

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

8kts

Sex	MEN						
Wind Range	8 Knots						
Upwind Speed	19.6	mins/mile					
Run Speed	12.1	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Leg Length Nautical Miles	L2	L3	L4				
0.3	22.9	32.5	42.0	9.8	5.88	3.6	
0.4	29.3	42.0	54.6	11.8	7.8	4.8	
0.5	35.6	51.5	67.3	13.7	9.8	6.1	
0.6	42.0	61.0	80.0	15.7	11.8	7.3	
0.7	48.3	70.5	92.7	17.6	13.7	8.5	
0.8	54.6	80.0	105.4	19.6	15.7	9.7	
0.9	61.0	89.5	118.0	21.6	17.6	10.9	
1.0	67.3	99.0	130.7	23.5	19.6	12.1	
1.1	73.7	108.5	143.4	25.5	21.6	13.3	
1.2	80.0	118.0	156.1	27.4	23.5	14.5	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

8kts

Sex	WOMEN						
Wind Range	8 Knots						
Upwind Speed	23.0	mins/mile					
Run Speed	14.1	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Leg Length Nautical Miles	L2	L3	L4				
0.3	26.9	38.0	49.1	11.5	6.9	4.2	
0.4	34.3	49.1	64.0	13.8	9.2	5.6	
0.5	41.7	60.3	78.8	16.1	11.5	7.1	
0.6	49.1	71.4	93.6	18.4	13.8	8.5	
0.7	56.5	82.5	108.5	20.7	16.1	9.9	
0.8	64.0	93.6	123.3	23.0	18.4	11.3	
0.9	71.4	104.8	138.2	25.3	20.7	12.7	
1.0	78.8	115.9	153.0	27.6	23.0	14.1	
1.1	86.2	127.0	167.8	29.9	25.3	15.5	
1.2	93.6	138.2	182.7	32.2	27.6	16.9	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

9kts

Sex	MEN						
Wind Range	9 Knots						
Upwind Speed	17.3	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	9.5	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	19.5	27.6	35.6	8.7	5.19	2.9	
0.4	24.9	35.6	46.3	10.4	6.9	3.8	
0.5	30.3	43.7	57.1	12.1	8.7	4.8	
0.6	35.6	51.7	67.8	13.8	10.4	5.7	
0.7	41.0	59.7	78.5	15.6	12.1	6.7	
0.8	46.3	67.8	89.2	17.3	13.8	7.6	
0.9	51.7	75.8	99.9	19.0	15.6	8.6	
1.0	57.1	83.9	110.7	20.8	17.3	9.5	
1.1	62.4	91.9	121.4	22.5	19.0	10.5	
1.2	67.8	99.9	132.1	24.2	20.8	11.4	

WINDWARD / LEEWARD COURSE

Start Line
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Reference 0.20 nm

9kts

Sex	WOMEN						
Wind Range	9 Knots						
Upwind Speed	21.1	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	11.6	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	23.8	33.7	43.5	10.6	6.3	3.5	
0.4	30.4	43.5	56.5	12.7	8.4	4.6	
0.5	36.9	53.3	69.6	14.8	10.6	5.8	
0.6	43.5	63.1	82.7	16.9	12.7	7.0	
0.7	50.0	72.9	95.8	19.0	14.8	8.1	
0.8	56.5	82.7	108.9	21.1	16.9	9.3	
0.9	63.1	92.5	121.9	23.2	19.0	10.4	
1.0	69.6	102.3	135.0	25.3	21.1	11.6	
1.1	76.2	112.1	148.1	27.4	23.2	12.8	
1.2	82.7	121.9	161.2	29.5	25.3	13.9	

WINDWARD / LEEWARD COURSE

Start Line
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Reference 0.20 nm

10kts

Sex	MEN						
Wind Range	10 Knots						
Upwind Speed	15.3	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	7.5	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	16.7	23.6	30.4	7.7	4.59	2.3	
0.4	21.3	30.4	39.5	9.2	6.1	3.0	
0.5	25.9	37.3	48.7	10.7	7.7	3.8	
0.6	30.4	44.1	57.8	12.2	9.2	4.5	
0.7	35.0	50.9	66.9	13.8	10.7	5.3	
0.8	39.5	57.8	76.0	15.3	12.2	6.0	
0.9	44.1	64.6	85.1	16.8	13.8	6.8	
1.0	48.7	71.5	94.3	18.4	15.3	7.5	
1.1	53.2	78.3	103.4	19.9	16.8	8.3	
1.2	57.8	85.1	112.5	21.4	18.4	9.0	

