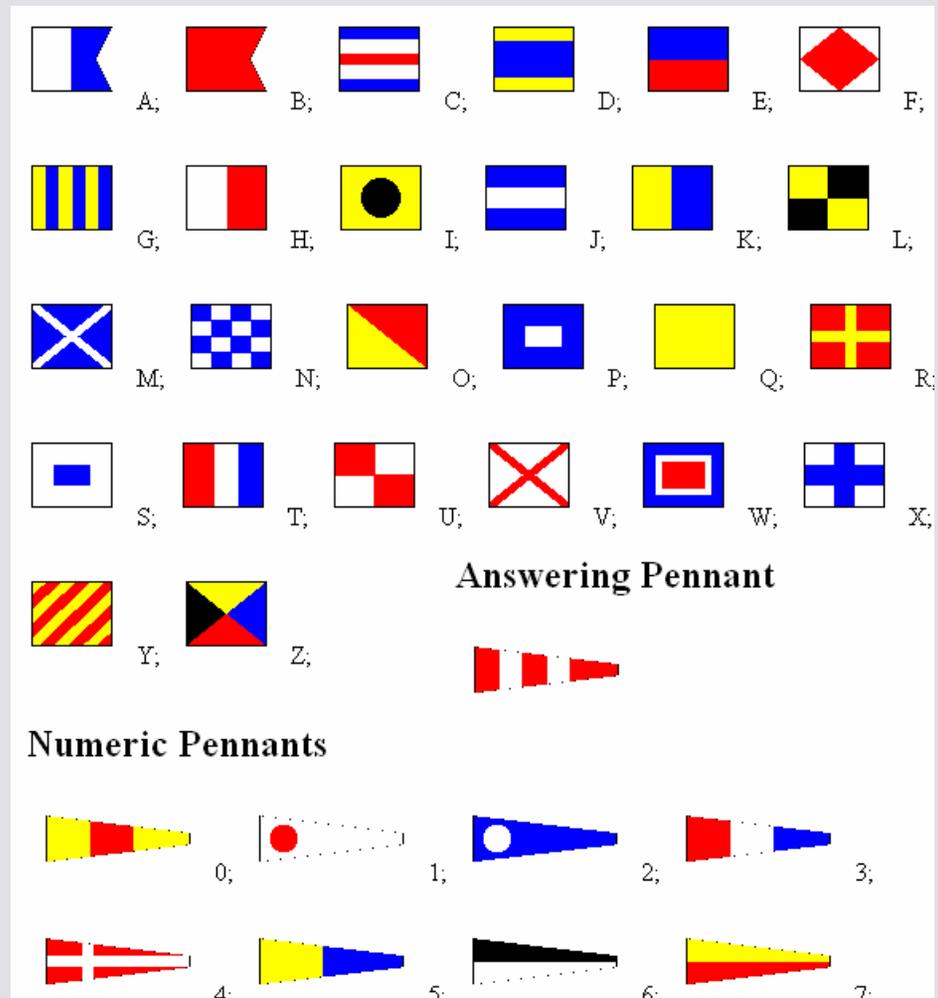
VHF radio channel

# Visual Signals

## Terrestrial



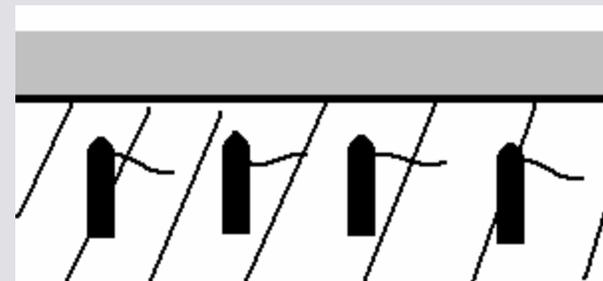
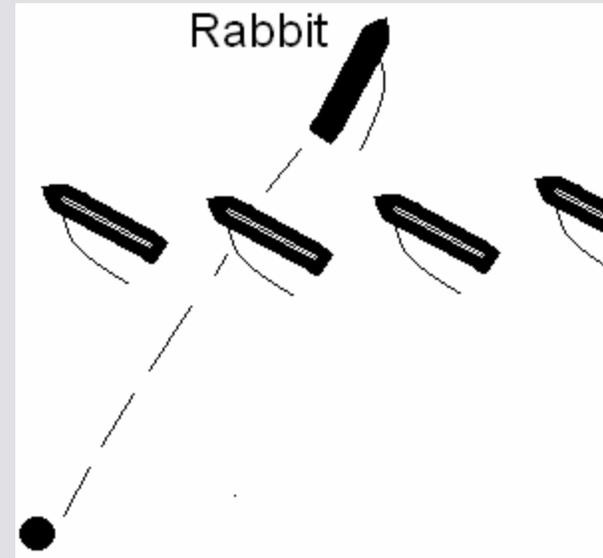
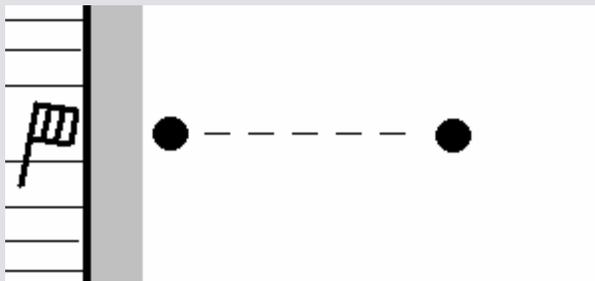
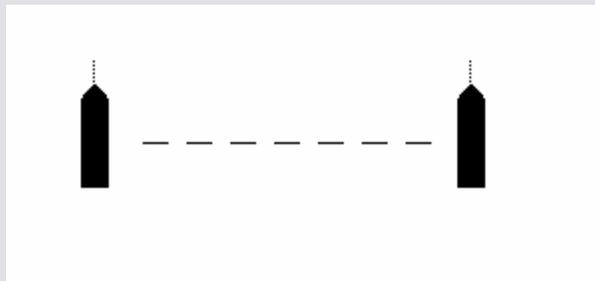
## Aquatic



