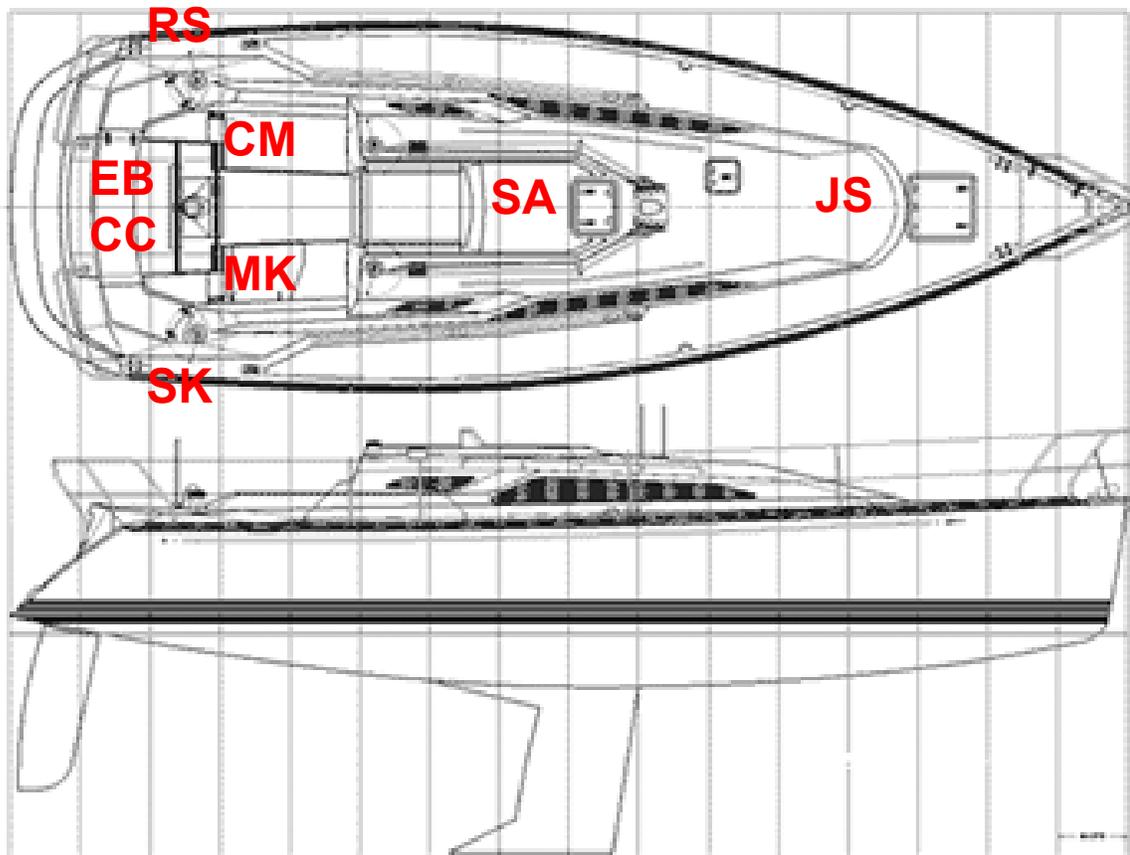




- |    |          |                              |
|----|----------|------------------------------|
| 1. | Carolyn: | Helm.                        |
| 2. | Ed:      | Tactics                      |
| 3. | Mike:    | Main.<br>Pit.                |
| 4. | Steph:   | Genoa – Port Tack.<br>Guy.   |
| 5. | Randy:   | Genoa – Stbd Tack.<br>Sewer. |
| 6. | Cormac:  | Spinnaker Sheet.             |
| 7. | Shawn:   | Mast.                        |
| 8. | James:   | Bow.                         |



## **Tacking**

(sailing on port, tacking to starboard)

Carolyn: Helm.

Ed: Goto low-side primary winch.  
Release jib sheet.

Mike: Centre mainsheet traveller, secure mainsheet.

Steph: Cleat jib sheet.  
Goto forward cockpit to tail genoa sheet.  
Tail for Randy on Stbd tack.

Randy: Goto high-side primary winch.  
Grind genoa through tack.  
Trim on Stbd tack.

Cormac: Goto high-side early and hike.  
Keep track of next mark.

Shawn: Remain hiking on high-side through tack.  
Skirt genoa.  
Pull clew of genoa if required.  
Hike on new high-side.

James: Guide genoa around mast.  
Hike on new high-side.

Genoa Trimmers: Process is reverse for opposite tack.  
Wait for genoa to clear all shrouds before tailing/grinding.  
Don't start grinding until tailing can no longer be done by hand.

## **Spinnaker Launch – Bear-Away Set**

Carolyn: Helm.

Ed: Tactics.