WINDWARD / LEEWARD COURSE

Start Line
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10kts

Sex	WOMEN						
Wind Range	10 Knots						
Upwind Speed	19.0	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	9.5	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	20.9	29.5	38.0	9.5	5.7	2.9	
0.4	26.6	38.0	49.4	11.4	7.6	3.8	
0.5	32.3	46.6	60.8	13.3	9.5	4.8	
0.6	38.0	55.1	72.2	15.2	11.4	5.7	
0.7	43.7	63.7	83.6	17.1	13.3	6.7	
0.8	49.4	72.2	95.0	19.0	15.2	7.6	
0.9	55.1	80.8	106.4	20.9	17.1	8.6	
1.0	60.8	89.3	117.8	22.8	19.0	9.5	
1.1	66.5	97.9	129.2	24.7	20.9	10.5	
1.2	72.2	106.4	140.6	26.6	22.8	11.4	

WINDWARD / LEEWARD COURSE

Start Line
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11kts

Sex	MEN						
Wind Range	11 Knots						
Upwind Speed	11.8	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	5.9	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	13.0	18.3	23.6	5.9	3.54	1.8	
0.4	16.5	23.6	30.7	7.1	4.7	2.4	
0.5	20.1	28.9	37.8	8.3	5.9	3.0	
0.6	23.6	34.2	44.8	9.4	7.1	3.5	
0.7	27.1	39.5	51.9	10.6	8.3	4.1	
0.8	30.7	44.8	59.0	11.8	9.4	4.7	
0.9	34.2	50.2	66.1	13.0	10.6	5.3	
1.0	37.8	55.5	73.2	14.2	11.8	5.9	
1.1	41.3	60.8	80.2	15.3	13.0	6.5	
1.2	44.8	66.1	87.3	16.5	14.2	7.1	

WINDWARD / LEEWARD COURSE

Start Line
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11kts

Sex	WOMEN						
Wind Range	11 Knots						
Upwind Speed	17.4	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	7.9	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	18.7	26.3	33.8	8.7	5.2	2.4	
0.4	23.7	33.8	44.0	10.4	7.0	3.2	
0.5	28.8	41.4	54.1	12.2	8.7	4.0	
0.6	33.8	49.0	64.2	13.9	10.4	4.7	
0.7	38.9	56.6	74.3	15.7	12.2	5.5	
0.8	44.0	64.2	84.4	17.4	13.9	6.3	
0.9	49.0	71.8	94.6	19.1	15.7	7.1	
1.0	54.1	79.4	104.7	20.9	17.4	7.9	
1.1	59.1	87.0	114.8	22.6	19.1	8.7	
1.2	64.2	94.6	124.9	24.4	20.9	9.5	

WINDWARD / LEEWARD COURSE

Start Line
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12kts

Sex	MEN						
Wind Range	12 Knots						
Upwind Speed	10.4	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	4.8	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	11.2	15.8	20.3	5.2	3.12	1.4	
0.4	14.2	20.3	26.4	6.2	4.2	1.9	
0.5	17.3	24.9	32.5	7.3	5.2	2.4	
0.6	20.3	29.4	38.6	8.3	6.2	2.9	
0.7	23.4	34.0	44.6	9.4	7.3	3.4	
0.8	26.4	38.6	50.7	10.4	8.3	3.8	
0.9	29.4	43.1	56.8	11.4	9.4	4.3	
1.0	32.5	47.7	62.9	12.5	10.4	4.8	
1.1	35.5	52.2	69.0	13.5	11.4	5.3	
1.2	38.6	56.8	75.0	14.6	12.5	5.8	