# Starting Lines

RRS Appendix L, Art.11: *“The Starting Line will be between .....*”

Starting Line is Fuzzy: INVISIBLE, Not Stationary



# Starting Line: Examples 1



Le Mans  
or  
Fisherman  
Start

## Starting Line: Examples 2



Gate Start

# Starting Line: Examples 3



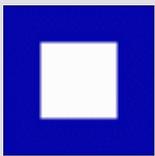
Upwind

Downwind

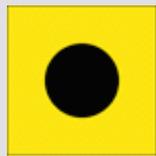


RRS 26: "The Countdown to the Start indicated by **VISUAL** signals"

<i>Signal</i>	<i>Flag and Sound</i>	<i>Minutes before Start</i>
Warning	Class Flag; 1 Sound	5*
Preparatory	P,I,Z, black flag; 1 Sound	4
One-Minute	Preparatory flag removed 1 long sound	1
Starting	Class Flag Removed; 1 Sound	0



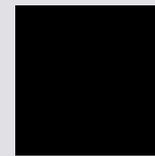
**P**



**I**



**Z**



## Appendix Q – Sound Signal Starting System, US Sailing

<i>Signal</i>	<i>Sound</i>	<i>Time before Start</i>
Warning	3 long	3 minute
Preparatory	2 long	2 minutes
	1 long, 3 short	1 minute 30 seconds
	1 long	1 minute
	3 short	30 seconds
	2 short	20 seconds
	1 short	10 seconds
Starting	1 short	@ 5,4,3,2,1 seconds
	1 long	Start

## Around-Texel (NL) Catamaran Race



“World’s Biggest Cat Race”  
60 Nautical Miles  
2007 Gold Fleet : 210 Boats  
2007 Silver Fleet: 275 Boats

Smoke Signals suspended from  
Helicopter

Preparatory Signal = Blue Smoke  
Starting Signal = Red Smoke

RRS 27.1: *“No Later than the Warning Signal, the R.C. shall ...”*

*Indicate the course [number] to be sailed:*

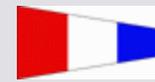
- *Chalk Board*
- *Numeral Pennant*



**1**



**2**



**3**



**4**

*Signal whether you need to wear your Life-Jacket*



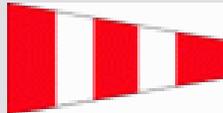
**Y**

## Postponement & Abandonment

RRS 27.3:

*“Before the Starting Signal, the R.C. may for **any reason** postpone or abandon the race”*

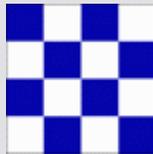
*Postpone a Race:*



**Answering Pennant**

*Abandon a Race:*

*(may restart soon)*



**N**

*Abandon a Race:*

*(return to shore)*

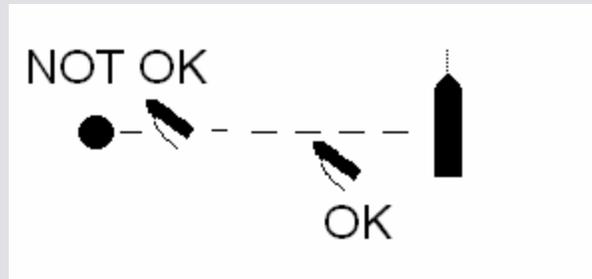


**N over H**

## On Course Side : OCS : Premature Start

RRS 29:

*"..at starting Signal...on the course side of the Starting Line..."*



Offending Boats  
must restart.

Race continues

X



Offending Boats are  
**not** identifiable.

Race Stops.

