

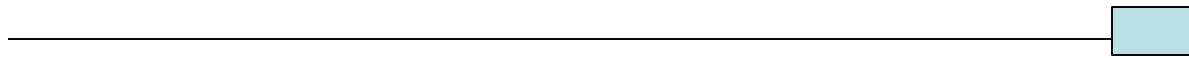
Match Racing Basics

Clinic #3 July 6th, 2007



Clinic Leader: Steve Hunt

Starting Basics



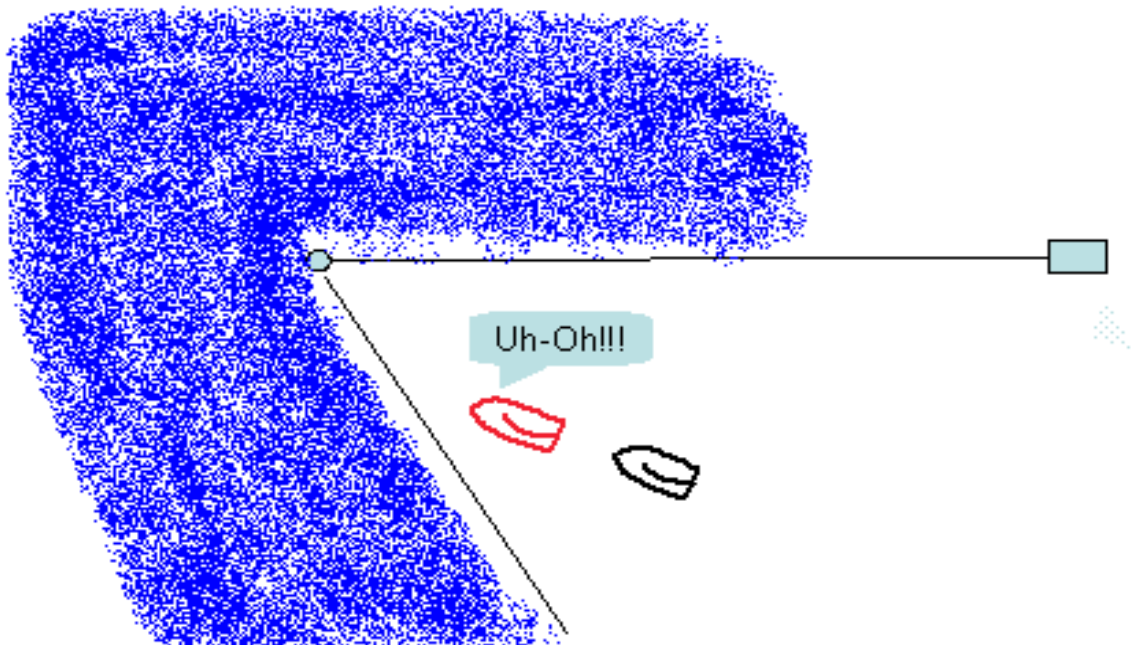
The start is one of the most important parts of the race. Get ahead off the line and cover! At the very least, you should and have an even start with your opponent.



Starting Basics

The Start

Avoid the shaded area: 'The Zone of Death' because an opponent on Starboard can prevent you from getting back to the line with their Starboard Tack Advantage. Head right in the pre-start which is safer, until you want to come back to the line for your start.



Starting Rules of Thumb

Keeping Speed is Key: Speed equals Options

Stay towards the right side of the starting area until your final approach

Stay away from the 'Zone of Death'

The edges of the 'Zone of Death' are the pin-end layline and the starting line

Deciding when to begin your final approach to the line is a critical decision

Practice your time and distance judgment before the sequence to help make a good decision about your final approach (Remember to leave some extra time for opponent interaction, less breeze, or a left shift)

Starting Rules of Thumb

» Choosing the Right Time to Go for the Line

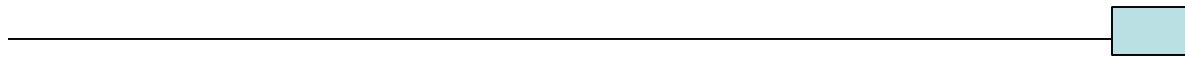
- **If your opponent is heading back at about the right time:**

Lead your opponent in light air (it is easy to slow them in light wind)
Trail your opponent in heavy air (it's tough for them to slow you)

- **If your opponent is obviously off on their time (very early or late) and are heading towards the line:**

Trail them if they are early.....and push them into the Zone of Death
Lead them if they are late.....and start ahead of them

Starting Basics



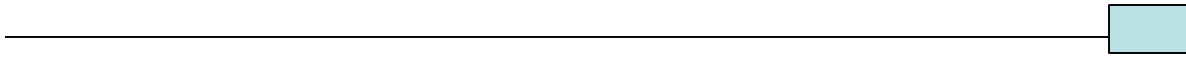
Hooking is a common move in match racing and allows you to start tight to leeward.