WINDWARD / LEEWARD COURSE

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12kts

Sex	WOMEN						
Wind Range	12 Knots						
Upwind Speed	14.5	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	6.8	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	15.7	22.1	28.5	7.3	4.4	2.0	
0.4	19.9	28.5	37.0	8.7	5.8	2.7	
0.5	24.2	34.9	45.5	10.2	7.3	3.4	
0.6	28.5	41.2	54.0	11.6	8.7	4.1	
0.7	32.7	47.6	62.5	13.1	10.2	4.8	
0.8	37.0	54.0	71.1	14.5	11.6	5.4	
0.9	41.2	60.4	79.6	16.0	13.1	6.1	
1.0	45.5	66.8	88.1	17.4	14.5	6.8	
1.1	49.8	73.2	96.6	18.9	16.0	7.5	
1.2	54.0	79.6	105.1	20.3	17.4	8.2	

WINDWARD / LEEWARD COURSE

Start Line
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13kts

Sex	MEN						
Wind Range	13 Knots						
Upwind Speed	9.4	mins/mile					
Run Speed	4.0	mins/mile			Ist Beat Time (mins)	Up Time (mins)	Down Time (mins)
Leg Length Nautical Miles	L2	L3	L4				
0.3	9.9	13.9	18.0	4.7	2.82	1.2	
0.4	12.6	18.0	23.3	5.6	3.8	1.6	
0.5	15.3	22.0	28.7	6.6	4.7	2.0	
0.6	18.0	26.0	34.0	7.5	5.6	2.4	
0.7	20.6	30.0	39.4	8.5	6.6	2.8	
0.8	23.3	34.0	44.8	9.4	7.5	3.2	
0.9	26.0	38.1	50.1	10.3	8.5	3.6	
1.0	28.7	42.1	55.5	11.3	9.4	4.0	
1.1	31.4	46.1	60.8	12.2	10.3	4.4	
1.2	34.0	50.1	66.2	13.2	11.3	4.8	

WINDWARD / LEEWARD COURSE

Start Line
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Reference 0.20 nm

13kts

Sex	WOMEN						
Wind Range	13 Knots						
Upwind Speed	11.2	mins/mile					
Run Speed	5.8	mins/mile			Ist Beat Time (mins)	Up Time (mins)	Down Time (mins)
Leg Length Nautical Miles	L2	L3	L4				
0.3	12.4	17.5	22.6	5.6	3.4	1.7	
0.4	15.8	22.6	29.4	6.7	4.5	2.3	
0.5	19.2	27.7	36.2	7.8	5.6	2.9	
0.6	22.6	32.8	43.0	9.0	6.7	3.5	
0.7	26.0	37.9	49.8	10.1	7.8	4.1	
0.8	29.4	43.0	56.6	11.2	9.0	4.6	
0.9	32.8	48.1	63.4	12.3	10.1	5.2	
1.0	36.2	53.2	70.2	13.4	11.2	5.8	
1.1	39.6	58.3	77.0	14.6	12.3	6.4	
1.2	43.0	63.4	83.8	15.7	13.4	7.0	

WINDWARD / LEEWARD COURSE

Start Line
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14kts

Sex	MEN						
Wind Range	14 Knots						
Upwind Speed	8.8	mins/mile					
Run Speed	3.5	mins/mile			Ist Beat Time (mins)	Up Time (mins)	Down Time (mins)
Leg Length Nautical Miles	L2	L3	L4				
0.3	9.1	12.8	16.5	4.4	2.64	1.1	
0.4	11.6	16.5	21.4	5.3	3.5	1.4	
0.5	14.1	20.2	26.4	6.2	4.4	1.8	
0.6	16.5	23.9	31.3	7.0	5.3	2.1	
0.7	19.0	27.6	36.2	7.9	6.2	2.5	
0.8	21.4	31.3	41.1	8.8	7.0	2.8	
0.9	23.9	35.0	46.0	9.7	7.9	3.2	
1.0	26.4	38.7	51.0	10.6	8.8	3.5	
1.1	28.8	42.4	55.9	11.4	9.7	3.9	
1.2	31.3	46.0	60.8	12.3	10.6	4.2	