1<sup>st</sup>

**Substitute**

# Restarting

RRS 20:

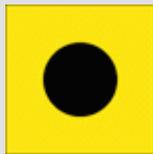
*“A boat sailing towards the pre-start side of the Starting Line...  
Shall Keep Clear of a boat not doing so ....”*



X

# Premature Start Disincentives

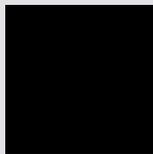
RRS 30: Flag



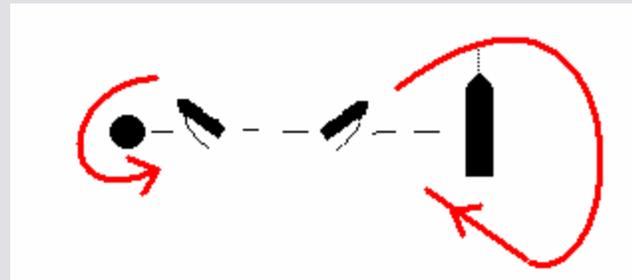
I



Z



Penalty



**Letter Score = ZFP := Finish + 0.20xParticipants**

- a) **Letter Score = BFD := Participants + 1**
- b) **Loss of Restart Privilege**

## Code Flag Example

What is the R.C. saying to the competitors?



## Rule 29 Enforcers

R.C. with X-Flag in hand



## Rule 29 Enforced

R.C. exercising the X-Flag



## “Tonnage Rule”

Rule 12:

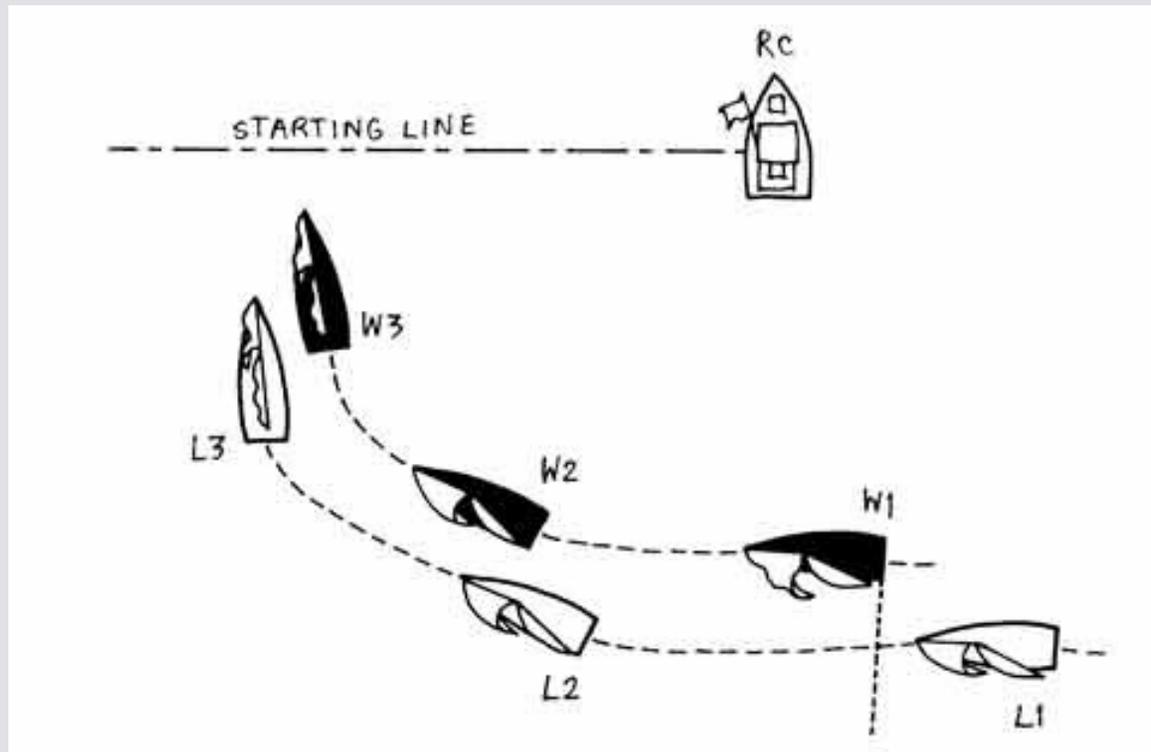
*“... a boat clear astern, shall keep clear of a boat clear ahead”*



There exists **NO** “Tonnage Rule”

## Bread & Butter Rules

Rule 11, 14, 16.1 & 17.1: *“...when a leeward boat heads up, she shall give the other boat room to keep clear”*



## Luffing & Stalled

Frequent outcome of these Rules: *Stalled & luffing = A test of Nerves*



How does one break the dead-lock?

Confucius say:

Answer: RRS 42.3.(d)

*“When a boat is above close-hauled course and either stationary or moving slowly, she may scull to turn to a close-hauled course.”*

## Marks

RRS 31: “... a boat shall NOT touch a starting mark....”