'Hooking' is sailing to leeward of your opponent from behind, and getting a tight leeward position.

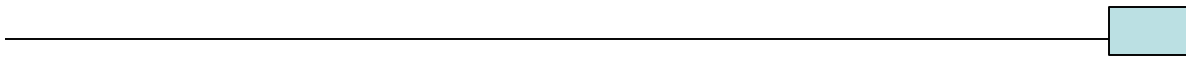
You will often see boats behind trying to 'hook' the boat ahead.



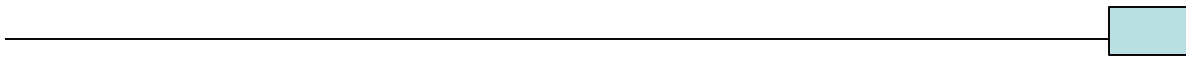
Starting– Getting Out of Synch to Hool



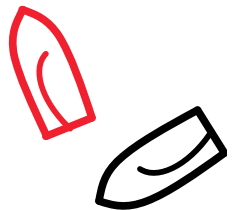
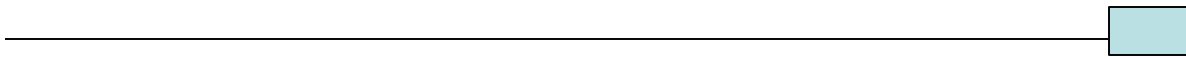
Starting– Out of Synch to Hook



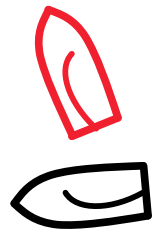
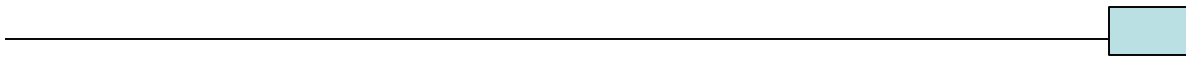
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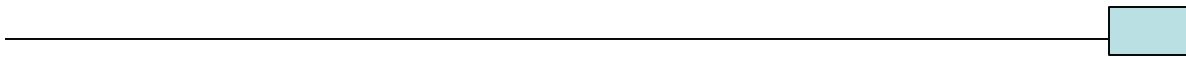
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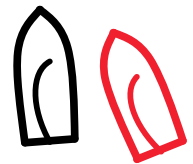
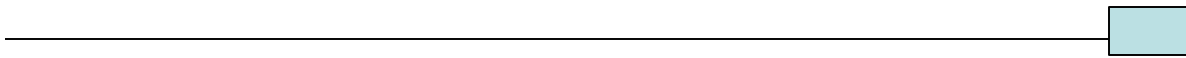
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Starting– Out of Synch to Hook

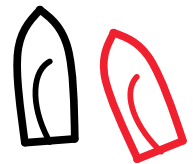
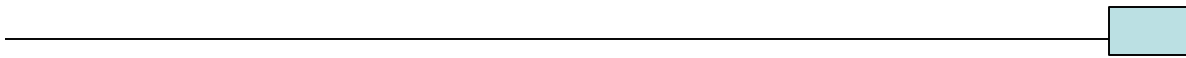


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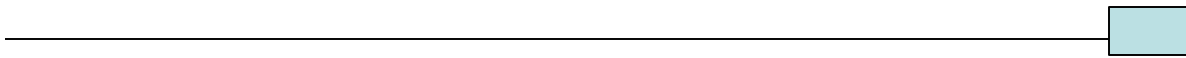
Notice the red boat did not do anything and now they are hooked and are in trouble if there is not much time left.

Starting– Out of Synch to Hook

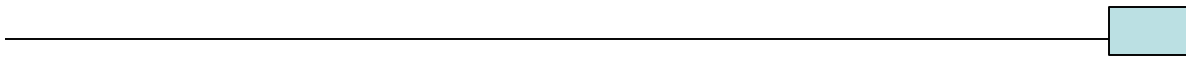


Black should control her speed to keep red hooked well, not allowing red to bear away and hook black in return. Stopping your boat well is important here by backing the main and matching speed with red. Stay put until you should accelerate and go for the line, leaving red behind you and late for the start.