WINDWARD / LEEWARD COURSE

Start Line
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14kts

Sex	WOMEN						
Wind Range	14 Knots						
Upwind Speed	10.4	mins/mile					
Run Speed	5.3	mins/mile			Ist Beat Time (mins)	Up Time (mins)	Down Time (mins)
Leg Length Nautical Miles	L2	L3	L4				
0.3	11.5	16.2	20.9	5.2	3.1	1.6	
0.4	14.6	20.9	27.2	6.2	4.2	2.1	
0.5	17.8	25.6	33.5	7.3	5.2	2.7	
0.6	20.9	30.3	39.8	8.3	6.2	3.2	
0.7	24.1	35.1	46.0	9.4	7.3	3.7	
0.8	27.2	39.8	52.3	10.4	8.3	4.2	
0.9	30.3	44.5	58.6	11.4	9.4	4.8	
1.0	33.5	49.2	64.9	12.5	10.4	5.3	
1.1	36.6	53.9	71.2	13.5	11.4	5.8	
1.2	39.8	58.6	77.4	14.6	12.5	6.4	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

15kts

Sex	MEN						
Wind Range	15 Knots						
Upwind Speed	8.4	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.3	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	8.7	12.2	15.7	4.2	2.52	1.0	
0.4	11.0	15.7	20.4	5.0	3.4	1.3	
0.5	13.4	19.2	25.1	5.9	4.2	1.7	
0.6	15.7	22.7	29.8	6.7	5.0	2.0	
0.7	18.1	26.3	34.4	7.6	5.9	2.3	
0.8	20.4	29.8	39.1	8.4	6.7	2.6	
0.9	22.7	33.3	43.8	9.2	7.6	3.0	
1.0	25.1	36.8	48.5	10.1	8.4	3.3	
1.1	27.4	40.3	53.2	10.9	9.2	3.6	
1.2	29.8	43.8	57.8	11.8	10.1	4.0	

WINDWARD / LEEWARD COURSE

Start Line
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15kts

Sex	WOMEN						
Wind Range	15 Knots						
Upwind Speed	10.0	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	4.9	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	10.9	15.4	19.9	5.0	3.0	1.5	
0.4	13.9	19.9	25.8	6.0	4.0	2.0	
0.5	16.9	24.4	31.8	7.0	5.0	2.5	
0.6	19.9	28.8	37.8	8.0	6.0	2.9	
0.7	22.9	33.3	43.7	9.0	7.0	3.4	
0.8	25.8	37.8	49.7	10.0	8.0	3.9	
0.9	28.8	42.2	55.6	11.0	9.0	4.4	
1.0	31.8	46.7	61.6	12.0	10.0	4.9	
1.1	34.8	51.2	67.6	13.0	11.0	5.4	
1.2	37.8	55.6	73.5	14.0	12.0	5.9	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

16kts

Sex	MEN						
Wind Range	16 Knots						
Upwind Speed	8.2	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.3	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	8.5	12.0	15.4	4.1	2.46	1.0	
0.4	10.8	15.4	20.0	4.9	3.3	1.3	
0.5	13.1	18.9	24.6	5.7	4.1	1.7	
0.6	15.4	22.3	29.2	6.6	4.9	2.0	
0.7	17.7	25.8	33.8	7.4	5.7	2.3	
0.8	20.0	29.2	38.4	8.2	6.6	2.6	
0.9	22.3	32.7	43.0	9.0	7.4	3.0	
1.0	24.6	36.1	47.6	9.8	8.2	3.3	
1.1	26.9	39.6	52.2	10.7	9.0	3.6	
1.2	29.2	43.0	56.8	11.5	9.8	4.0	

WINDWARD / LEEWARD COURSE

Start Line
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16kts

Sex	WOMEN						
Wind Range	16 Knots						
Upwind Speed	9.9	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	4.8	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	10.8	15.2	19.6	5.0	3.0	1.4	
0.4	13.7	19.6	25.5	5.9	4.0	1.9	
0.5	16.7	24.0	31.4	6.9	5.0	2.4	
0.6	19.6	28.4	37.3	7.9	5.9	2.9	
0.7	22.6	32.9	43.1	8.9	6.9	3.4	
0.8	25.5	37.3	49.0	9.9	7.9	3.8	
0.9	28.4	41.7	54.9	10.9	8.9	4.3	
1.0	31.4	46.1	60.8	11.9	9.9	4.8	
1.1	34.3	50.5	66.7	12.9	10.9	5.3	
1.2	37.3	54.9	72.5	13.9	11.9	5.8	

