

Starting – A Checklist

Before Warning Signal

- Follow pre-start checklist

At Warning Signal

- Be near committee boat and start countdown on watch

After Warning Signal

- Double check transits and line bias
- Confirm start and first beat strategies

On Preparatory Signal

- Synchronise watch

Before One-Minute Signal

- Sail upwind to re-check set-up and line bias
- Check vang is loose for holding station

At One-Minute Signal

- Check timing again and get in position for final approach

After One-Minute Signal

- Try to maintain sight of one end of the line
- Be aware of what is happening around, especially boats that could take the gap to leeward

25 seconds to go

- Create gap to leeward

10 seconds to go

- Pull on vang
- Get bow down to accelerate

3 seconds to go

- Boat at full speed to hit line

First 30 seconds after start

- Concentrate on boat speed and holding lane