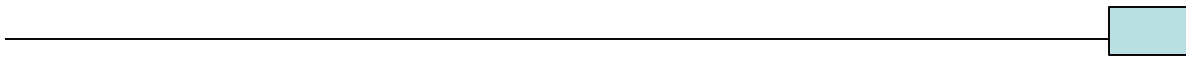
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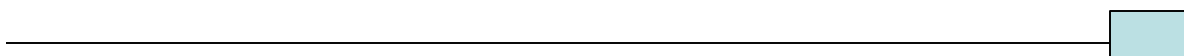
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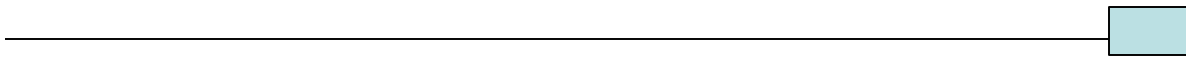
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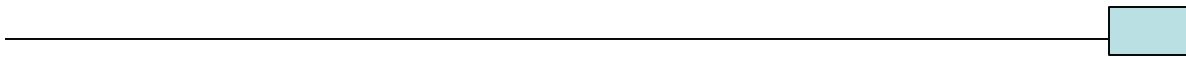
ase note how black works red in this cycle of attempting to hook
If you are the black boat and you see that you are not going to
hook red to leeward, (by comparing your speeds) you head up hard
to create separation as red is bearing away and picking up speed.
This does two things, it allows you to have a hole at the start if the
black is ticking down and you are forced to trim in and go, and most
importantly, it allows you to swing your bow down and try to hook red
in. Red wants to get close to you and pin you from making any
more moves. It is a game of cat and mouse. Who can execute
better?