WINDWARD / LEEWARD COURSE

Start Line
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17kts

Sex	MEN						
Wind Range	17 Knots						
Upwind Speed	8.1	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.4	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	8.5	12.0	15.4	4.1	2.43	1.0	
0.4	10.8	15.4	20.0	4.9	3.2	1.4	
0.5	13.1	18.9	24.6	5.7	4.1	1.7	
0.6	15.4	22.3	29.2	6.5	4.9	2.0	
0.7	17.7	25.8	33.8	7.3	5.7	2.4	
0.8	20.0	29.2	38.4	8.1	6.5	2.7	
0.9	22.3	32.7	43.0	8.9	7.3	3.1	
1.0	24.6	36.1	47.6	9.7	8.1	3.4	
1.1	26.9	39.6	52.2	10.5	8.9	3.7	
1.2	29.2	43.0	56.8	11.3	9.7	4.1	

WINDWARD / LEEWARD COURSE

Start Line
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17kts

Sex	WOMEN						
Wind Range	17 Knots						
Upwind Speed	9.8	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	4.7	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	10.7	15.0	19.4	4.9	2.9	1.4	
0.4	13.6	19.4	25.2	5.9	3.9	1.9	
0.5	16.5	23.7	31.0	6.9	4.9	2.4	
0.6	19.4	28.1	36.8	7.8	5.9	2.8	
0.7	22.3	32.4	42.6	8.8	6.9	3.3	
0.8	25.2	36.8	48.4	9.8	7.8	3.8	
0.9	28.1	41.1	54.2	10.8	8.8	4.2	
1.0	31.0	45.5	60.0	11.8	9.8	4.7	
1.1	33.9	49.8	65.8	12.7	10.8	5.2	
1.2	36.8	54.2	71.6	13.7	11.8	5.6	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

18kts

Sex	MEN						
Wind Range	18 Knots						
Upwind Speed	8.1	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.5	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	8.6	12.1	15.5	4.1	2.43	1.1	
0.4	10.9	15.5	20.2	4.9	3.2	1.4	
0.5	13.2	19.0	24.8	5.7	4.1	1.8	
0.6	15.5	22.5	29.5	6.5	4.9	2.1	
0.7	17.9	26.0	34.1	7.3	5.7	2.5	
0.8	20.2	29.5	38.7	8.1	6.5	2.8	
0.9	22.5	32.9	43.4	8.9	7.3	3.2	
1.0	24.8	36.4	48.0	9.7	8.1	3.5	
1.1	27.1	39.9	52.7	10.5	8.9	3.9	
1.2	29.5	43.4	57.3	11.3	9.7	4.2	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

18kts

Sex	WOMEN						
Wind Range	18 Knots						
Upwind Speed	9.9	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	4.6	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	10.7	15.0	19.4	5.0	3.0	1.4	
0.4	13.6	19.4	25.2	5.9	4.0	1.8	
0.5	16.5	23.7	31.0	6.9	5.0	2.3	
0.6	19.4	28.1	36.8	7.9	5.9	2.8	
0.7	22.3	32.4	42.6	8.9	6.9	3.2	
0.8	25.2	36.8	48.4	9.9	7.9	3.7	
0.9	28.1	41.1	54.2	10.9	8.9	4.1	
1.0	31.0	45.5	60.0	11.9	9.9	4.6	
1.1	33.9	49.8	65.8	12.9	10.9	5.1	
1.2	36.8	54.2	71.6	13.9	11.9	5.5	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

