

IMPROVING UPWIND PERFORMANCE

So how do we get there quicker ? - before the others!

Terms : *Beating, on a beat* - same as tacking, on a tack

Pointing – getting close to the wind

Luffing – turning towards the wind.

Bearing away - turning away from the wind.

Lift – the wind 'frees', moves away from ahead

Header – the wind moves closer to ahead

Wind Bend – wind changes direction due to drag (from land) or being turned (by coast or bank)

Lay line – line to buoy on which you can just 'lay' or make the buoy on one tack

Look at the '5 Essentials': sail setting, balance, trim, plate, course

THE SAIL - The First Essential

Tell tales – use these as an aid to pointing correctly

Both streaming, or windw'd one 45 degrees up when going well

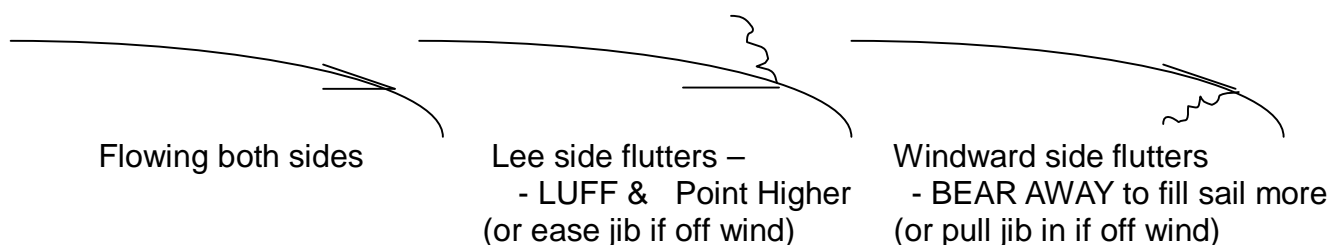
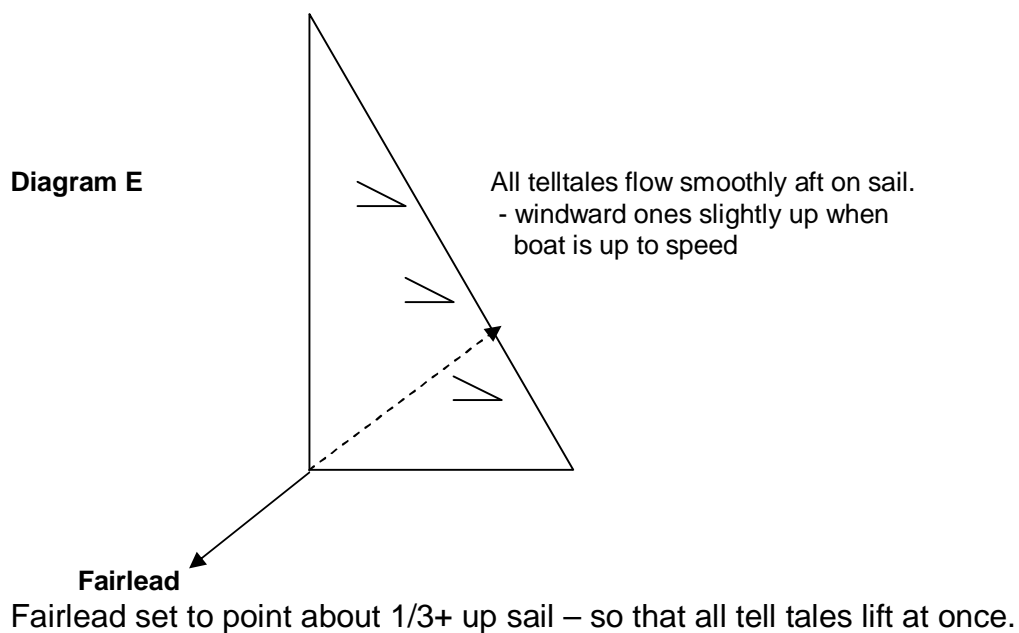