Mark: “... An anchor line [is] not part of [the mark]”

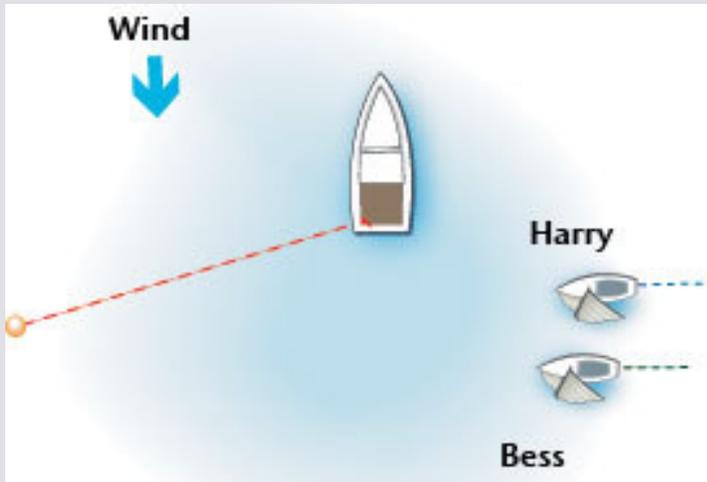
## Rule 18

### RRS 18: Rounding and Passing Marks and Obstructions

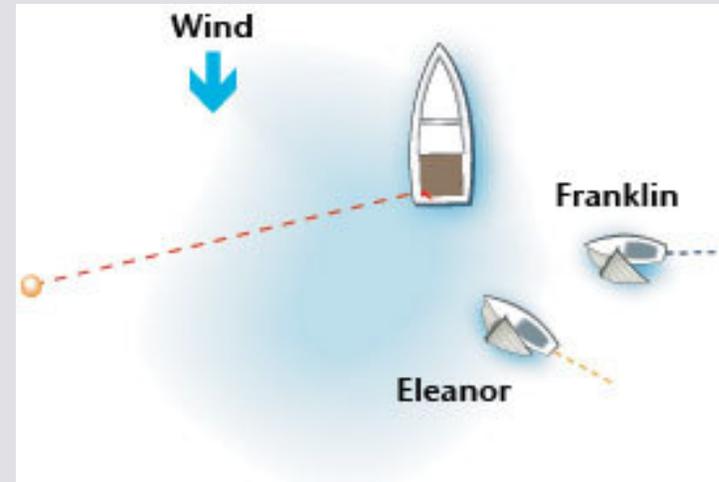
*18.1 "... [this rule] does **NOT** apply at a starting mark surrounded by navigable water or at its anchor line from the time the boats are approaching them to start until they have passed them"*

# Barging

There exists **NO** “Barging-rule”



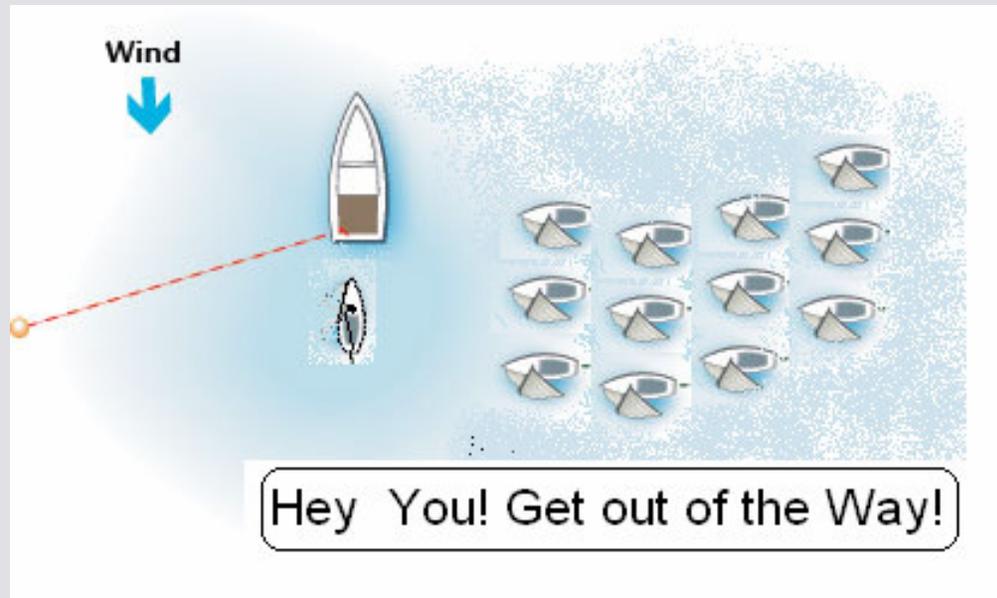
Bread & Butter Rules



Bread & Butter Rules,  
Hold the 16.1

## Charging

“Two wrongs, do not make a right”



## The “Bail-Out”

Only 1 Exit Strategy exists



## No Exit Strategy in Place

“Facing the consequences”

