

**RACE SAILING COURSE, LEVEL 1**  
**Jezera / Murter, 18. – 22. May 2024**

**DAY BY DAY SCHEDULE**

**Saturday, 18. May**

20.00 Welcome drink.

**Sunday, 19. May**

09.30 Theory: Typical sails settings for different points of sail in different conditions – understanding a sailing boat and sails. Seascope 18 specifics. About races.

12.00 Lunch break.

13.00 Sailing: Getting familiar with boats, sail trim at different points of sail, tacks and gybes, gennaker sailing. searching for weak points at every participant. Improving basics.

17.30 Debrief with analysis and debate.

**Monday, 20. May**

09.30 Theory: Upwind and downwind sail trim. How to use different sail controls. VMG – what is it, how to use it / how to benefit from it? The very basics of Racing Rules of Sailing. Race start, starting procedure.

11.00 Sailing (Lunch break 13.30. – 14.30): Tacking and gybing. Gennaker sailing. Boat speed and angles comparison. Race start exercises.

17.30 Debrief with analysis and debate.

**Tuesday, 21. May**

09.30 Theory: Starting procedure. Windward / leeward racecourse. The use of Racing Rules of Sailing at the start and while racing. How to sail safe. Turning marks. Coastal / navigational races.

10.30 Sailing (Lunch break 13.30. – 14.30): Race start exercises. Windward / leeward race training. Boat speed and angles comparison. Coastal race training.

17.30 Debrief with analysis and debate.

**Wednesday, 22. May**

09.30 Theory: Summary, debate.s

10.30 Sailing: Short windward / leeward and coastal races.

15.00 Closing debrief, farewell drink.

**SCHEDULE CHANGES**

As sailing is an outdoor sport, depending on weather, schedule changes are possible.