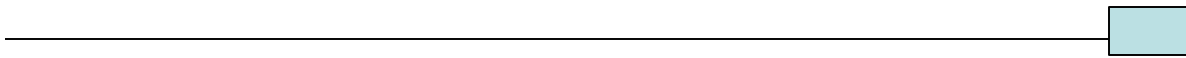
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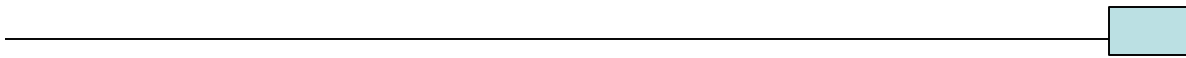
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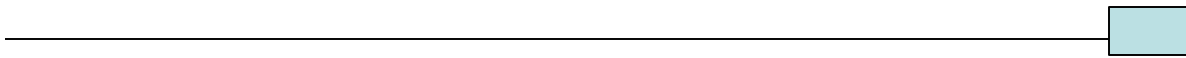
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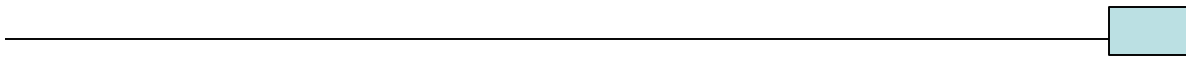
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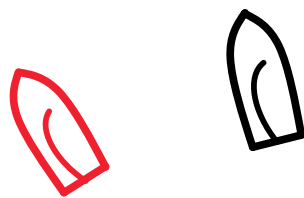
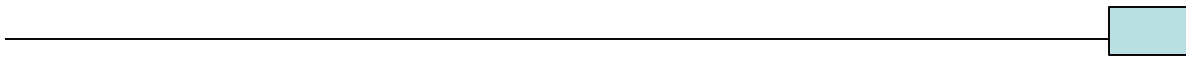
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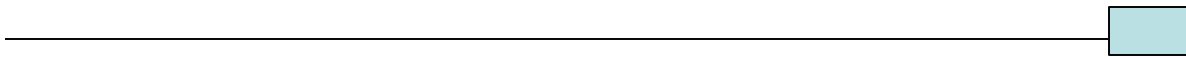
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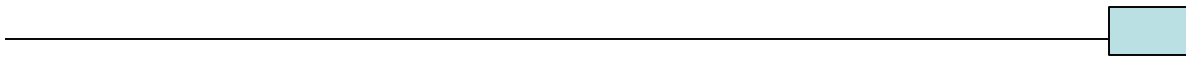
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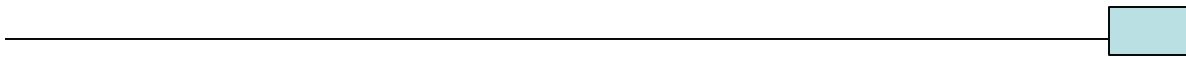
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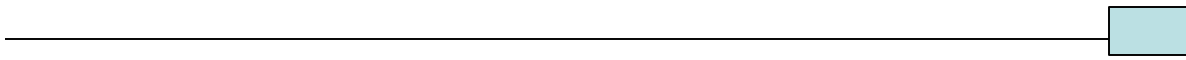
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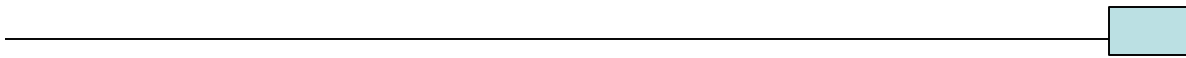
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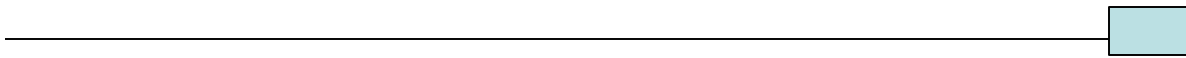
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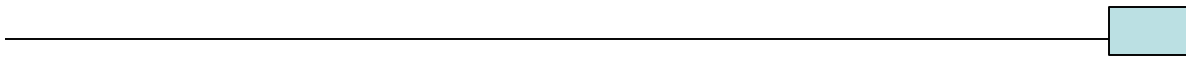
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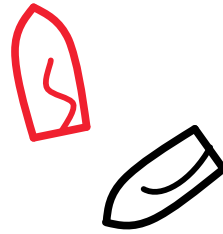
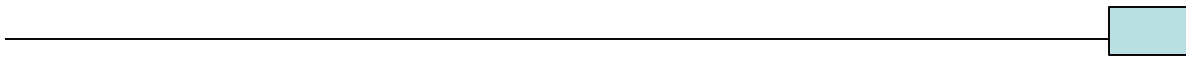
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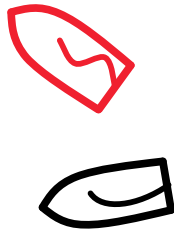
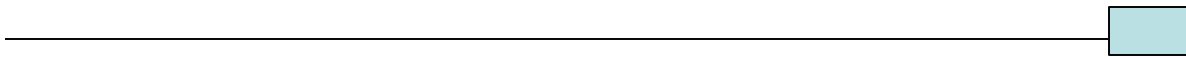
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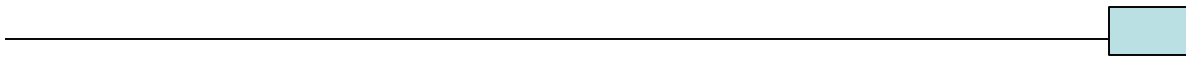
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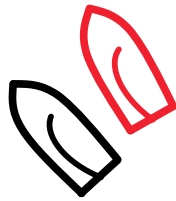
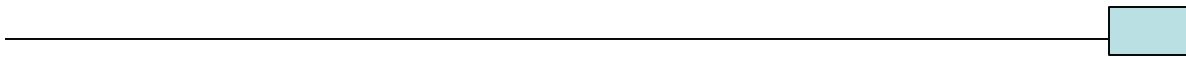
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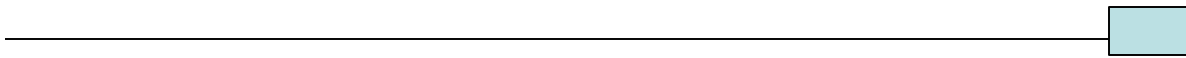
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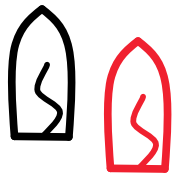
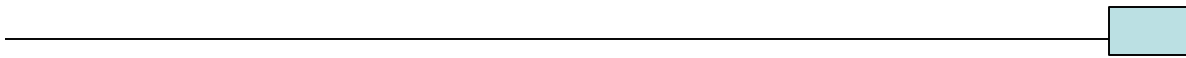
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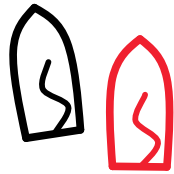
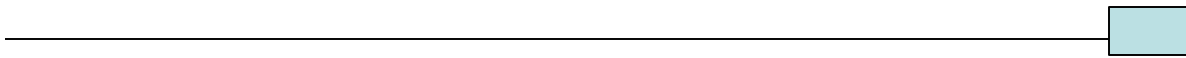
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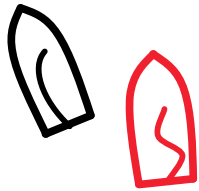
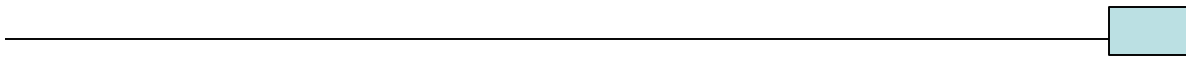
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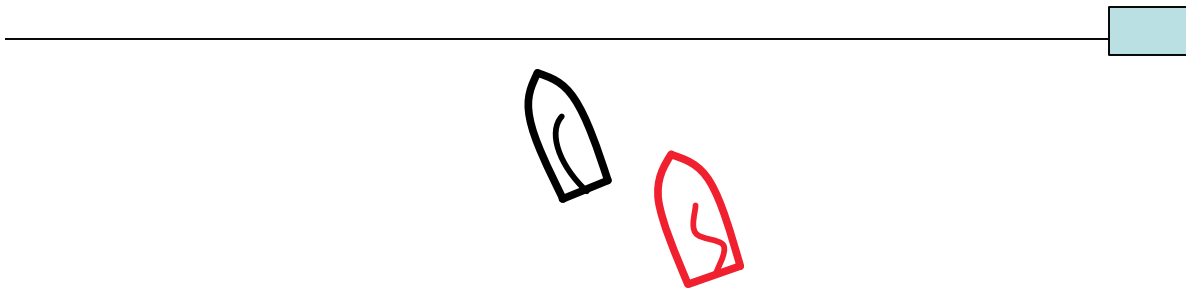
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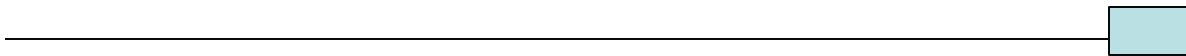
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Starting– Out of Synch to Hook

