

Pre-Race Checklist



On Land	Check notice board for changes to SIs or start time		
	Weather forecast: wind velocity, direction, trends		
	Hydrate		
	Tune rig and select sails for expected conditions		
	Check boat for common problems		
	Line up partner for on-water checks		
	Physical warmup		
	Goals and positive mindset		
On the Way Out	Get comfortable, arrange lines, stow gear		
	Observe wind and compare to the forecast		
On the Water	Collect strategy information <ul style="list-style-type: none"> ▪ Wind conditions: <ul style="list-style-type: none"> ○ Velocity: big puffs/lulls or more steady? ○ Direction: oscillating shifts, persistent shift, or combination? ○ Favored side? ▪ Average headings on each tack and tacking angle; headings at top and bottom ▪ Listen to Race Committee radio conversations ▪ Observe other boats for more data 		
	Check boat speed <ul style="list-style-type: none"> ▪ Tune with partner; in puffy conditions, work on transitions ▪ Check wave set on each tack ▪ Warmup with tacks and gybes 		
	Develop preliminary strategy for first beat		
	Fuel up and relax <ul style="list-style-type: none"> ▪ Hydrate, snack ▪ Add or remove clothing layers as needed ▪ Relax, breathe 		
10-15 Minutes Before Start	Check the wind – often <ul style="list-style-type: none"> ▪ Observe boats sailing ▪ Favored side – use a buddy start? ▪ Average heading on each tack 		
	Practice starts/accelerations		
	Check boat – critical breakdown areas		
	Check course board and gate bias		
	Update first leg strategy		
	Check the line if set <ul style="list-style-type: none"> ▪ Line bias ▪ Get a line sight ▪ Sail the laylines to ends of the line ▪ Check time to sail up and down the line 		
Starting Sequence	<u>5 minutes</u> Check course board Line bias Line sight Weeds	<u>4 minutes</u> Check prep flag Wind direction Look up lake	<u>3 minutes</u> Look up lake Wind direction Re-consider strategy
	<u>2 minutes</u> Final game plan Head to chosen side of line	<u>1 minute</u> Set up in your spot Use “below the line” sight Final bailout call	<u>30 seconds</u> Where is bow? Create gap Defend gap
	<u>20 seconds</u> Set sail controls for conditions Manage flow Where is bow?	<u>15 seconds</u> Pre-load trim Determine when to accelerate (line sight) Match boats around you	