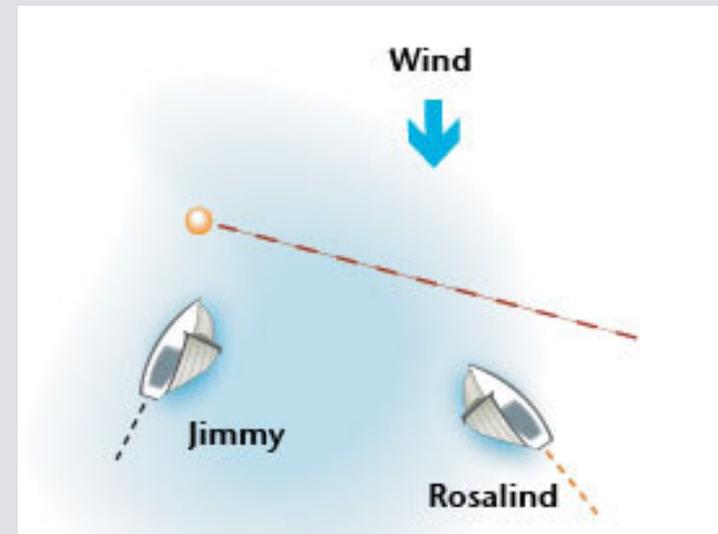
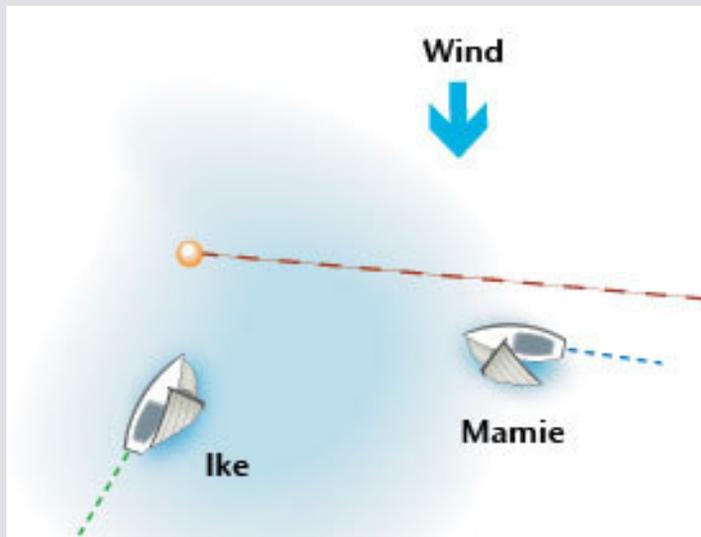


## Rule 1.1

*“A boat or competitor shall give **all possible help** to any person or vessel in danger”*