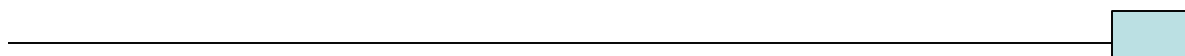


Starting– Out of Synch to start to windward

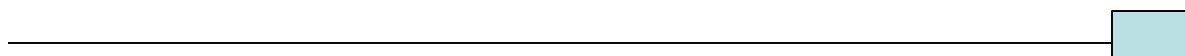


Notice this time that Black does not get the hook on red, so they create separation to start to windward, it is okay to go a bit passed head to wind when creating separation. Watch!

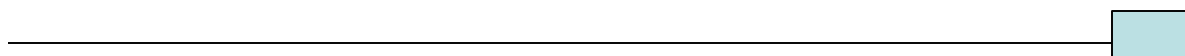
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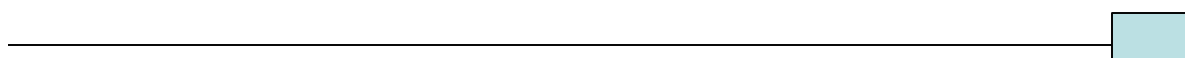
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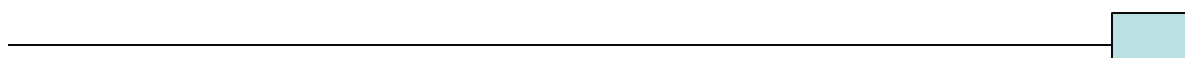
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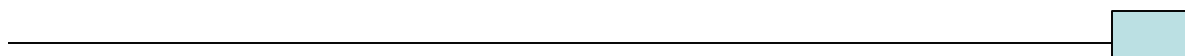
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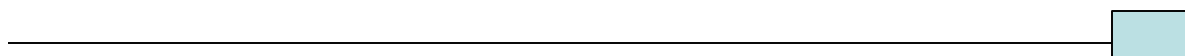
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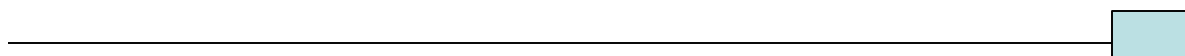
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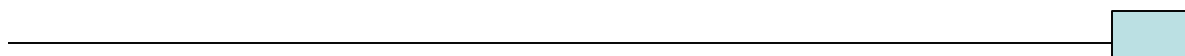
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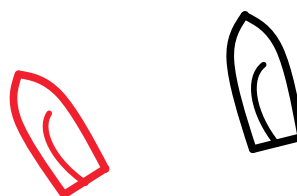
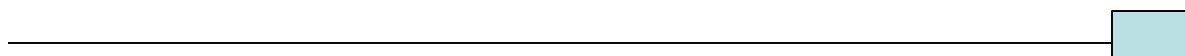
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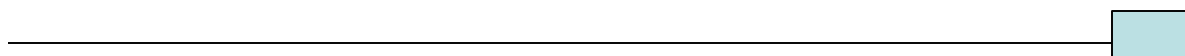
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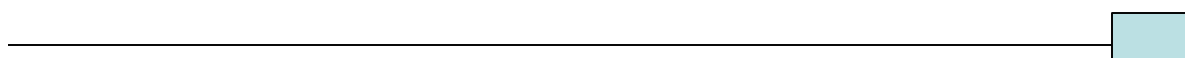
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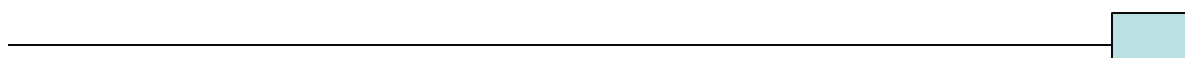
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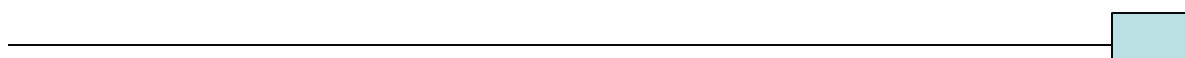