Diagram E



Sheeting - Set fairlead as above

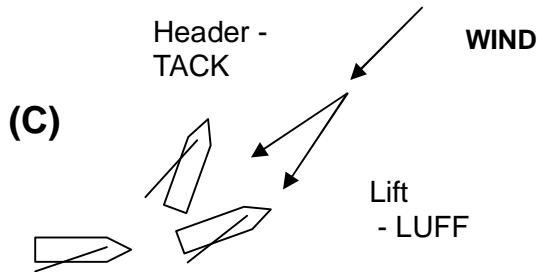
- Don't pull dead taugt in light to medium winds, leave a little shape in it.

THE BOAT :

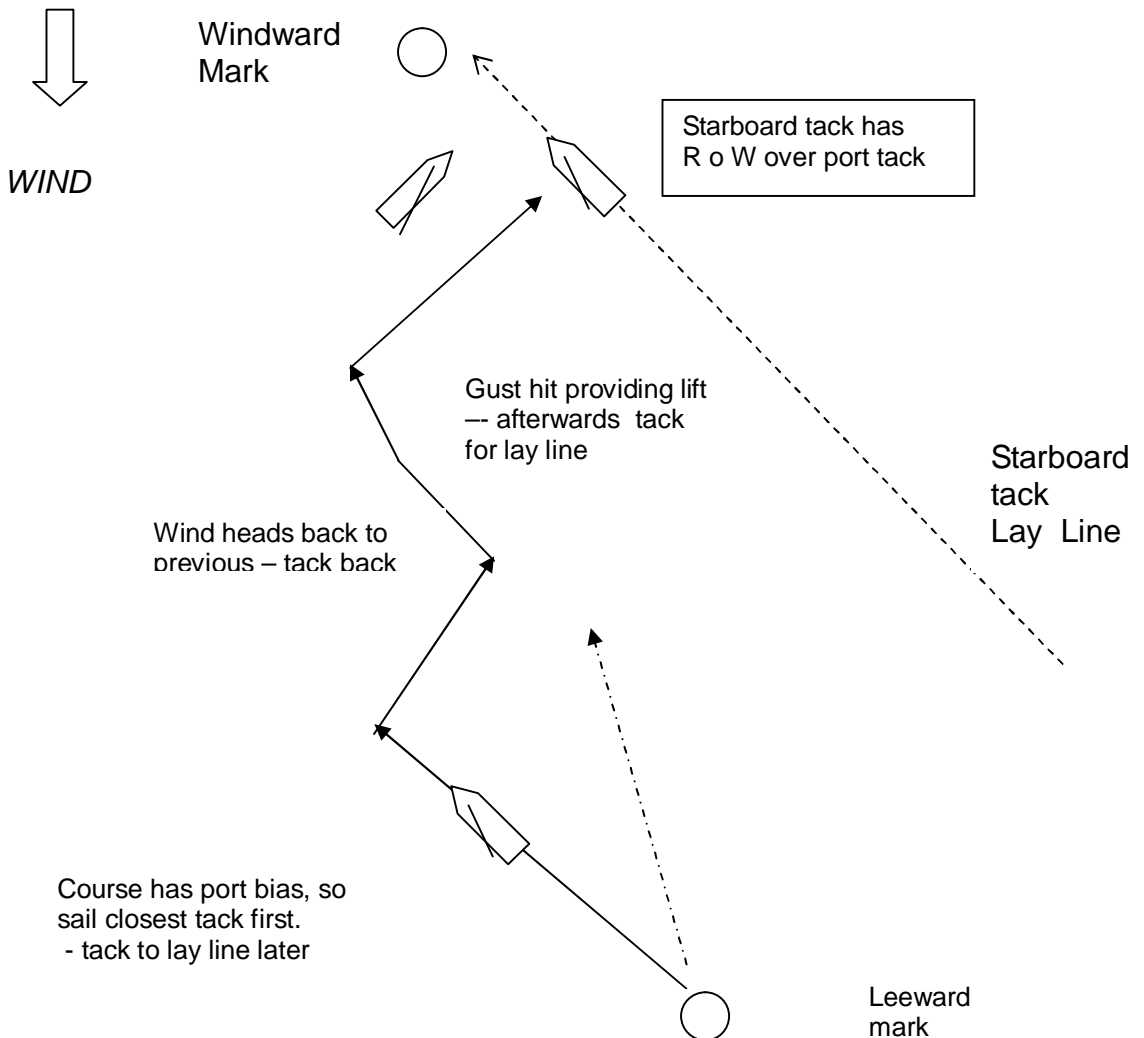
- **Balance:** Flat as possible for maximum drive and balanced helm
- **Trim:** Weight forward to keep bows in water
- **Plate:** Full down for maximum lateral resistance to leeward