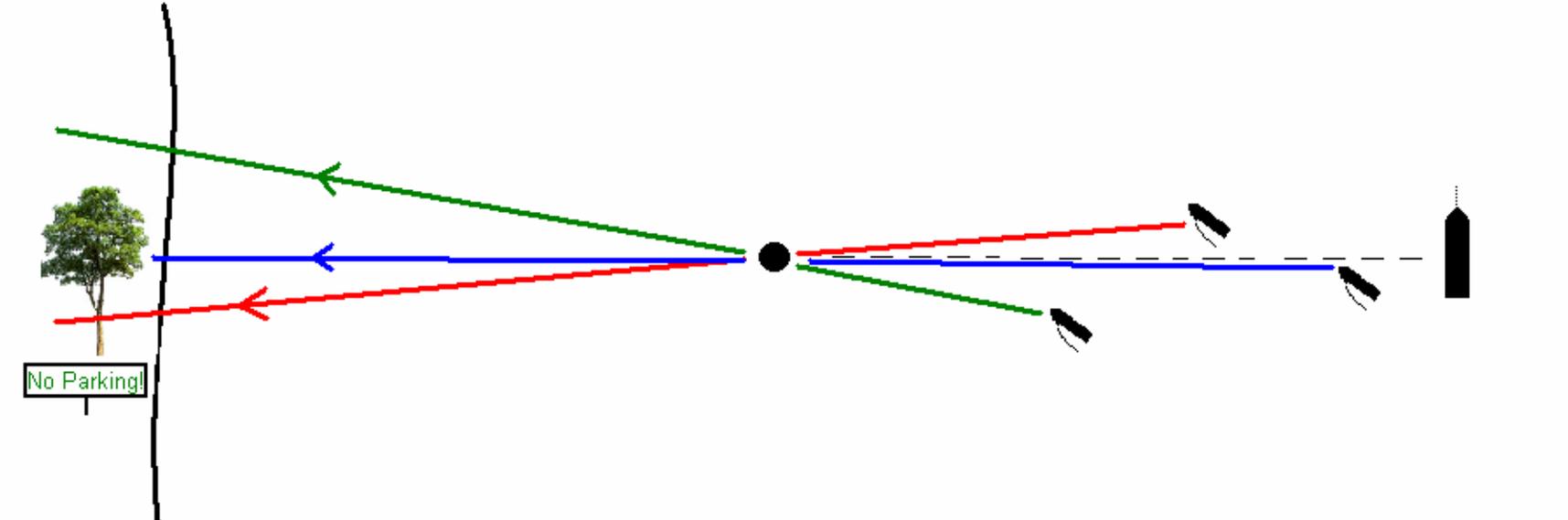


## Port-Tack Start

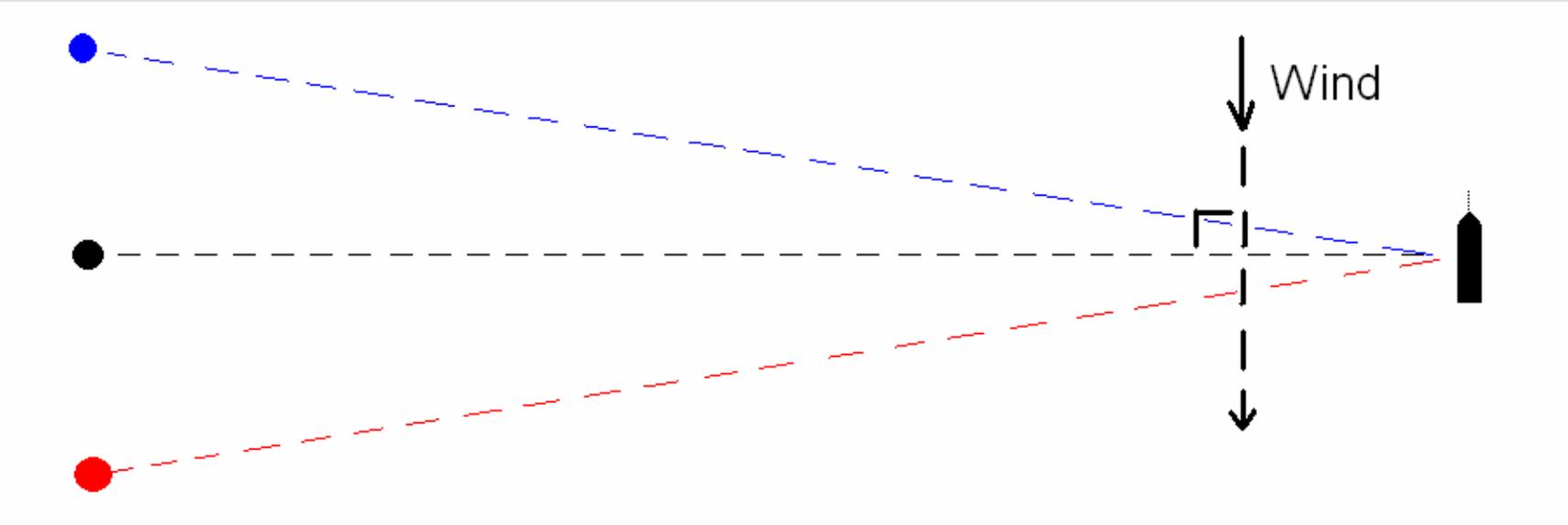


- RRS 10 & 16.1
- Either Pure Genius or Foolhardy.
- Exit Strategies are very costly

# Where is the Line?



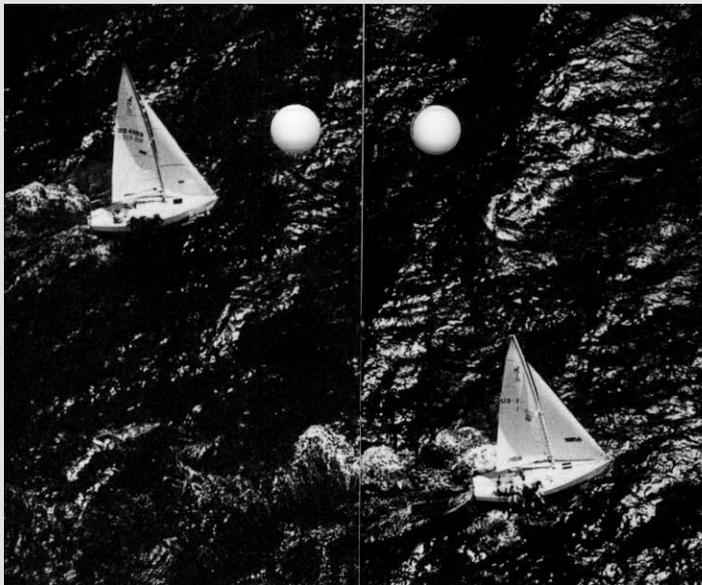
# Favored End (Ladder Rung Only)