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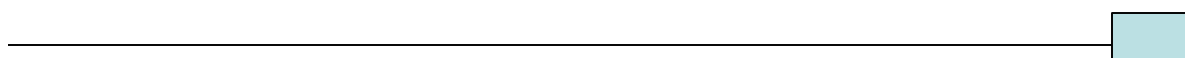
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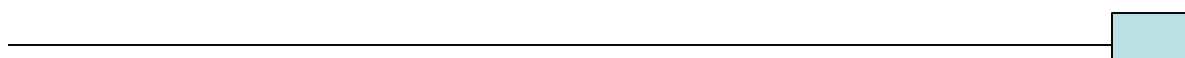
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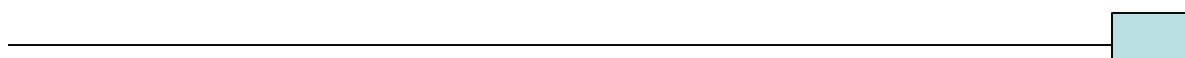
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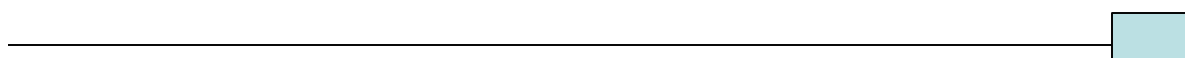
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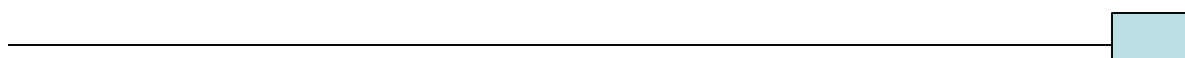
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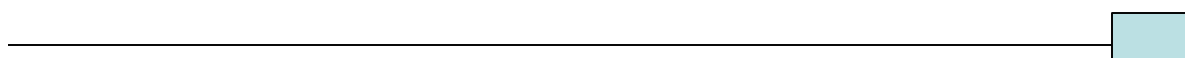
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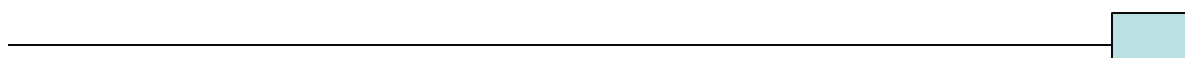
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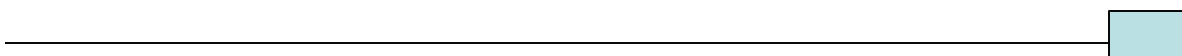
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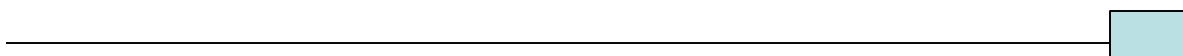
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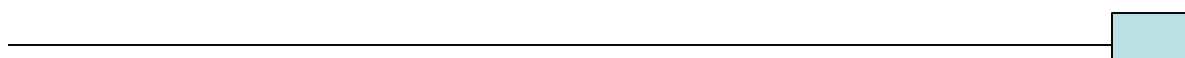
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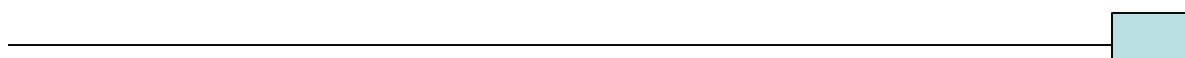
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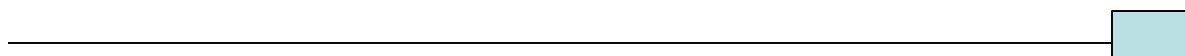
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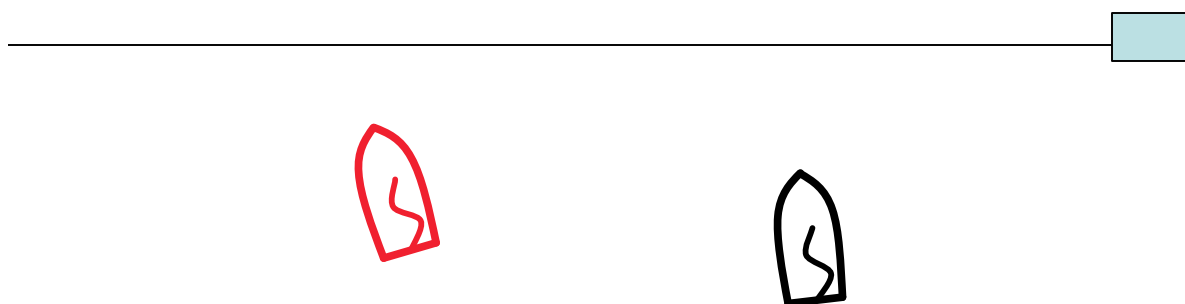
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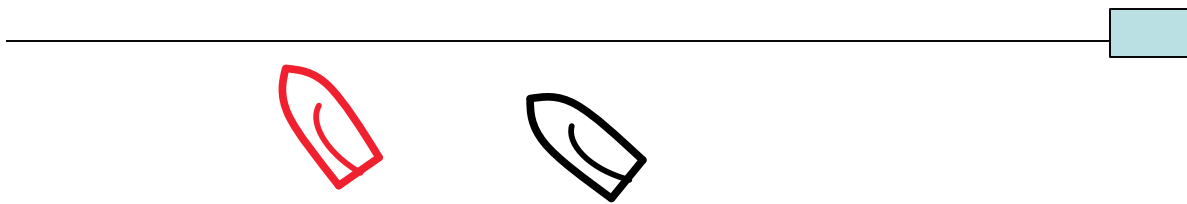
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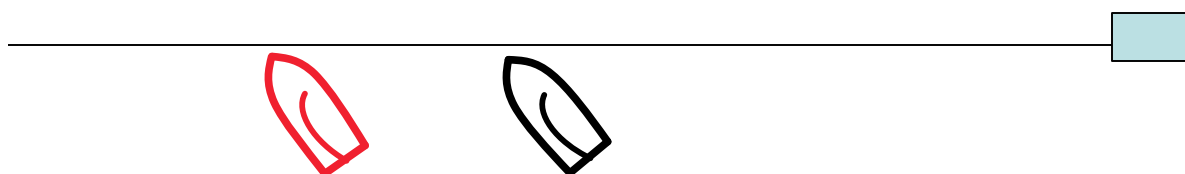
Starting– Out of Synch to start to windward