Mike: Topping Lift.  
Ease main.  
Calls “Launch-Launch-Launch”  
Immediately adjust all controls for downwind sailing.

Steph: Goto guy (located on starboard).  
Pre-feed guy to pole.

Randy: Ease/trim genoa.  
Furl genoa after spin launch.

Cormac: Enter cockpit, goto to spinnaker sheet for launch.  
Do not trim until Shawn yells “made.”

Shawn: Ensure twings are set on guy.  
Launch – halyard  
Yell “Made”

James: Ensure spin halyard shackle is secure.  
Set pole.  
Help pre-feed guy.  
“Armpit” as required.

Note: The armpit maneuver is used when launching the spinnaker from the windward side. The foredecker will goto the bow, stand to weather, place the head of the spinnaker in his armpit, grab the forestay, and lean forward to direct the spinnaker to the leeward side of the genoa during the launch. The static between the genoa and spinnaker will help the chute cling to the genoa during the launch thus ensuring the spinnaker won't be blown into the fore-triangle during the launch.

## Spinnaker Launch – Gybe Set

- Carolyn: Helm.
- Ed: Tactics.
- Mike: Immediately adjust all controls for downwind sailing.  
Rapidly ease main followed by a gybe.  
Topping Lift.  
Calls “Launch-Launch-Launch”
- Steph: Gybe genoa and trim.  
Immediately cleat genoa and goto guy.  
Start pre-feeding guy (located on port) regardless of pole height/position.
- Randy: Release genoa through gybe.  
Furl genoa after spin launch.
- Cormac: Wait for gybe to begin, enter cockpit.  
Goto to spinnaker sheet (located on stbd) for launch.  
Do not trim until Shawn yells “made.”
- Shawn: Ensure twings are set on guy.  
Guide genoa as it clears the rig during gybe.  
Launch – halyard  
Yell “Made”
- James: Ensure spin halyard shackle is secure as the boat approaches the windward mark.  
Raise inboard end of pole as the boat approaches the windward mark. Ensure the topping lift is still secure so it won’t foul the genoa during the gybe.  
Wait for genoa to gybe, as it clears centerline, set the outboard end of the pole.  
“Armpit” as required.
- Note: The armpit maneuver is used when launching the spinnaker from the windward side. The foredecker will goto the bow, stand to weather, place the head of the spinnaker in his armpit, grab the forestay, and lean forward to direct the spinnaker to the leeward side of the genoa during the launch. The static between the genoa and spinnaker will help the chute cling to the genoa during the launch thus ensuring the spinnaker won’t be blown into the fore-triangle during the launch.

## **Sailing Downwind**

Carolyn: Helm.

Ed: Tactics (search for puffs, wind shifts, call gybes).

Mike: Main.  
Assist Cormac.

Steph: Trim guy.

Randy: Sit on port side, adjacent mast and slightly forward.  
Find leeward mark.  
Set twings as required.  
Grind for Cormac (heavy weather).

Cormac: Trim spin sheet.

Shawn: Sit on stbd side, adjacent mast and slightly forward.  
Find leeward mark.  
Set twings as required.  
Be ready for a gybe at any moment.

James: Clean-up genoa sheets for port rounding at leeward mark.  
Sit in center of bow, forward of mast.  
Be ready for a gybe at any moment.

Note: Sailing downwind in heavy air requires most crew to remain near the aft sections of the boat to help the stern carve through the water. Be sure to stay out of the Centre of the boat, ensuring Carolyn has a clear view of the waves ahead.

## **Gybing**

- Carolyn: Helm.
- Ed: Tactics.  
Ensure main clears backstay through gybe.
- Mike: Main.  
Topping lift, down-haul as required.  
As Carolyn turns the boat, gybe the main.
- Steph: Switch lines with Cormac.  
Listen to James in case he needs the line eased.
- Randy: Prior to gybing, ensure port twing is pulled down.  
As James begins the gybe, hand him the sheet to be placed in jaws of the pole.  
Assist James as required through gybe.
- Cormac: Switch lines with Steph.  
Listen to James in case he needs the line eased.  
Fly chute through gybe.
- Shawn: Prior to gybing, ensure both twings are pulled down.  
As gybe begins, James will release inboard end of pole, you will “flick” the guy out of the outboard end of the pole.  
Assist James as required through gybe.  
Ease stbd twing on new spin sheet post-gybe.
- James: Do what you do brother!  
Call “made” when maneuver complete.
- Note: Heavy air gybes will be completed with caution. Only James and Shawn will remain on the bow during the maneuver, all others will go to back of boat. Mike will gybe mainsail first and the spin gybe will follow.

