



Racing Checklist

You don't need to be the best sailor to get the best result. Winning is the culmination of doing a lot of important things well – many of them take place off the water.

The following is a race day checklist for the sailors that enjoy being at the front.

- Make sure the boat is sound and systems work well. This means ensuring it doesn't leak, rigging is sound, electrical systems are not corroded, electronics are properly installed and adjusted. Charge ALL your batteries.
- Ensure the correct rig for the conditions is in the boat and adjusted to standard settings before you launch.
- Tune the boat for the wind and water conditions on the day. The boat should sail balanced and point well. Match up against other competitors to check performance – particularly VMG.
- Sail the course area and assess wind conditions from leeward mark to windward mark and out to each side. Ask yourself all the wind questions.
- Develop a race strategy.
- Plan your start to complement the race strategy.
- Start well. Avoid crowds. Have space to leeward with clear air. Sail fast off the line.
- Execute the race strategy, making consistent tactical decisions during the race.
- Know the rules. Take penalties when you break them. Avoid protests.
- Execute basic manoeuvres proficiently.
- Don't make excuses.