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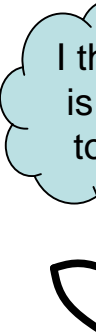
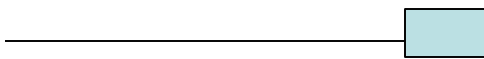


Starting– Out of Synch to start to windward



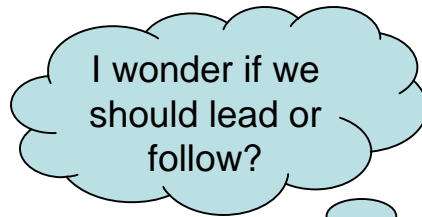
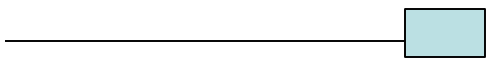
Black did a nice job of creating separation to start with a hole to leeward. Red did a nice job of not getting hooked and keeping the left side. Red could have done a little better at keeping it close so black has less of a hole at the start.

Starting– Choosing when to Start your Final Approach



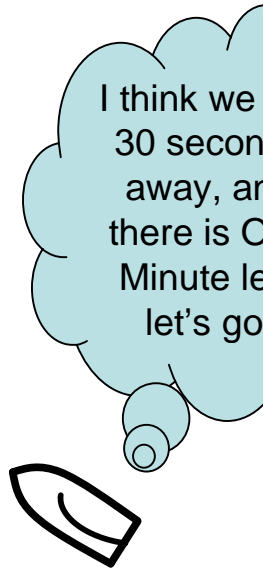
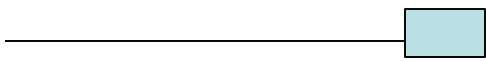
Choosing when to go back to the line from the 'safe' right area of the starting line is the most critical part of your start. Too early and you approach the 'Zone of Death' too quickly with no where to go, and too late, your opponent may lead you back and beat you to the line.