## Spinnaker Douse – Windward Take-Down

- Carolyn: As douse is underway, the bow can start to be turned-up toward buoy for rounding.
- Ed: Uncleat furling control line (located on port) and ensure it runs free.
- Mike: Prepare main controls for upwind sailing.  
Assist Cormac with sheet/guy as needed.  
Ease topping lift during douse and release to lower pole to deck when required.
- Steph: Prior to takedown, hand-off guy to Cormac.  
Remove winch handles from secondary winches.  
Unfurl genoa on port tack and trim.
- Randy: Prior to takedown, goto sewer.  
James will hand you the guy, start pulling.  
James will stuff sheet into hatch, keep pulling.
- Cormac: Hold spin sheet and take guy from Steph (Cormac now has both lines).  
When James calls “douse,” ease guy to forestay and pull hard on sheet.  
Once douse is underway (James has guy in hand and is stuffing into foredeck hatch), release both sheet and guy from winches.  
Get ready to hike on high-side.
- Shawn: Goto mast and prep to let halyard run.  
Assist James with gathering spinnaker.  
Goto mast and lower inboard end of pole to deck once outboard has been lowered to deck.
- James: Call for “Douse,” halyard will run and spin collapses.  
Grab the guy and pass to Randy in sewer.  
Gather foot of spinnaker so that both clews are now in the sewer.  
Continue to assist sewer with takedown.  
When all is running smoothly, get ready to close foredeck hatch.  
Call for topping lift to be eased.  
With inboard end still up, drop pole to deck, swinging the outboard end to the starboard side of the bow, store pole/topping lift as usual.  
Secure spin halyard.  
Get ready to round the leeward mark.
- Note: If the pole cannot be shifted to the stbd bow while lowering it, eventually the pole will need to be moved from the port bow to stbd bow in preparation for the next spinnaker set. Reconnect spin gear and perform housekeeping once underway upwind.

## Spinnaker Douse – Gybe Take-Down

- Carolyn: Smoothly turn the bow down and sail by the lee, allowing trimmers to react. Once the main gybes, slowly turn up to round the mark.
- Ed: Uncleat furling control line (located on port) and ensure it runs free.
- Mike: Prepare sail controls for upwind sailing.  
Ease main and gybe, ease topping lift as required, prepare to trim to round mark.
- Steph: Trim guy as Carolyn turns downwind.  
Prior to gybe, hand-off guy to Cormac.  
Remove winch handles from secondary winches.  
Goto to your winch and prepare to trim genoa as it gybes.
- Randy: Unfurl genoa on port tack and trim.  
Gybe genoa and immediately goto sewer mid-gybe.  
James will hand you the guy, start pulling.  
James will stuff sheet into hatch, keep pulling.
- Cormac: Trim sheet as Carolyn turns downwind.  
Hold spin sheet and take guy from Steph (Cormac now has both lines).  
Carolyn will call “gybing” – steady spinnaker.  
During gybe, James will call “douse,” ease guy to forestay – spin will collapse.  
Once douse is underway, release both sheet and guy from winches.  
Get ready to hike on high-side.
- Shawn: Ensure both twings are pulled down.  
Goto mast and prep to ease halyard (do not let it run) when James calls “halyard.”  
Assist James with gathering spinnaker.  
Lower inboard end of pole to deck once outboard has been lowered to deck.
- James: Gybe will begin - call for “Douse” mid-gybe (less force on chute).  
Guy will be eased to forestay, grab the guy and pass to Randy in sewer.  
Gather foot of spinnaker so that both clews are now in the sewer.  
Continue to assist sewer with takedown.  
When all is running smoothly, get ready to close foredeck hatch.  
Call for topping lift to be eased.  
With inboard end still up, drop pole to deck, swinging the outboard end to the starboard side of the bow, store pole/topping lift as usual.  
Secure spin halyard, get ready to round the leeward mark.
- Note: If the pole cannot be shifted to the stbd bow while lowering it, eventually the pole will need to be moved from the port bow to stbd bow in preparation for the next spinnaker set. Reconnect spin gear and perform housekeeping once underway upwind.

## **Leeward Mark Rounding**

(Buoys to Port, no leeward gate)

- Carolyn: Helm.  
If conditions warrant, stick the boat upwind to gain height during the rounding.
- Ed: Tactics.
- Mike: Trim main.  
Be prepared to trim hard to help Carolyn stick-it around the leeward mark.
- Steph: Trim Genoa to upwind position.
- Randy: Tail for Steph.  
Hike on high-side ASAP.  
Ensure your winch is loaded for in case a quick tack to stbd is required.
- Cormac: Secure spin sheet and guy as boat turns into mark.  
Hike on high-side.  
Tidy-up sheet and guy.
- Shawn: Pull clew of genoa if required.  
Skirt genoa.  
Hike on high-side.  
Be prepared to tack immediately.
- James: Tidy foredeck at first opportunity (consider wind, waves, traffic).  
Skirt genoa if Shawn is unable.  
Hike on high-side.  
Be prepared to tack immediately.