COURSE - Strategy & Tactics - see diagrams below

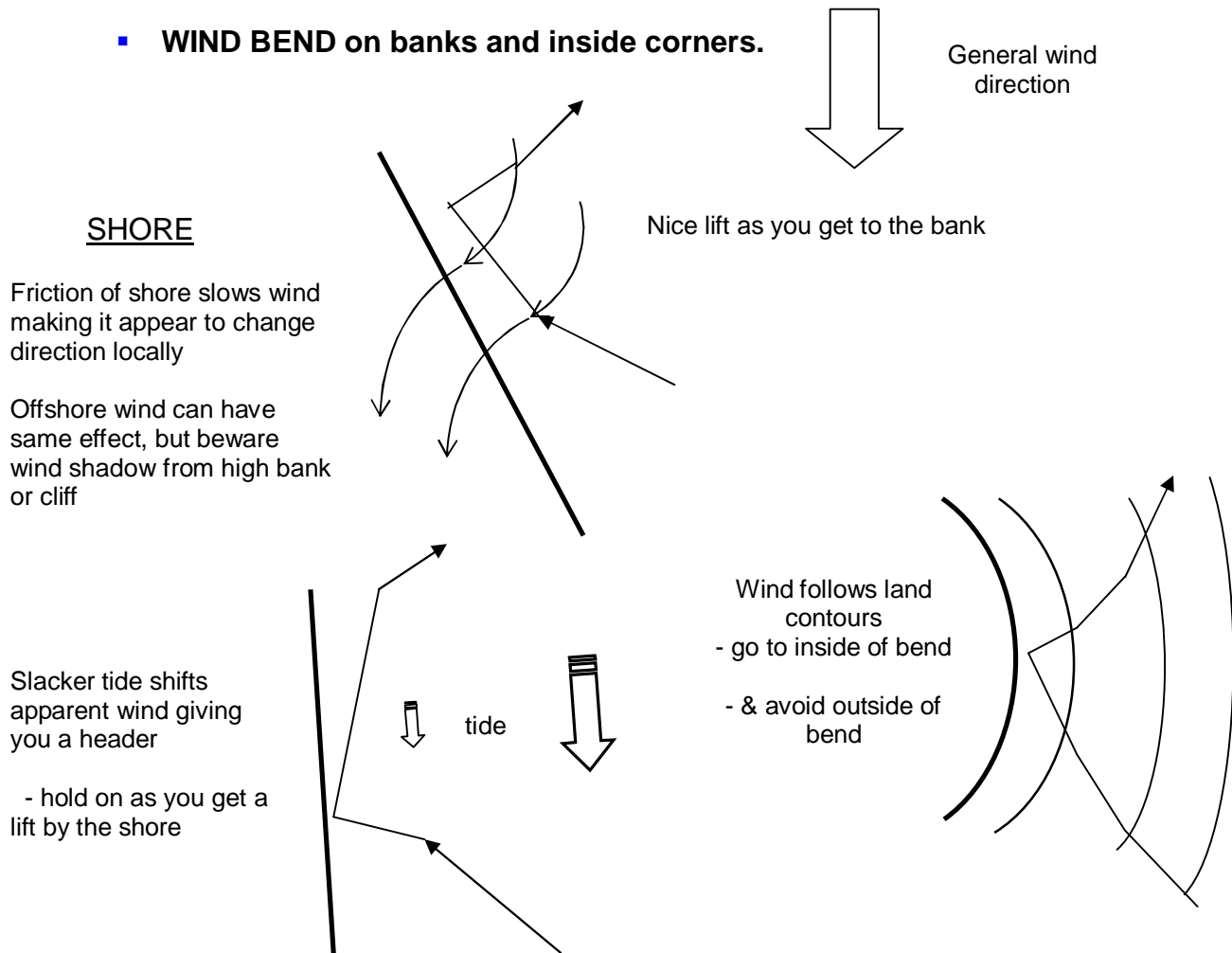
- Consider tides
- Get to windward if a bias – tack that takes you nearest (*port bias in diagram*)
- Tack on ‘headers’ to get to mark quicker. If on a ‘lift’ wait for header to tack