Starting Basics



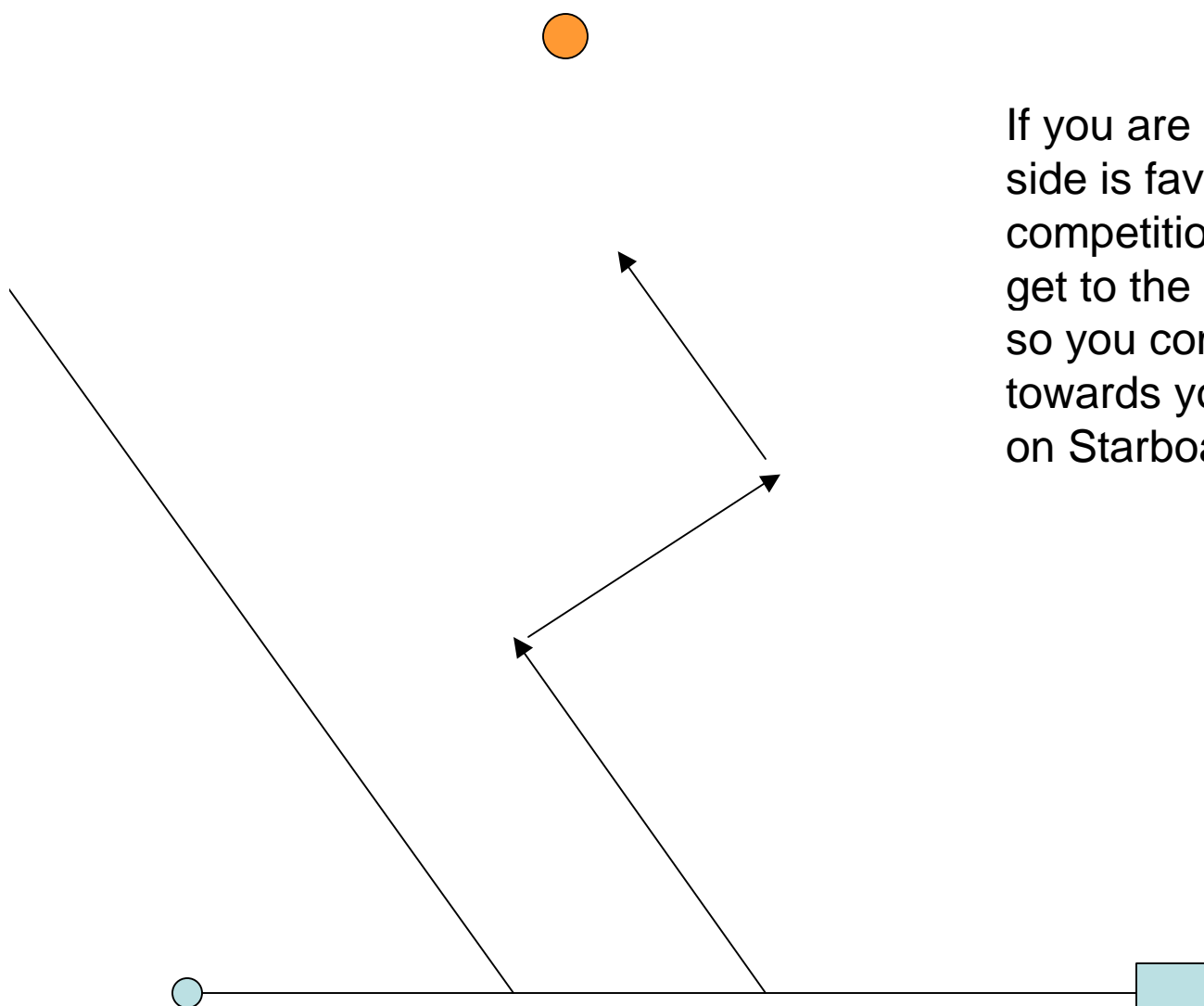
want to head back and give yourself a little time incase your opponent leads you and your wind, or the wind gets lighter, or the shifts left.

Starting Basics



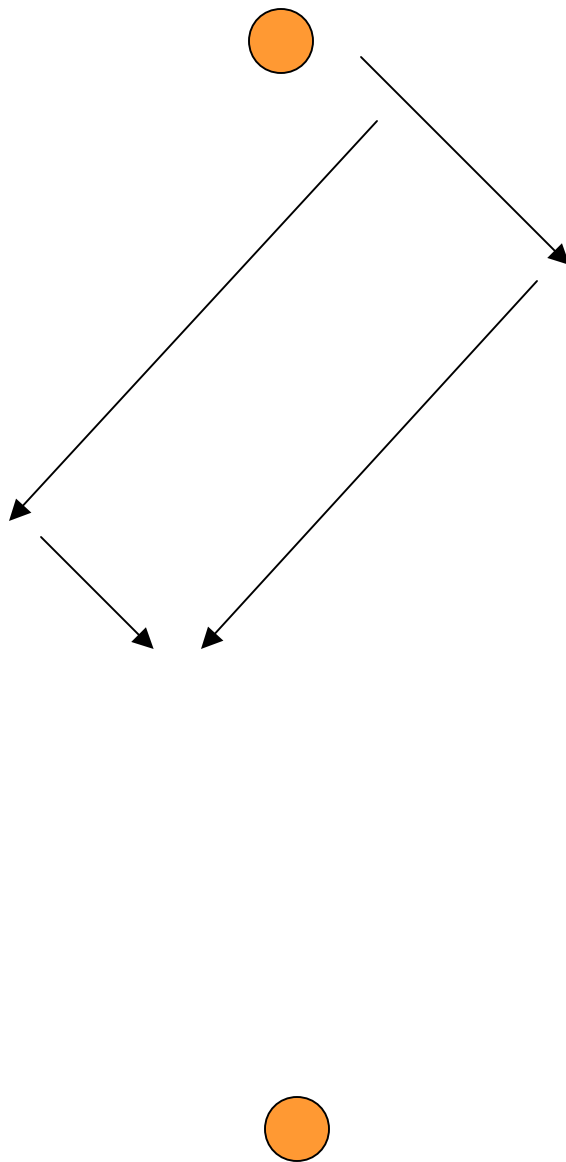
want to give yourself some 'cushion' in your time to prevent being
Some of the best match racers give themselves twice the time it
to sail back to the line, in the absence of other boats. 2 to 1.
Example: They think they are 30 seconds away, so they go for the
with one minute remaining.

Upwind Basics – Get Right



If you are not sure which side is favored, or the competition is very close, get to the right upwind so you come back towards your opponent on Starboard.

Downwind Basics – Get Left



If you are not sure which side is favored, or the competition is very close, get to the left looking downwind, so you come back towards your opponent on Starboard.

Good Luck!!!

Clinic #3 July 6th, 2007



Clinic Leader: Steve Hunt