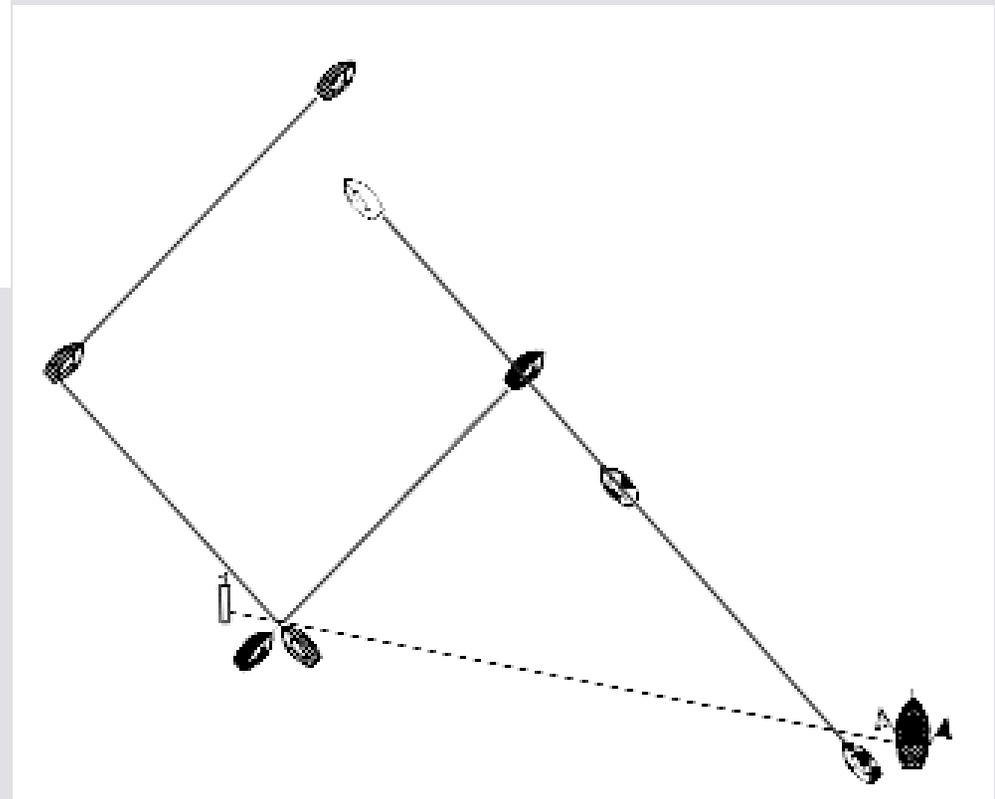
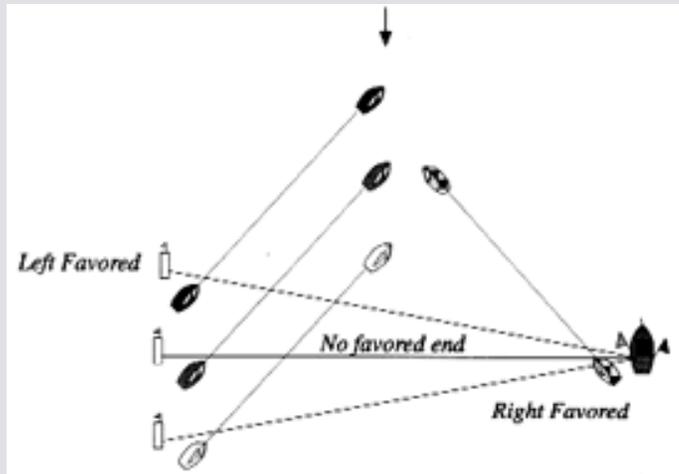
## Covering

*Bad Air: Air-Flow is disrupted by a boat upwind of you.*

*Consequence: You will sail slower and lose ground.*



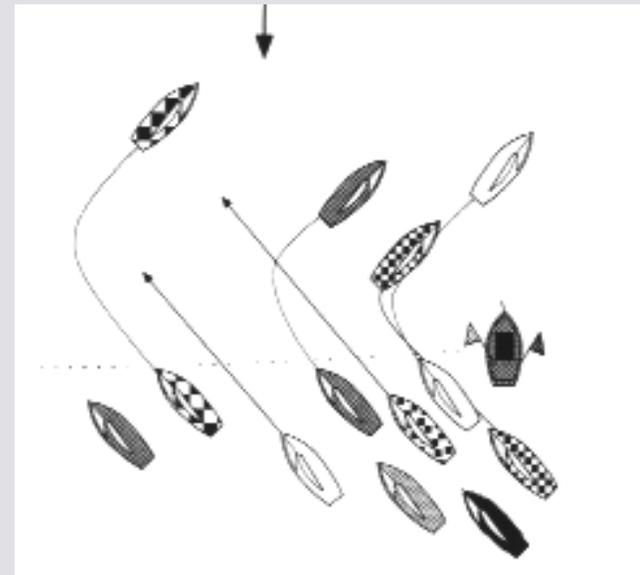
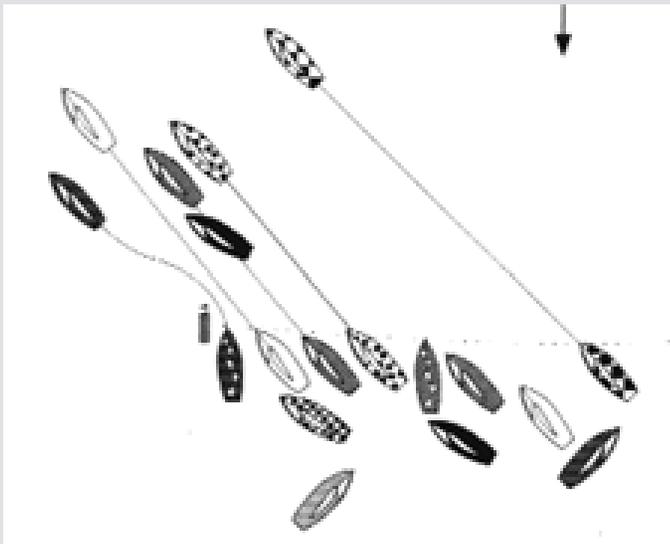
## Favored End (Consequences)