19kts

Sex	MEN						
Wind Range	19 Knots						
Upwind Speed	8.2	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.7	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	8.8	12.4	15.9	4.1	2.46	1.1	
0.4	11.2	15.9	20.7	4.9	3.3	1.5	
0.5	13.5	19.5	25.4	5.7	4.1	1.9	
0.6	15.9	23.1	30.2	6.6	4.9	2.2	
0.7	18.3	26.6	35.0	7.4	5.7	2.6	
0.8	20.7	30.2	39.7	8.2	6.6	3.0	
0.9	23.1	33.8	44.5	9.0	7.4	3.3	
1.0	25.4	37.3	49.2	9.8	8.2	3.7	
1.1	27.8	40.9	54.0	10.7	9.0	4.1	
1.2	30.2	44.5	58.8	11.5	9.8	4.4	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

19kts

Sex	WOMEN						
Wind Range	19 Knots						
Upwind Speed	9.8	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	4.6	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	10.6	14.9	19.2	4.9	2.9	1.4	
0.4	13.5	19.2	25.0	5.9	3.9	1.8	
0.5	16.4	23.6	30.8	6.9	4.9	2.3	
0.6	19.2	27.9	36.5	7.8	5.9	2.8	
0.7	22.1	32.2	42.3	8.8	6.9	3.2	
0.8	25.0	36.5	48.0	9.8	7.8	3.7	
0.9	27.9	40.8	53.8	10.8	8.8	4.1	
1.0	30.8	45.2	59.6	11.8	9.8	4.6	
1.1	33.6	49.5	65.3	12.7	10.8	5.1	
1.2	36.5	53.8	71.1	13.7	11.8	5.5	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

20kts

Sex	MEN						
Wind Range	20 Knots						
Upwind Speed	8.2	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.7	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	8.8	12.4	15.9	4.1	2.46	1.1	
0.4	11.2	15.9	20.7	4.9	3.3	1.5	
0.5	13.5	19.5	25.4	5.7	4.1	1.9	
0.6	15.9	23.1	30.2	6.6	4.9	2.2	
0.7	18.3	26.6	35.0	7.4	5.7	2.6	
0.8	20.7	30.2	39.7	8.2	6.6	3.0	
0.9	23.1	33.8	44.5	9.0	7.4	3.3	
1.0	25.4	37.3	49.2	9.8	8.2	3.7	
1.1	27.8	40.9	54.0	10.7	9.0	4.1	
1.2	30.2	44.5	58.8	11.5	9.8	4.4	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

20kts

Sex	WOMEN						
Wind Range	20 Knots						
Upwind Speed	9.9	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	4.5	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	10.6	14.9	19.3	5.0	3.0	1.4	
0.4	13.5	19.3	25.0	5.9	4.0	1.8	
0.5	16.4	23.6	30.8	6.9	5.0	2.3	
0.6	19.3	27.9	36.5	7.9	5.9	2.7	
0.7	22.1	32.2	42.3	8.9	6.9	3.2	
0.8	25.0	36.5	48.1	9.9	7.9	3.6	
0.9	27.9	40.9	53.8	10.9	8.9	4.1	
1.0	30.8	45.2	59.6	11.9	9.9	4.5	
1.1	33.7	49.5	65.3	12.9	10.9	5.0	
1.2	36.5	53.8	71.1	13.9	11.9	5.4	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

21kts

Sex	MEN						
Wind Range	21 Knots						
Upwind Speed	8.1	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.7	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	8.7	12.2	15.8	4.1	2.43	1.1	
0.4	11.1	15.8	20.5	4.9	3.2	1.5	
0.5	13.4	19.3	25.2	5.7	4.1	1.9	
0.6	15.8	22.9	29.9	6.5	4.9	2.2	
0.7	18.1	26.4	34.7	7.3	5.7	2.6	
0.8	20.5	29.9	39.4	8.1	6.5	3.0	
0.9	22.9	33.5	44.1	8.9	7.3	3.3	
1.0	25.2	37.0	48.8	9.7	8.1	3.7	
1.1	27.6	40.6	53.5	10.5	8.9	4.1	
1.2	29.9	44.1	58.3	11.3	9.7	4.4	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

