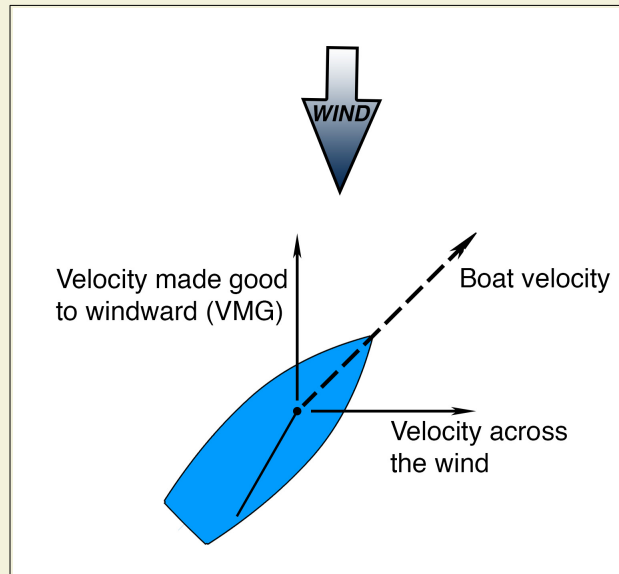




FatSparrowRacing

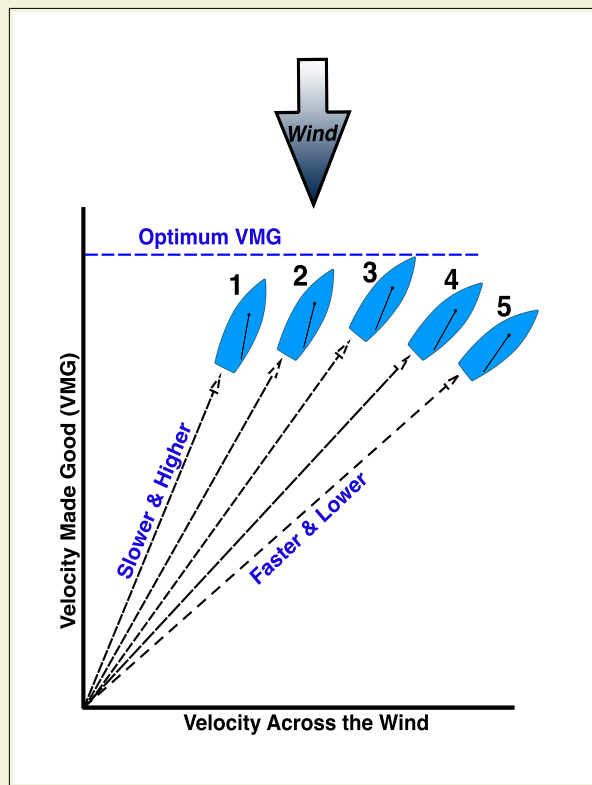
Understanding VMG

The speed and direction (velocity) of the boat may be considered as a combination of a velocity to windward and a velocity across the wind. The velocity to windward, known as Velocity Made Good (VMG) is a very useful concept in sailing.



Velocity Made Good

Every skipper wants the boat to point high and go fast, but these things are a trade-off – more of one gives you less of the other. What the skipper is really looking for is the combination of boat speed and pointing ability that gives a high VMG resulting in the fastest progress to windward. To put it another way; all else being equal, the boat with the best VMG will round the top mark first.



Performance to Windward

In the diagram above, Boat 1 is pointing closest to the wind direction, but is the slowest boat. Boat 5 is the fastest boat, but is pointing lower than the others. Boat 3 has the best speed to windward (optimal VMG) and will have the best chance of reaching the windward mark first.