- Look for gusts – usually give you a lift – be prepared for them Avoid windshadows e.g. under cliffs and high banks and trees.
- Approaching the mark – best approach is on **starboard lay line**, so you have right of way over port tack boats – get to starboard side early



▪ **WIND BEND on banks and inside corners.**



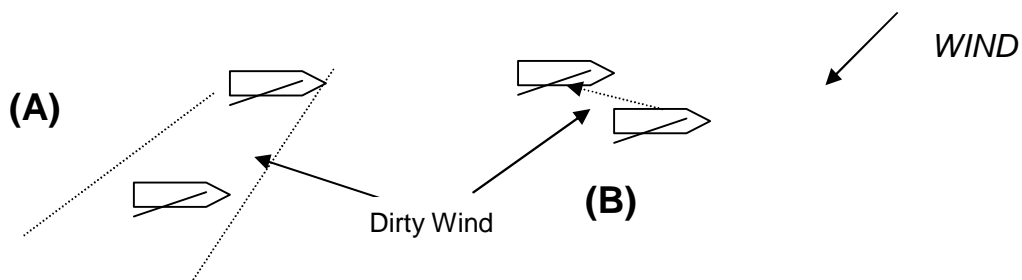
TACTICS

Dirty Wind – every boat disturbs the wind :

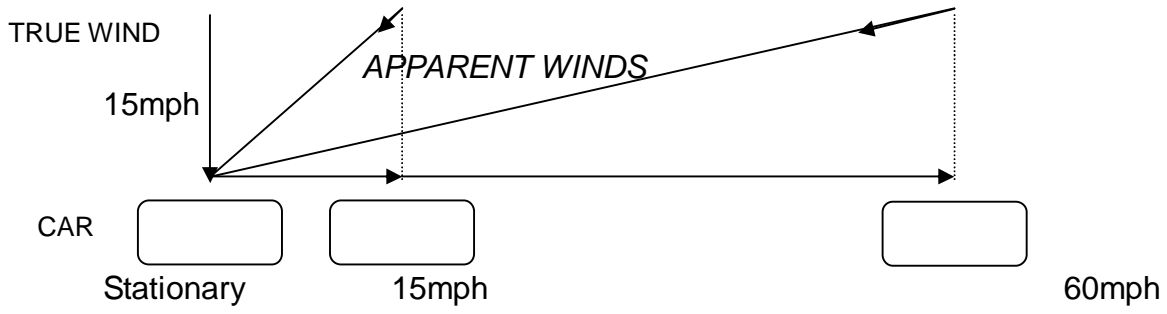
- a) to leeward there is a wind shadow see Fig A
- b) behind and a bit to windward the wind is bent and has eddies see Fig B
-

You want to avoid dirty wind, but tactically you may try and position yourself to give dirty wind to others as below:

- - **‘Covering’**, i.e. stay to windward, of the boat(s) behind. You may block their wind and you will get the same wind shifts but earlier.
- **‘Safe leeward position’** – close to leeward but nose in front gives the windward boat dirty wind (see B).



Apparent wind – what is it?



On the Water -