21kts

Sex	WOMEN						
Wind Range	21 Knots						
Upwind Speed	10.0	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	4.4	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	10.6	15.0	19.3	5.0	3.0	1.3	
0.4	13.5	19.3	25.0	6.0	4.0	1.8	
0.5	16.4	23.6	30.8	7.0	5.0	2.2	
0.6	19.3	27.9	36.6	8.0	6.0	2.6	
0.7	22.2	32.2	42.3	9.0	7.0	3.1	
0.8	25.0	36.6	48.1	10.0	8.0	3.5	
0.9	27.9	40.9	53.8	11.0	9.0	4.0	
1.0	30.8	45.2	59.6	12.0	10.0	4.4	
1.1	33.7	49.5	65.4	13.0	11.0	4.8	
1.2	36.6	53.8	71.1	14.0	12.0	5.3	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

22kts

Sex	MEN						
Wind Range	22 Knots						
Upwind Speed	8.0	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.4	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	8.4	11.9	15.3	4.0	2.4	1.0	
0.4	10.7	15.3	19.8	4.8	3.2	1.4	
0.5	13.0	18.7	24.4	5.6	4.0	1.7	
0.6	15.3	22.1	29.0	6.4	4.8	2.0	
0.7	17.6	25.5	33.5	7.2	5.6	2.4	
0.8	19.8	29.0	38.1	8.0	6.4	2.7	
0.9	22.1	32.4	42.6	8.8	7.2	3.1	
1.0	24.4	35.8	47.2	9.6	8.0	3.4	
1.1	26.7	39.2	51.8	10.4	8.8	3.7	
1.2	29.0	42.6	56.3	11.2	9.6	4.1	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference 0.20 nm

22kts

Sex	WOMEN						
Wind Range	22 Knots						
Upwind Speed	10.4	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	4.1	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	10.8	15.1	19.5	5.2	3.1	1.2	
0.4	13.7	19.5	25.3	6.2	4.2	1.6	
0.5	16.6	23.8	31.1	7.3	5.2	2.1	
0.6	19.5	28.2	36.9	8.3	6.2	2.5	
0.7	22.4	32.5	42.7	9.4	7.3	2.9	
0.8	25.3	36.9	48.5	10.4	8.3	3.3	
0.9	28.2	41.2	54.3	11.4	9.4	3.7	
1.0	31.1	45.6	60.1	12.5	10.4	4.1	
1.1	34.0	49.9	65.9	13.5	11.4	4.5	
1.2	36.9	54.3	71.7	14.6	12.5	4.9	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference

0.20 nm

23kts

Sex	MEN						
Wind Range	23 Knots						
Upwind Speed	8.0	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.0	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	8.2	11.5	14.8	4.0	2.4	0.9	
0.4	10.4	14.8	19.2	4.8	3.2	1.2	
0.5	12.6	18.1	23.6	5.6	4.0	1.5	
0.6	14.8	21.4	28.0	6.4	4.8	1.8	
0.7	17.0	24.7	32.4	7.2	5.6	2.1	
0.8	19.2	28.0	36.8	8.0	6.4	2.4	
0.9	21.4	31.3	41.2	8.8	7.2	2.7	
1.0	23.6	34.6	45.6	9.6	8.0	3.0	
1.1	25.8	37.9	50.0	10.4	8.8	3.3	
1.2	28.0	41.2	54.4	11.2	9.6	3.6	

WINDWARD / LEEWARD COURSE

Start Line
to
Reference

0.20 nm

23kts

Sex	WOMEN						
Wind Range	23 Knots						
Upwind Speed	11.1	mins/mile			1st Beat Time (mins)	Up Time (mins)	Down Time (mins)
Run Speed	3.5	mins/mile					
Leg Length Nautical Miles	L2	L3	L4				
0.3	11.0	15.4	19.7	5.6	3.3	1.1	
0.4	13.9	19.7	25.6	6.7	4.4	1.4	
0.5	16.8	24.1	31.4	7.8	5.6	1.8	
0.6	19.7	28.5	37.3	8.9	6.7	2.1	
0.7	22.7	32.9	43.1	10.0	7.8	2.5	
0.8	25.6	37.3	48.9	11.1	8.9	2.8	
0.9	28.5	41.6	54.8	12.2	10.0	3.2	
1.0	31.4	46.0	60.6	13.3	11.1	3.5	
1.1	34.3	50.4	66.5	14.4	12.2	3.9	
1.2	37.3	54.8	72.3	15.5	13.3	4.2	