## Danger Zones

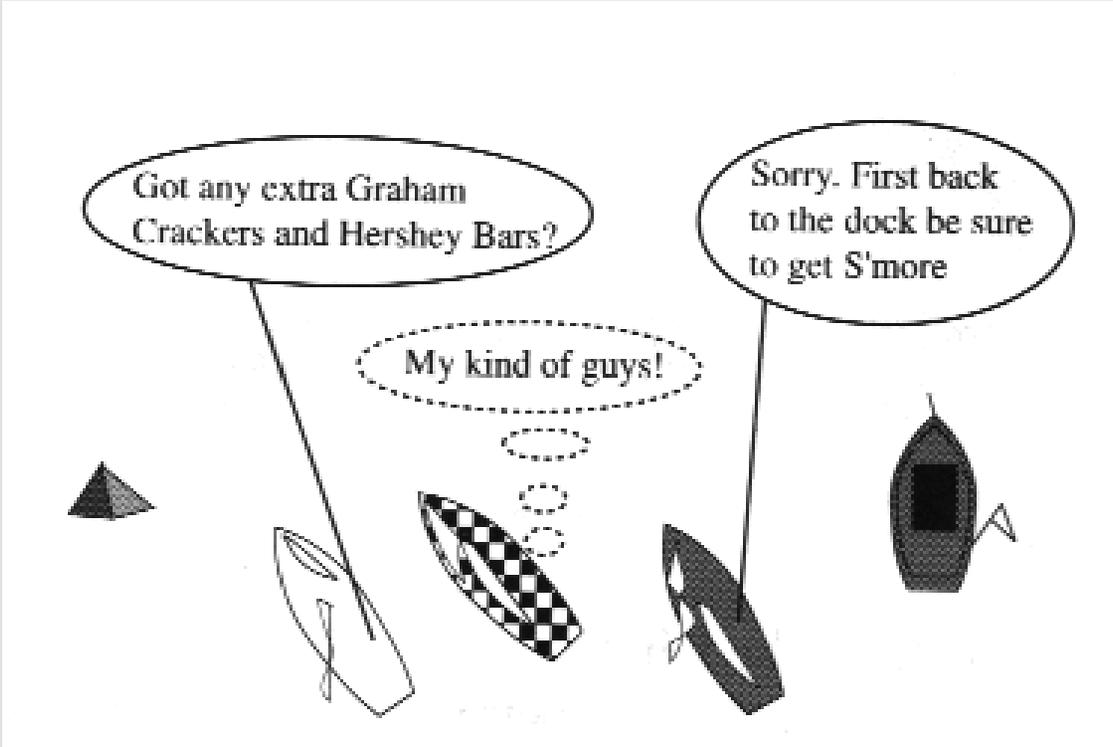


## Conservative Approach to Favored End



Don't need to win either the pin or the committee boat.  
Just be close enough & out of the pack.

Choose your neighbors





## Perfect use of Midline Sag



1 boat-length clearance on nearest neighbors!

# Practice, Practice, Practice

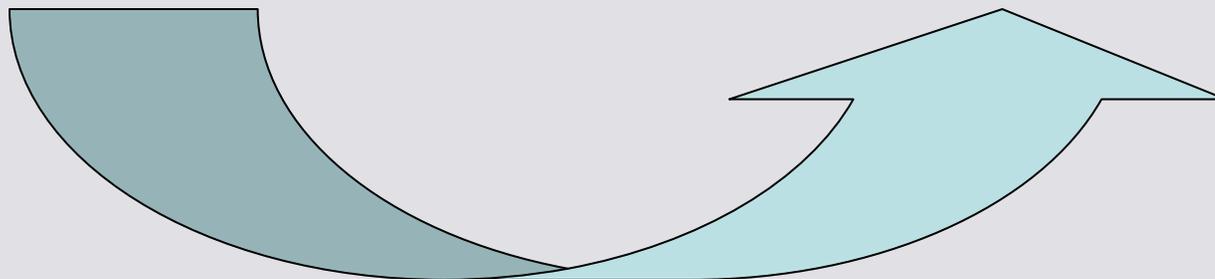
If you practice, the following will happen to you:

## Negatives

Late for a start  
Over early  
Collide with another boat  
Another boat will collide with you  
You will hit the starting mark  
Get stuck in irons  
Get yelled at

## Positives

Learn to identify situations  
Learn to be flexible and adapt  
Develop automatic response  
Start close to the line  
Start with speed  
Win the start  
Port Tack a start



# Implement

If you practice, the following will happen to you:



# Around-the-lake-Race

Canandaigua Yacht Club  
Around-the-Lake Race  
28 Miles  
Sun., Oct. 12, 2008  
**Start:** 9:00am

